

VITA

John H. Oppliger, Ph.D

PROFESSIONAL ADDRESS

230 Weede
Pittsburg State University
Pittsburg, KS 66762-7557

PERSONAL ADDRESS

506 West Leighton
Frontenac, KS 66763

ACADEMIC DEGREES

UNIVERSITY OF NEW MEXICO (1993)

Degree: Doctor of Philosophy

Major: Special Physical Education

Minor: Therapeutic Recreation and Education Administration

PITTSBURG STATE UNIVERSITY (1985)

Degree: Master of Science

Major: Physical Education

FORT HAYS STATE UNIVERSITY (1982)

Degree: Bachelor of Arts

Major: English

Minor: Physical Education

GARDEN CITY COMMUNITY COLLEGE (1979)

Degree: Associate of Arts

Major: Liberal Arts

PROFESSIONAL EXPERIENCE

DEPARTMENT CHAIRPERSON PITTSBURG STATE UNIVERSITY (2004-Present)

PROFESSOR: (1994-2004)

Teaching undergraduate courses:

- Elementary School Physical Education and Health
- Techniques for Teaching Physical Education
- Gorilla Gateway
- Principles of Administration in Health and Physical Education
- Adapted Physical Education
- Recreation Practicum
- Practicum
- Topics in HHP
- Topics in Recreation
- Report
- Professional Conference
- Exercise Science Pre-internship

-Exercise Science Internship

Teaching graduate courses:

- Motor Development
- Assessment of Motor Dysfunction in Special Populations
- Methods and Materials for Teaching Adapted Physical Education
- Practicum in Adapted Physical Education
- Seminar
- Special Investigations
- Internship
- Research and Thesis
- Foundations of Health and Human Performance
- Wellness and Stress Management for Teachers
- Administration of Athletics in Schools and Colleges

Additional Assignments:

- Academic Supervisor for Student Teachers
- Advising
- Coordinator of PSU Physical Connections Summer Workshops
- Thesis committee member
- Faculty adviser to the HPER Majors Club
- Taught the Freshman Experience course for general education
- Director of Adapted (Special) Physical Education

ASSISTANT PROFESSOR: FORT HAYS STATE UNIVERSITY (1991-1994)

Teaching undergraduate courses:

- Adapted/Special Physical Education
- Elementary School Physical Education Curriculum
- Motor Learning
- Recreation and Therapy for the Disabled
- Field Experience in Adapted/Special Physical Education
- Continuing Education Course at Garden City Community College

Teaching graduate courses:

- Motor Development of Special Populations
- Assessment and Programming in Adapted/Special Programs
- Field Experience in Adapted/Special Physical Education

Additional Assignments:

- Director of Adapted Physical Education
- Academic Supervisor for Student Teachers
- Advising
- Thesis committee member

TEACHING ASSISTANT - UNIVERSITY OF NEW MEXICO (1989-1991)

Teaching:

- Therapeutic Physical Education
- Weight Training and Physical Conditioning

- Adapted Aquatics
- Jogging
- Walking Fitness

INDEPENDENCE PUBLIC SCHOOLS - TEACHER AND COACH (1987-1988)

Teaching:

- K-5 Physical Education -700 students

Coaching:

- High school football varsity receiver and linebacker coach
- Junior varsity football assistant coach
- High school boy's basketball assistant coach-varsity
- High school boy's basketball head coach-junior varsity

ELK VALLEY PUBLIC SCHOOLS - TEACHER AND COACH (1984-1987)

Teaching:

- K-12 Physical Education
- Freshman English

Coaching:

- High school football head coach
- High school girls basketball head coach
- Junior high school football head coach
- Junior high school boys basketball head coach
- Junior high school girls basketball head coach
- Junior high boy's track and field head coach
- Strength coach
- Implemented intramural activities: power lifting meets, track meets, elementary basketball
- Junior class sponsor

GRADUATE ASSISTANT - PITTSBURG STATE UNIVERSITY (1983-1984)

Duties:

- Racquetball instructor
- Graduate assistant intramural coordinator

Certifications and Training

- 2012 Physical Director Training, Let's Move in Schools, Overland Park, KS
- 2008 Bod Pod User Training (through Life Measurements)
- 2006 Leadership Institute for Department Chairs, American Association of Colleges of Teacher Education, Charlotte, N.C.
- 2003 PATHWISE Classroom Observation System (Mentor)
- 2000 Physical Essentials Elementary School Training (Certificate)
- 1999 Physical Best Coordinator (National certification), Boston, MA
- 1994 Kansas Infant-Toddler Services, Part H Monitor for Site Visits
- 1992 Project Adventure Facilitator
- 1988 Physical Dimension Middle School Training (Certificate)
- 1982 Teaching Certificate (Kansas)

SCHOLARSHIP

Research abstracts

Leiker, M., Kandt, G, Oppliger, J., & Kandt, D.C. (2008). Competition start reaction times of elite college sprinters. The Journal of Strength and Conditioning Research, on-line at www.nscs-lft.org.

Kandt, G., Oppliger, J., Garcia, H., & Leiker, M. (2005). Static versus dynamic stretching: Acute effects on a battery of performance measures. The Journal of Strength and Conditioning Research, on-line at www.nscs-lft.org.

