

Health, Physical Education, and Recreation Newsletter

It's Summer!

Special points of interest:

- What have we been up to?
- 2018 graduates
- CSU Abilities Week
- Profile of Kim Rusch
- Health lesson ideas
- PE 3280 poster presentations

Welcome to our final issue of the HPER newsletter of the 2017-2018 academic year. I would like to give a special welcome to our newest MSED PE students, Ashley Rafalin and Andrew Madden. We are happy to have you!

In the past few years, I have had the opportunity to present at several career days, and I am very grateful to the alumni who helped facilitate these visits! Some student questions have caught me off guard, such as whether I had access to prescription drugs

(no, and also, red flag??). One question that I could easily answer, however, was whether I like the people I work with. I told these students that it is important to like your job and the people you work with because you spend so much time together. As we bring another year to a close, I am grateful for the colleagues that I have in the department. We work well together and provide the students with a familial but professional atmosphere. We laugh, support each other, and stress together,

and we occasionally socialize outside of school. Each of us is very different, but we each bring a unique skill to the table. I have been at CSU for 10 years, and when I hear friends or family complain about their co-workers, I feel blessed to have what I have. I definitely get by with a little help from my friends.

To all of our students and alumni, I hope you enjoy this edition of the newsletter! *Dr. Sarah Buck*, newsletter editor, PERC faculty co-adviser, and IAHPERD Past-President



L to R: Dr. June Shingles, Dr. Deb Nelson, and Prof. Michael McNicholas

Chicago District IAHPERD Awards Banquet

The 2018 Chicago District IAHPERD Awards Banquet and Social will be held Wednesday, June 6th, at Marcello's Father and Son Restaurant, located at 645 W. North Avenue, from 6:30 pm to 9 pm.

Come join us for dinner, dancing, awards, and a great raffle! Tickets are \$26.00 for members and \$30 for non-members if paid

by Thursday, May 30th! After that, it will be \$35 at the door. Checks payable to Chicago District IAHPERD can be sent to:

Lori Klein-Blazek
(Treasurer)
5512 N. Lotus Ave.
Chicago, IL 60630

or

Elaine Jones
(Committee Chair)
10559 Hale Avenue
Chicago, IL 60643

You can also pay through PayPal into the IAHPERD account. Email erjones61@gmail.com if you need further information or to pay.



L to R: Drs. Mensah Kutame, Bob Szyman, and Sarah Buck

Health, Physical Education, and Recreation Newsletter

What Have We Been Up To?



Dr. Bob Szyman with his wife, Marie



Samuel Jorden



Esteban Rosales with Dr. Buck



Recreation Assessment Poster



Daeja Hooks



Dr. Buck with Tom Loulouis



L to R: Drs. Shingles, Buck, and Nelson

Daeja Hooks (Rec 2018 graduate): received a recognition award from the CSU cross country coaches. **Samuel Jorden (Rec):** is employed as a trainer with the Chicago Park District. He was one of several instructors who provided training to over 100 employees in preparation for summer programs over a 2 day period, a training also attended by Dr. Shingles. **Kelle Fountain Carter (Rec alum):** she is happy to share that she has successfully completed her first year of graduate school! Although she had some challenges, she persevered and concluded the academic year with a 4.0 GPA. Over the course of this first year, she has experienced new things, which allowed her to grow personally and professionally. She was given the opportunity to apply for a grant for the NCAA, thanks to Dr. Shingles and Dr. Laosebikan. She maintained her graduate assistant position with the athletic department and continued in her role as assistant coach to women's basketball at Olive Harvey College. Though it didn't come

easy, she had the ability and drive to complete her responsibilities as a GA, actively recruit for the upcoming season, and stay on top of assignments and projects. She wishes to thank the HPER department for laying the foundation, and for encouraging and pushing her to reach further and higher. **Esteban Rosales (PE alum):** has been teaching Physical Education part-time at Brown R Elementary Community Academy. Professor **Michael McNicholas (Rec faculty):** earned a Center for Teaching and Research Excellence award from CSU for engaging students in research. Professor McNicholas took several Recreation students to present at their Midwest conference. **Dr. June Shingles (Rec faculty):** attended the annual business meeting for the WAC (CSU athletics conference) in Phoenix, AZ, as part of her duties as Faculty Athletic Representative. Further, in March, the CSU Recreation program hosted the Illinois Parks and Recreation Association Diversity Section committee quarterly meeting. **Dr. Bob**

