



Pittsburg State University

Health, Human Performance, and Recreation

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- Dr. Janice Jewett
- Dr. Cole Shewmake
- Dr. Julia Spresser

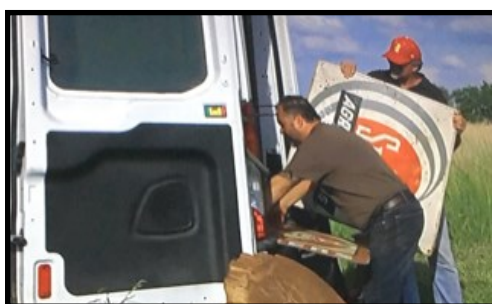
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- Carianne Cornell
- Katherine Pinto
- Samantha Way
- Brooke Wells-Lee
- Dreu White

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American Pickers come to Neutral, Kansas



The cast and crew of the American Pickers television show, from the History Channel, visited the Hefley farm on May 22, 2018. They were there to view the collections of Don Hefley, father of PSU Professor, Rob Hefley. Rob stepped up for his 90 year old father who was unable to participate in the video, but was able to visit with The Pickers. The Pickers, Mike Wolfe and Frank Fritz, spent close to 13 hours "picking" through the vast collection in over 100 degree heat.

Their crew of 15 were highly professional, hard-working, and fun. Mike and Frank bought over 50 items during the long day that filled up three good sized trucks. Rob was told that they bought more items than on any other pick in the last five years and hope to return to do it again.

The show aired on the History Channel on November 19, 2018 as Season 19, Episode 34. The episode is titled: "Hard Bargain Picks". A memorial tribute was featured at the end of the show for Don Hefley, who passed away October 3, 2018.

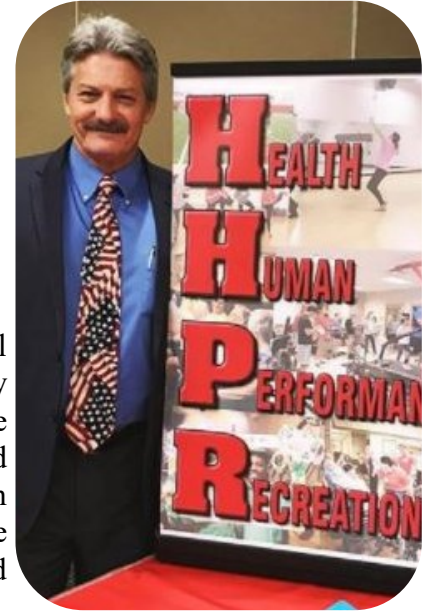
Chair's Message

Dr. John Oppliger

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Happy Holidays and welcome to the Fall 2018 edition of the Health, Human Performance and Recreation (HHPR) Newsletter. The semester will be over in two weeks with students and faculty looking forward to a nice break. As usual, the students and faculty have been quite busy since the last newsletter and continue to be engaged in activities which make us all look good.

In October, at the annual convention of the Kansas Association for Health, Physical Education, Recreation, and Dance (KAHPERD), held at Emporia State University in Emporia, our students won the Certificate of Membership Award for having the most student KAHPERD members. Nearly 40 students attended and crimson and gold seemed to be everywhere. Plans are underway for the fall 2019 convention (October 23-25) and will be hosted by Pitt State. It is always exciting to host the convention and bring participants to southeast Kansas. The university, Crawford County, and city of Pittsburg always provide much needed support.



Also in October and included in this issue are some of the research abstracts students and faculty presented at the American College of Sports Medicine, Central States Chapter conference in Kansas City. The Exercise Science degree program is now eight years old and has been a tremendous success.

Plans are being made for students and Recreation faculty to attend the Kansas Recreation and Park Association Conference and Trade Show in Hutchinson this upcoming January. In addition, eight faculty are scheduled to present at the Society of Health and Physical Educators (SHAPE) America National Convention and Expo in Tampa, Florida in early April.

Students from all our degree programs have once again represented their disciplines very well. Our Dance minor and certificate program is coordinated by Dr. Janice Jewett and continues to gain popularity and attract students from other majors. Dance students were seen in area schools, Via Christi Village and at the annual city of Pittsburg Christmas parade. Likewise, Physical Education majors made visits and taught skills at several elementary schools.

Implemented this fall, was the redesigned recreation degree. It is now Recreation Services, Sport and Hospitality Management with emphases areas in Recreation and Sport Management; Therapeutic Recreation; Hospitality; and Corporate and Workplace Wellness. There has been a lot of excitement surrounding the degree's offerings and we expect significant growth to coincide with the boom in the Recreation industry nation-wide.

Finally, the department expresses thanks to all who have contributed to the department's endowment and will always 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. Visit us at:



@pittstatehhpr



@pittsburgstatehhpr

A handwritten signature in black ink that reads "John Oppliger".

ALUMNI SPOTLIGHT

Kathryn Wolfe

Kathryn Wolfe currently serves as the physical therapist for *King Kong Alive on Broadway!* She works as an independent contractor for Neurosport PT, a physical therapy company headquartered in Atlanta, GA. Their New York City office provides physical therapist services to many Broadway and off-Broadway shows, including *Frozen*, *Waitress*, and *Stomp*, to name a few. Their sister company, NeuroTour, coordinates PT services for touring companies. This can range from finding clinicians at each tour stop to providing a full-time PT for the touring company.

Kathryn is a Pittsburg native who received her B.S. in Exercise Science in 2014 and graduated as a Doctor of Physical Therapy (DPT) from Long Island University-Brooklyn (NY) this past spring. During her time at PSU, Kathryn was involved in many campus organizations and worked at the bookstore. She had been interested in physical therapy since high school and always enjoyed anatomy and physiology classes, but became most interested in biomechanics and kinesiology classes. These classes laid the foundation for the principles of rehab she would later study at LIU.

