



FACULTY

- Dr. John Oppliger, Chair
- Ms. Sarah Ball
- Dr. Mike Carper
- Dr. Laura Covert
- Dr. Derek Crawford
- Dr. Scott Gorman
- Ms. Shelly Grimes
- Dr. Rick Hardy
- Dr. Rob Hefley
- Dr. Janice Jewett
- Dr. Cole Shewmake
- Dr. Julia Spresser

GRADUATE ASSISTANTS

- Ms. Kylie Brown
- Mr. Nick Drake
- Ms. Molly Freisberg
- Mr. Devin Hance
- Mr. Scott Lester
- Mrs. Natalie Magee-Darling

INSIDE THIS ISSUE:

| | |
|--------------------------|-------|
| Dance Showcase | 1 |
| Chair's Message | 2 |
| Alumni Spotlight | 3 |
| Faculty Promotions | 4 |
| Activities/Events | 5-9 |
| Spring Break | 10 |
| Rec in KC | 11 |
| Student Awards | 12 |
| Moving Forward | 13 |
| Majors of the Year | 14 |
| Graduate Student Award s | 15 |
| HHPR Happenings | 16-17 |
| Ex. Sci. News | 18 |
| KS Kids/OK Kids Day | 19-20 |
| Student Employees | 21 |
| Graduates | 22 |
| Endowment | 23 |
| Summer Classes | 24 |

Pittsburg State University

Health, Human Performance, and Recreation

VOLUME 1, ISSUE 14

EDITED BY: KIERSTEN MORRIS, KAYLAH AILES, AND RILEY AIKEN

Dance Program & Bicknell Center Host 2nd Annual Dance Showcase

PSU's Minor and Certificate in Dance Program hosted the 2nd Annual Dance Showcase at the Linda and Lee Scott Performance Hall of the Bicknell Family Center for the Arts Monday, March 6th.

This year, over 320 people performed at the showcase. There were 39 dance numbers performed not only by HHPR students in the Dance Program but also area and regional studios including the Y Academy of Dance, Ovation Studios, The Dance Pitt, Pittsburg Parks and Recreation Dance Program, Karen's Dance Studio, Linn County Dance and Cheer and Midwest Regional Ballet. The PSU Crimson and Gold Dance Team as well as dance teams from Pittsburg High School and Frontenac High School performed. The PSU Dance Club and Pittsburg Community Theatre also participated in the show. The showcase featured PSU's very own students minoring in dance in five separate numbers. This year, for the first time, an audition took place in order to allow PSU Dance Minor students an opportunity to perform a solo or duet. As a result, Gracie Spencer and Jenna Gold were featured in solo performances and Cameron and Mackenzie Moore in a duet!

The Bicknell Center estimated 800-900 people in attendance excluding the performers! In addition, the event was livestreamed and the following statistics were reported:

Total Live Views - 401
Total Minutes Viewed - 4,600

Viewing Locations:

United States
Japan
Brazil
Australia
Costa Rica

Over 1500 people were "at" the event - either virtually or in person! The show was produced by graduate assistants Natalie Magee and Emily Nelson, Dance Instructor Natalie Jepson-Kundiger and the advisor and coordinator of the Dance Program, Dr. Janice Jewett. A video of the entire event can be found at pittstate.tv. For more information On PSU's Minor in Dance and/or Certificate in Dance, please contact Dr. Jewett at jjewett@pittstate.edu



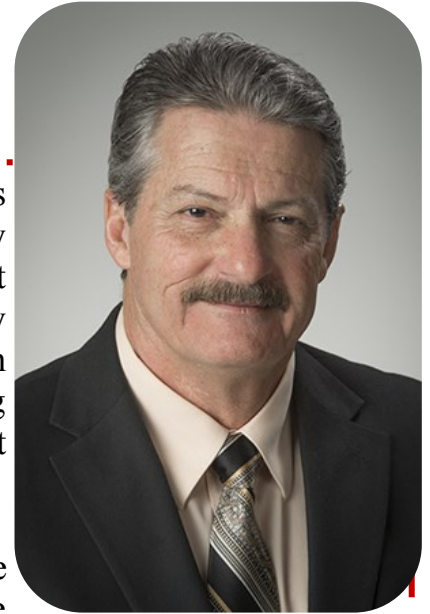
HHPR Dance Minor and Student Employee **Gracie Spencer** performed a solo in the 2nd Annual Dance Showcase.