Szyman (PE faculty): earned the Mount Carmel High School Humanitarian of the Year award. **Dr. Sarah Buck (PE faculty):** recently had a publication accepted into *American Fitness*. She also presented at career days at Ashburn Elementary School in Chicago (where PE alumnus **Tom Loulouis** teaches) and at Heritage Middle School in Summit. She will also be presenting at Sarah E Goode STEM Academy next week, where PE alumni **Kalla Sinwelski** and **Ron Fugger** teach. She also published her second issue of the IAHPERD *Illinois Journal*. And, she earned a service award from IAHPERD. She will accept the award at the ceremony at Convention in November. **Dr. Deb Nelson (PE faculty)** and Dr. Buck: attended the IAHPERD Executive Board meeting and Convention Planning meeting at Pheasant Run in April. Drs. Buck, Deb Nelson, and Shingles were recognized at the CSU Recognition Ceremony for years of service (10 for Buck and Shingles, 20 for Nelson).

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Congratulations to the Spring 2018 Graduates!

By Dr. Robert Szyman
Chicago State University awarded 84 Doctoral degrees, 175 Master's degrees, and 326 Bachelor's degrees during its 362nd Commencement on Thursday, May 10th, in the Emil and Patricia Jones Convocation Center on campus. Each of those graduates are now members of the Chicago Teachers College/Chicago State University Alumni Association. Among the graduates are **Kimberly Rusch** (Justice, IL), who teaches physical educa-

tion at Simmons Middle School in Oak Lawn and **Jeffrey Watson** (Blue Island), a physical educator in School District 130, who both earned a Master's degree in Physical Education. **Amanda Aguilar** (Hickory Hills), **Phil Eide** (Mount Prospect), **Juan Guerrero** (Riverside), **James Morris**, and **Tanganika Watts** (Chicago) earned Baccalaureate degrees in Recreation, while **Yasmien Salah** (Worth) and **Eugene Sykes** (Berwyn) claimed degrees in

Physical Education. Chicago State University's Recreation Program and Physical Education Teacher Education Program are accredited by their respective national accrediting bodies.

Graduates and faculty pictured, left to right, are James Morris, Dr. June Price-Shingles, Juan Guerrero, Daeja Hooks, Eugene Sykes, Yasmien Salah, Phil Eide, and Mr. Michael McNicholas. Missing are Amanda Aguilar and Tanganika Watts.



James Morris



Phil Eide and family

Graduate Profile: Kimberly Rusch

Kim Rusch was a student in the PE certification program. After securing her teaching position, she returned to our MSED PE program. Below, she tells us about herself in her own words.

I graduated from CSU in December of 2008 with the certification. I was hired at Simmons Middle School and have remained there. I am currently in my ninth year teaching 6-8th grade physical education. I also taught 3 years of 7th grade health. I have my 6-12 Health and Driver's Education endorsements all from CSU. I decided to return to CSU for my Master's because of the top quality professors. I remembered all their professionalism, commitment to students, and passion for physical education from my certification. With the program being all on-line, I knew this would be a challenge for me because I prefer face to face classes. However, I knew the faculty would support me to the best of their abilities and they did not disap-