While at Long Island University, Kathryn volunteered in the medical tents for the NYC Marathon and took part in a service learning trip to Belize. There she worked with fellow PT students and occupational therapy students at the Inspiration Center, a low-cost pediatric health clinic in Belize City (pictured below). This experience was her first time treating patients and working with families within the realm of physical therapy.

It was around this time that Kathryn was first introduced to the niche of performing arts physical therapy. Those working in this area typically have a dance or performance background. Kathryn was involved in musical theatre growing up and still enjoys being in the audience! After completing an interview and nearly two more years of physical therapy school, Kathryn completed her final clinical internship with Neurosport NYC. Since graduating in May, Kathryn has worked with Neurosport, covering various shows as needed. This included working with the casts of *Smokey Joe's Café*, *Sleep No More*, and *School of Rock*, and the touring companies of *Hello Dolly!* and *Charlie & the Chocolate Factory*.

As the physical therapist for King Kong, she manages the PT care for over 40 members of the cast and crew. Her duties include providing treatment sessions throughout the week, working with stage management to accommodate performance and rehearsal schedules, arranging additional treatment as needed with the NYC office, and reporting all of this to NYC and Atlanta headquarters. A treatment session typically includes the use of manual soft tissue mobilization, stretching, prescribing exercise, and patient education.

Kathryn is grateful for the leadership and example set by those professors she worked with in the HHPR Department. Although she spent the most time working with Dr. Mike Leiker and Dr. Mike Carper, she always enjoyed her classes with Dr. Jewett, Dr. Spresser, and Dr. Covert. As she continues to grow in her profession, Kathryn hopes to bring the same passion and love of learning that was displayed by her Pittsburg State professors.



HHPR Graduate Assistants 2018-2019



Katherine Pinto
Exercise Science



Carianne Cornell
Exercise Science



Brooke Wells-Lee
Dance



Samantha Way
Physical Education



Dreu White
Exercise Science

Student Accomplishments



Brittane Knepper was inducted into the National Collegiate Athlete Honor Society Chi Alpha Sigma Chapter October 17th.

The mission of the National Collegiate Athlete Honor Society Chi Alpha Sigma is to recognize outstanding academic achievement; to encourage good citizenship and moral character; to recognize and honor the individual athlete, his or her team, and university; and to mentor and provide leadership to other student athletes. Brittane plays infield for the Gorilla softball team.

Requirements include:

3.4 GPA

Junior standing

Earned a varsity letter

Coach's recommendation

Others from the HHPR Department who were inducted are: Chase Kilgore, Creighton Sanders, and Joshua Hudiburg.



Chase Kilgore is a 2nd year outfielder for the Baseball team.



Creighton Sanders is a 2nd year athlete in Track as well as a 3rd year member of the Football team.



Joshua Hudiburg is a 3rd year Track athlete.

Dance Appreciation Classes Visit Pittsburg Community

Dr. Jewett's Dance Appreciation Classes visited the community many times this semester to share some of the dances they have been learning. Schedule includes:

On October 9th — George Nettles Elementary School.

On October 10th — Frontenac High School.

On November 7th — Meadowlark Elementary School.

On November 8th — Via Christi Village.

Pictured are students working with 5th graders at Meadowlark Elementary School



Physical Education

News



Dr. Julia Spresser's Theories III Class went to George Nettels Elementary School on September 13th to teach Gymnastics to 1st graders.



HHPR students helped put flags along the walkway for the football team to enter the stadium at the last home football game of the season.

Pictured Left to Right: Ms. Shelly Grimes, Nicole Adkison, Brett Thompson, Naron Rollins, Joseph Fiscus, Briggs Adkison, Blain Ohlmeier, Caden Hendricks, Grant Wolfe, and Carter Beil.

Dr. Rob Hefley instructs his students on how to participate in an activity during his Elementary PE Methods Class.



Class Activities

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Camping

Photos by Sam Clausen



Elementary P.E.