Kandt, G., Oppliger, J., Hawks, J., Holt, R., & Norris, M (2002). The effects of an in-season conditioning program on strength and power of collegiate football players. The Journal of Strength and Conditioning Research, www.nscs-lft.org.

Sexton, J.L., J.H. Oppliger, G.K. Kandt, H. Miles, S. Sedbrook, and R.S. Gorman (1999). Anabolic steroid use and knowledge among students attending a rural university. The Journal of Strength and Conditioning Research, 13(4), P. 433.

Oppliger, J.H., Sexton, J.L., Miles, H., & Kandt, G.K. (1997). Anabolic steroid use and knowledge among middle school and high school students in rural school districts. Journal of Strength and Conditioning Research, 11(4), 285.

Kandt, G.K., Oppliger, J.H., & Strobel, J. (1995). Twenty meter shuttle test performance of mentally retarded adults with and without a pace runner. Medicine and Science in sports and Exercise, 27(5), S85.

Kandt, G., Oppliger, J., Wise, J., & Zody, J. (1995). Reliability and validity of a force platform system for measuring vertical jump performance. Journal of Strength and Conditioning Research, 9(3), 203.

Kandt, G.K., Krob, J.J., Oppliger, J.H., & Timken, G.L. (1995). Relationship between twenty meter shuttle test performance and competitive running performance. Medicine and Science in Sports and Exercise Central States Meeting Abstracts.

Oppliger, J, Kandt, G., & Zody, J. (1994). Utilizing an intermittent training mode for the facilitation of functional cardiovascular performance in individuals with disabilities. Proceedings of the Annual Convention of the International Medical Congress on Sports for the Disabled.

Journals

Stobart, B., Oppliger, J., & Wempe, P. The challenge of researching “beyond the walls” in the 21st century. The Chronicle of Kinesiology in Higher Education. Special Edition 2014 NAKHE Collaborative Conference, 52.

Dewlen, R., and Oppliger, J. (1997). Assessing leisure skills in students with disabilities. Kansas Association for Health, Physical Education, Recreation and Dance, 68(2), 38 & 39.

Oppliger, J. (1996). Making the case for resistance training courses in secondary education. Kansas Association of Health, Physical Education, Recreation and Dance, 67(2), 38&39.

Hefley, R., Spresser, J., & Oppliger, J. (1995). Rejuvenate your techniques of teaching physical education method courses. Kansas Association of Health, Physical Education, Recreation and Dance, 66(1), 18-20.

Oppliger, J.H., Spresser, J., & Kandt, G.K. (1994). What the physical educator should know about flexibility. Kansas Association of Health, Physical Education, Recreation and Dance, 64(2), 29-31.

Oppliger, J.H., & Kandt, G.K. (1994). Health-related cardiovascular fitness in elementary physical education: Getting the most for the minutes. Kansas Association of Health, Physical Education, Recreation and Dance, 64(1), 30-32.

Oppliger, J.H. (1993). An alternative method of preparing elementary education majors to teach elementary physical education. Kansas Association of Health, Physical Education, Recreation, and Dance, 63(2), 36.

Oppliger, J.H., Kandt, G.K., & Zody, J.M. (1992). Exercise-induced asthma. Kansas Association of Health, Physical Education Recreation and Dance, 62(2), 36-42.

DePaepe, J., Krauss, J., & Oppliger, J. (1992). A clinical case study of functional aerobic exercise. Clinical Kinesiology, 46(3), 21-24.

Proceeding abstracts

Stobart, B. & Oppliger, J. (2009) From gymnasium to recreation center: Changes in college physical education facilities, National Association for Kinesiology and Physical Education in Higher Education.

Oppliger, J. & Stobart, B. (2009) The Developing Threat of Endorsing Non-Physical Educators to Teach Physical Education, National Association for Kinesiology and Physical Education in Higher Education.

Stobart, B., Oppliger, J., Wempe, P., & Dewlen, R. (2007). Hiring problems affecting higher education leadership in the future, National Association for Kinesiology and Physical Education in Higher Education.

Stobart, B., Oppliger, J., Wempe, P., & Dewlen, R. (2007). Problem employees and their effect on leadership for the future of higher education, National Association for Kinesiology and Physical Education in Higher Education.

Oppliger, J., Stobart, B., Dewlen, R., & McAfee, H. (2006). Results of a study investigating collaboration issues between departments of Kinesiology, Athletics and Administration, National Association for Kinesiology and Physical Education in Higher Education.

McAfee, H., Dewlen, R., Oppliger, J., & Stobart, B. (2006). Collaborations to investigate the need for inclusion of athletics into educational administrators licensure in Kansas and Arkansas, National Association for Kinesiology and Physical Education in Higher Education.

Oppliger, J., Stobart, B., & Dewlen, R. (2006) Utilizing interdisciplinary connection and collaboration opportunities to strengthen kinesiology and physical education departments, National Association for Kinesiology and Physical Education in Higher Education.

Stobart, B., Oppliger, J., Dewlen, R., McAfee, H., & Wempe, P. (2006). Connecting and collaborating with the community, National Association for Kinesiology and Physical Education in Higher Education.

Oppliger, J., Stobart, B. & Dewlen, R. (2005) Problems associated with coaches who teach in kinesiology and physical education departments, National Association for Kinesiology and Physical Education in Higher Education.

