

Kansas Board of Regents

Application for New Program

Name of Submitting Institution: **PITTSBURG STATE UNIVERSITY**

Address: 1701 SOUTH BROADWAY – PITTSBURG, KS 66762

Contact Person: John Oppliger – Chair, Health, Human Performance & Recreation Dept.

CIP: 31.0505 Bachelor of Science – Exercise Science

3. BASIC PROGRAM INFORMATION

- a. Pittsburg State University
- b. Exercise Science
- c. Bachelor of Science
- d. Fall 2011
- e. College of Education's Department of Health, Human Performance and Recreation
- f. CIP Code (31.0505)

4. PROGRAM PROPOSAL NARRATIVE

a. Program Characteristics

(1) Is the program central to the mission of the institution?

The proposed program of Exercise Science is related to the Board approved mission of Pittsburg State University. The proposed program allows students a curriculum provided with experiences using technological advances within the field as well as opportunities to present student driven research with those technological advances. These opportunities will build partnerships with similar and professional organizations across the region and in a broad range of future places of employment. Places of employment include but are not limited to, cardiac rehabilitation service programs, physical therapy centers, hospitals, nutrition centers, fitness centers, coaching at high school, collegiate and professional levels, medical testing laboratories, research programs, and universities. The proposed program also encourages students to continue their education with graduate work.

(2) What is the student demand for the program?

The volume of students within the Physical Education major exceeds the number of positions available in the work force. The need for a non-teaching degree within our discipline is evident with the number of professionals not employed in the physical education field. A degree in Exercise Science will allow students the option to be a part of fitness employment opportunities without having to be in a P-12 educational setting.

(3) What is the demand for graduates of this program?

A profession in Exercise Science has many possible careers including but not limited to biomechanics, strength and conditioning coach, cardiopulmonary rehabilitation specialist, lab technician, sports nutritionist, exercise physiologist, nursing, physical/occupational therapist, personal trainer, researcher, collegiate level coach, or graduate student. With the afore-mentioned careers, the demand for exercise scientists/physiologist is very high and expected to remain strong due to increased lifespan, disease prevention, and necessity for a higher quality of life. Each particular avenue can expect a significant increase in job opportunities, some of which may require an advanced degree.

(4) What are the locational and comparative advantages of this program?

Each of the Regent Institutions has a similar program in one form or another. The proposed program will allow Pittsburg State University to remain competitive and allow students from the geographical area an option to pursue his/her degree at Pittsburg State University. The prime advantage of the proposed program is that it is not just an area of emphasis or track. Many courses are part of the core rather than electives. The proposed program will also offer a minor for students in an emphasis area such as Pre-Physical Therapy and Pre-Medicine. The proposed program is also similar to the corporate and hospital wellness emphasis in the Recreation program, but focuses more so on individuals with exercise dysfunction rather than healthy populations. The proposed program will also prepare students to continue their education at the graduate level. A degree in Exercise Science allows students a wide background for advancing into other health fields. The proposed program also elicits a cross-curricular advantage, incorporating the departments of Biology, Chemistry, Family and Consumer Sciences, and Nursing.

(5) What are the characteristics of the students who will participate in this proposed program?

Students will be drawn from the existing Physical Education degree program who prefer not to join in the P-12 educational systems. New students, incoming freshmen, as well as transfer students will also be drawn into the program. The current University standards for admission and declaring the major and minor(s) will be used to enter the program. Once in the program, students will have numerous opportunities to interact with each other in the form of research projects, team work in the Human Performance Lab, the major's club, as well as belonging to professional organizations. Completed research projects will be submitted to professional organizations for presentations at conferences and meetings. Students will also be interacting with other professionals, vendors, and employers at those annual conferences and meetings. Opportunities for laboratory and work experiences will also be available throughout the program providing students with real workplace experience.

b. Curriculum of the Proposed Program

(1) What is the curriculum of the proposed program?

Exercise Science is the study of physiological and functional adaptations to movement. Many colleges and universities provide specific curriculum and/or academic majors in the exercise sciences. Undergraduate programs are typically broad based and include general study in biology, chemistry, anatomy and physiology, kinesiology, exercise physiology, and fitness programming. Within the unlimited scope of the degree, students can expect to be able to demonstrate how the body adapts physiologically to acute and chronic exercise. This includes bioenergetics, exercise metabolism, cardiac, circulatory, respiratory, hormonal, and musculo-skeletal responses to the exercise. The measurement of power, work and energy expenditure as well as the role environmental conditions, nutrition, medications and illegal substances have on the body during exercise will be covered.

General education course work must include General Biology, Chemistry for Life Sciences, Elementary Statistics, Computer Information Systems, and a course in Ethics. Major course work will include the completion of core as well as a minimum of 21 hours of electives. The total number of hours must meet a minimum of 124 to meet university standards. There is not a required minor, but one may be suggested. A minimum Grade Point Average of 2.75 is required within the proposed Exercise Science program. Students wishing to minor in Exercise Science must meet prerequisites for the courses offered in the minor, which come from the core of the proposed program.

Please refer to the curricular outline form.

c. Program Faculty

(1) What is the quality of the faculty?

The faculty will be made up of existing faculty (assistant, associate and full professor) at Pittsburg State University. General core courses and electives will be taught by the existing faculty member for the respective course. New courses will be taught by the proposed program director. The new courses will be on a two semester rotational basis. The proposed program director's current teaching load can either be taught with qualified adjunct, or set in a rotation if warranted. Over time, additional faculty may be needed to maintain program goals and objectives.

(2) How many graduate assistants will serve the program?

One or two graduate assistants would be beneficial to assist in laboratory activities and research. This/these assistant/s may also teach in the department's lifetime activity courses. Salaries for the position(s) would include the current graduate teaching stipend.

d. Academic Support

(1) What are the academic support services for this program

The academic services of advising services, library, audio-visual and academic computing resources are of sufficient volume and quality to support the proposed program.

(2) What new library materials and other forms of academic support are required beyond normal additions?

Library materials are sufficient for the proposed program at this time.

(3) What new supporting staff will be required beyond normal additions?

Support staff is sufficient for the proposed program at this time.

e. Facilities and Equipment

- (1) What are the anticipated facilities requirements (existing, renovated or new)?

Facilities are sufficient for the proposed program at this time.

- (2) What new equipment will be required beyond normal additions?

Equipment is sufficient for the proposed program at this time.

| | |
|-------------------------|----------|
| Woodway Treadmill | New-2008 |
| Bod Pod | New-2008 |
| Vacu-med Metabolic cart | New-2008 |
| Monark Cycle Ergometer | New-2008 |

f. Program Review

- (1) What program review process or evaluation methods will be used to review the program?

Program review will be internal with current university standards.

- (2) What student learning outcomes measures will be used to assess the program's effectiveness?

Entry and Exit exams will be given to students during their first and final years, respectively, of the proposed program.

- (3) What are the institution's plans regarding program accreditation?

There are no current standards for accreditation or licensure; however, students may become certified through professional organizations such as the American College of Sports Medicine. Programs may also be promoted or recognized through professional organizations. Pittsburg State University is currently recognized as an Educational Recognized Program through the National Strength and Conditioning Program. The cost for maintaining this recognition is \$500 every three years.

5. FORMS TO ACCOMPANY PROPOSAL

There are three forms that will be prepared and submitted with the proposals:

- a. Summary of Proposed Academic Program (1-15-04)
- b. Curriculum Outline for Proposed Academic Program
- c. Fiscal Summary for Proposed Academic Program (2-15-01)

Please see the forms that follow.

10. Facilities & Equipment:

New lab and equipment in 2008 (Student Recreation Center)

11. Program Review, Assessment, Accreditation:

Program review will be internal with current university standards. Entry and Exit exams will be given to students during their first and final years, respectively, of the proposed program. There are no current standards for accreditation or licensure; however, students may become certified through professional organizations such as the American College of Sports Medicine.

12. Costs, Financing:

No impact on current budget.

CURRICULUM OUTLINE

NEW DEGREE PROPOSALS Kansas Board of Regents

INSTITUTION: PITTSBURG STATE UNIVERSITY

- I. Identify the new degree: Bachelor of Science in Exercise Science
- II. Provide courses required for each student in the major:

| | | Course Name & Number | Credit Hours |
|---------------|------------------|---|--------------|
| Core Courses: | 38 hours | | |
| | | BIOL 257/258 Anatomy and Physiology/Lab | 5 |
| | | HHP 150 Lifetime Fitness Concepts | 1 |
| | | HHP 260 First Aid/CPR | 2 |
| | | HHP 345 Measurement and Evaluation | 3 |
| | | HHP 460 Kinesiology | 3 |
| | | HHP 464 Physiology of Exercise | 3 |
| | | REC 425 Personal Training and Fitness Management | 3 |
| | | REC 441 Adult Health and Development | 3 |
| | | HHP 510 Physiology of Exercise II | 3 |
| | | HHP 512 Exercise Testing and Prescription | 3 |
| | | HHP 514 Clinical Exercise Physiology | 3 |
| | | HHPR 760 Technology and Instrumentation in Ex. Phys. | 3 |
| | | FCS 301 or 203 Nutrition | 3 |
| Electives: | 21 hours minimum | | |
| | | BIOL 211 Principles of Biology I | 4 |
| | | BIOL 212 Principles of Biology II | 4 |
| | | BIOL 322/323 Genetics/Lab | 5 |
| | | BIOL 410 Biological/Medical Terminology | 3 |
| | | BIOL 660 Human Anatomy and Dissection | 5 |
| | | CHEM 215/216 General Chemistry I/Lab | 5 |
| | | CHEM 225/226 General Chemistry II/Lab | 5 |
| | | FCS 285 Lifespan Human Development | 3 |
| | | HHP 262 Care and Prevention of Athletic Injuries | 2 |
| | | HHPR 763 Scientific Principles of Strength & Cond. | 3 |
| | | NURS 314 Healthcare Terminology and Drug Calculations | 3 |
| | | NURS 265 Health Promotion and Disease Prevention | 2 |
| | | Other Approved Electives | |
| Research: | 3 hours | | |
| | | HHP 516 Research Project in Exercise Science | 3 |
| Practicum: | 6-12 hours | | |
| | | HHP 520 Clinical Practicum/Internship | 6-12 |
| Total: | | | 68-74 |

IMPLEMENTATION YEAR: AY 2011
Fiscal Summary for Proposed Academic Programs

Institution: PITTSBURG STATE UNIVERSITY

Proposed Program: Bachelor of Science in Exercise Science

| Part I. Anticipated Enrollment | Implementation Year | | Year 2 | | Year 3 | |
|--|-----------------------------|-----------------------------|-----------|-----------------------------|-----------|-----------|
| | Full-Time | Part-Time | Full-Time | Part-Time | Full-time | Part-Time |
| A. Full-time, Part-time Headcount: | 25 | 15 | 35 | 25 | 45 | 35 |
| B. Total SCH taken by all students in program | 360 | 90 | 864 | 150 | 1080 | 210 |
| Part II. Program Cost Projection | | | | | | |
| A. In implementation year one, list all identifiable General Use costs to the academic unit(s) and how they will be funded. In subsequent years, please include only the additional amount budgeted. | | | | | | |
| | Implementation Year | Year 2 | | Year 3 | | |
| <u>Costs:</u> | No impact on current budget | No impact on current budget | | No impact on current budget | | |
| OOE | No impact on current budget | No impact on current budget | | No impact on current budget | | |
| Total | No impact on current budget | | | | | |

Indicate source and amount of funds if other than internal reallocation:

No additional funds requested. The program will be unproblematic by using current faculty and efficient scheduling.