Photos by Sam Clausen

Exercise Science Lab



Community



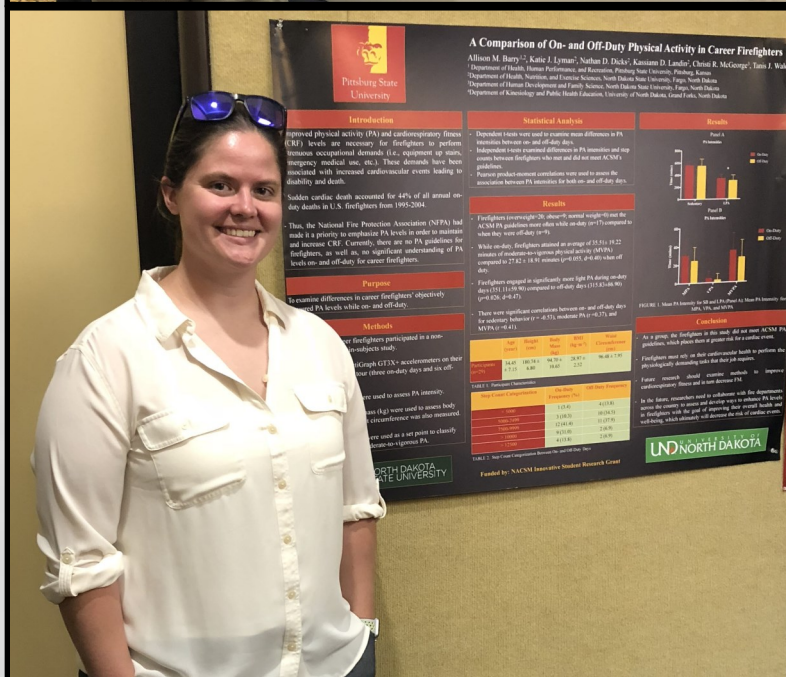
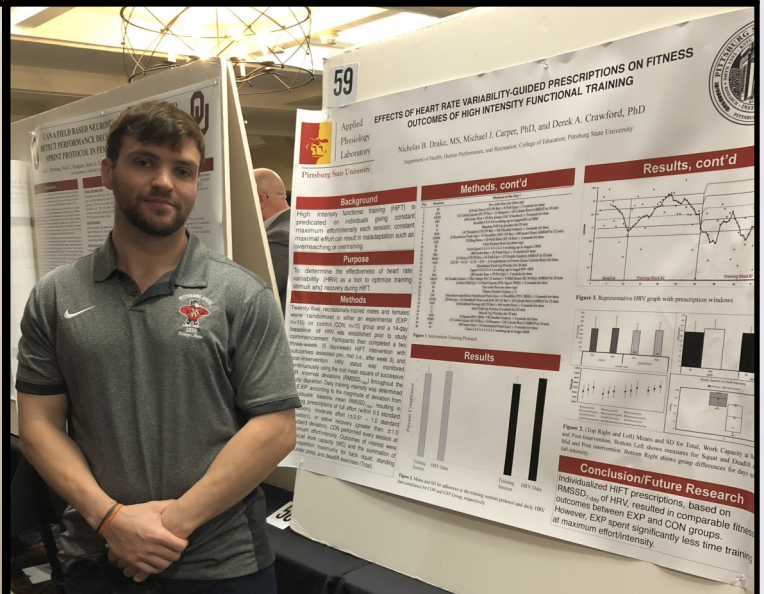
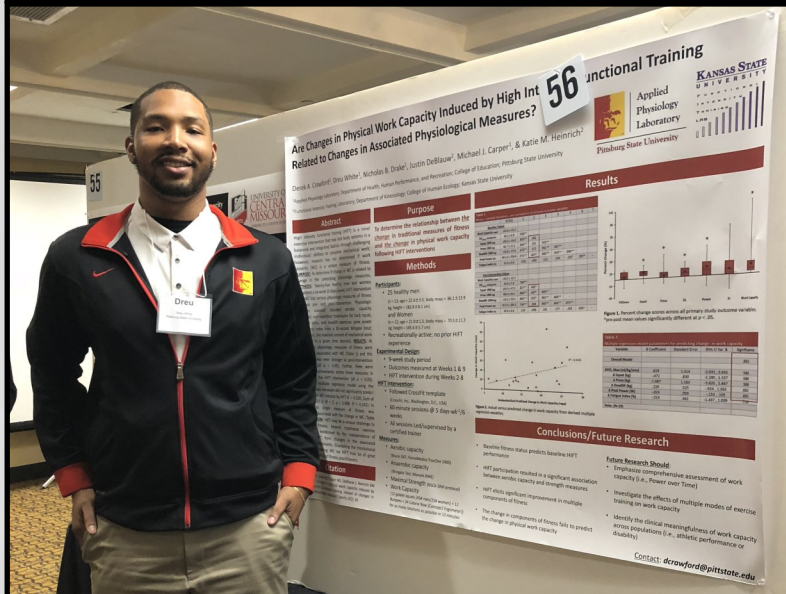
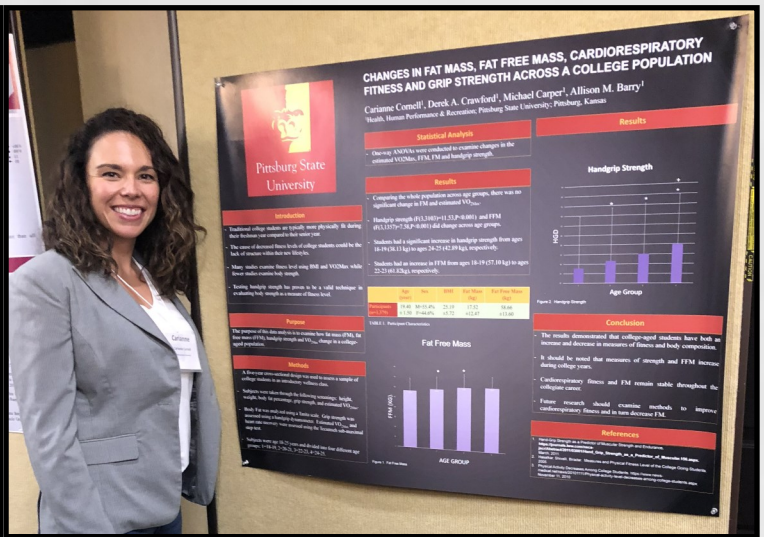
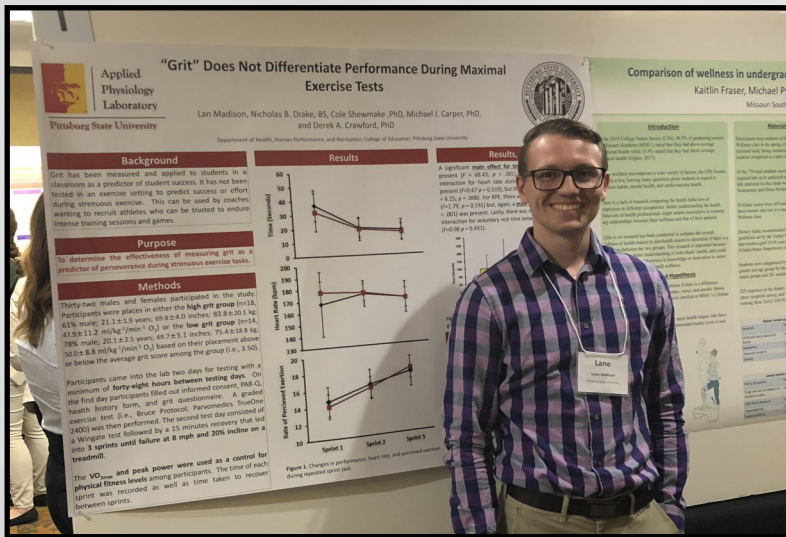
“Physi-Kuhl Therapy”



Students from Promoting Community & Worksite Wellness Class observed Dr. Alex Kuhlman with a patient for “Physi-Kuhl Therapy” on October 2nd. The students got to watch, participate, and ask questions about the therapy.