Oppliger, J., Stobart, B., Dewlen, R. & White, G. (2005) Leadership and communication: Are students and faculty understanding your message? National Association for Kinesiology and Physical Education in Higher Education.

Dewlen, R., McAfee, H. & Oppliger, J. (2005) No child left behind and the omission of highly qualified coaches, National Association for Kinesiology and Physical Education in Higher Education.

Oppliger, J. & Dewlen, R. (2005) Promoting complacency: The chairperson's role in faculty evaluation in a unionized university, National Association for Kinesiology and Physical Education in Higher Education.

Oppliger, J., & Dewlen, R. (2004) *Recognizing the necessity of leisure when promoting physical activity*, National Association for Physical Education in Higher Education.

Oppliger, J., & Dewlen, R. (2004) *Promoting physical activity by developing physically active students*, National Association for Physical Education in Higher Education.

Dewlen, R., Oppliger, J., Hefley, R., & Chen, P. (2002). *Dollars, headaches and accountability: Conducting a Taiwan cohort master's of science program in physical education*. National Association for Physical Education in Higher Education.

Dewlen, R., & Oppliger, J. (1999). *Current trends of assessing health-related fitness for the therapeutic recreation specialist*. Expanding Horizons: Executive Summary of Midwest Symposium on Therapeutic Recreation. University of Missouri-Columbia.

Dewlen, R., & Oppliger, J. (1998). *Using play to enhance self-concept in children with disabilities, in The Changing Nature of Children's Play and Playwork*. American Play work Institute and the University of the Incarnate Word, pp. 20&21.

Kandt, G.K., & Oppliger, J.H. (1993). Emphasizing computer literacy in the preparation of physical educators. Proceedings of the Annual Convention of the Central District Association of American Alliance for Health, Physical Education, Recreation and Dance.

Newsletters

Oppliger, J. (2002). Division of Sport and Physical Education news, Central District of the American Alliance for Health, Physical Education, Recreation and Dance. Spring Newsletter.

Oppliger, J. (2002). Division of Sport and Physical Education news, Central District of the American Alliance for Health, Physical Education, Recreation and Dance. Fall Newsletter

Oppliger, J. (1997). Fit and healthy. School Health Project News, 1(1), 1 & 2.

Oppliger, J. (1997). Active children, healthy children. School Health Project News, 1(2), 1 & 2.

Oppliger, J. (1995). Contributing writer to the Q & A column. Fitness Focus, 13(3), 3

Manuals

Oppliger, J. (1998). Class Act: Kansas L.E.A.N Physical Activity Guide. Wichita, Kansas: Kansas Health Foundation and Kansas Lean. Contributing author.

Reviews

Oppliger, J.H. (1991). [Review of Games, sports, and exercises for the physically disabled]. Kansas Association of Health, Physical Education, Recreation and Dance, 60(2), 41-42.

Other

Journal of the Kansas Association for Health, Physical Education, Recreation, and Dance, Editor's Message 2014-2018

Health, Human Performance and Recreation Newsletter, Chair's Message 2011-2020

Grants

2012 John H. Oppliger. PSU Wellness Seminars. \$25,000 Grant from the Kansas Health Foundation.

1996-2006 John H. Oppliger, Chair and grant director of the Kansas Council on Fitness. \$22,500 per year, Kansas Department of Health and Environment.

1996 John H. Oppliger and Olin Chandler. Usage of the Physical Best Program and the Prudential FitnessGram among physical educators in the Central District of AAHPERD. \$1,000.00. KAHPERD Research Grant.

1992 John H. Oppliger and Judith Sexton. Western Kansas middle and high school anabolic steroid knowledge and use survey. \$1031.70 Graduate Council Research, FHSU.

Presentations

2020 *Leading beyond the campus driving change as experts.* National Association for Kinesiology in Higher Education, Palm Springs, California, Co-presenter

2019 *Controversial topics and best practices within the HHPR professions.* Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Pittsburg, KS, Co-presenter

2019 *Elementary fitness activities from around the world.* Society of Health and Physical Educators, Tampa, Florida, Co-presented (absent due to family crisis)

2018 *A fun, unique jump rope activity: Chinese jump ropes.* Share the Wealth Conference, Jekyll Island, Georgia, Co-presenter

2017 *Recreation: make it a family thing.* Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Topeka, KS, Co-presenter

2016 *H-ball tourney for the ages*. Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Hays, KS, Co-presenter

2016 *Move and shake your profession through volunteerism*. Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Hays, KS, Co-presenter

2015 *Internal vigilance to the tradition of kinesiology, its transition, and evolving transformation in a rural university*. National Association for Kinesiology in Higher Education, Clearwater, Florida, Co-presenter

2015 *Rethinking kinesiology: is kinesiology starting another transformation?* National Association for Kinesiology in Higher Education, Clearwater, Florida, Co-presenter

2015 *Addressing the issues*. Share the Wealth Conference, Jekyll Island, Georgia, Co-presenter

2014 *Ready-made data to justify physical education in your school*. Share the Wealth Conference, Jekyll Island, Georgia, Co-presenter

2014 *The modern recreation/physical education building*. Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Pittsburg, KS, Co-presenter

2014 *The challenge of researching beyond the walls in the 21st century*. National Association for Kinesiology in Higher Education, San Diego, California, Co-presenter

2013 *Come and play H-ball*. Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Emporia, KS, Co-presenter