Revised: September 2003

Approved: _____

Credentials of the Faculty

Part I. PSU Service Record/Teaching

| | | | | | |
|-----------|---|-------------------------------------|----------------------------|--|----|
| A. | Name: | SANDRA L. BAUCHMOYER | Rank | PROFESSOR | |
| B. | Status (Mark with "X"): | <input checked="" type="checkbox"/> | Tenured/Tenured-Earning | | |
| | | | Non-tenure-Earning | | |
| C. | Year of first full-time PSU appointment: | 1974 | | | |
| D. | Specify highest degree earned: | PH.D. | UNIVERSITY OF IOWA | 1974 | |
| | | <small>Degree</small> | <small>Institution</small> | <small>Date</small> | |
| | Terminal degree for your department: | <input checked="" type="checkbox"/> | Yes | | No |
| E. | Number of classroom credit/contact hours: (you usually teach each semester, excluding thesis, etc.) | 12 | | | |
| F. | Number of non-classroom teaching activities you have supervised, last three years: | | | | |
| | ___ graduate thesis | | | ___ graduate research projects | |
| | <u>3</u> directed studies course | | | ___ internships | |
| | ___ other (specify) | | | | |
| G. | Media you commonly use in classroom teaching (check all that apply): | | | | |
| | <input checked="" type="checkbox"/> computer applications | | | <input checked="" type="checkbox"/> videos/films | |
| | <input checked="" type="checkbox"/> Overheads | | | <input checked="" type="checkbox"/> slides | |
| | <input checked="" type="checkbox"/> audio materials | | | other: mpgs | |
| H. | Teaching methods you commonly use in courses (check all that apply): | | | | |
| | <input checked="" type="checkbox"/> Lecture | | | <input checked="" type="checkbox"/> discussion | |
| | <input checked="" type="checkbox"/> Demonstration | | | <input checked="" type="checkbox"/> laboratory activities | |
| | <input checked="" type="checkbox"/> oral question & answer | | | <input checked="" type="checkbox"/> worksheets | |
| | <input checked="" type="checkbox"/> small group work | | | ___ journals | |
| | ___ in-class writing projects | | | <input checked="" type="checkbox"/> individual/panel reports | |
| | <input checked="" type="checkbox"/> out-of-class writing projects | | | <input checked="" type="checkbox"/> role playing | |
| | <input checked="" type="checkbox"/> outside speakers | | | <input checked="" type="checkbox"/> field trips | |
| | Recitation | | | other: Blackboard | |
| I. | Academic advisement assignment: | yes | | | |
| | Average advisement load per semester, last three years: | | | 40 | |
| J. | Other official academic offices/assignments & year: | | | | |
| | <ul style="list-style-type: none"> • Supervision of Perceptual-Motor Lab; on-going assignment | | | | |

Part II. PSU Scholarly Activity and Service (*Last Three Years*)

| | | |
|-----------|--|--|
| K. | Major scholarly creative activities | Relevance to teaching and/or academic |
|-----------|--|--|

| | accomplishment & year (excluding grants) | program development |
|--|---|----------------------------|
| | • | • |

| L. | Grants received/participated in | Relevance to teaching and/or academic program development |
|-----------|--|--|
| | <ul style="list-style-type: none"> Participated in the PT3 grant program; passed all three phases and received grant funds to use in professional development | <ul style="list-style-type: none"> Have implemented several technologies learned in the program into my classes |

| M. | Professional development/ research activities | Relevance to teaching and/or academic program development |
|-----------|--|---|
| | <ul style="list-style-type: none"> Attended KAHPERD convention, each Fall, past three years; Fall 2004 presenting two programs. | <ul style="list-style-type: none"> I always learn new things while attending every convention, and I then incorporate the new material into my classes |
| | <ul style="list-style-type: none"> Attended National Convention AAHPERD, Spring, past three years | <ul style="list-style-type: none"> Same |
| | <ul style="list-style-type: none"> Attended KAHPERD convention, Fall, 2000 | <ul style="list-style-type: none"> Same |
| | <ul style="list-style-type: none"> Have attended several workshops organized by Dr. Brenda Friedan and have learned how to use Blackboard, digital photography, PowerPoint. | <ul style="list-style-type: none"> Am now using these technologies in my classes |

| N. | Work experience | Relevance to teaching and/or academic program development |
|-----------|------------------------|--|
| | • | • |

| O. | Professional/University/ Community service | Relevance to teaching and/or academic program development |
|-----------|--|--|
| | <ul style="list-style-type: none"> Graduate Council every year; Vice-Chairperson of Graduate Council 2003 and 2004. | <ul style="list-style-type: none"> I report to our HPER Dept. any upcoming events, and make any needed curriculum adjustments |
| | <ul style="list-style-type: none"> Committee for the Protection of Human Research Subjects; ongoing | <ul style="list-style-type: none"> Serving on this committee helps me as I teach graduate classes |
| | <ul style="list-style-type: none"> Chair; College of Education Promotion Committee 2003; member of committee 2001, 2002 | <ul style="list-style-type: none"> Awareness of accomplishments of those in other depts. |
| | <ul style="list-style-type: none"> Served as Marshall for Commencement ceremonies every | <ul style="list-style-type: none"> Departmental visibility |

| | | |
|--|--|--|
| | spring semester for many years | |
| | <ul style="list-style-type: none"> • Volunteer for SEK Humane Society | <ul style="list-style-type: none"> • Community visibility |
| | <ul style="list-style-type: none"> • Presented a program on fencing for stage plays for Dr. Susan Carlson's class each semester | <ul style="list-style-type: none"> • Gives our dept. visibility with students who may not take PE |
| | <ul style="list-style-type: none"> • Presented a program on "Creative Ideas for Implementing Digital Photography in the Classroom"; Spring and Fall semesters 2004. | <ul style="list-style-type: none"> • I use digital photography more and more in my own classes |
| | <ul style="list-style-type: none"> • Served as Departmental representative at the Graduate Awards Banquet | <ul style="list-style-type: none"> • Departmental visibility; awareness of accomplishments of graduate students and celebrating those accomplishments |
| | <ul style="list-style-type: none"> • Volunteer for American Red Cross by teaching classes in first aid and CPR for the community and/or workplace | <ul style="list-style-type: none"> • Awareness of special considerations with regard to safety and accidents in workplace; relevance for teaching this class at the University. |
| | <ul style="list-style-type: none"> • University Promotion Committee 2002, 2003 | <ul style="list-style-type: none"> • Departmental visibility |
| | <ul style="list-style-type: none"> • Institutional Assessment and Effectiveness Committee, 2003 | <ul style="list-style-type: none"> • |

Part III. Professional Career Highlights

| | |
|-----------|---|
| P. | Professional highlights/awards/recognition |
| | <ul style="list-style-type: none"> • Kansas Association for Health, Physical Education and Recreation Service Award, |
| | <ul style="list-style-type: none"> • 25 year service award, Pittsburg State University |
| | <ul style="list-style-type: none"> • National Red Cross Health and Safety Services Regional Award winner |

Daniel D. Ferguson

FACULTY VITA

ADDRESSES and PHONES

Home: 3208 N Michigan
Pittsburg, Kansas 66762
(620) 719-0390

Office: 101 M Student Recreation Center
Pittsburg, Kansas 66762
(620) 235-4911
Ferguson@pittstate.edu

FORMAL EDUCATION

- a. Undergraduate Degree: Bachelor of Science, Oregon State University, Outdoor Recreation, 1970
- b. Masters Degree: Master of Arts, New York University, Therapeutic Recreation, 1971
- c. Terminal Degree: Ph. D., University of Oregon, Therapeutic Recreation, Cognate: Gerontology

Dissertation Title: A two phase study of the potential use of microcomputers to provide in-service training for nursing home activity directors.

PROFESSIONAL EXPERIENCE ---

2002 to Present Pittsburg State University

- a. Position: Associate Professor of Therapeutic Recreation
- b. Total Years in Position: 7 years; January 2002-present
- c. Employer: Pittsburg State University, Dept of Health, Human Performance & Recreation, Pittsburg, Kansas
- d. Major Duties: Teach Introduction to Recreation and Leisure; Therapeutic Recreation Theory & Program Design; Recreation Programming and Leadership, Survey Research Techniques in Recreation; Practicum Supervision; Field Studies in Recreation; Pre-Internship Seminar; Internship Supervision; Introduction to Therapeutic Recreation and Freshman Experience. Provide Committee Service on PSU Faculty Senate; Study Abroad Committee; Multicultural & Diversity Committee; College of Ed Committees include: Educational Resources Committee, Planning Committee, Constitution Committee and Diversity Committee; Departmental Committees include Recreation Faculty, Graduate Comprehensive Exam Committee.
- e. Sabbaticals – None
- f. Promotions – Will be promoted to Professor in August, 2009

1996 to 2001

- Brigham Young University
- a. Position: Associate Professor of Therapeutic Recreation

- b. Total Years in Position: 5.5 years; July, 1996-December, 2001
- c. Employer: Brigham Young University, Dept of Recreation Management and Youth Leadership, Provo, Utah
- d. Major Duties: Taught courses in introductory and advanced areas of Therapeutic Recreation. Supervised Therapeutic Recreation interns and coordinated the Therapeutic Recreation emphasis. Supervised international internships to Romania and Mexico. Served on department and college committees, including the Therapeutic Recreation Committee, Cooperative Education Committee, Undergraduate Curriculum Committee, Graduate Curriculum Committee, College Teacher Development Committee, Faculty Search Committees.

1982 to 1996

Michigan State University

- a. Position: Associate Professor of Therapeutic Recreation
- b. Total Years in Position: 15 years; January, 1982 to July, 1996
- c. Employer: Michigan State University, Dept. of Park, Recreation and Tourism Resources, East Lansing, Michigan
- d. Major Duties: Taught Individual and Comprehensive Program Planning in Therapeutic Recreation, Therapeutic Recreation Techniques and Leisure & Society. Other courses were Computer Applications, Camp Administration, Camp Counseling, and Leisure Theory and Philosophy and Leisure Education. Served on various departmental, college, and university committees, including: Undergraduate Committee, Graduate Committee, Faculty Advisory Committee and Ph.D. Exam Committee. University Committees include All University Traffic and Transportation Committee and CANR Committee for Academic Policy. Coordinated student exchange program with TEC de Monterrey, Mexico and developed a study abroad program entitled Tourism Development in Mexico.

1978 to 1981

Eastern Oregon Hospital and Training Center

- a. Position: Recreation Director, MED Acute Care & Long Term
- b. Total Years in Position: 3.5, March, 1978 to December, 1981
- c. Employer: Eastern Oregon Hospital & Training Center, Pendleton, Oregon
- d. Major Duties: Developed and supervised the implementation of individual treatment plans for psychiatric patients on three chronic and three acute treatment wards, prepared and administered departmental budgets for MED Recreation, audited medical records concerning patient progress toward activity therapy goals, prepared discharge summaries and make recommendations to community mental health clinics for follow-up leisure services, supervised five full-time Recreation Therapy and Occupational Therapy personnel and several interns.