Exercise Science News



Exercise Science professors, graduate students, and undergraduate students traveled to Kansas City in October for the Central States American College of Sports Medicine Conference. Students attended lectures for clinical and applied physiology that will help them in future careers ranging from physical and occupational therapy to strength and conditioning coaches. At the conference, our faculty and students also presented the following original research.



"Grit" Does Not Differentiate Performance During Maximal Exercise Tests

Lan Madison, Nicholas B. Drake, BS, Cole Shewmake, PhD, Michael J. Carper, PhD, and Derek A. Crawford, PhD

Department of Health, Human Performance, and Recreation; College of Education; Pittsburg State University



Background

Grit has been measured and applied to students in a classroom as a predictor of student success. It has not been tested in an exercise setting to predict success or effort during strenuous exercise. This can be used by coaches wanting to recruit athletes who can be trusted to endure intense training sessions and games.

Purpose

To determine the effectiveness of measuring grit as a predictor of perseverance during strenuous exercise tasks.

Methods

Thirty-two males and females participated in the study. Participants were placed in either the **high grit group** ($n=18$, 61% male; 21.1 ± 1.9 years; 69.8 ± 4.0 inches; 83.8 ± 20.1 kg; 47.9 ± 11.2 ml/kg $^{-1}$ min $^{-1}$ O $_2$) or the **low grit group** ($n=14$, 78% male; 20.1 ± 2.5 years; 69.7 ± 5.1 inches; 75.4 ± 18.8 kg; 50.0 ± 8.8 ml/kg $^{-1}$ min $^{-1}$ O $_2$) based on their placement above or below the average grit score among the group (i.e., 3.50).

Participants came into the lab two days for testing with a minimum of **forty-eight hours between testing days**. On the first day participants filled out informed consent, PAR-Q, health history form, and grit questionnaire. A graded exercise test (i.e., Bruce Protocol; Parvomeds TrueOne 2400) was then performed. The second test day consisted of a Wingate test followed by a 15 minutes recovery that led into **3 sprints until failure at 8 mph and 20% incline on a treadmill**.

The **VO $_{2max}$** and **peak power** were used as a control for **physical fitness levels** among participants. The time of each sprint was recorded as well as time taken to recover between sprints.

Results

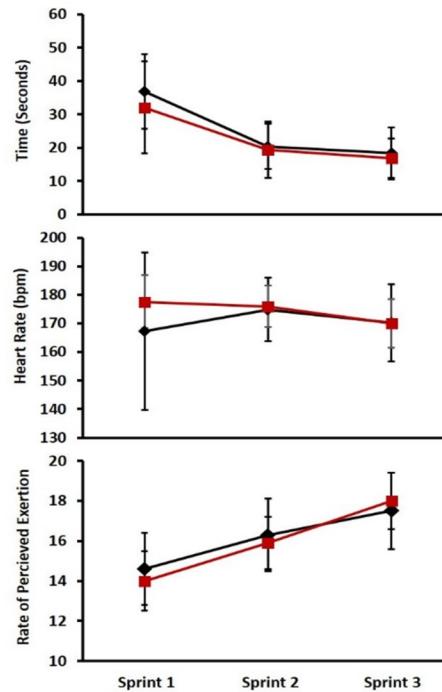


Figure 1. Changes in performance, heart rate, and perceived exertion during repeated sprint task

Results, cont'd

A significant **main effect for time** on time to exhaustion was present ($F = 68.43$; $p < .001$). No significant group by time interaction for heart rate during the repeated sprint task was present ($F=0.67$ $p = 0.519$), but there was a **main effect for time** ($F = 6.25$; $p = .008$). For RPE, there was no group by time interaction ($F=1.79$, $p = 0.191$) but, again, a **main effect for time** ($F = 48.72$; $p < .001$) was present. Lastly, there was no significant group by time interaction for voluntary rest time between repeated sprint bouts ($F=0.08$ $p = 0.931$).

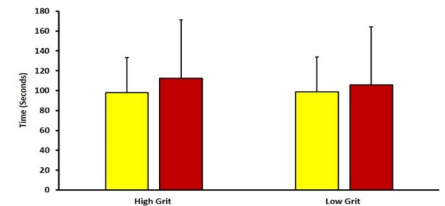


Figure 2. Differences in rest times during repeated sprint tasks between grit groups

Conclusions

- Grit does not discriminate between those who perform at a higher level during a repeated maximal sprint task
- Grit does not discriminate between those who give increased effort (evidenced by heart rate) during repeated maximal sprint tasks
- Grit does not mediate perceived effort during repeated maximal sprint tasks
- Grit does not mediate voluntary rest times between repeated maximal sprint tasks

Contact: dcrawford@pittstate.edu

CHANGES IN FAT MASS, FAT FREE MASS, CARDIORESPIRATORY FITNESS AND GRIP STRENGTH ACROSS A COLLEGE POPULATION

Carianne Cornell¹, Derek A. Crawford¹, Michael Carper¹, Allison M. Barry¹

¹Health, Human Performance & Recreation; Pittsburg State University; Pittsburg, Kansas

Statistical Analysis

- One-way ANOVAs were conducted to examine changes in the estimated VO $_{2max}$, FFM, FM and handgrip strength.

Results

- Comparing the whole population across age groups, there was no significant change in FM and estimated VO $_{2max}$.
- Handgrip strength ($F(3,3103)=11.53$, $P<0.001$) and FFM ($F(3,1357)=7.58$, $P<0.001$) did change across age groups.
- Students had a significant increase in handgrip strength from ages 18-19 (38.13 kg) to ages 24-25 (42.89 kg), respectively.
- Students had an increase in FFM from ages 18-19 (57.10 kg) to ages 22-23 (61.82kg), respectively.