point. I started playing rugby with the Morigans in our inaugural season 14 years ago. I am one of two original members who are still active players. I have had the pleasure of watching and aiding our team grow from just a few players to three-time conference champions and a national ranking (#3 in Division II). We have had a lot of players move up to Division I and All-Star Midwest Teams. Last season, the Morigans moved to a more competitive bracket and continue to rebuild a stronger and better team. After being a starter for the past 14 years and MVP for 9 of those years, I just had to hang up the boots on the news that my husband and I are expecting our first child in November. Although I won't be stepping onto the field next season, I will be coaching the backline. As our team motto goes "Till the day I die". I have coached girls' softball at Simmons for 8 years. I have also coached the 8th grade girls basketball team for 9 years and just

started coaching our boys' 6/7th grade basketball team, as well. Four years ago, I helped start our soccer program and have coached the boys' team ever since then. What advice would I give your current students and recent graduates? Never lose sight of what you mean to the students. Take time to develop relationships with them. We teach so much more than physical education. We often see our students more than their guardians. It never ceases to amaze me how far a high five, smile or simply asking how their day is can go. Every student wants to feel like they matter, so even on our bad days, take a deep breath and remember you can make a difference. The bulletin board in my office has a sign that says "make a difference" and is dedicated to cards, letters and pictures drawn from students over the past nine years. It reminds me every day to be the best I can be for my students.



Kim Rusch



Health, Physical Education, and Recreation Newsletter

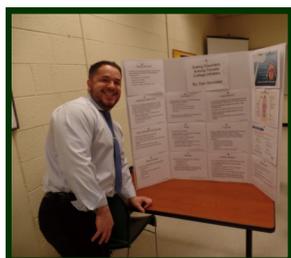
Harris Helps Steer CSU Abilities Week Toward Success

By Shirnette Harris

I received my Physical Education (non-teaching) degree in May 2017. Currently, I am enrolled in the Curriculum and Instructional Foundations Master's Program at Chicago State University. Every year in April, the CSU Abilities Office recognizes its students and abilities. For the past 3 years, I have been honored to be the co-chair of the Chicago State Abilities Awareness Week. This year's theme was "The Disability is the Inability to See Our Ability". The first day started off with a resource day. There were many organizations participating in the resource fair. Easter Seals, The Mayor's Office of Disability, and The Chicago State Counseling

Department all offered pamphlets suggesting to the students the best opportunities and amenities they had available. The next event was the annual wheelchair basketball game. This year's event featured the women's and men's basketball team of Chicago State University. Before the game, Dr. Szyman gave brief guidelines of the game, and later, he refereed the game. It was a close game, with the women winning by one point. The score was 22-21. Friday closed out the festivities with the annual abilities luncheon for the students and their achievements. This event included the students, the President of Chicago State, the Provost, Deans of Students, family, friends, and the family of Ms. Gwendolyn Rowan. The key-

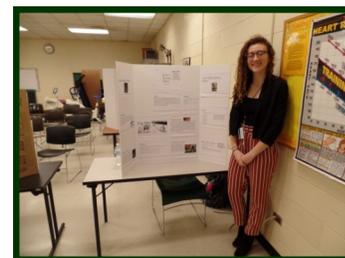
note speaker this year was Chicago State's very own alumnus, Mrs. Dollyster Knox-Coleman. She spoke about her disability and business. She stated "Life throws obstacles and many curves, but that is what will set your legacy. There is no history without a story; we all have one." Like always, the Abilities Awareness Week was a total success, and I would like to give my gratitude to everyone who participated in this event. A special shout out to CSU Upward bound student, Dan Ferreira from Chicago Park District, and Mark Schultz from Shirley Ryan Ability Lab, for the donation of the wheelchairs.



Dan Gonzalez



Kile Senodenos



Makenzie Marier



Dorian Bradford



Victor Lee

PE 3280 Research Posters

Every spring semester, students in Dr. Buck's PE 3280 Psychosocial Aspects of Sport class present posters on a research topic of their choice. It is a direct assessment of their content knowledge as they choose a topic covered during the semester and delve further into it. It is a formal event, wherein one element of the scoring rubric includes "business attire". This year's topics included

racism in sport (Makenzie Marier), steroids in baseball (Daulton Ryans), the popularity of the NFL (Dorian Bradford), the psychology of injury (Kile Senodenos), the economics of sport (Victor Lee), and eating disorders (Dan Gonzalez). Drs. Nelson and Szyman came by to visit. The students did a great job presenting their material. They knew their information and presented themselves in a

very professional manner.