1975 to 1978

University of Oregon

- a. Positions: Instructor of T.R. and Counselor in Student Services
- b. Total Years in Positions: 2.75, September, 1975 to March 1978
- c. Employer: University of Oregon, Dept of Park and Recreation Administration & Office of Handicapped Student Services
- d. Major Duties: Taught Introduction to therapeutic recreation, Leisure in Society and supervised student interns; provided advising and related services to students with disabilities.

1972 to 1974 Nor-West Regional Special Services
a. Position: Director
b. Total Years in Position: 1.5, June, 1972 to December, 1974
c. Employer: Nor-West Regional Special Services, Peekskill, NY
d. Major Duties: Director of regional recreation program for developmentally disabled in community of 100,000. Planned, conducted and maintained an on-going recreation program for northern Westchester County, N.Y.; hired, trained, and supervised full and part-time staff; administered budget; wrote grants; worked with advisory groups; served on county Mental Health Council; purchased specialized equipment; worked with administrators and personnel from social agencies, school districts, etc. in coordinating programs, facilities and transportation; was responsible for all program records.

1971 to 1972 Jewish Guild for the Blind
a. Position: Recreation Group Worker
b. Total Years in Position: 1.5, January 1971 to June 1972
c. Employer: Jewish Guild for the Blind, 15 W 65th NY, NY
d. Major Duties: Organized recreation programs for the aged, blind, and multiple handicapped adolescents; trained and supervised volunteers; was agency liaison for senior centers, counseled clients on 1:1 basis; gave basic mobility training; wrote progress reports on clients and groups; worked with psychologist, physician and case worker team.

PROFESSIONAL SERVICE AND INVOLVEMENT

a. Current certification status – Certified Therapeutic Recreation Specialist. Registered with NTRS in 1984. Became CTRS in 1990. Expires 2010.

b. Organization Memberships ---

1. National Recreation and Park Association (1968 to Present)
2. National Therapeutic Recreation Society (1970 to Present)
 - Executive Committee of Board of Directors (2003-2004)
 - Board of Directors, 2000-2001, 2002-2005
 - Long Term Care Committee (1989 - 1991)
3. American Therapeutic Recreation Association (1987 to Present)
 - Co-Editor, Research Institute Proceedings, (2002-2003)
 - Co-Chair Research Committee, (2001-2003)
 - Associate Editor-Annual in Therapeutic Recreation. (1993 - 1998)
 - Chair-Protocol Committee, 1990 – 1993
4. Kansas Recreation and Park Association (2007-Present)
 - Therapeutic Recreation Representative to Board of Directors (2007)
5. Kansas Association of Health, Physical Education and Recreation (2003-2006)
 - Recreation Representative to KAHPERD Board (2003-2006)
6. Utah Recreation Therapy Association (1996-2001)
 - Legislative Committee, 1997-2001
 - BYU university liaison, 1996-2000

c. Workshops, Clinics, etc. where presentations were made

“Developing internship opportunities in Macedonia, Kosovo, and the Balkan Region” 5th Global International Internship Congress; Daegu, Korea, April 16-20, 2007.

“Investing in yourself: Why therapeutic recreation students should study abroad,” Midwest Symposium for Therapeutic Recreation. St. Louis, Missouri. April, 2004.

“I may be Chicken Little, but the sky really is falling. That’s why you should help the little red hen make bread.” South Dakota Therapeutic Recreation Association conference. Yankton, South Dakota. March, 2004.

“Designing Playgrounds for Parks and Schools,” Kansas Association of Health, Physical Education, Recreation and Dance Conference. Emporia, Kansas. October, 2003.

“Increasing your marketability through international experiences,” Michigan Recreation and Park Association Student Conference. Taylor, Michigan. February, 2003.

“Leading under pressure: What to do when things go wrong and everyone is looking at you!” Basic Leadership Training Conference sponsored by PSU Presidential Ambassadors, January 31, 2009.

“Romanian orphans and the effect of inactivity on brain development,” Brain Based Activity Workshop sponsored by Pittsburg State University, Dept. of Health, P.E. and Recreation. June, 2003.

“Project Adventure: Back pocket activities,” Brain Based Activity Workshop sponsored by Pittsburg State University, Dept. of Health, P.E. and Recreation. June, 2003.

d. Major speaking engagements and presentations

International

“Internship & University Curricula: Meeting the demand of the labor market,” Internships and Career Development: from Concept to Implementation” conference sponsored by the Academic Training Association, March 16-17, 2007; Skopje, Macedonia.

“Use of the Internet to Help Students Find International Internships” 4th Global International Internship Congress, April 16-20, 2007; Amsterdam, The Netherlands.

National / Regional

“Why therapeutic recreation students should study abroad,” Midwest Symposium on Therapeutic Recreation and Adaptive Activity, Springfield, IL, April, 2005.

“The courage to teach: A discussion with TR educators.” American Therapeutic Recreation Association Conference. Kansas City, Missouri. October, 2004.

State

“Trends in Therapeutic Recreation: A view from the top,” (*Invited Keynote address*) South Dakota Therapeutic Recreation Society conference. Yankton, South Dakota. March, 2004.

“Computer resources that will make you a better recreation therapist,” (*Invited Presentation*) Iowa Therapeutic Recreation Association, Cedar Falls, Iowa, April, 2005

e. Honors and Awards

Distinguished Faculty Member Award, awarded by Pittsburg State University Student Government Association. Only 3 awards are presented each year. March, 2006.

Kansas Recreation Professional of the Year, awarded by the Kansas Association of Health, Physical Education, Recreation and Dance. January, 2006.

RESEARCH AND SCHOLARLY ACTIVITIES

a. Research

My research and scholarly interests have shifted dramatically since coming to PSU in 2002. Currently my research interests are in three areas: 1) Poverty, and the effect of poverty on student behavior (Crawford County is a high poverty area of Kansas). I have conducted a study of all incoming freshman to PSU to see if there is a profile of poverty in our students, given that most are from Southeast Kansas. 2) Internships, the capstone experience in recreation. I have re-written our departmental internship manual. I also developed and have been teaching REC 462 Pre-Internship Seminar. I have been collecting evaluation data on the seminar but do not have enough data yet to be meaningful. 3) International Study. I gave a poster presentation at the TR Educator's Conference in 2005 and published data on the impact of a study abroad program on TR students.

b. Publications

Ferguson, D. D. and Zabriskie, R.,. "A National Study of Therapeutic Recreation Internships: The Higher Education Perspective." Therapeutic Recreation Annual. 2004. pp 75-85.

Ferguson, D. D., "*The Impact of a Study Abroad Experience in Romania On Therapeutic Recreation Students*," Proceedings from the Therapeutic Recreation Educator's Conference, May 19, 2005. Chicago, IL: American Therapeutic Recreation Association .

Ferguson, D. D., "*Therapeutic Recreation in Crisis: A National Study of Professional Organization Involvement by Certified Therapeutic Recreation Specialists*," Abstracts from the 2002 ATRA Research Institute. Alexandria, Virginia: American Therapeutic Recreation Association, 2002. p. 27-29.

PROCEEDINGS AND ABSTRACTS EDITED

Ferguson, D. D. and Paulsen, R. D. (2007) Proceedings of the 4th Global International Internship Congress held in Amsterdam, The Netherlands. April 5-8, 2005. Pittsburg, Kansas: Pittsburg State University.

Ferguson, D. D. and Paulsen, R. D. (2004) Proceedings of the 3rd Global International Internship Congress held in Stuttgart, Germany. April 8-11, 2003. Pittsburg, Kansas: Pittsburg State University.

Ferguson, D. D., Zabriskie, R. and Stone, C. (2003) Abstracts from the 2003 ATRA Research Institute, September 12-16, 2003, Atlanta, Georgia. Alexandria, Virginia: American Therapeutic Recreation Association.

Ferguson, D. D. and Paulsen, R. D. (2002) The Proceedings of GIIC: Global International Internship Congress. Provo, Utah: Brigham Young University Press.

Ferguson, D. D., Zabriskie, R. (2002) Abstracts from the ATRA 2002 Research Institute. September, 2002, Keystone, Colorado. Alexandria, Virginia: American Therapeutic Recreation Association.

INSTITUTION INVOLVEMENTS

a. Teaching

| Class (Credits) | Fall | Spring | Summer |
|-----------------|------------------|------------------|---------------------|
| REC 160 (3cr) | 2006, 2007, 2008 | 2006, 2007, 2008 | |
| REC 270 (2cr) | 2006, 2007, 2008 | | 2006, 2007, 2008 |
| REC 275 (2cr) | 2006, 2007, 2008 | 2006, 2007, 2008 | |
| REC 311 (3cr) | | 2006, 2007, 2008 | |
| REC 419 (3cr) | 2006, 2007, 2008 | | 2006, 2007, 2008 |
| REC 440 (1cr) | '06 Convention | '07 Convention | '08 WC Sports Wkshp |
| REC 460 (3cr) | | 2006, 2007, 2008 | |
| REC 462 (1cr) | 2008 | 2008 | |
| REC 498 (12 cr) | 2006, 2007, 2008 | | |

b. Advisement

- 1) On program of studies -- 20 undergraduates, 0 masters, 0 doctoral
- 2) On field experience – 10 per year. This varies each semester depending on whether I am supervising REC 498; but never more than 10 per semester.
- 3) On theses and dissertations – N/A

c. Institutional Service for the past 3 years

- 1) College of Education Multicultural and Diversity Committee (2006 to present)
- 2) College of Education Planning Committee (2006-2007)
- 3) PSU Center for the Study of Poverty and Student Achievement Steering Committee (2005-present) - special assignment
- 4) PSU Multicultural Committee (2006-2007)
- 5) Faculty Senate (2005-2007)
- 6) HHPR Recreation Faculty Committee (2002-present)

OTHER INFORMATION – Lead a study abroad program to Romania, 2006-2007

R. Scott Gorman, Ed.D.

Department of HHPR
Pittsburg State University
Pittsburg, Kansas 66762
e-mail- sgorman@pittstate.edu

Home Address:
1507 Randall Drive
Pittsburg, Kansas
620-232-6232

Formal Education

Ed.D. in Physical Education, University of Georgia, GA. -1983
M. A. in Health and Physical Education, Western Carolina University, NC. -1976
B.A. in Health and Physical Education, Elon College, NC -1975

Dissertation

Fitness Program Variables Associated with Adherence to a Personalized Fitness Program

Professional Experience

* University Professor/Graduate Coordinator, 2003- 2009, Pittsburg State, KS.
* Full Professor/Graduate Coordinator, 1994- 2002, Pittsburg State, KS.
* Associate Professor, 1988-1993, Pittsburg State, KS.
Assistant Professor/Baseball Coach, 1983-1988, Berry College, GA.
Graduate Assistant- 1979-1983, University of Georgia, GA.
Health/Physical Education Instructor/Coach, 1976-1979, Raleigh, NC.
Graduate Teaching Assistant, 1975-1976, Western Carolina, NC.
* Graduate Faculty Status

Professional Service and Involvement

Professional Certifications

- Bio-Pod, Inc. - Body Composition Assessment Certification (2008- present)
- KDWP - Hunter Education Safety Instructor (1999- present)
- American Red Cross - First Aid/CPR Instructor (1988- present)
- American Red Cross - Canoeing Instructor (1988- present)
- KDHE - Playground Safety Consultant- (1999- present)