	Age (year)	Sex	BMI	Fat Mass (kg)	Fat Free Mass (kg)
Participants (n=3,379)	19.40 ± 1.50	M=55.4% F=44.6%	25.19 ± 5.72	17.52 ± 12.47	58.66 ± 13.60

TABLE 1. Participant Characteristics

Fat Free Mass

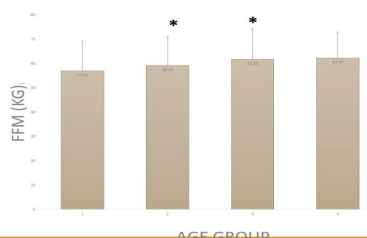


Figure 1. Fat Free Mass

Results

Handgrip Strength

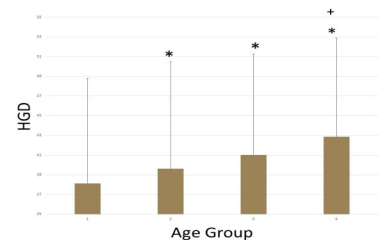


Figure 2. Handgrip Strength

Conclusion

- The results demonstrated that college-aged students have both an increase and decrease in measures of fitness and body composition.
- It should be noted that measures of strength and FFM increase during college years.
- Cardiorespiratory fitness and FM remain stable throughout the collegiate career.
- Future research should examine methods to improve cardiorespiratory fitness and in turn decrease FM.

References

- Hand-Grip Strength as a Predictor of Muscular Strength and Endurance. https://journals.hww.com/nca-jer/abstract/2011/03001/Hand_Grip_Strength_as_a_Predictor_of_Muscular_Endurance.aspx. March, 2011.
- Hasalkar, Shivalli, Biradar. Measures and Physical Fitness Level of the College Going Students. 2005
- Physical Activity Decreases Among College Students. <https://www.news-medical.net/news/20101111/Physical-activity-level-decreases-among-college-students.aspx>. November 11, 2010



A Comparison of On- and Off-Duty Physical Activity in Career Firefighters

Allison M. Barry^{1,2}, Katie J. Lyman², Nathan D. Dicks², Kassiani D. Landin², Christi R. McGeorge³, Tanis J. Walch⁴
¹ Department of Health, Human Performance, and Recreation, Pittsburg State University, Pittsburg, Kansas
² Department of Health, Nutrition, and Exercise Sciences, North Dakota State University, Fargo, North Dakota
³ Department of Human Development and Family Science, North Dakota State University, Fargo, North Dakota
⁴ Department of Kinesiology and Public Health Education, University of North Dakota, Grand Forks, North Dakota

Introduction

- Improved physical activity (PA) and cardiorespiratory fitness (CRF) levels are necessary for firefighters to perform strenuous occupational demands (i.e., equipment up stairs, emergency medical use, etc.). These demands have been associated with increased cardiovascular events leading to disability and death.
- Sudden cardiac death accounted for 44% of all annual on-duty deaths in U.S. firefighters from 1995-2004.
- Thus, the National Fire Protection Association (NFPA) had made it a priority to emphasize PA levels in order to maintain and increase CRF. Currently, there are no PA guidelines for firefighters, as well as, no significant understanding of PA levels on- and off-duty for career firefighters.

Purpose

To examine differences in career firefighters' objectively measured PA levels while on- and off-duty.

Methods

- Twenty-nine career firefighters participated in a non-experimental, within-subjects study.
- Firefighters wore ActiGraph GT3X+ accelerometers on their right hip for one full tour (three on-duty days and six off-duty days).
- Freedson's cutpoints were used to assess PA intensity.
- Height (cm) and body mass (kg) were used to assess body mass index (BMI). Waist circumference was also measured.
- ACSM's PA guidelines were used as a set point to classify total accumulation of moderate-to-vigorous PA.

Statistical Analysis

- Dependent t-tests were used to examine mean differences in PA intensities between on- and off-duty days.
- Independent t-tests examined differences in PA intensities and step counts between firefighters who met and did not meet ACSM's guidelines.
- Pearson product-moment correlations were used to assess the association between PA intensities for both on- and off-duty days.

Results

- Firefighters (overweight=20; obese=9; normal weight=0) met the ACSM PA guidelines more often while on-duty (n=17) compared to when they were off-duty (n=9).
- While on-duty, firefighters attained an average of 35.51±19.22 minutes of moderate-to-vigorous physical activity (MVPA) compared to 27.82±18.91 minutes (p=0.055, d=0.40) when off duty.
- Firefighters engaged in significantly more light PA during on-duty days (351.11±59.90) compared to off-duty days (315.83±86.90) (p=0.026, d=0.47).
- There were significant correlations between on- and off-duty days for sedentary behavior (r = -0.53), moderate PA (r = 0.37), and MVPA (r = 0.41).

	Age (year)	Height (cm)	Body Mass (kg)	BMI (kg·m ⁻²)	Waist Circumference (cm)
Participants (n=29)	34.45 ± 7.15	180.74 ± 6.80	94.70 ± 10.65	28.97 ± 2.52	96.48 ± 7.95

TABLE 1. Participant Characteristics

Step Count Categorization	On-Duty Frequency (%)	Off-Duty Frequency
< 5000	1 (3.4)	4 (13.8)
5000-7499	3 (10.3)	10 (34.5)
7500-9999	12 (41.4)	11 (37.9)
> 10000	9 (31.0)	2 (6.9)
> 12500	4 (13.8)	2 (6.9)