More pictures can be found on page 6!

Chair's Message

PAGE 2

Dr. John Oppliger



Welcome to the spring edition of the HHPR Newsletter. Students and faculty have been busy and the warm weather has everybody wondering whatever happened to winter. It seems like the past few winters have been quite mild in southeast Kansas with very few complaints. With the nice weather, we see more folks on campus engaging in activities such as walking, running, bicycling and sand volleyball. Not to mention better attendance at university softball and baseball games.

The front page of the newsletter features the 2nd Annual Dance Showcase held in the Linda & Lee Scott Performance Hall of the Bicknell Family Center for the Arts. Once again, the showcase was a truly enjoyable event and the Bicknell Center is the perfect venue. If you have not had a chance to visit this facility – you need to do so. Check it out at <http://www.bicknellcenter.com/>.

Students and faculty attended the Kansas Recreation and Park Association Convention in Manhattan. We always have a healthy number of HHPR folks at this convention and it is great to see so many people in Gorilla gear – Pitt State really gets attention!

The Alumni Spotlight shines brightly on Deborah Newkirk. We have kept tabs on her career and to say we are proud would be an understatement. I'm sure you will be impressed.

The best thing about a department newsletter is to share with readers the accomplishments of students. Our students have received numerous awards, completed certification/licensing exams and been admitted to professional schools. They make us all look good!

February was scholarship selection month and we want to extend a very special thank you to the scholarship families. Their generosity has helped so many students stay in college and finish their degrees. The number of scholarships has risen from three just a few years ago to as many as twelve on certain years! In these economically challenging times, this is amazing!

Finally, always remember we welcome visits from our alumni family. We would appreciate hearing from alums and with their permission, be able to include them in some manner in future issues of this newsletter.



Alumni Spotlight

Deborah Newkirk



Deborah Newkirk has over 3 decades of experience in youth coaching. She is a physical educator who was told during her undergraduate degree, she would need to focus on one field or the other; teaching or coaching. Deborah has spent a professional lifetime bringing the two worlds together, as intended. She earned both her undergrad and M.S. Ed. From Pittsburg State University (Pittsburg, Kansas).

Deborah stepped away from competitive coaching after twenty years and focused on training. Today, COACH 'EM UP serves as a resource for many families. Her coaching certification program teaches the positive and effective model and methodologies, mentoring eager coaches to feel confident and prepared. Year-round off-the-floor training programs have been a big part of the COACH 'EM UP success, providing young athletes with motivating and organized means of "touches" and play in their backyards.

COACH KIDS UP is her newest dream-come-true company that recently launched (Fall 2015). This web-based app company provides organized, age-appropriate/progression practice plans through short videos for all sports. Through PE curriculum concepts, COACH KIDS UP empowers young and new volunteer coaches along with backyard moms and dads.

Newkirk has been recognized in both fields with Coach of the Year honors as a High School coach and Physical Educator of the Year honors by the National Association of Sport and Physical Education (NASPE). She was named Physical Educator of the Year by Kansas Association of Health, Physical Education, Recreation, and Dance (KAHPERD). Among her honors, Newkirk was also recognized by the Governor's Council on Fitness, noting her efforts in keeping kids moving in the early 90s.

Legendary Naismith Hall of Fame coach Marian Washington hired Newkirk as Women's Basketball Assistant Coach at the University of Kansas, where a Sweet 16 visit topped off that tenure. Newkirk served as a camp director for KU for over a decade. Today, Newkirk and COACH 'EM UP can be found in gyms around the country, partnering with other programs, serving as a consultant and/or camp director. Coach Newkirk serves as a consultant and camp lead at The University of Texas and The University of Virginia. Legendary Olympian, Naismith Hall of Famer, and longtime friend, Lynette Woodard and Newkirk partnered up in 2009, teaching the game of basketball while playing homage to Dr. James Naismith with Rule 13 Athletics.