Organization Memberships

- American Alliance for Health, Physical Education, Recreation and Dance
- Central District Association of the American Alliance for Health, Physical Education, Recreation and Dance
- Kansas Association of Health, Physical Education, Recreation and Dance
- National Rifle Association
- Kansas Hunter Education Association

American Alliance for Health, Physical Education, Recreation and Dance

- AAHPERD Student Services Committee/Co-Chair (2005- 2008)
- NASPE Middle School (2004)/Elementary (2005)TOY Evaluation Committee
- NASPE Finance Committee (2002-2004)
- NASPE Parliamentarian to Associate Delegate Assembly (2002-2009)
- NASPE National "PEP" Rally Representative (2000)
- AAHPERD Board of Governors (1998-1999)
- Alliance Assembly Restructuring Review Committee (1998-1999)
- NASPE Cabinet-District Coordinator (1997-1999)
- Recognition Awards Committee-NASPE Representative (1996-1999)
- CDAAHPERD Representative to NASPE Cabinet (1994-96)
- Physical Best State Coordinator representing KAHPERD (1989-1994)

• ARAPCS (AAALF) Skills Test Committee(1984-present) Chairperson(1986-88)
Central District Association of the American Alliance for Health, Physical Education, Recreation and Dance

- Parliamentarian (2007-2009)
- Vice-President of General Division (2002-2004)
- President (1998-2001)
- Executive Council (1992-1996, 1999-2001, 2003-2005 & 2007-2008)
- North American Society of HPERD & Sport Awards Committee Chair (2000)
- Parliamentarian (1997-1998 & 2007-2008)
- VP of Sport and Physical Education Division (1992-1996)
- Chair of Sport and Physical Education: Sport Section (1990-1992)
- Recognition Awards Committee (1990- present)

Kansas Association of Health, Physical Education, Recreation and Dance

- Parliamentarian (1998-present)
- KAHPERD President (1993-1995)
- Executive Council (1993- present)
- Awards Committees Chair (2000-05)
- Convention Manager (2004)
- Past-Advocacy CommitteeChair
- Past-Research Section Chair
- Past-Grants Committees Chair
- Past-Structure & Function Chair
- Past-ASP Chair

Parks and Recreation Association

- Pittsburg Parks and Recreation Advisory Committee/Chair (1991-2001)

Major Presentations

Gorman, R. Scott, Oppliger, J. and Sedbrook, S. “Stump the Olympic Panel.” KAHPERD Convention, Emporia, KS. October 29, 2008.

Gorman, R. Scott. Parker, Missy. “Student Leadership Development Mini- Conference.” CDAAHPERD Conference, Omaha, Nebraska. April 28 , 2008.

Gorman, R. Scott. et. al. “AAHPERD Future Professional National Leadership Development Workshop.” AAHPERD National Convention, Dallas-Fort Worth, Texas, April 9, 2008.

Gorman, R. Scott. “Student Leadership: Building Our HPERD Future.” CDAAHPERD District Student Leadership Development Conference (LDC), Overland Park, KS. April 27, 2007.

Gorman, R. Scott. “Yabadabadoo Adventure Activities.” CDAAHPERD Conference, Overland Park, KS. April 28 , 2007.

Miller, Mike and Gorman, R. Scott. “Fly Fishing” CDAAHPERD Conference, Overland Park, KS. April 28, 2007.

Gorman, R. Scott. “Adventure Energizers.” CAHPERD (Canada) Student LDC. Ontario, Canada, September, 2007.

Gorman, R. Scott. “Leadership Development Activities for Future Professionals.” AAHPERD Student Services LDC, Estes Park, Colorado, October, 2007.

Gorman, R. Scott. “Archery Basics.” KAHPERD Conference, Emporia, KS. November 9 , 2007.

Gorman, R. Scott. “Adventure Curricular Activities for Student Majors and Oldtimers Too.” MOAHPERD Conference, Lake of the Ozarks , MO. November 10 , 2007.

Gorman, R. Scott. “Student Leadership: Looking Forward to Building Our Future.” CDAAHPERD District Student Leadership Development Conference (LDC), Broomfield, CO, March, 2006.

Gorman, R. Scott. "Juggling: As Easy as 1-2-3." CDAAHPERD Conference, Broomfield, CO, March, 2006.

Gorman, R. Scott. "Fly Fishing Basics: Because Trout Don't Live in Ugly Places," KAHPERD Conference, Emporia, Kansas, November, 2006.

Gorman, R. Scott. "Orienteering: Know Where You Are, Where You Are Going and How to Return Safely." KAHPERD Conference, Emporia, Kansas, November, 2006.

Gorman, R. S and B. Clocksin, Getting Acquainted: The First Step Towards Leadership, AAHPERD National Student Leadership Development Conference (LDC), Ripley, West Virginia, Oct. 20, 2005.

Gorman, R. Scott, Adventure Activities Leadership Training, AAHPERD National Student Leadership Development Conference (LDC), Ripley, West Virginia, Oct. 21, 2005.

Akin, Ellis, Gorman, Moeckel & Schneider, Future Professionals Panel Q & A Session, KAHPERD Convention, Washburn University, Topeka KS. November 11, 2005.

Miller, Mike and Gorman, R. Scott, Pre-Convention Outdoor Education Workshop- Choice Based Physical Education" CDAAHPERD Convention, Cheyenne, Wyoming, May 5, 2005

Gorman, R. S., Bolt, J., Deines, V., Juggling Basics- Brain Based Fun for the Kid In All Of Us, CDAAHPERD Convention, Cheyenne, Wyoming, May 7, 2005

Gorman R. S. (Workshop coordinator), Combs, Donaldson, Gorman, J.H., Oppliger and Scherrer. "Fly-Fishing, Adapted Fishing and Plain Old Fun Fishing: Equipment and Techniques for Kids of All Ages," Pre-Convention Workshop, KAHPERD Convention, PSU, Pittsburg, KS. October 28, 2004.

Bauchmoyer, S., Gorman, R.S. and Gorman, J.H., "Incorporating Archery Into Your Program," KAHPERD Convention, PSU, Pittsburg, KS. October, 2004.

Gorman, R. S., Zody, J. "Yabadabadoo Adventure Curricular Activities." NDAHPERD Convention, Bismark, ND. July 19-20, 2004.

Gorman, R. S. "Orienteering." NDAHPERD Convention, Bismark, ND. July 19-20, 2004.

Oppliger, Gorman, and Stobart, "State-Wide Physical Activity Day: Physical Advocacy Session," AAHPERD National Convention, New Orleans, LA., April 1, 2004.

Gorman, Sedbrook and Zody, "Out of This World Adventue Activities for Central District Future Professionals," CDAAHPERD Convention, Duluth, MN. February 6, 2004.

Honors and Awards

2004 NASPE Joy of Effort Award
 2004 KAHPERD Presidential Certificate of Appreciation
 2004 AAHPERD Honor Award
 2002 NASPE President-Elect Candidate
 1998 KAHPERD Honor Award
 1996 CDAAHPERD Honor Award
 1995 CDAAHPERD Sport & Physical Education Division Merit Award
 1993 Kansas Governor's Council On Fitness and AHA "Heartiest Five"
 1990 Outstanding Faculty Member- School of Education
 1984 Phi Delta Kappa , University of Georgia

1982 Program Director's Teaching Excellence Award- UGA
1976 Phi Delta Kappa, Western Carolina University
1975 NAIA Academic All-American Baseball Player- Elon College

Research & Scholarly Activities

Research

My major areas of expertise include: exercise physiology, health related physical fitness, pedagogy, outdoor education, adventure education and legal liability. I have extensive experience in ropes course programing and we have a low elements course at PSU.

Publications

Gorman, R. Scott. "AAHPERD Student Leadership Forum."

AAHPERD Update, Spring, 2008.

Gorman, R. Scott "Future Professionals Take on Central District
CDAAHPERD Update, Spring, 2008.

Gorman, R. Scott. "Student Services Committee Board of Governor's Report."
AAHPERD National Convention BOG Meeting, Dallas-Fort Worth, Texas, Spring, 2008.

Gorman, R. Scott. "AAHPERD Student LDC Update." Central District AAHPERD
Update, Volume II, Spring 2007.

Gorman, R. Scott "Mentoring AAHPERD Future Professionals."
AAHPERD Update, Spring, p. 17, 2007.

Gorman, R. Scott "AAHPERD Dual State and National Membership Benefits."
AAHPERD Update, Spring, p. 17, 2007.

Membership Testimonial submitted for AAHPERD UPDATE, Spring, 2007.

Gorman, R. Scott. "Future Professional Leadership Opportunities Abound." AAHPERD
UpdatePlus, September/October, Fall 2007.

Gorman, R. Scott. "AAHPERD Student LDC Update." Central District AAHPERD
Update, Volume II, Spring 2006.

Gorman, R. Scott. "KAHPERD Executive Director's Message." KAHPERD Journal,
Volume 78, No. 2, Fall 2006.

Gorman, R. S and B. Clocksin, Getting Acquainted: The First Step Towards Leadership,
AAHPERD National Student Leadership Development Conference (LDC), Ripley, West
Virginia, Oct. 20, 2005.

Gorman, R. Scott, Adventure Activities Leadership Training, AAHPERD National
Student Leadership Development Conference (LDC), Ripley, West Virginia, Oct. 21,
2005.

Akin, Ellis, Gorman, Moeckel & Schneider, Future Professionals Panel Q & A Session,
KAHPERD Convention, Washburn University, Topeka KS. November 11, 2005.

Miller, Mike and Gorman, R. Scott, Pre-Convention Outdoor Education Workshop-
Choice Based Physical Education" CDAAHPERD Convention, Cheyenne, Wyoming,
May 5, 2005

Gorman, R. S., Bolt, J., Deines, V., Juggling Basics- Brain Based Fun for the Kid In All
Of Us, CDAAHPERD Convention, Cheyenne, Wyoming, May 7, 2005

Teaching

100 Freshman Experience (2005-2008)

| | |
|-----|--|
| 150 | Lifetime Fitness Concepts (2005-2008) |
| 200 | LS: Advanced Weight Training (2005-2007) |
| 317 | Camping and Outdoor Education (2005-2008) |
| 469 | Exercise Physiology (2005-2008) |
| 499 | Report (2005-2008) |
| 806 | Special Investigations (2005-2008) |
| 825 | Leadership and Legal Issues in Sport & Leisure (Fall 2007 and 2008) |

Advisement

I serve as the Graduate Coordinator for the HHPR Department. I presently have 45 part-time or full-time graduate students in our Master of Science Degree Program. I also advise 9-10 undergraduate students who are assigned to me as “undeclared” in my Freshman Experience classes.