TABLE 2. Step Count Categorization Between On- and Off-Duty Days

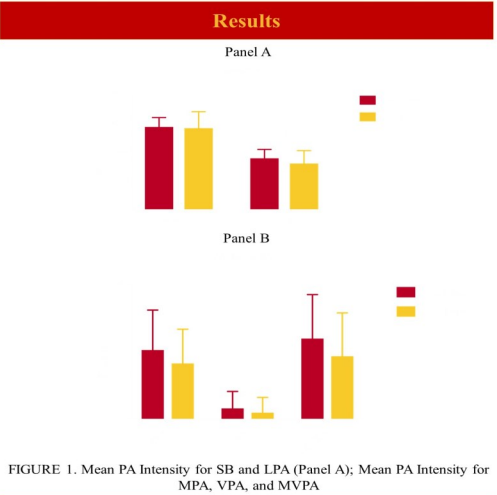


FIGURE 1. Mean PA Intensity for SB and LPA (Panel A); Mean PA Intensity for MPA, VPA, and MVPA

Conclusion

- As a group, the firefighters in this study did not meet ACSM PA guidelines, which places them at greater risk for a cardiac event.
- Firefighters must rely on their cardiovascular health to perform the physiologically demanding tasks that their job requires.
- Future research should examine methods to improve cardiorespiratory fitness and in turn decrease FM.
- In the future, researchers need to collaborate with fire departments across the country to assess and develop ways to enhance PA levels in firefighters with the goal of improving their overall health and well-being, which ultimately will decrease the risk of cardiac events.



Funded by: NACSM Innovative Student Research Grant



Are Changes in Physical Work Capacity Induced by High Intensity Functional Training Related to Changes in Associated Physiological Measures?

Derek A. Crawford¹, Dreu White¹, Nicholas B. Drake¹, Justin DeBlauw², Michael J. Carper¹, & Katie M. Heinrich²

¹Applied Physiology Laboratory; Department of Health, Human Performance, and Recreation; College of Education; Pittsburg State University
²Functional Intensity Training Laboratory; Department of Kinesiology; College of Human Ecology; Kansas State University



Applied Physiology Laboratory
Pittsburg State University



Abstract

High intensity functional training (HIFT) is a novel exercise intervention that may test body systems in a balanced and integrated fashion through challenging individuals' abilities to complete mechanical work; however, research has not determined if work capacity (WC) is a unique measure of fitness. **PURPOSE:** To determine if change in WC is related to change in the underlying physiologic measures. **METHODS:** Twenty-five healthy men and women completed a six-week (5 days/week) HIFT intervention with WC and various physiologic measures of fitness assessed pre- and post-intervention. Physiologic variables assessed included aerobic capacity (VO₂max); one-repetition maximums for back squat, shoulder press, and deadlift exercises; peak power and fatigue index from a 30-second Wingate bout; and WC (i.e., the maximal amount of mechanical work performed in a given time domain). **RESULTS:** At baseline, all physiologic measures of fitness were significantly associated with WC (Table 1) and this relationship was even stronger at post-intervention assessment (all p < 0.05). Further, there were significant improvements across these measures in response to the HIFT intervention (all p < 0.05). However, a multiple regression model using the change in these measures did not significantly predict the change in WC induced by HIFT (F = 0.330; Sum of Squares = 637.3; df = 5; p = 0.908; R² = 0.141). In addition, no single measure of fitness was significantly associated with the change in WC (Table 2). **CONCLUSION:** HIFT may be a unique challenge to individuals' fitness beyond traditional exercise programs; as evidenced by the independence of changes in WC from changes in the associated physiologic components. Elucidating the translational impact of increasing WC via HIFT may be of great interest to health and fitness practitioners.

Citation

Crawford DA, Drake NB, Carper MJ, DeBlauw J, Heinrich KM (2018). Are changes in physical work capacity induced by higher intensity functional training related to changes in associated physiologic measures? *Sports*, 6(2): 26

Purpose

To determine the relationship between the change in traditional measures of fitness and the change in physical work capacity following HIFT interventions

Methods

Participants:

- 25 healthy men (n = 13; age = 22.6 ± 3.5; body mass = 86.1 ± 13.9 kg; height = 182.8 ± 8.1 cm) and Women (n = 12; age = 21.0 ± 1.5; body mass = 70.5 ± 11.3 kg; height = 165.6 ± 5.7 cm)
- Recreationally-active; no prior HIFT experience

Experimental Design:

- 9-week study period
- Outcomes measured at Weeks 1 & 9
- HIFT intervention during Weeks 2-8

HIFT Intervention:

- Followed CrossFit template (CrossFit, Inc., Washington, D.C., USA)
- 60-minute sessions @ 5 days-wk⁻¹/6 weeks
- All sessions led/supervised by a certified trainer

Measures:

- Aerobic capacity (Bruce GXT; ParvoMedics TrueOne 2400)
- Anaerobic capacity (Wingate Test; Monark 894E)
- Maximal Strength (NSCA 1RM protocol)
- Work Capacity (12 goblet squats [45# men/25# women] + 12 Burpees + 24 Calorie Row [Concept2 Ergometer]) for as many rotations as possible in 10 minutes

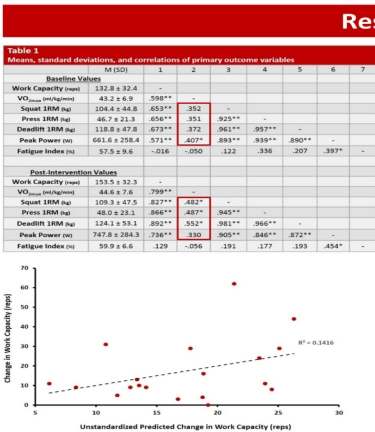


Figure 2. Actual versus predicted change in work capacity from derived multiple regression equation.

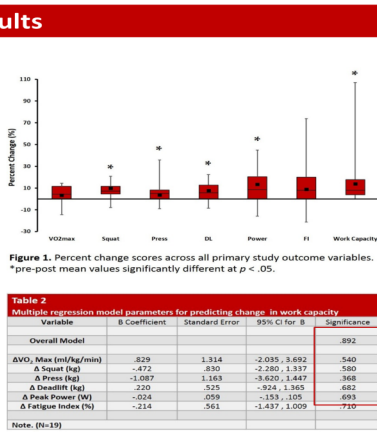


Figure 1. Percent change scores across all primary study outcome variables. *pre-post mean values significantly different at p < .05.