In 2015, Deborah partnered with the Art of Coaching Volleyball, the premier, top content providing company for coaches of all levels. Today, she provides content and recently joined forces in producing her first book; YEARS 1-6 YOUTH VOLLEYBALL CURRICULUM. She will be presenting her book at the TAHPERD State Convention this upcoming November and in San Antonio with the AOCVB this Spring.

From the heart: I have so much respect and love for my college professors. Dr. Tom Bryant made it clear to me early that I would go out and make a difference – I believed him. He cared about me as a person and never as simply a student attending PSU. Kind and caring Dr. Sandy Bauchmoyer encouraged me every inch of the way and today, I can call her my very good friend. Dr. Stockard and Dr. Stillwell challenged me to strive for excellence with a sense of humor! I'm most grateful for the examples ALL my Pitt State teachers set and how blessed I was to grow up in the Weede with people who greeted me with a smile and expected my best. Who knew after all these years I would receive a handwritten note from Dr. Oppliger wishing me well and inviting me back. I think of them all often and many of my professional choices and career decisions have been based on their teachings. I THANK YOU. Go Gorillas!

Deborah coaches over 3000 children a year with a staff of COACH 'EM UP certified coaches/trainers. She enjoys fly fishing and traveling, but can still be found shooting baskets at dark.

Faculty Promotions



Dr. Laura Covert successfully defended her doctoral dissertation in December and received her Ph.D. in Gerontology. She graduated May 6, 2017 from the University of Nebraska-Omaha.

Congratulations, Dr. Covert!

My thesis is written in



KRPA Conference



Ms. Sarah Ball and Dr. Laura Covert met the Kansas City Royals' General Manager, Dayton Moore, at the KRPA Conference.



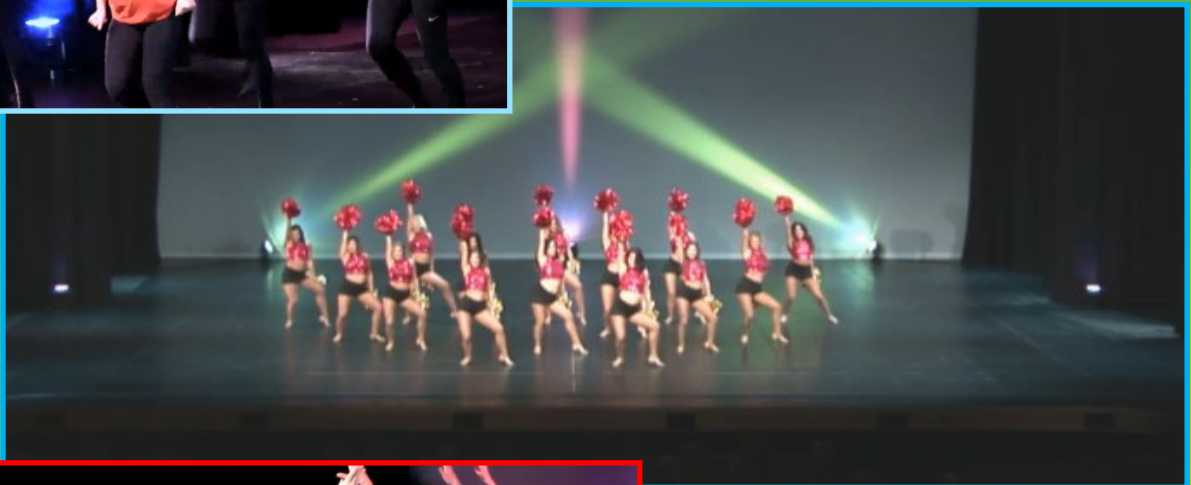
HHPR Faculty: (Left to Right)
Dr. Janice Jewett, Dr. Laura Covert, and
Ms. Sarah Ball attended the
KRPA Conference in Manhattan, KS
January 30th—February 1st, 2017.

HHPR Students: (Left to Right)
Noelle Gamble, Courtney Spafford,
Sarah Bernsten, Brittany Thomas,
and Emily Biggins also attended
the conference.