Institutional and Community Service

Dr. Gorman serves on the Honors College Committee, Paraguay in Kansas Committee, College of Education Promotion Committee and is past- Chair of the University Professor Committee. Additional PSU service includes: Graduation Marshal, PSU Lacrosse and Fishing Clubs Adviser. Dr. Gorman is also recruited by the Athletic Department to umpire both PSU scrimmages as well as varsity baseball and softball games. He also assists whenever needed at home cross-country and track and field meets. He also has served as official scorekeeper for the Gorilla Volleyball team. Additional HHPR departmental service includes: Graduate Faculty, Graduate Coordinator, HHPR Majors Club, Kansas Kids Day, Special Olympics, Rumble in the Jungle, HHPR Day and Adopt a Highway HHPR Coordinator. Additional community service includes:

- Pittsburg Post 64 American Legion Baseball General Manager (10 years)/Head Coach (5 years)
- Pittsburg Parks and Recreation Advisory Committee/Chair (10 Years)
- American Heart Association: Kansas Affiliate Board of Directors (6 years)
- Crawford County American Heart Association President (10 Years)
- Crawford County AHA Telepledge Committee Chair (6 years)
- Crawford County AHA HeartWalk Committee (9 years)
- Kansas Wildlife and Parks Hunter Safety Education Instructor (14 years)
- NFSHSAA, American Legion, NCAA Baseball and Softball Umpire (29 years)
- Kansas Babe Ruth 14's Mid-West Regional Champion Baseball Coach (1997)
- Pittsburg Little Balkans Baseball Tournament Director (9 years)
- Pittsburg YMCA Soccer Clinic Coordinator (8 Years)
- J.L. Hutchinson Youth Baseball Coach (9 years)

Janice L. Jewett

1010 Canterbury
Pittsburg, KS 66762
620-232-1379

Pittsburg State University
101F Student Recreation Center
Pittsburg, KS 66762
620-235-4669

Formal Education

Pittsburg State University Bachelor of Business Administration, 1984

Pittsburg State University, Master of Science, Physical Education (Emphasis in Recreation Therapy), 1986

University of Nebraska-Lincoln, Doctor of Philosophy in Educational Studies and Leadership, 2007

Dissertation Title: Exploring and Explaining Weight Changes in First Semester Freshmen College Students: Relationship to Enrollment in a Wellness Course and Other Variables Using a Mixed Method Design

Professional Experience

Assistant Professor, Pittsburg State University, 2007 to present. Responsibilities include teaching recreation administration, wellness and dance courses.

Sabbatical taken in Spring 2006 to conduct research on Body Mass Index of students at a small midwestern college compared to the national norms of college-aged students

Awarded graduate faculty status in Fall of 2007

Instructor, Pittsburg State University, 1994-2006. Responsibilities include teaching recreation administration courses, dance and fitness courses.

Activity Director for National Youth Sports Program, 1995-1999. Responsibilities included recruiting campers, hiring and training staff, planning activities, overseeing \$60,000 grant and supervising daily camp operations for a six-week summer camp.

Director, Pittsburg Parks and Recreation, Pittsburg, KS 1990-1994. Responsibilities included administering a \$4 million dollar budget including facilities such as Pittsburg Municipal Swimming Pool, Four Oaks Golf Course, Memorial Auditorium, eight city parks, and a cemetery.

Program Coordinator, Lee's Summit Parks and Recreation Department, Lee's Summit, MO 1987-1988. Responsibilities included planning and overseeing a variety of recreation programs for area youth and adults.

Center Director, Newton Recreation Commission, Newton, KS 1986-1987. Responsibilities included scheduling the recreation center and planning and organizing a variety of recreation programs for area youth and adults.

Gas Purchase Accountant, Phillips Petroleum Company, Bartlesville, OK 1984-1985. Responsibilities included gas purchase accounting for several businesses.

Professional Service and Involvement

a. Organization memberships

Kansas Association of Health, Physical Education, Recreation and Dance, Recreation Chair, 2009

Kansas Association of Health, Physical Education, Recreation and Dance, Recreation Chair-elect, 2008

Kansas Recreation and Parks Association, Executive Board Member, 2004

Kansas Association of Health, Physical Education, Recreation and Dance, Recreation Chair, 2003

American Alliance of Health, Physical Education, Recreation and Dance, Member, 2001 to present

b. Workshops, Clinics, etc

Annual Conference, National Youth Sports Program, Grant Recipient Orlando, FL 1999

Physical Focus/Physical Dimensions Workshop Facilitator, Pittsburg State University, Pittsburg, KS 2000

Physical Focus/Physical Dimensions Training, Emporia, KS 1999

Annual Conference, National Youth Sports Program, Grant Recipient Orlando, FL 1997

Fitness Conference, Kansas Recreation and Parks Association, Organizer and Presenter Derby, KS 1996

Annual Conference, National Youth Sports Program Grant Recipient Washington, DC 1996

Annual Conference, National Youth Sports Program Orlando, FL Grant Recipient 1995

c. Major speaking engagements and presentations

“Dance...Anyone Can Do It and Anyone Can Teach It” presented at the Kansas Recreation and Parks Association Annual Conference, January 2009, Hutchinson, KS

“Icebreakers” presented at the Kansas Association of Health, Physical Education Recreation and Dance Convention, 2008, Emporia, KS – State Presentation

“Zumba” presented at the Kansas Association of Health, Physical Education Recreation and Dance Convention, 2008, Emporia, KS – State Presentation

“Zumba Rocks!” presented at the American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, 2008, Ft. Worth, TX – National Presentation

“Kansas Swings” presented at the American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, 2008, Ft. Worth, TX – National Presentation

“Freshmen 15: Fact or Fallacy?” presented at the Women in Educational Leadership Annual Convention, 2007, Lincoln, NE – National Presentation

“Zumba” presented at the Central District AAHPERD Convention, 2007, Overland Park, KS – Regional Presentation

“Dance Connections” presented at the National Association of Kinesiology and Physical Education in Higher Education Annual Convention, 2006, San Diego, CA – National Presentation

“Connecting With Students, Faculty and Staff Through Fitness Assessments” presented at the National Association of Kinesiology and Physical Education in Higher Education Annual Convention, 2006, San Diego, CA – National Presentation

“Motivate Your Employees and Clients to Exercise”, presented at the Kansas Recreation and Parks Association Annual Conference, 2006, Overland Park, KS – State Presentation

“FYI, BMI, ASAP!” presented at the Kansas Association of Health, Physical Education, Recreation and Dance Annual Conference, 2006, Emporia, KS – State Presentation

“Combining Karaoke and Dance” presented at the Kansas Association of Health, Physical Education, Recreation and Dance Annual Conference, 2006, Emporia, KS – State Presentation

“‘Weigh’ to Diet”, Kansas State University County Extension Program, Presented in Parsons, KS, April, 2004 – Regional Presentation

“How to Catch Your Breath When You’re Losing Your Mind” Presented at Kansas Recreation and Parks Association Annual Convention, Lawrence, KS 2003 – State Presentation

“Dance in the Parks” Presented at Kansas Recreation and Parks Association Annual Convention, Lawrence, KS, 2003 – State Presentation

d. Honors and awards

Co-grant writer of the Youth Wellness Camp, Recipient of \$40,000, Pittsburg State University, 2008

Omicron Delta Kappa Honorary Faculty Induction, Pittsburg State University, 2006

Sabbatical for Research on Body Weight of College Students, Pittsburg State University, 2006

Kansas Association of Health Physical Education Recreation and Dance
“Recreation Professional of the Year” Award, 2004

Dance Instructor of the Year Award, Kansas Association of Health Physical Education Recreation and Dance, 1999

Research and Scholarly Activities

a. Research/Grants

Dr. Jewett has been involved in research involving the health and wellness of college-aged students over the past several years. She has studied body mass index of college students at PSU and compared this to the national norms – both in general and more specifically of college-aged students. In addition, Dr. Jewett conducted extensive research on the health habits and their relationship to weight gain in first semester college freshmen. From 2002 through 2007 Dr. Jewett took 64 college credit hours at the University of Nebraska – Lincoln. These courses focused on administration in higher education.

Body Mass Index in a Midwestern College Dr. Jewett collected data on 500 college students at PSU and compared their results to the national data on BMI, waist measurements, and waist-to-hip ratio. This research was presented at the KAHPERD Convention, 2006

Youth Wellness Camp Grant Co-author, Pittsburg State University \$40,000, 2008

Multi-culturalism Grant, PSU, \$100 2002

PT3 Grant recipient of Personal Data Assistant, 2002

National Youth Sports Program Grant Co-author and Activity Director, \$46,000 per year 1995-1999

b. Publications

“More Than Books”, Kansas Association of Health, Physical Education, Recreation and Dance Journal, 2008 (2)

“5, 6, 7, 8...Steps to Improve Your Dance Instructional Techniques” published in the Kansas Association of Health, Physical Education, Recreation and Dance Journal, 2007 (2)

“Fitness Assessments: Connecting with Students, Staff and Faculty,” published in the National Association for Kinesiology and Physical Education in Higher Education Abstracts, 2006 (1)

“Dance Connections,” published in the National Association for Kinesiology and Physical Education in Higher Education Abstracts, 2006 (1)

“FitnessAge”, Kansas Association of Recreation and Parks Journal, 2005 (4)

“Using the 2000 Census Data for Facility Planning”, Kansas Association of Health, Physical Education, Recreation and Dance, Spring, 2002 (3)

“Aerobic Fitness Websites”, Kansas Association of Health, Physical Education, Recreation and Dance, Spring, 2001 (1)

“Steps to Take in Getting that First Teaching Position in Health and Physical Education”, Kansas Association of Health, Physical Education, Recreation and Dance, Spring, 2001 (2)

National Youth Sports Program Parent’s Handbook, 1997 (25)

Institution Involvements

a. Teaching

| | | |
|------|--------|--|
| 2006 | Fall | Recreation Program Design and Leadership, Dance Appreciation, Country Western and Ballroom Dance, Lifetime Fitness Concepts, Freshmen Experience |
| | Spring | Sabbatical |
| | Summer | Dance Appreciation and Indoor Recess Workshop |
| 2007 | Fall | Recreation Program Design and Leadership, Dance Appreciation, Country Western and Ballroom Dance, Lifetime Fitness Concepts, Freshmen Experience |
| | Spring | Personal Training and Fitness Management, Dance Appreciation, Marketing and Financing of Sport and Leisure Services |
| | Summer | Dance Appreciation, Indoor Recess and More Workshop, Wedding Dance and Lifetime Fitness Concepts |
| 2008 | Fall | Recreation Program Design and Leadership, Dance Appreciation, Country Western and Ballroom Dance, Lifetime Fitness Concepts |
| | Spring | Personal Training and Fitness Management, Dance Appreciation, Marketing and Financing of Sport and Leisure Services |
| | Summer | Dance Appreciation, Indoor Recess and More Workshop, Wedding Dance and Lifetime Fitness Concepts |

b. Advisement

Mrs. Jewett currently advises 25 undergraduate recreation majors in the area of Community, Corporate and Hospital Wellness and 10 undeclared majors.

c. Institution Service

- a. Human Subjects Review Board, 2003-present
- b. Gorilla Basic Training Employee Wellness Program, 2007 - 2008
- c. College of Education Curriculum Committee 2007 - present
- d. College of Education By-laws Committee Chairperson, 2007 -2008
- e. Alumni Committee, Outstanding Alumni Selection Committee, 2007 – 2008
- f. Search Committee, Development Director, 2007

g. Search Committee, Major Gifts Officer, 2007

h. Search Committee, Director of Student Recreation and Intramurals, 2007

d. Other Information

Dr. Jewett is committed to serving students and working with all faculty and staff at PSU. In addition, she continues to share her expertise and experience in the areas of recreation administration, health and wellness, group fitness instruction and dance and rhythms with area school districts, community organizations and individuals.

During Dr. Jewett's employment at PSU she also served as coordinator of the Aerobic Fitness Program (1994-1999) and Director of the Exercise Physiology Lab (2001-2006).