2013 *Can a burned-out baby burner establish priorities in teaching, research, and service?* National Association for Kinesiology in Higher Education, Fort Lauderdale, Florida, Co-presenter

2013 *Kinesiology departments in rural universities: established and evolving faculty priorities*. National Association for Kinesiology in Higher Education, Fort Lauderdale, Florida, Co-presenter

2013 *A state-wide activity day for third graders*. Share the Wealth Conference, Jekyll Island, Georgia, Co-presenter

2012 *Classroom management in physical education*. Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Lawrence, KS, Co-presenter

2012 *Assessment in physical education.* Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Lawrence, KS, Co-presenter

2012 *Will online courses increase retention of programs, faculty, and students in a contemporary university culture?* National Association for Kinesiology and Physical Education in Higher Education, San Diego, California

2012 *We think we know why we have flourished?* National Association for Kinesiology and Physical Education in Higher Education, San Diego, California

2012 *Will online courses cause grade inflation to flourish in contemporary university culture?* National Association for Kinesiology and Physical Education in Higher Education, San Diego, California

2011 *Problems in and advantages of teaching physical education in small, rural schools,* Share the Wealth Conference, Jekyll Island, Georgia, Co-presenter

2011 *More than a significant impact: The service expectations of kinesiology departments in rural universities -* National Association for Kinesiology and Physical Education in Higher Education, Orlando, FL, Co-presenter

2011 *Our profession's significance and impact on our country's childhood obesity problem -* National Association for Kinesiology and Physical Education in Higher Education, Orlando, FL, Co-presenter

2010 *Have fun with the new game H-Ball.* Share the Wealth Conference, Jekyll Island, Georgia, Co-presenter

2009 *We forgot what?* American Alliance for Health, Physical Education, Recreation and Dance, Tampa, Florida, Co-presenter

2009 *Modern student behavior and its impact on education.* American Alliance for Health, Physical Education, Recreation and Dance, Tampa, Florida, Co-presenter

2009 *From gymnasium to recreation center: Changes in college physical education facilities,* National Association for Kinesiology and Physical Education in Higher Education, Sarasota, Florida, Co-presenter

2009 *The Developing Threat of Endorsing Non-Physical Educators to Teach Physical Education,* National Association for Kinesiology and Physical Education in Higher Education, Sarasota, Florida, Co-presenter

2008 *An appeal to coaches who teach physical education: Get KAHPERD active!* Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Emporia, Kansas, Co-presenter

2008 *Competition start reaction times of elite college sprinters.* National Conference and Exhibition of the National Strength and Conditioning Association, Las Vegas, Nevada. Co-presenter

2007 *Creating a research environment on a limited budget.* Second Annual Conference on Research at Predominately Undergraduate Institutions. Hays, Kansas, Co-presenter.

2007 *Problems associated with coaches who teach in HPER departments.* American Alliance for Health, Physical Education, Recreation and Dance, Baltimore, Maryland. Co-presenter.

2007 *Inclusion of athletic administration into the preparation of educational administrators.* American Alliance for Health, Physical Education, Recreation and Dance, Baltimore, Maryland. Co-presenter.

2007 *Hiring problems affecting higher education leadership in the future.* National Association for Kinesiology and Physical Education in Higher Education, Clearwater, Florida. Co-presenter

2007 *Problem employees and their effect on leadership for the future of higher education.* National Association for Kinesiology and Physical Education in Higher Education, Clearwater, Florida. Co-presenter

2006 *H-ball: It's fun, it's fast, it's active!* Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Emporia, Kansas, Co-presenter

2006 *Results of a study investigating collaboration issues between departments of Kinesiology, Athletics and Administration.* National Association for Kinesiology and Physical Education in Higher Education, San Diego, California. Co-presenter

2006 *Collaborations to investigate the need for inclusion of athletics into educational administrators licensure in Kansas and Arkansas.* National Association for Kinesiology and Physical Education in Higher Education, San Diego, California. Co-presenter

2006 *Utilizing interdisciplinary connection and collaboration opportunities to strengthen kinesiology and physical education departments.* National Association for Kinesiology and Physical Education in Higher Education, San Diego, California. Co-presenter

2006 *Connecting and collaborating with the community.* National Association for Kinesiology and Physical Education in Higher Education, San Diego, California. Co-

presenter

2005 *The future of online courses in HPER*. Annual Convention of the Arkansas Association of Health, Physical Education, Recreation and Dance, Eureka Springs, Arkansas. Co-presenter

2005 *Can citizens help?* National Convention and Exposition of the National Recreation and Park Association, San Antonio, Texas. Co-presenter

2005 *Static versus dynamic stretching: Acute effects on a battery of performance measures*, National Conference and Exhibition of the National Strength and Conditioning Association, Las Vegas, Nevada. Co-presenter

2005 *Problems associated with coaches who teach in kinesiology and physical education departments*, National Association for Kinesiology and Physical Education in Higher Education, Tucson, Arizona. Co-presenter

2005 *Leadership and communication: Are students and faculty understanding your message?* National Association for Kinesiology and Physical Education in Higher Education, Tucson, Arizona. Co-presenter

2005 *No child left behind and the omission of highly qualified coaches*, National Association for Kinesiology and Physical Education in Higher Education, Tucson, Arizona. Co-presenter

2005 *Promoting complacency: The chairperson's role in faculty evaluation in a unionized university*, National Association for Kinesiology and Physical Education in Higher Education, Tucson, Arizona. Co-presenter

2004 *Fly-fishing, adapted fishing and plain ole fun fishing basics: equipment & techniques guaranteed to hook students of all ages*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Pittsburg, Kansas. Co-presenter

2004 *Think tank in health and physical education issues*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Pittsburg, Kansas. Co-presenter

2004 *Seeking advice and solutions: questions from a new chair attending his first cuac conference*, American Association for Active Lifestyles and Fitness' College and University Administrators Council, Ridgedale, Missouri.