DANCE SHOWCASE PHOTOS

Students from Natalie Jepson-Kundiger's dance classes (right & below) performed as well as the Dance Team (center) under the direction of Shelly Grimes



Students from the Natalie Magee-Darling's Musical Theatre Class (right) also participated.

GYMNASTICS AT GEORGE NETTLES



On February 16th, Dr. Spresser's Theories III Class visited George Nettles Elementary and taught gymnastics.

A big thanks to Ms. Amber Qualls and George Nettles Elementary students for having us!



Dance Students In Action

Dr. Jewett's Dance Appreciation Class shared with the community dances they have learned over the semester.



TR-iffic Field Day!

TR-iffic Field Day was held on Saturday, April 29th, at the Weede gymnasium. This first year event was created and hosted by senior level Therapeutic Recreation majors. The goals of the event were to provide activities in an inclusive environment for individuals with and without disabilities and to promote the field of Therapeutic Recreation. Activities included parachute games, yard games, sensory stations, a cake walk, basketball, kickball, and hand cycling.

A special thank you to all who volunteered and participated in the event!



HHPR Night at the Weede



(Above) Dr. Jewett's Dance Appreciation Classes performed a flash mob routine at the PSU/Missouri Southern State University Basketball Game. They danced to the song "One Shot" from the Hit-Broadway musical, *Hamilton: An American Musical*.

(Below) Students from several HHPR classes performed a half-time routine with the Crimson & Gold Dancers and Faculty.



Dr. Julia Spresser (above) received the Outstanding Faculty Award during the PSU/Missouri Western Basketball game.

It was presented to her by Dr. Cole Shewmake, Chair of the Faculty Athletic Council.



SPRING BREAK



Dr. Derek Crawford (Morgan) enjoyed his honeymoon over Spring Break on the island of Oahu. They were married Nov 5, 2016. (Pictured above)



HHPR GA, **Kylie Brown**, went parasailing in the Bahamas, flying through Spring Break! (Pictured above)



HHPR GA, **Molly Freisberg** and her sister, went to Pawhuska, Oklahoma to see the Pioneer Woman Mercantile. (Pictured above)



HHPR Student Secretary, **Kiersten Morris**, took a trip to Colorado. (Left)



Susan Downing and her husband, Ron, enjoyed the beautiful scenery at Table Rock Lake. (Right)

HHPR Student Secretary, **Kaylah Ailes**, took a trip to St. Louis, Missouri. (Pictured at the Missouri Botanical Garden, right)



Dr. Rick Hardy had a *fabulous* Spring Break undergoing shoulder surgery. (Right)



Dr. **Cole Shewmake** and his family got to see Mount Rushmore in Keystone, South Dakota over the break. (Left)

HHPR Student Secretary, **Riley Aiken**, got a new dog to foster from Legacy of Hope Dog Rescue out of Broken Arrow, Oklahoma. (Right)



REC 435 IN KANSAS CITY

Dr. Hardy's Design & Maintenance of Recreation Facilities (REC 435) class drove to Kansas City on April 7th to tour Schlitterbahn Kansas City and the Kansas Speedway. The class was given a behind the scenes tour of each facility and were introduced to the unique design and maintenance issues that each facility deals with during both in-season and out-of-season operations.

Schlitterbahn is a 40-acre waterpark that plans to further develop the remaining 300 acres surrounding the waterpark with commercial multi-use offices and restaurants to enhance the park. The waterpark's interconnected rivers stretch over two miles in length. The class also learned that Schlitterbahn Kansas City has a moat built around the entire park as a security measure.

The Kansas Speedway, sitting on 1200 acres and owned and operated by the International Speedway Corporation, is a 1.5-mile tri-oval that currently hosts two NASCAR Race weekends per year. Those two race weekends alone, each generate approximately the same economic impact as the NFL Super Bowl generates in a week. The infield of the speedway is large enough to fit Arrowhead Stadium, Kaufman Stadium (and the parking lot between the two stadiums), Sporting Kansas City's Children's Mercy Park, and the Kansas City T-Bones' Community America Ballpark within it while barely touching the inside of the track.