On numerous occasions and in various capacities Dr. Jewett has served the department, the college and the university striving to fulfill the mission of each and to promote the core values of PSU in all interactions.

Dr. Charles Killingsworth

ADDRESSES AND PHONES:

Home Address:

520 West Martin Street
Pittsburg, KS 66762
(Phone) 620-231-6856

Business Address:

Pittsburg State University
HHPR Department,
1701 South Broadway,
Pittsburg, KS 66762-7557
(Phone) 620-235-4670
ckilling@pittstate.edu

FORMAL EDUCATION:

Bachelor of Science, Calif. State University at Fresno, CA
Major: Recreation Administration; Minor: Psychology – 1971

Master of Science, San Jose State University, San Jose, Calif.
Major: Therapeutic Recreation; Minor: Special Education – 1973
Thesis Title: A Study of the Recreation and Leisure Service Needs of the
Mentally Retarded in Monterey, San Benito, Santa Clara, and Santa Cruz
Counties, California

Master of Arts, University of California at Santa Barbara, CA
Major: Confluent Education – 1985
Project Title: Play and Confluent Education

Doctor of Philosophy, Columbia Pacific University, San Rafael, California
Major: Adult Education; Minor: Therapeutic Recreation – 1995
Dissertation Title: A Study of the Correlation Between Student Personality Type
and Academic Success at Mount Royal College, Calgary, Canada

PROFESSIONAL EXPERIENCE:

Current Position:

1994-present

Professor, Department of Health, Human Performance and Recreation
(HHPR), Pittsburg State University, Pittsburg, KS.

I teach a variety of graduate and undergraduate courses in our Department as well as in the Gerontology Minor. I served as the Recreation Coordinator from 2000-2008. Other duties have included teaching a graduate course for our Taiwanese Cohort (34 visiting Taiwanese Masters Students) in 1999-2000, and I taught a section of The Freshman Experience class from 1995-2005.

Promotion: Promoted to Associate Professor, Fall 1998

Promoted to Professor, Fall 2005

Sabbatical Leave: Spring semester 2007

Graduate Faculty Status: Granted Fall 1996

Prior Related Positions:

- 1/1994-7/1994 Department Director, Therapeutic Recreation and Leisure Services, the Transitional Learning Community, Galveston, Texas. Supervised staff in the provision of Therapeutic Recreation and Leisure Services for individuals with Traumatic Brain Injury (20-25% time) and provided direct intervention to “trainees” (75-80% time).
- 1974-1987 Instructor, Department of Leisure Services and Physical Education, Mount Royal College, Calgary, Alberta, Canada. Taught a variety of courses in the Therapeutic Recreation Diploma program and served as Leisure Services Section Coordinator twice for a period of 3 years each.

PROFESSIONAL SERVICE AND INVOLVEMENT:**Current certification status:**

Certified Therapeutic Recreation Specialist: 1990 – present

Organization memberships (current):

- Member, National Recreation and Park Association (1987-present)
- Member, American Therapeutic Recreation Association (1994-present)

Offices held:

- President, American Association for Leisure and Recreation (AALR)
- Mid-West Representative, National Therapeutic Recreation Society (NTRS)
- Central District Representative, American Association for Leisure and Recreation
- President, Therapeutic Recreation Branch, Kansas Recreation and Parks Association (KRPA)
- Vice-President, Leisure and Recreation Division, Central District of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- Executive Board, Central District Association of AAHPERD
- AALR-AAALF Development Team Co-Leader, AAHPERD

Workshops, clinics, etc. –

Lead 8 workshops on KIN-BALL Sport and Cooperative Games and Activities between 2002 and 2008 in Kansas, Missouri, Oklahoma, Iowa, New York, California, and West Virginia.

Major Speaking engagements and presentations –

“ADA in Action” (with Jabeth Coachman), KRPA Conference and Trade Show, Hutchinson, KS, Jan. 26, 2009.

“ADA: Say What!” (with Kim Clinesmith), KRPA Conference and Trade Show, Hutchinson, KS, Jan. 28, 2009.

“Joy in the Evening of Our Lives: Nurturing the Elder Soul”, Mid-West Symposium on Therapeutic Recreation and Adapted Physical Activities. Lake Geneva, WI, April, 2008.

I have made at least one presentation each year since 1995 at the state, regional, national, or international level, and often more than one per conference.

Honors and awards –

Nominee, Faculty of the Year Award, Pittsburg State University, 2000
Service Award, Pittsburg Lions Club, 1997-1998
Service Award, AALR, Board of Directors, 2001-2004
Recreation Professional of the Year Award, Central District of AAHPERD, 2000

RESEARCH AND SCHOLARLY ACTIVITIES:

Research – My research agenda focuses primarily on three areas: 1) attitudes towards people with disabilities, 2) student learning styles and personality types, and academic success, and, 3) recreation/therapeutic recreation and aging. I have been on six Master's Degree Committees for/in the PSU Nursing Department.

Publications (recent) –

Killingsworth, C. L. (2007). The ADA and Parks and Recreation Development. *Kansas Government Journal*, pp. 70-71.
Pesavento, C. (2003). Killingsworth, C. L. – Contributor to *Leisure Education in the Schools*, AALR.
Bullock, C. , Mahon, M. & Killingsworth, C. (2009). *An Introduction to Recreation for People With Disabilities: A Person-Centered Approach, 3rd Edition*. Champaign, IL, Sagamore Publishing – in process; projected release – Fall 2009.

INSTITUTIONAL INVOLVEMENTS:

Teaching:

Spring 2009

REC 240 – Introduction to Therapeutic Recreation
REC 441 – Adult Health & Development Program (Gerontology Minor)
REC 465 – Assessment & Documentation in Therapeutic Recreation
HHPR 820 – Foundation of Recreation & Leisure (On-line)

Fall 2008

REC 240 – Introduction to TR
REC 280 – Recreation methods and Leadership
REC 369 – Intervention Techniques in Therapeutic Recreation
GERO 155 – Interdisciplinary Introduction to Gerontology (Gero. Minor)

Summer 2008

REC 240 – Introduction to Therapeutic Recreation (On-line)
HHPR 870 – Supervision & Management of Therapeutic Recreation Services(On-line)

Spring 2008

REC 240
REC 280
REC 465
REC 275 – Practicum in Recreation

Fall 2007

REC 240
REC 280
REC 369
REC 465 (On-line)

Summer 2007

REC 240 (On-line)
REC 275 – Practicum in Recreation

Spring 2007 – On Sabbatical

Fall 2006

REC 240
REC 280
REC 465 (On-Line)
HHPR 781 – Advanced Therapeutic Recreation
Summer 2006
REC 240 (On-line)
REC 275
REC 498 – Internship in Recreation
Spring 2006
REC 240 (On-line)
REC 280
REC 441 – Adult Health and Development Program
REC 498
Fall 2005
REC 240
REC 275
REC 280
REC 369

Advisement

On program of studies and additional (Undeclared)

28 undergraduate

On field experience

5-6 each semester

On theses and dissertations

1 dissertation – faculty member at San Jose State University (2003-2004)

1-2 theses per year

Institutional services

Faculty Senate – President

Faculty Senate Representative (Departmental/College, At-Large) – 3 separate times

Constitution Committee (University)

Grievance Hearing Committee (University) – Chair

All-University Committee (University)

Athletic Fee Council (University)

Graduate Council (University)

Student Recreation Center Advisory Committee (University)

Constitution Committee (College)

Curriculum Committee (College)

Promotion and Tenure Committee (College)

Promotion Review Committee (College)

Planning Committee (College)

Coordinator, Recreation Degree (HHPR Dept.)

Promotion and Tenure Committee (HHPR Dept.)

Facility Planning Committee (HHPR Dept.)

3112 N Radell
Pittsburg, Kansas 66762
Phone (620) 875-9491 C
E-mail mleiker@pittstate.edu

Curriculum Vitae of Mike Leiker

| | |
|--|---|
| Present Position | Assistant Professor, Pittsburg State University 2006 - Present |
| Education | <p>Ed. D. University of South Dakota, 2009, Adult and Higher Education Dissertation: The Adherence of Health, Human Performance and Recreation Faculty from Division II Schools in Kansas, Missouri, and Nebraska to a Wellness Lifestyle.</p> <p>M. S. Fort Hays State University, 1999, Health, Physical Education, and Recreation (Exercise Science) Thesis: The Effects of Golf on Cardiovascular Disease Risk Factors in Females</p> <p>B. S. Fort Hays State University, 1997, Physical Education</p> |
| Certifications | <p>National Strength and Conditioning Association CSCS® United States of America Track and Field (National Level) Chief Timer Fully Automatic Timing/Computing Timer Lap Scorer LDR/Cross Country Timer/Recorder Long Distance Running—General Wind Gauge Operator</p> <p>CPR Golf Conditioning Specialist</p> |
| Courses Taught | <p>Kinesiology (UG), Biomechanics (G), Exercise Physiology (G), Scientific Principles of Strength and Conditioning (UG/G), Technology and Instrumentation in Human Performance (UG/G), Lifetime Fitness Concepts (UG).</p> |
| Previous Professional Employment | <p>Instructor, University of Tennessee Martin, 2000 – 2001.</p> <p>Instructor, Fort Hays State University, Spring 2000 Supervisory Duties Coordinator: Fitness Laboratory Coordinator: Phase IV Cardiopulmonary Wellness Program Coordinator: Agewell Water Aerobics Program Coordinator: Agewell Resistance Training Program</p> <p>Graduate Assistant Instructor of Health and Human Performance, Fort Hays State University, 1998-99.</p> |
| Scholarship Presentations *Refereed with Published Abstract | <p>Kandt, G. and Leiker, M. (2009). <i>Exercise is Medicine: Professional programs to compliment the KAHPERD mission</i>. Oral presentation for Kansas Association for Health, Physical Education, Recreation and Dance, Pittsburg, Kansas.</p> |

Leiker, M. and Kandt, G. (2009). *Possible applications for the use of automatic timing in physical education*. Oral presentation for Kansas Association for Health, Physical Education, Recreation and Dance, Pittsburg, Kansas.

Leiker, M. and Kandt, G. (2009). *Body composition; comparison of the Bod Pod with other methods*. Oral presentation for Kansas Association for Health, Physical Education, Recreation and Dance, Pittsburg, Kansas.

Stobart, B. & Leiker, M. (2009) School vending machines and their relationship to childhood obesity. Oral presentation for United School Administrators of Kansas, Wichita, KS.

Leiker, M., Kandt, G., Oppliger, J., & Kandt, D.(2008). Competition start reaction times of elite college sprinters. Oral presentation for the National Strength and Conditioning Association National Convention. Las Vegas, NV *

Leiker, M., Kandt, G., Oppliger, J., & Kandt, D.(2008). Competition start reaction times of elite college sprinters. Poster exhibit at the Fort Hays State University's campus research day.

Stobart, B. & Leiker, M. (2008) Student behaviors in the college classroom. Oral presentation for Missouri Association of Physical Education, Recreation and Dance. Lake of the Ozarks, MO.

Oppliger, J., Stobart, B., & Leiker, M. (2007). Creating a research environment on a limited budget. Oral presentation for the Midwestern Conference on Research at Predominately Undergraduate Institutions. Hays, KS.