2004 *NASPE and AALR: Working together in leisure education*, National Convention and Exposition of the American Alliance for Health, Physical Education, Recreation and Dance, New Orleans, Louisiana. Co-presenter

2004 *Spice up your HPER club!*, National Convention and Exposition of the American Alliance for Health, Physical Education, Recreation and Dance, New Orleans, Louisiana. Co-presenter

2004 *Organizing and implementing a state-wide kid's fitness day*, National Convention and Exposition of the American Alliance for Health, Physical Education, Recreation and Dance, New Orleans, Louisiana. Co-presenter

2004 *Get that first job*, Central District of the American Alliance for Health, Physical Education, Recreation and Dance, Duluth, Minnesota. Co-presenter

2004 *Recognizing the necessity of leisure when promoting physical activity*, National Association for Physical Education in Higher Education, Clearwater Beach, Florida. Co-presenter

2004 *Promoting physical activity by developing physically active students*, National Association for Physical Education in Higher Education, Clearwater Beach, Florida. Co-presenter

2003 *Transition in rural areas: Results of models tested*, Central District of the American Alliance for Health, Physical Education, Recreation and Dance Fargo, North Dakota. Co-presenter

2003 *Finding your first professional position*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Emporia, Kansas Co-presenter

2003 *Conducting a state-wide kid's fitness day*, Annual Convention of the Arkansas Association of Health, Physical Education, Recreation and Dance, Eureka Springs, Arkansas. Co-presenter

2003 *Physical activity, brain function, and learning*, Therapeutic Recreation Symposium of the Southwest, Dallas, Texas. Co-presenter

2002 *Proactive advocacy: Educating administrators and school boards*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Wichita, Kansas. Co-presenter

2002 *Juggling basics you can do*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Wichita, Kansas. Co-presenter

2002 *Assessing activity programs for health-related benefits*, National Convention and Exposition of the National Recreation and Park Association, Tampa, Florida. Co-presenter

2002 *The effects of an in-season conditioning program on strength and power of collegiate football players*, National Conference and Exhibition of the National Strength and Conditioning Association, Las Vegas, Nevada. Co-presenter

2002 *Omnikin – Kinball*, Annual Convention of the Central District of the American Alliance for Health, Physical Education, Recreation and Dance, Rapid City, South Dakota. Co-presenter

2002 *Dollars, headaches and accountability: Conducting a Taiwan cohort master's of science program in physical education*, National Association for Physical Education in Higher Education, San Antonio, Texas. Co-presenter

2001 *Physical focus: Kansas middle school physical activity & health/wellness curriculum*, Annual Convention of the Arkansas Association of Health, Physical Education, Recreation and Dance, Eureka Springs, Arkansas. Co-presenter

2001 *The absence of leisure: Why are we teaching physical education in a vacuum?* Annual Convention of the Oklahoma Association of Health, Physical Education, Recreation and Dance, Tulsa, Oklahoma. Co-presenter

2001 *Assessing your activity program to assure health-related benefits*, Midwest Therapeutic Recreation Symposium, Little Rock Arkansas. Co-presenter

2001 *Let's play kinball*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Topeka, Kansas. Co-presenter

2001 *Physical best secondary activities*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Topeka, Kansas. Co-presenter

2001 *Practical health-related fitness assessment for therapeutic recreation specialists*, National Convention and Exposition of the American Alliance for Health, Physical Education, Recreation and Dance, Cincinnati, Ohio. Co-presenter

2001 *Using the Digiwalker in subject matter integration*,. Pittsburg State University Technology Conference, Frontenac, Kansas.

2000 *Movement activities for young children (5-8 yrs.)*, Pittsburg State University Early Learning Conference, Pittsburg, Kansas.

2000 *FitnessGram Assessment and Physical Best News*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Emporia, Kansas.

2000 *Therapeutic recreation specialists' knowledge of health-related fitness*, Annual Convention of the Central District of the American Alliance for Health, Physical Education, Recreation and Dance, Omaha, Nebraska. Co-presenter

2000 *Using the National Youth Sports Program to transitionalize adolescents from treatment into mainstream community programming*, National Convention and Exposition of the National Recreation and Parks Association, Phoenix, Arizona. Co-presenter

2000 *Assessing health-related fitness in the TR setting*, Annual Conference of the Arkansas Recreation and Parks Association, Arkadelphia, Arkansas. Co-presenter

1999 *Worthy use of leisure: The forgotten cardinal principle*, New Mexico Association of Health, Physical Education, Recreation and Dance, Albuquerque, New Mexico. Co-presenter.