The class gained a great deal of knowledge and were amazed at the scope of the operations of each facility. This was an outside the classroom applied learning component of the class to further the students' ability to connect theory taught in the classroom to real world experiences.



Student Awards

The following student athletes were presented the
Provost's Award for Academic Excellence
 at the Pittsburg State University/ Missouri Western basketball game in February:

Baseball: Christian Ceden

Football: Jacob Carpenter, Ethan Fugitt, and Jared Vincent

Football & Men's Track: Bo Farrow and Levi Wyrick

Men's Basketball: Jeremy Ackerly and Dakota Jones

Men's Track/Cross Country: Derek McKnight and Jordan Morton

Softball: Lawren McKinney

Volleyball: Lana Almeida Da Silva and Lauren Regier

Women's Track/Cross Country: Emilyn Dearman, Alyssa Hammons, and Megan Wickersham



2016-2017 Scholarship Recipients



Jessica LaForge
 Alexandra Grimes
 Carlyn Jackson
 Kennedy Burks
 Mikayla Hernandez
 Ryan Ceden
 Michaela Lebar
 Lane Madison
 Brittany Worthington
 Lucas Arnold
 Britta Hess
 Jacob Thompson

Helen Messenger Scholarship
 Dr. Evelyn Triplett Scholarship
 Wanda O. Weickert & Carol A. Cichowski Scholarship
 Wanda O. Weickert & Carol A. Cichowski Scholarship
 Pepsi Cola Academic Scholarship
 Pepsi Cola Academic Scholarship
 Pepsi Cola Academic Scholarship
 Byard E. & Roberta Whetzel Gosch Scholarship
 Karl B. Lawson & Rowena Sohosky Scholarship
 Scott F. Davis Memorial Scholarship
 Scott F. Davis Memorial Scholarship
 Tom & Koeta Bryant Scholarship

Moving Forward!

Brittany Shires, BS Recreation, was accepted into the KU Occupational Therapy Program.

Jessica Heinz, BS Exercise Science, has been accepted into the Physical Therapy Program at Des Moines University.

Craig White, MS Human Performance, has been accepted into the Doctoral of Education Program on Interdisciplinary Leadership at Creighton University.

Ginny Jones, BS Recreation, has been accepted into the Sports Nutrition Concentration at The University of Concordia-Chicago.

The following students passed the
National Certification Exam for Therapeutic
Recreation Specialists:



Shelby Cayton
Savanna Swager



Congratulations!

HHPR Majors of the Year



Physical Education

Christian Arnold



Exercise Science

Jessica Heinz



SHAPE America

Bo Farrow



Recreation

Kendyl Vanderwoort

Students received their awards at a ceremony on April 27th at the Student Recreation Center.

Graduate School Award Banquet



Pictured at the Graduate Award Banquet on April 24th
 Front: Natalie Magee-Darling, Lita McDaniel, Kylie Brown, Molly Freisberg, Emily Nelsen
 Middle: Dr. Scott Gorman, Devin Hance, Evan Burns, Dr. John Oppliger
 Back: Scott Lester, Nick Drake, Dr. Rick Hardy

Excellence in Professional Service:

Evan Burns
 Lita McDaniel
 Haley Smith

Excellence in Research:

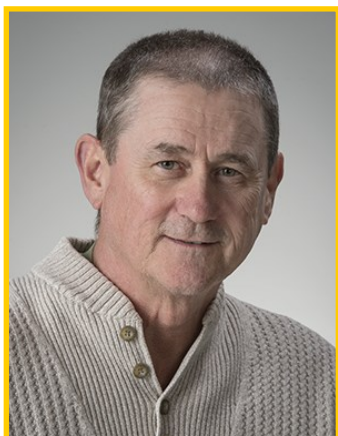
Kylie Brown
 Nick Drake

Excellence in Scholarship:

Scott Lester
 Emily Nelsen

Excellence in Teaching:

Molly Freisberg
 Devin Hance
 Natalie Magee-Darling



Dr. Scott Gorman (left) received the award for Outstanding Graduate Program Coordinator.

Dr. Mike Carper (right) received the award for Outstanding Undergraduate Research Mentor.