Kandt, G., Opplinger, J., Garcia, H., & Leiker, M. (2005). Static versus dynamic stretching: Acute effects on a battery of performance measures. Poster presentation for the National Strength and Conditioning Association National Convention. Las Vegas, NV *

Leiker, M. & Kandt, G (2001). Golf as Physical Activity: Exercise or Joke? Presented at the meeting of the Kansas Association of Health, Physical Education, Recreation, and Dance. Topeka, KS.

Leiker, M. & Kandt, G. (2001). Physical activity associated with golf participation: Walking vs. carting. Thematic Poster for the meeting of The American College of Sports Medicine. Baltimore, MD.*

Leiker, M., Sedbrook, S., McNeil, G., & Lager, J. (2001). Disease prevention: It's in your hands. Presented at the meeting of the Central District of the American Association of Health, Physical Education, Recreation and Dance. Des Moines, Iowa.

Leiker, M. (2000). The importance of hand washing and technique. Presented at the meeting of the Tennessee Association of Health, Physical Education, Recreation and Dance. Murfreesboro, TN.

Leiker, M. & Kandt, G. (2000). Physical activity associated with golf participation: Walking vs. carting. Presented at the meeting of the Central States Chapter of The American College of Sports Medicine. Kansas City, MO.
Leiker, M., Jimerson, M., Lager, J. & McNeil, G. (1999). Teaching the importance of hand washing. Presented at the meeting of the Kansas Association of Health, Physical Education, Recreation and Dance. Hays, KS.

Kandt, G., Zody, J., Schaffer, S., Leiker, M., Jimerson, M. & Lager, J. (1999). Measurement of physiological response to exercise: What's new? Presented at the meeting of the Kansas Association of Health, Physical Education, Recreation and Dance. Hays, KS.

Referenced

Ikeda, Elizabeth R; Cooper, Laura; Gulick, Patrick; Nguyen, Phong. (2008). *The Metabolic Cost of Carrying a Single-versus Double-Strap Golf Bag*. Journal of Strength & Conditioning Research. 22(3):974-977.
doi:10.1519/JSC.0b013e31816f6f2e

Heaner, M. (2006). *Go cardio!* Golf for Women. September/October 2006 p. 72.

Professional Activity

Memberships

National Strength and Conditioning Association (NSCA) CSCS
American College of Sports Medicine (ACSM and CSC-ACSM)
American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)
Kansas Association for Health, Physical Education, Recreation and Dance (KAHPERD)

Professional Service

Member of the Administrative Council (Secretary/Treasurer): Central States Chapter of ACSM 2007 – Present

Campus Service

Pittsburg State Faculty Senate. Spring 2007 – Present
College of Education Reorganization Committee (Co-Chair) 2010 – Present
Faculty Senate All University Committee (Chair) 2008 – 2010
Faculty Senate Budget Committee 2008 – 2010
Intramural Advisory Board 2009 - Present
Center for Teaching, Learning, and Technology Advisory Board 2009 - Present
College of Education - Constitution Committee 2009 – Present
College of Education - Curriculum Committee 2008 – Present
College of Education - Educational Resource Committee 2009 – Present
College of Education Graduate Knowledge Base Review Committee 2008 – 2009
Joint University Student Publication Board 2007 – 2008
Student Recreation Advisory Committee 2007 - 2009
Representative for HHPR Dept. at Rumble in the Jungle.

Participate in the Faculty Health Program (Gorilla Basic Training) as a committee member and provided fitness testing and exercise prescription for the faculty members involved.

Support the Pittsburg State University Track program by running the Finish Lynx photo finish system, score and report the results with the Meet Manager program.

Conduct body composition testing for the athletic programs.

Community Service **Consistently active in the community through professionally related activities as well as general service.**

Fitness testing for area schools including body composition, blood pressure and other assessments.

Sponsor for Boy Scouts Fitness Merit Badge.

Represent the HHPR Dept. at numerous health fairs throughout the year.

John H. Oppliger, Ph.D. - VITA

PROFESSIONAL ADDRESS

101C Student Recreation Center
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

Teaching

Fall 2006

Adaptive PE, Assessment of Motor Dysfunction in
Special Populations, Methods/Materials for Teaching
Adaptive PE, Practicum in Adapted PE, Research and Thesis

Spring 2007

Assessment of Motor Dysfunction in Special Populations, Methods/Materials
for Teaching Adaptive PE, Practicum in Adapted PE, Research and Thesis

Summer 2007

Adaptive PE, Assessment of Motor Dysfunction in Special Populations,
Methods/Materials for Teaching

Adaptive PE, Practicum in Adapted PE

Fall 2007

Adaptive PE, Assessment of Motor Dysfunction in Special Populations,
Methods/Materials for Teaching
Adaptive PE, Practicum in Adapted PE, Research and Thesis,
Foundations of Human Performance & Wellness

Spring 2008

Assessment of Motor Dysfunction in
Special Populations, Methods/Materials for Teaching
Adaptive PE, Practicum in Adapted PE, Research and Thesis, Internship

Summer 2008

Adaptive PE, Assessment of Motor Dysfunction in
Special Populations, Methods/Materials for Teaching
Adaptive PE, Practicum in Adapted PE, Seminar, Internship

Fall 2008 Adaptive PE, Assessment of Motor Dysfunction in
Special Populations, Methods/Materials for Teaching
Adaptive PE, Practicum in Adapted PE, Research and Thesis, Internship

Spring 2009 Lifetime Fitness, Assessment of Motor Dysfunction in
Special Populations, Methods/Materials for Teaching
Adaptive PE, Practicum in Adapted PE, Research and Thesis, Internship

DEPARTMENT CHAIRPERSON PITTSBURG STATE UNIVERSITY (2004-Present)
PROFESSOR: (1994-2004)

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 girl's basketball head coach
- Junior high school football head coach
- Junior high school boy's basketball head coach
- Junior high school girl's basketball head coach
- Junior high school 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

- 2003 PATHWISE Classroom Observation System (Mentor)
- 2000 Physical Essentials Elementary School Training (Certificate)
- 1999 Physical Best Coordinator (National certification)
- 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.

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.

Grants

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.

Presentations

- 2009 *We forgot what?* 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

SERVICE

University

- Accessibility of the Disabled Committee
- Athletic Policies Commission
- Computer Advisory Committee
- Departmental Honors Committee (Chair)
- Diversity Awareness Committee (Chair-awards committee)
- Faculty Affairs Committee
- Faculty Association
- Faculty Senate
- Springwell Committee
- Student Honors Committee (Chair)
- Teacher Education Council

College Committees:

- 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

- 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
1999-2004 Representative and exhibitor for the Kansas Council on Fitness at the United School Administrators Annual Convention, Wichita, Kansas

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

Professional Recognition

- 2004 Central District of the American Alliance for Health, Physical Education, Recreation and Dance – Merit Award

Professional Office

- 2006 - 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

Community Service

- 1991-2006 Area Special Olympics Games Management Team
1995-2006 Advisor in the PSU Undeclared Major Program

Professional Memberships

Current and first year as a member:

- 2002 National Association for Kinesiology and Physical Education in Higher Education
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
1991 Kansas Association of Health, Physical Education, Recreation and Dance
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/Dance
1984 National High School Athletic Coaches Association

Credentials of the Faculty

Part I. PSU Service Record/Teaching

| | | | | | | | | | | | | | | | | | | | | | |
|---|--|-------------------------------------|--------------------------------|----------------------------|-------------|---|---|---|---|--|---|--|-----------------------------------|--|--|---|--|--|---|------------|---|
| A. | Name: | JULIA SPRESSER | Rank: | ASSOCIATE PROFESSOR | | | | | | | | | | | | | | | | | |
| B. | Status (Mark with "X"): | <input checked="" type="checkbox"/> | Tenured/Tenure Earning | | | | | | | | | | | | | | | | | | |
| | | <input type="checkbox"/> | Non-Tenure Earning | | | | | | | | | | | | | | | | | | |
| C. | Year of first full-time PSU appointment: | 1991 | | | | | | | | | | | | | | | | | | | |
| D. | Specify highest degree earned: | ED.D | UNIVERSITY OF ARKANSAS, | | 1990 | | | | | | | | | | | | | | | | |
| | | <small>Degree</small> | <small>Institution</small> | <small>Date</small> | | | | | | | | | | | | | | | | | |
| | Terminal degree for your department: | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No | | | | | | | | | | | | | | | | |
| E. | Number of classroom credit/contact hours: <small>(you usually teach each semester, excluding thesis, etc.)</small> | 14 | | | | | | | | | | | | | | | | | | | |
| F. | Number of non-classroom teaching activities you have supervised in the last three years: | | | | | | | | | | | | | | | | | | | | |
| | <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <input type="checkbox"/> graduate thesis <input checked="" type="checkbox"/> directed studies course <input checked="" type="checkbox"/> other (specify) <u>Helped Jeremy Wire with a research project for honors in Measurement and Evaluation I, April/May 2006</u> </td> <td style="width: 50%; border: none;"> <input type="checkbox"/> graduate research projects <input type="checkbox"/> internships </td> </tr> </table> | | | | | <input type="checkbox"/> graduate thesis <input checked="" type="checkbox"/> directed studies course <input checked="" type="checkbox"/> other (specify) <u>Helped Jeremy Wire with a research project for honors in Measurement and Evaluation I, April/May 2006</u> | <input type="checkbox"/> graduate research projects <input type="checkbox"/> internships | | | | | | | | | | | | | | |
| <input type="checkbox"/> graduate thesis <input checked="" type="checkbox"/> directed studies course <input checked="" type="checkbox"/> other (specify) <u>Helped Jeremy Wire with a research project for honors in Measurement and Evaluation I, April/May 2006</u> | <input type="checkbox"/> graduate research projects <input type="checkbox"/> internships | | | | | | | | | | | | | | | | | | | | |
| G. | Media you commonly use in classroom teaching (check all that apply): | | | | | | | | | | | | | | | | | | | | |
| | <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><input checked="" type="checkbox"/> computer applications</td> <td style="width: 50%; border: none;"><input checked="" type="checkbox"/> videos/films</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> overheads</td> <td style="border: none;"><input checked="" type="checkbox"/> slides</td> </tr> <tr> <td style="border: none;"><input checked="" type="checkbox"/> audio materials</td> <td style="border: none;"><input checked="" type="checkbox"/> other: <u>Heart rate monitors</u></td> </tr> <tr> <td style="border: none;"><input checked="" type="checkbox"/> course management software (Angel)</td> <td></td> </tr> </table> | | | | | <input checked="" type="checkbox"/> computer applications | <input checked="" type="checkbox"/> videos/films | <input type="checkbox"/> overheads | <input checked="" type="checkbox"/> slides | <input checked="" type="checkbox"/> audio materials | <input checked="" type="checkbox"/> other: <u>Heart rate monitors</u> | <input checked="" type="checkbox"/> course management software (Angel) | | | | | | | | | |
| <input checked="" type="checkbox"/> computer applications | <input checked="" type="checkbox"/> videos/films | | | | | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> overheads | <input checked="" type="checkbox"/> slides | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> audio materials | <input checked="" type="checkbox"/> other: <u>Heart rate monitors</u> | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> course management software (Angel) | | | | | | | | | | | | | | | | | | | | | |
| H. | Teaching methods you commonly use in courses (check all that apply): | | | | | | | | | | | | | | | | | | | | |
| | <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><input checked="" type="checkbox"/> lecture</td> <td style="width: 50%; border: none;"><input checked="" type="checkbox"/> discussion</td> </tr> <tr> <td style="border: none;"><input checked="" type="checkbox"/> demonstration</td> <td style="border: none;"><input checked="" type="checkbox"/> laboratory activities</td> </tr> <tr> <td style="border: none;"><input checked="" type="checkbox"/> oral question & answer</td> <td style="border: none;"><input checked="" type="checkbox"/> worksheets</td> </tr> <tr> <td style="border: none;"><input checked="" type="checkbox"/> small group work</td> <td style="border: none;"><input type="checkbox"/> journals</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> in-class writing projects</td> <td style="border: none;"><input checked="" type="checkbox"/> individual/panel reports</td> </tr> <tr> <td style="border: none;"><input checked="" type="checkbox"/> out-of-class writing projects</td> <td style="border: none;"><input checked="" type="checkbox"/> role playing</td> </tr> <tr> <td style="border: none;"><input checked="" type="checkbox"/> outside speakers</td> <td style="border: none;"><input checked="" type="checkbox"/> field trips</td> </tr> <tr> <td style="border: none;">recitation</td> <td style="border: none;"><input checked="" type="checkbox"/> other: <u>Hands-on-practice</u></td> </tr> </table> | | | | | <input checked="" type="checkbox"/> lecture | <input checked="" type="checkbox"/> discussion | <input checked="" type="checkbox"/> demonstration | <input checked="" type="checkbox"/> laboratory activities | <input checked="" type="checkbox"/> oral question & answer | <input checked="" type="checkbox"/> worksheets | <input checked="" type="checkbox"/> small group work | <input type="checkbox"/> journals | <input type="checkbox"/> in-class writing projects | <input checked="" type="checkbox"/> individual/panel reports | <input checked="" type="checkbox"/> out-of-class writing projects | <input checked="" type="checkbox"/> role playing | <input checked="" type="checkbox"/> outside speakers | <input checked="" type="checkbox"/> field trips | recitation | <input checked="" type="checkbox"/> other: <u>Hands-on-practice</u> |
| <input checked="" type="checkbox"/> lecture | <input checked="" type="checkbox"/> discussion | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> demonstration | <input checked="" type="checkbox"/> laboratory activities | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> oral question & answer | <input checked="" type="checkbox"/> worksheets | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> small group work | <input type="checkbox"/> journals | | | | | | | | | | | | | | | | | | | | |
| <input type="checkbox"/> in-class writing projects | <input checked="" type="checkbox"/> individual/panel reports | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> out-of-class writing projects | <input checked="" type="checkbox"/> role playing | | | | | | | | | | | | | | | | | | | | |
| <input checked="" type="checkbox"/> outside speakers | <input checked="" type="checkbox"/> field trips | | | | | | | | | | | | | | | | | | | | |
| recitation | <input checked="" type="checkbox"/> other: <u>Hands-on-practice</u> | | | | | | | | | | | | | | | | | | | | |
| I. | Academic advisement assignment: | 65 | | | | | | | | | | | | | | | | | | | |
| | Typical advisement load per semester for the last three years: | 70 | | | | | | | | | | | | | | | | | | | |
| J. | Other official academic offices/assignments and year <i>(include distance and off campus learning)</i> added | | | | | | | | | | | | | | | | | | | | |