Variable	B Coefficient	Standard Error	95% CI for B	Significance
Overall Model				.892
ΔVO ₂ Max (ml/kg/min)	.829	1.314	-2.085, 3.692	.540
Δ Squat (kg)	.472	.830	-2.280, 1.337	.580
Δ Press (kg)	-1.087	1.163	-3.620, 1.447	.368
Δ Deadlift (kg)	.220	.515	-.924, 1.365	.682
Δ Peak Power (W)	-.004	.059	-.153, .105	.693
Δ Fatigue Index (%)	-.214	.561	-1.437, 1.009	.720

Note. (N=19)

Conclusions/Future Research

- Baseline fitness status predicts baseline HIFT performance
- HIFT participation resulted in a significant association between aerobic capacity and strength measures
- HIFT elicits significant improvement in multiple components of fitness
- The change in components of fitness fails to predict the change in physical work capacity

Future Research Should:

- Emphasize comprehensive assessment of work capacity (i.e., Power over Time)
- Investigate the effects of multiple modes of exercise training on work capacity
- Identify the clinical meaningfulness of work capacity across populations (i.e., athletic performance or disability)

Contact: dcrawford@pittstate.edu

HHPR Happenings



Dr. Laura Covert married Dr. David Miller this past summer. Congratulations to the Millers!



The HHPR Department welcomes Dr. Allison Barry as Assistant Professor in Exercise Science. Dr. Barry has a PhD in Exercise Science from North Dakota State University.



Dr. Hefley is the department celebrity with his appearance on *American Pickers* on the History Channel and already has his star on the Walk of Fame (See Cover Page)



Dr. Hardy spent the first week of November in Asuncion, Paraguay teaching a Lifetime Fitness Concepts class to eight undergraduate students. The students were very engaged and the weather was beautiful. Dr. Hardy looks forward to the possibility of starting an avenue of research in Paraguay and can't wait to go back and teach another class.

HOMECOMING ACTIVITIES



HHPR Club nominated Sarah Jewett as their 2018 Homecoming Queen Candidate.



HHPR Students participated in the annual raft races as part of the 2018 Homecoming Festivities.

Left Picture: Megan Neigsch and Bailey Cummins
Top Picture: Brett Nation, Kyley Brown, and Ms. Grimes

The Homecoming theme for 2018 was Gorillas Assemble: Heroes vs Villains



KAHPERD CONVENTION

The 2018 KAHPERD Convention was held at Emporia State University on October 24-26.

The following HHPR Faculty and students won awards at the convention:

Dr. Laura Covert-Miller, Vicki J. Worrell Service Award

Dr. Scott Gorman, KAHPERD Appreciation Award

Dr. Janice Jewett, Wayne Osness Honor Award

Dr. John Oppliger, KAHPERD Appreciation Award

Katherine Pinto, Future Professional Graduate Award

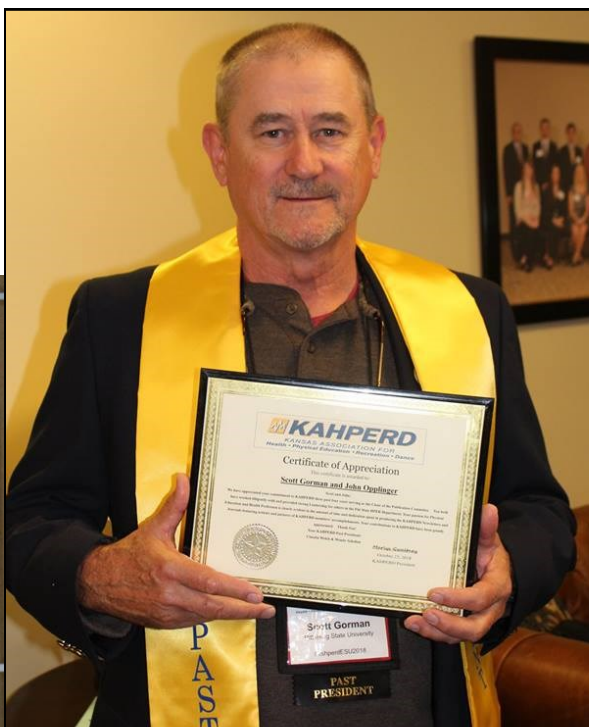
Liz Schroeder, Future Professional Undergraduate Award

Andi Vietti, Future Professional Undergraduate Award

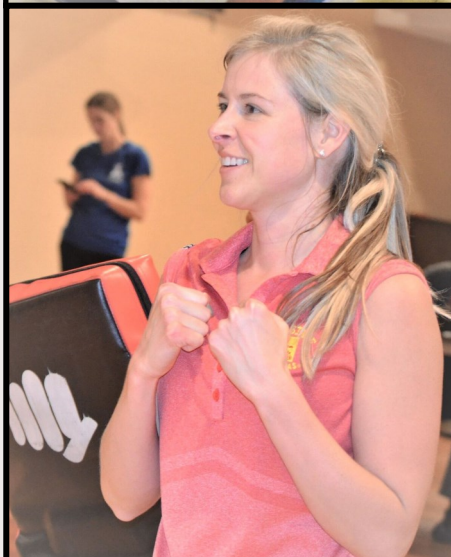
Samantha Way, Future Professional Graduate Award

Pittsburg State University's HHPR Department, Highest KAHPERD Membership

Congratulations!



More KAHPERD Photos!





Halloween Fun!



Students celebrated Halloween by learning the “Thriller” dance at the Monday night Ballroom /Country Western Dance Class (pictured above).