1999 *Anabolic steroid use and knowledge among students attending a rural university*, National Convention and Exhibition of the National Strength and Conditioning Association, Kansas City, Missouri. Co-presenter

1999 *Current trends of assessing health-related fitness for the therapeutic recreation specialist*, Midwest Symposium on Therapeutic Recreation, St. Louis, Missouri. Co-presenter

1999 *Planning and conducting the Kansas Kids Fitness day*, Annual Conference, Sharing the Wealth in Elementary, Middle and High School Physical Education, Jekyll Island, Georgia. Co-presenter

1998 *Why not hold a Kansas Kids Fitness Day at your school?* Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Pittsburg, Kansas. Co-presenter

1998 *Weight training ideas for college and high school classes*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Pittsburg, Kansas. Co-presenter

1998 *Practical applications for assessing health-related fitness parameters on a shoe string budget*, Kansas Therapeutic Recreation Society Annual Workshop, Kansas City, Kansas. Co-presenter

1998 *Fitness health*, Kansas Recreation and Park Association Annual Conference, Overland Park, Kansas. Co-presenter

1998 *Developing leadership skills through role playing*, Southern District of the American Alliance of Health, Physical Education, Recreation and Dance Annual Convention, Biloxi, Mississippi. Co-presenter

1998 *Successful teachers shape the future*, Central District of the American Alliance

of Health, Physical Education, Recreation and Dance Annual Convention, Wichita, Kansas. Co-presenter

1998 *Assessing leisure skills in the physical education classroom*, Central District of the American Alliance of Health, Physical Education, Recreation and Dance Annual Convention, Wichita, Kansas. Co-presenter

1998 *Questionnaire on Physical Best and Prudential FitnessGram*, Central District of the American Alliance of Health, Physical Education, Recreation and Dance Annual Convention, Wichita, Kansas. Co-presenter

1998 *Stay active with Physical Best*, Central District of the American Alliance of Health, Physical Education, Recreation and Dance Annual Convention, Wichita, Kansas.

1997 *Anabolic steroid use and knowledge among middle school and high school students in rural school districts*, National Conference and Exhibition of the National Strength and Conditioning Association, Las Vegas, Nevada. Co-presenter

1997 *Using play to enhance self-concept in children with disabilities*, International Association for the Child's Right to Play Conference, San Antonio, Texas. Co-presenter

1997 *Implementing a health-related fitness program for your consumers*, American Therapeutic Recreation Association Annual Conference, Nashville, Tennessee. Co-presenter

1996 *Utilizing the assessment of health-related fitness in therapeutic recreation*, Therapeutic Recreation Symposium for the Southwest, San Marcos, Texas. Co-presenter

1996 *Kangaball*, Annual Convention of the Central District of the American Alliance of Health, Physical Education, Recreation and Dance, Rochester, Minnesota. Co-presenter

1996 *Physical Best / Prudential FitnessGram: Year 2000 fitness materials and activities*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Emporia, Kansas. Co-presenter

1996 *Screening techniques for identifying motor impediments in pre-school and elementary children*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Emporia, Kansas. Co-presenter

1996 *New developments and ideas for Physical Best and the Prudential FitnessGram*, Annual Convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Hays, Kansas. Co-presenter

1996 *Getting the most out of an HPER major's club*, Annual convention of the Kansas Association of Health, Physical Education, Recreation and Dance, Hays, Kansas.

1995 *Twenty meter-shuttle test performance of mentally retarded adults with and without a pace runner*, American College of Sports Medicine National Convention, Minneapolis, Minnesota. Co-presenter

1995 *Utilizing resistance exercise in the amelioration of selected disabilities*, Central District Association of American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, Fargo, North Dakota. Co-presenter

1995 *Isometrics for body awareness*, American Alliance for Health, Physical Education, Recreation and Dance, Portland, Oregon.

1994 *The effects of warm-up on vertical jump performance in college age females*, Kansas Association of Health, Physical Education, Recreation and Dance Annual Convention, Topeka, Kansas. Co-presenter

1994 *Relationship between twenty-meter shuttle test performance and competitive running performance*, American College of Sports Medicine Central States Chapter Annual Meeting, Columbia, Missouri. Co-presenter

1994 *Reliability and validity of a force platform system for measuring vertical jump performance*, National Strength and Conditioning Association Annual Convention, New Orleans, Louisiana. Co-presenter

1994 *Utilizing an intermittent training mode for the facilitation of functional cardiovascular performance in individuals with disabilities*, Third International Medical Congress On Sports For The Disabled, Quebec City, Quebec. Co-presenter

1994 *Utilizing a leg press regime for developing functional cardiovascular fitness*, Missouri/Kansas Association for Cardiovascular and Pulmonary Rehabilitation Convention, Kansas City, Missouri. Co-presenter

1993 *The effects of leg press interval training on health-related fitness components*, Kansas Association of Health, Physical Education, Recreation and Dance Annual Convention, Liberal, Kansas. Co-presenter

1993 *Interval weight training for development of health-related fitness*, National Strength and Conditioning Association Annual Convention, Las Vegas, Nevada. Co-presenter

1993 *Emphasizing computer literacy in the preparation of physical educators*, Central District Association of American Alliance for Health, Physical Education,

Recreation and Dance Annual Convention, Omaha, Nebraska. Co-presenter

1993 *Implementing resistive strength training in cardiopulmonary rehabilitation programs*, Missouri and Kansas Association of Cardiovascular and Cardiopulmonary Rehabilitation Winter Meeting, Topeka, Kansas. Co-presenter

1992 *Computer assisted instruction in the realm of physical education*, Kansas Association of Health, Physical Education, Recreation and Dance Annual Convention, Hutchinson, Kansas. Co-presenter

1992 *Teaching physical education in small rural school districts*, Central District Association of American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, Des Moines, Iowa.