Congratulations!

HHPR Happenings

- **Dr. Scott Gorman** and **Dr. Julia Spresser** attended the Central District Winter Workshop January 26 – 28, 2017 in Cedar Falls, Iowa. Dr. Gorman had two presentations “Yabadabadoo Adventure Activities” & “Knots-Knots and Even More Knots.”
- **Dr. Mike Carper** attended the AACCS Gen Ed and Assessment Conference in Phoenix, Arizona in February.
- **Dr. Cole Shewmake, Dr. Julia Spresser, and Dr. Scott Gorman** attended the National SHAPE Conference in Boston, March 14 – 18th 2017. Dr. Spresser and Dr. Shewmake presented “Learn Fun Dances for Fitness” at the conference.
- **Dr. Janice Jewett’s** Dance Appreciation classes visited Meadowlark Elementary School and Westside Elementary School, on March 16th and 29th, respectively, to teach the 2nd and 3rd Graders dances such as the Virginia Reel, the Troika, Grand March, Chicken Dance, and Monkey in the Middle.
- **Dr. Scott Gorman** participated in the “Boy Scouts of America: National Archery In Schools (NASP) Instructor Training.” on April 29, 2017.
- **Dr. Julia Spresser’s** Theories III Class did High Intensity Interval Training (H.I.I.T) with students at Pittsburg High School on May 2, 2017.
- **Dr. Mike Carper** and **Dr. Derek Crawford** will be attending the American College of Sports Medicine Conference in Denver in June.



Dr. Rob Hefley was recognized April 26, 2017 at the Service Award Ceremony. He received his pin for *25 years of service* at PSU.
Congratulations, Dr. Hefley!



Dr. Laura Covert received the "Do the Gorilla Thing" Award and Dr. Janice Jewett received "Outstanding Advisor" for her work with the PSU Dance Club at The Leadership Awards Banquet on April 28, 2017.



Susan Downing received the VOYA Employee Recognition Award in conjunction with the Apple Day Celebration, March 7, 2017.
Congratulations, Susan!

HHPR Happenings

PAGE 17



Thank you to Sergeant Eric Hollingsworth, Military Science, for teaching self-defense to the HHPR Kickboxing Class!



Alex Andrews, Kayla Light, Brittany Worthington, Jayna Guerra, and Taylor Mercier attended the Midwest Therapeutic Recreation Symposium.



Dr. Laura Covert and GA Kylie Brown are greeting prospective students at the Kansas Health Occupation Students of America Fair in the ballroom.



Sarah Ball's Recreation class participating in a student-led team building activity.



HHPR faculty members, Laura Covert and Sarah Ball, with "green team" members at the 2017 Pittsburg Area Young Professionals Amazing Race.

Physical Education Major, Paige White, received a Golden Gorilla award at the Apple Day Ceremony.



Exercise Science News

Exercise Science is currently conducting a total of four research projects.

Kylie Brown is currently developing a regression equation model to predict maximal oxygen consumption from an anaerobic treadmill test, which is also her master's thesis project. Her regression equation will provide a model for both males and females in a trained or untrained state. We look forward to Kylie Brown's thesis defense in the second half of this semester.

Jessica Heinz is over-seeing a cardiovascular training intervention study to see if super-maximal training has comparative benefits to traditional moderate intensity aerobic training.

Nicholas Drake is currently over-seeing two projects that are concerned with training methodologies within hypertrophy and strength training. One research project is investigating the relationship of training to failure versus non-failure training. The second research project is comparing powerlifting training programs found in popular books.

Dr. Derek Crawford is in the final stages of submitting a peer-reviewed research article over a study he conducted in the spring of 2016 over the short-term effects of Cross Fit and its potential benefits.



Fitness students testing in the Exercise Physiology Lab.

Kansas Kids Fitness Day





Outdoor Kansas Kids Day was held Saturday, May 6th at Lakeside Park in Pittsburg. Students from Dr. Covert's Recreation Program and Design course collaborated with Sara Vacca of Pittsburg Parks and Recreation to implement the program.