Students dressed up for Halloween in Dr. Julia Spresser’s Zumba Class. (left) and in Ms. Shelly Grimes’ First Aid/CPR Class (below)



TR-Iffic Field Day

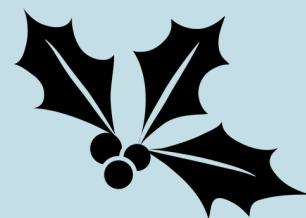
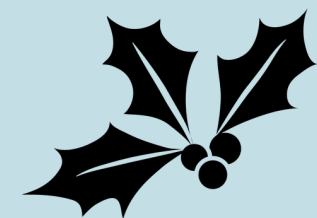
TR-Iffic Field Day was held on Nov. 8th at the PSU Plaster Center. The event was created by Therapeutic Recreation students a year and a half ago to provide an activity day for individuals with disabilities in the surrounding areas. This year's event had a total of 105 participants from local schools and agencies. Activities included parachute games, relay races, bowling, crafts, and noodle ball. Thank you to all the students, volunteers, and participants for helping to create a wonderful day! Special thanks to Sam Clausen for capturing such great moments during the event.



Pittsburg Christmas Parade



On November 26th, Dr. Jewett's Dance Appreciation classes participated in the Pittsburg Christmas Parade





Department of Health, Human Performance, & Recreation

Pittsburg State University

Interested in a Career as a Game Warden or Park Ranger?



Recreation and Sport Management with the Natural History Minor

can lead to careers such as:

State Park Ranger

National Park Ranger

Game Warden

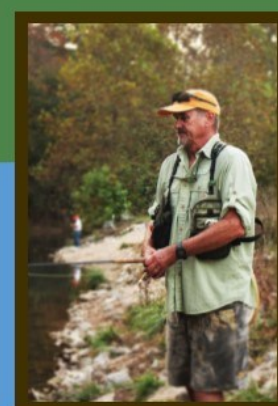
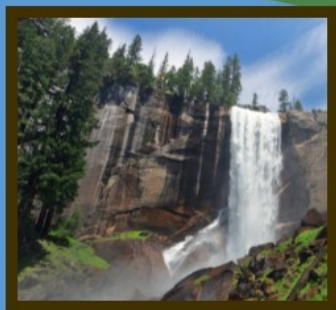
Environmental Educator

NAI Certified Interpretive Guide

Conservation Officer

Ropes Course Facilitator

Fishing/Hunting Guide



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr





Department of Health, Human Performance, & Recreation

Pittsburg State University

Interested in Hospitality Management /
Event Planning Careers?



A degree in **Hospitality Management** can lead to careers such as:

Hotel/Resort Management

Wedding Coordinator

Event Planner

Regional Restaurant Managers

Cruise Director

CVB Management



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

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Department of Health, Human Performance, & Recreation

Pittsburg State University



Include

Dance

in your Future!



A Dance Minor can lead to careers and training such as:

Studio Director

Studio Manager

Dance Team Coach

Dance Program Instructor

Stage Presence and Movement

Enhanced Use of Rhythms and Dance in the Classroom



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

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Department of Health, Human, Performance, & Recreation

Pittsburg State University

Interested in a Career in the Medical,
Wellness, or Athletic Fields?

Make Exercise Science your Pre-Professional Degree
for entrance to:

Physical/Occupational Therapy
School
Chiropractic College

Athletic Training Program
Medical School
Pharmacy School



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr



Congratulations to our Graduates!

O

Exercise Science

Austin Coleman

Morgan Finley

Bradly Gee

John Jabben

Lane Madison

Hunter Ray

Kylie Riegel

John Roderique

Nicholas Zafuta

A

G

A

A

G

Recreation

Erika Duncan

Adam Las Kares

Jenifer Little

Allyssa Lutgen

Taylor Mercier

Emmalee Mitchell

George Palestino

Ashley Ramos

Physical Education

Kylie Guthier

Jessica Laforge

Brandon Martinkus

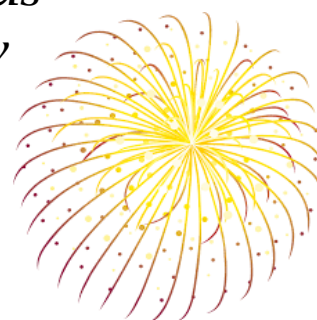
Kristina Murphy

Jose Speer

Dance Minor

Zoey Luin

Peyton Quick



Graduate

Kimberly Atchison

Marti Hatfield

Steven Kappenman

Kireston Luptak

David Pitts

Andrew Roomy

Cody White



A special THANKS to those who gifted the HHPR Endowment

Bob Ahrens
John and Amanda Allen
James and Marilyn Barrows
Missy Chaplin
Dr. Mary Coplen
Ron and Susan Downing
Steve & Lori Erwin
Patrick and Stephanie Forbes
Stephen Foster
Linda S. Garrison
Jack and Jean Gilmore
Scott and Beth Gorman
Michelle Grimes
Richard and Stephanie Grinage
Rob Hefley
Clark Howard
Tom and Eloise Kipp
Rick and Cheryle Moore
John and Kathy Oppliger
Matthew and Stacy Osterthun
Pamela and Guy Owings
Duane Rankin
William Reidy
Harry Segress
Cole and Jennifer Shewmake
Marian Simpson
Michael and Jo Slaughter
Tylor and Mallory St. Clair
Janie Terry
Gary Thompson
Madelyn Troutman
Kevin Woods
Products Plus Incorporated (Tommy Ayers, Owner)



Hyun Adams

Shelly
Dimes

Sarah Ball
Katherine
Duto

Tom
Whin

Julia
Gresser

Art
Hilly

Cole
Shumake

John
Opplye

Mike
Bury
Moray
Tully
John
Korman

Laena
Gutwill
Brooke
Wells-Lee

Janice
Dewitt

Rob
Hilly

Samantha
Way

Susan
Downing

Kaylah Ailes
Rylie Kirch
Hearnie Wallace

**Happy Holidays,
From HHPR**