1992 *The future of adapted physical education in Kansas*, Kansas Adapted Physical Education Association Annual Clinic, Hays, Kansas.

Served as a presider or recorder for other presenters at various conventions

SERVICE

University

- University Strategic Planning
- University Stakeholder Task Force
- Meet and Confer (PSU Administration)
- Advisory Board for the General Studies Degree Program
- Program Review Team (s)
- University assessment
- Public Health Minor team
- General Education Work Group
- Accessibility of the Disabled Committee
- Athletic Policies Commission
- Campus Recreation Director Search Committee (Chair)
- Computer Advisory Committee
- Departmental Honors Committee (Chair)
- Director of Planned Giving Search Committee
- Diversity Awareness Committee (Chair-awards committee)
- Faculty Affairs Committee
- Faculty Association
- Faculty Senate
- Springwell Committee
- Student Honors Committee (Chair)
- Teacher Education Council
- Recreation Advisory Council

College Committees:

College of Education Director of Teacher Education Search (Chair)
College of Education Curriculum and Instruction Chairperson Search (Chair)
College of Education NCATE Planning Team
College of Education Knowledge-Base Committee
College of Education Multicultural Committee
College of Education Summer School Committee
College of Education Technology Committee
Constitution Committee (Chair)
Curriculum Committee
Instruction, Research and Service Committee
Instructional Resource Center (IRC) Task Force
Secondary Teachers Coordinating Committee
Teacher Education (PT3)Technology Advisory Council
Teacher Education (PT3)Technology Planning Committee

Departmental Committees:

Curriculum Committee
Departmental Advisors Committee
Evaluation and Merit Committee
Graduate Faculty Committee
Planning Committee
Tenure Committee (Chair)
Weede Facility Committee

Professional Service

2010-2013 Physical Education Advisory Group of the Kansas Health Foundation
1999-2006 Representative and exhibitor for the Kansas Council on Fitness
at the Kansas Association of School Boards Convention and
Trade Show, Wichita and Topeka, Kansas
1999-2009 Representative and exhibitor for the Kansas Council on Fitness
at the United School Administrators Annual Convention,
Wichita, Kansas
1999 Reviewed the book, Children Moving, for Mayfield.
1998 Reviewed the book, Sports Encyclopedia, for Allyn & Bacon

1996-1997 Fitness Assessment and Curriculum consultant for the Kansas
LEAN project of the Kansas Department of Health and
Environment's Bureau of Chronic Disease and Health
Promotion
1995 Developed the Adapted Physical Education certification program at PSU
1995 Legislative Fitness Day – Health-fitness advising for state legislators
1995 Kansas Head Injury Association – Host, Pittsburg State University

- 1994 Member of the Evaluation and Review Committee for the National Standards Project in Adapted Physical Education
- 1994 Reader – Committee on Kansas Adapted/Special Physical Education Guidelines
- 1993 Kansas Special Olympics West Sports Camp – Clinician
- 1993 Cancer Society of Ellis County – We Can Weekend Leader
- 1993 Epilepsy Kansas – Volunteer
- 1992-1994 The O’Loughlin Project. Fort Hays State University/Kansas State Department of Education
- 1992-1994 Site Coordinator for Kansas Kids Fitness Day

Consulting (In-service)

- 2004 In-service provider for Goddard School District, Goddard, Kansas
- 2001 In-service provider for Winfield School District, Winfield, Kansas
- 1998 In-service provider for Emporia School District, Emporia, Kansas
- 1997 In-service provider for Winfield School District, Winfield, Kansas
- 1997 In-service provider for Andover Schools, Andover, Kansas
- 1997 In-service provider for Garden City Schools, Garden City, Kansas
- 1997 In-service provider for six school districts held at Pratt Community College, Pratt, Kansas
- 1996 In-service provider for Holcomb School District, Holcomb, Kansas
- 1996 In-service provider for Olathe School District, Olathe, Kansas
- 1996 In-service provider for Arkansas City School District, Arkansas City, Kansas
- 1996 In-service provider for Rose Hill School District, Rose Hill, Kansas
- 1995 In-service provider for Garden City Schools, Garden City, Kansas
- 1995 In-service provider for North Central Kansas Educational Service Center, Clay Center, Kansas
- 1995 In-service provider for Wichita Public Schools, Wichita, Kansas
- 1994 In-service provider for Southwest Plains Regional Service Center, Satanta, Kansas
- 1993 In-service provider for North Central Kansas Educational Service Center, Alma, Kansas

Consulting (Curriculum Revision)