Enroll in Summer Classes

Interession Classes begin May 15th

With June and July Sessions to Follow



Adapted Physical Education
Biomechanics
Camping and Outdoor Education
Elementary School Phys Ed. & Health
Finance & Marketing Sport & Leisure Services
First Aid & CPR
Foundations of Human Performance & Wellness
Kinesiology
Lifetime Fitness Concepts
Management Strategy/Financing in Rec.

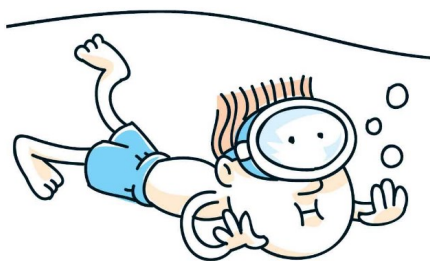
Motor Development
Personal Training/ Fitness Management
Physiology of Exercise
Recreation Practicum
Scientific Foundations of Coaching
Scientific Principles/Strength Cond
Seminar: Trends & Issues
Social-Psychology of Sport & Recreation
Sport/Leisure Facility Development and Operation
Topics: CTRS Prep

HHPR Appreciates Our Student Employees



Riley Aiken
Kaylah Ailes
Hanna Anthony
Jessica Heinz
Colton Krause
Allyssa Lutgen

Kiersten Morris
Ali Noyes
Gracie Spencer
Brittany Thomas
Kendyl Vanderwoort
Christine Younker



Congratulations to our Graduates!

Exercise Science

Lana Almeida Da Silva
 Nicholas Corn
 Josh Floerke
 Alyssa Hammons
 Dalton Jones
 Kireston Luptak
 Drake McMillan
 Kaitlin Murphy
 Trent Olberding
 Morgan Olson
 Tyler Poole
 Jalen Skaggs
 Steven Sullivan
 Bailey Titus
 Caitlin White
 Dreu White
 Megan Wickersham

Dance

Gracie Spencer

Recreation

Michaela Allen
 Hector Arrebota
 Judson Cole
 Dakota Crumpacker
 Zoe Eberle
 Liza Erwin
 Jacob Guiot
 Myleisha Hall
 Seth Kelly
 Hannah Kuehn
 Chelsea Montgomery
 Brittany Shires
 Courtney Spafford
 Luke Stephan
 Brittany Thomas
 Emma Tompkins
 Da'Zaneece Werner



Physical Education

Luke Adcock
 Christian Arnold
 W. Luke Bordewick
 Alex Gentges
 Denton Hays
 Coleton Traxson
 Elizabeth White
 William Wolfe

Graduate Students

Evan Bowers
 Kylie Brown
 Ronald Coltrass
 Mark Coomes
 Donald Dangerfield Jr.
 Peter Eilers
 Luke Farnsworth
 Molly Freisberg
 Alyssa Kiefer
 Taylor Lambdin
 Scott Lester
 Alexandria Moase
 Craig Perry
 Jonathan Pomatto
 Savannah Riley
 Brice Soeken
 Sarah Trout
 Austin Womack



P.E. Student teachers for the Spring 2017 semester.

Left to right: Luke Bordewick, Luke Adcock, Paige White, Alex Gentges, Cole Traxson, Denton Hays (Not Pictured: Ross Wolfe)

A special THANKS to those who gifted the HHPR Endowment

Bob Ahrens

John and Amanda Allen

James and Marilyn Barrows

Coach 'Em Up

Ron and Susan Downing

PJ and Stephanie Forbes

Stephen Foster

Linda Garrison

Jack and Jean Gilmore

Scott and Beth Gorman

Shelly Grimes

Richard and Stephanie Grinage

Rob Hefley

Rick and Cheryle Moore

John and Kathy Oppliger

Matthew and Stacy Osterthun

Pamela and Guy Owings

Products Plus Incorporated

Duane Rankin

Cole and Jennifer Shewmake

Marian Simpson

Jo and Michael Slaughter

Janie Terry

Gary Thompson

Madelyn Troutman

Kevin Woods

Summer Time!

**Inter-session
semester starts
May 15, 2017**

**Summer 17
semester starts
June 5, 2017**

**Fall 17
semester starts
August 21, 2017**