Part II. PSU Scholarly Activity and Service (Last three fiscal years coinciding with program review years.)

| K. | Major scholarly creative activities accomplishment and year (excluding grants) |
|-----------|--|
| | <ul style="list-style-type: none"> • <i>Fire Up With Zumba: Latin Aerobics for Kids</i>, Central District AAHPERD Convention, Broomfield, Co, March 4, 2006 • <i>Fire Your Kids Up With Zumba: High/Low Intensity Latin Aerobics</i>, KAHPERD Convention, Emporia, Ks, Nov. 2, 2006 • <i>Fire Up With Zumba: Latin Aerobics for Kids and Adults</i> (presented by invitation with travel expenses paid), MOAHPERD Convention, Lake of the Ozarks, Mo, Nov. 10, 2006 • <i>Zumba: High-Low Latin Aerobics-Fire Up Your Workouts</i>, Combined Convention for the Great Northwest, Nevada, and Southwest Districts held in Reno, Nevada, Jan 25, 2007 • <i>More Zumba: High-Low Latin Aerobics: Fire Up Your Workouts</i>, Central District AAHPERD, Overland Park, Ks, April 27, 2007 by Spresser & Jewett • <i>Latin Line Dances for Fun and Exercise</i>, KAHPERD Convention, Emporia, Ks, Nov 8, 2007 by Jewett and Spresser • <i>Zumba Rocks the Gym</i>, Central District AAHPERD Convention in Omaha, NE, Mar 8, 2008 • <i>Zumba Rocks! An Introduction to Hi-Lo Latin Aerobics</i>, AAHPERD National Convention in Fort Worth, Tx, April 10, 2008 • <i>Kansas Swing: Dancing From the Heart of the Country</i>, AAHPERD National Convention in Fort Worth, Tx, April 10, 2008 by Cook, Jewett, Spresser, McClure & Maska • <i>Zumba Workouts Rock: Hi-Lo Latin Aerobics</i>, Colorado AAHPERD Convention, Keystone, Co, Oct 17, 2008 (presented by invitation with travel expenses paid) • <i>Zumba Breakdown: More Latin Aerobics</i>, Colorado AAHPERD Convention, Keystone, Co, Oct 17, 2008 (presented by invitation with travel expenses paid) • <i>Icebreakers That'll Make You and Your Students Smile</i>, KAHPERD Convention, Emporia, Ks, Oct 30, 2008 by Jewett and Spresser • <i>Zumba Shake Down</i>, KAHPERD Convention, Emporia, Ks, Oct 31, 2008 by Jewett and Spresser • <i>More Zumba: Join the Hi-Lo Latin Aerobics Party</i>, AAHPERD National Convention, Tampa, Fl (1 hour session accepted between Mar 31 & April 4, 2009) |

| L. | Grants received/participated in |
|-----------|---|
| | <ul style="list-style-type: none"> • |

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| M. | Professional development/ research activities |
| | <ul style="list-style-type: none"> • Book Review: Foundations of Physical Education, Exercise Science, And Sport by Deborah Wuest and Charles Bucher, published by McGraw Hill Higher Education 6/6/06 • KAHPERD article "5-6-7-8 Steps to Improve Your Dance Instructional Techniques by Janice Jewett and Julia Spresser, KAHPERD Journal, Fall 2007 • KAHPERD article "More Than Books . . . at the Public Library" written by Janice Jewett and Julia Spresser, KAHPERD Journal, Fall 2008 |

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| N. | Work experience |
| | <ul style="list-style-type: none"> • YMCA Zumba (Aerobics) Instructor 2006 through the present • Substitute Activities Teacher for Zumba, Pilates, Active Older Adults and Step Aerobics: as needed 2006 to present |

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| O. | Professional/University/ Community service |
| | <ul style="list-style-type: none"> • Central District Dance Education Chair Elect, 2006 • College of Education Constitution Committee 2008-2010 • College of Education Curriculum Meeting 2006 • HPER Club Student Advisor, 2006-2007 • Dean's Search Committee Fall/2006 & Spring 2007 • Teach 1-2 hours of activity courses over the required 12 hours load each semester 1991-present • Kansas Kids' Fitness Day May 2006-2009 • George Nettle's Site Council (Accreditation Committee) 2006-present • Th. III Gymnastic Practice Teaching Trips at George Nettles Elementary School Spring, 2006 (two, 90 minute sessions) • George Nettle's Fun Day Coordinator April 2006- 2009 • Family Sponsor of International Student from Brazil, Fall 2006 • Attended the Graduate Council Meeting held on Oct 11, 2006 • Volunteer for George Nettle's Discovery Fair, Oct 13, 2006 • Attended the College of Education Recruitment Event on Oct 20, 2006 • George Nettle's Elementary General Volunteer Spring 2006-Spring 2009 • Hispanics of Today & Wrestling Club Sponsor, 2006 • Assist other Graduate Faculty with the Oral Comprehensive Exams 2006-2008 • Blood Donor, June 29, 2006, Dec 26, 2006, Feb 23, 2007 & Jan 10, 2008 • Gorilla Vision TV Interview on First Aid procedures, April 7, 2006 • Red Cross Community First Aid Class Instruction at the United Methodist Church in Pittsburg, Ks, Mar 10, 2007 (Ads ran in the Pittsburg State Magazine, Spring/Fall 2008) |

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| | <ul style="list-style-type: none"> • Curriculum final plus dinner for graduate students in my home, May 16, 2007 • Attended an “ANGEL” Computer workshop in PSU’s Axe Library, May 23, 2007 • Graduate School endorsement through photographs for PSU Ads by Malcom, May 7, 2007 • Assisted Lamar Missouri High School Physical Education Instructors with Zumba Choreography so they could begin After-school Faculty Staff Workouts, Spring & Fall 2007. • Assisted with HHPR Recruitment Day for Prospective High School students on Oct 18, 2007 • HHPR Office Furniture Committee for the new Recreation Center, Spring 2008 • Substitute driver for Middle School Basketball Summer League held in Quapaw, Ok during June 2008 • Taught Stress Relief Techniques and Pilates for the Elm Maker’s staff at Memorial Auditorium, June 18, 2008 • Girl Scout First Aid Camp Refresher Course, Summer 2008 • Accompanied 3 teenagers to Driver’s Edge to learn about defensive driving, Aug 9, 2008 • Attend Fall/Winter Commencement Ceremonies, 2006 to present • Attend all College of Education Faculty Meetings 2006 - present |
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|-----------|---|
| P. | <p align="center"><u>Teaching or other professional experience in P-12 schools; include licensure or certifications added</u></p> |
| | <ul style="list-style-type: none"> • Taught Zumba for Westside Elementary School’s Fiesta, Spring 2006 • Zumba Instructor Certification received Jan. 14, 2006 in Kansas City, KS • Zumba Instructor Share Hour, March 23, 2006 • Archery Teacher for pre-school to 6th grade students, Owlette’s Day Camp, July 3- July 14, 2006, Germantown, MD • Presented and attended at Koh’s Zumba Instructor’s Workshop on Oct 7, 2006 in Carrollton, Tx • Completed the Red Cross Update Course in Chanute, Ks on August 26, 2006 • Attended Aqua Zumba and Zumba Master Class with Tony Witt at the Joplin Family YMCA on Oct 14, 2006 • Auditioned for Master Instructor position with Zumba and attended the Advanced Instructor Steps Workshop with Beto Perez in Miami, Florida on Oct 28-29, 2006 • Presented Zumba Workout for Web City High School Students on Jan. 12, 2007 • Physical Fitness Unit for Boy Scouts taught on Jan 29, 2007 • Taught “Shake and Bake” an after-school activity program for George Nettle’s Elementary School, Spring 2007 • Attended a Zumba Certification Workshop with Beto on July 21-22, 2007 (Choreographed and performed a group dance) • Church Nursery Leader, Spring 2008 to present |

Part III. Professional Career Highlights (Not restricted to last three years)

| Q. | Professional highlights/awards/recognitions |
|-----------|---|
| | <ul style="list-style-type: none">• Emma Creek 5k Age Division Winner, May 2006• KAHPERD Dance Educator of the Year Award, Fall 2008 |