- 2010 Reviewer/consultant for the Department of HPER, University of South Dakota
- 2005 Reviewer/consultant for the Department of HPER, Southeastern Oklahoma State University
- 1997 Reviewed / evaluated elementary school physical education curriculum and wrote Improvement Plan for local school district in Holcomb, Kansas
- 1997 Reviewed / evaluated elementary school physical education curriculum and wrote Improvement Plan for local school district in Arkansas City, Kansas
- 1997 Reviewed / evaluated elementary school physical education curriculum and wrote Improvement Plan for local school district in Rose Hill, Kansas
- 1997 Reviewed / evaluated elementary school physical education curriculum

and wrote Improvement Plan for local school district in Garden City, Kansas

- 1997 Reviewed / evaluated elementary school physical education curriculum and wrote Improvement Plan for local school district in Andover, Kansas
- 1997 Reviewed / evaluated elementary school physical education curriculum and wrote Improvement Plan for local school district in Winfield, Kansas
- 1992 Reviewed / evaluated elementary school physical education curriculum for McPherson, Kansas Public Schools

Kansas State Department of Education (KSDE) Service

- 2006 Member, KSDE Program Review Team – Kansas Wesleyan University
- 2006 Member, KSDE Program Review Team – McPherson University
- 2005 Chair, KSDE Program Review Team – Ottawa College
- 2005 Chair, KSDE Program Review Team – Tabor College
- 2001 Member, KSDE New Folio Review Team - Sterling College
- 2001 Member, KSDE New Folio Review Team - Southwestern College
- 2000 Member, KSDE New Folio Review Team - Friends University
- 1997 Chair, KSDE New Folio Review Team - Washburn University
- 1997 Chair, KSDE New Folio Review Team - Southwestern College
- 1996 Member, NCATE/KSDE Evaluation Team - Friends University
- 1996 Chair, KSDE New Folio Review Team - University of Kansas
- 1994 Member, KSDE New Folio Review Team - Bethel College
- 1993 Member, NCATE/KSDE Evaluation Team - Pittsburg State University

Professional Recognition

- 2019 Kansas Association for Health, Physical Education, Recreation, and Dance – Administrator of the Year Award
- 2016 Kansas Association for Health, Physical Education, Recreation, and Dance – Wayne Osness Honor Award
- 2010 Kansas Governor’s Council on Fitness – Service Appreciation
- 2004 Central District of the American Alliance for Health, Physical Education, Recreation and Dance – Merit Award
- 2002 Nominated for PSU College of Education Excellence in Teaching Award
- 2000 Nominated for PSU Distinguished Faculty Award
- 1999 Central District of AAHPERD – Certificate of Appreciation (Physical Best Coordinator)
- 1999 Service Award, Kansas Association of Health, Physical Education, Recreation and Dance
- 1995 American Heart Association’s Heartiest Five Award

Professional Office

- 2014-2018 Co-editor of the Journal of the Kansas Association of Health, Physical Education, Recreation and Dance

- 2006 -2010 Member of the Kansas Governor's Council on Fitness
- 1998-2009 Peer Reviewer, Journal of the Kansas Association of Health, Physical Education, Recreation and Dance
- 2004-2005 Vice president-elect for Adapted Section - Central District AAHPERD
- 2000-2002 Vice president for Sport and PE - Central District AAHPERD
- 1995-2002 Physical Best Coordinator for Kansas
- 1995-2009 Chair and Grant Director of the Kansas Council on Fitness
- 1996-1997 College Section Chair - Kansas Association of Health, Physical Education, Recreation and Dance

Community Service

- 2016-2020 PHS Job Shadow Host
- 2011 Host KU Obesity Training Workshop at PSU
- 2011 Speaker, Pittsburg City Employee Workshop
- 2011 Speaker, Castlegate Corporaton Wellness Fair, Pittsburg
- 2011 Speaker, Kansas Coordinated School Health to area Educators and Nurses
- 1991-2006 Area Special Olympics Games Management Team
- 1995-2006 Advisor in the PSU Undeclared Major Program
- 1996-2004 Faculty Advisor to Homecoming Steering Committee
- 1996-2005 HPER representative for Rumble in the Jungle
- 1996-2003 Local youth coach: baseball, basketball and football
- 1994-2001 Co-site Director of the Kansas Kids Fitness Day
- 2000 PHS/PSU Celebrate 2000 - presentation on careers in HPER
- 1999 Faculty judge during Greek Week contests
- 1997-2000 Relay for Life (team organizer)
- 1997-2000 Field worker for PSU outdoor track and field meets
- 1995-1998 Presented at PSU Future Educators of America Conference
- 1995-1998, 2001, PSU Phonathon (caller)
- 1994-1999 Speaker to groups such as Boy Scouts, Kiwanis and AARP

Professional Memberships

Current and first year as a member:

- 2002 National Association for Kinesiology and Physical Education in Higher Education
- 2019 Society of Health and Physical Educators
- 1991 Kansas Association of Health, Physical Education, Recreation and Dance

Past:

- 1995 Kansas Council on Fitness
- 1993 Phi Epsilon Kappa Fraternity
- 1992 American Heart Association
- 1991 American Alliance for Health, Physical Education, Recreation and Dance
- 1991 Central District of American Alliance for Health, Physical Education, Recreation and Dance
- 2004 National Recreation and Park Association

- 1991 Adapted Physical Activity Council (APAC)
- 1991 Council on Aging and Adult Development (CAAD)
- 1991 Council on Physical Education for Children (CPEC)
- 1991 Motor Development Academy (MDA)
- 1989 National Strength and Conditioning Association
- 1989 New Mexico Association of Health, Physical Education, Recreation and Dance
- 1984 National High School Athletic Coaches Association