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Health Lesson Ideas Courtesy of Ms. Matsunaga

Bridget Matsunaga, a current student in our MSED PE program, was kind enough to share lesson plan ideas for your Health classes!

Here are some of the lessons we have in our health classes:

1. Project where groups write a children's book on nutrients
2. MyFitness Pal Project to track physical health
3. Identity Mask– project where students draw on inside/outside of a mask to describe themselves (who people think they are on outside versus who they really are on the inside). (Editor's note: I do this, too, except I have the students draw two mirror frames and write their charac-

teristics for "inside" versus "outside". This would be a good substitute if you do not have the resources to make masks).

4. Non-Infectious Disease Project– students interview someone with a non-infectious disease and do a presentation on the disease

5. Alcohol Lab- students "walk the line" after spinning around and count errors before and after the spin (Editor's note: another quick alcohol lesson is to have students write sentences with both their dominant and non-dominant hand and then talk about the differences between the two writing samples and how this relates

to being under the influence)

6. Self-Esteem assignment– students answer questions about themselves that build their self-esteem

7. Health Coach Project– students choose a family member or friend who wants to improve their physical health and create a meal plan and workout routine for them

8. STI Lesson– put flour in Dixie cups for each student. Two of the students will have baking soda in their cups. Students will "exchange fluids" with 3 others in the class. Once they are done exchanging, the teacher pours vinegar in the cup. If the fluid bubbles, it means they have an STI.



Dr. Buck (center) with MSED PE alum Tiffany Kim (L) and MSED PE candidate Bridget Matsunaga (R)



The Identity Masks

Physical Education Departmental Awards

Awardees: Certificate of Honor-**Dorian Bradford**; Certificate of Merit: **Kile Senodenos and Esteban Vera**; Alice Smith Memorial Award- **Mohamed Razik**; Lottie C. Patarini Award-**Frank Marek**; Dance Award-**Jasmin Jones**; Graduate Division Awards-**Jeff Anderson, Jeff Watson, Erica Bartley**

WE ARE FAMILY!



L to R: Samuel Jorden, Tanisha Mailey, Courtney Jones, and Rudy Esteban



L to R: Dr. Nelson, Dr. Szyman, 2018 PE graduate Eugene Sykes, and Dr. Buck



2013 PETE candidates and one alumnus supporting our Superstars at IAHPERD



Dr. Shingles in Memphis



Dr. Shingles at the WAC conference in Phoenix where, according to her, it was too hot to take a selfie outside (hence, the mural)



Dr. Shingles at the Stax Museum in Memphis



Dr. Buck with 2018 PE graduate Yasmien Salah



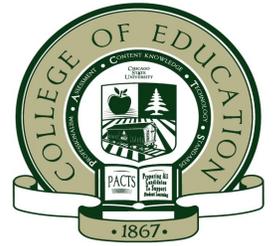
Courtney Jones and Rudy Esteban



IPRA Diversity Section Committee Meeting at CSU

Chicago State University

Chicago State University
9501 S. King Drive
JDC 216
Chicago, IL 60628
Phone: 773-995-2290
Fax: 773-995-3644



The Department of Secondary Education, Professional Studies and Recreation offers:

CERTIFICATE IN THERAPEUTIC RECREATION (CTRS).

The Certificate in Therapeutic Recreation program is designed to enable individuals to attain the Certified Therapeutic Recreation Specialist (CTRS) certificate by the 5 National Council on Therapeutic Recreation Certification (NCTRC). Courses completed in the program may be applied towards a master's degree. The certificate consists of five required courses and one elective course chosen between two courses.

CTRS CERTIFICATION (12-18 CREDIT HOURS) REC 5000; REC 5280; REC 5300; REC 5320; REC 5430; REC 5440; REC 5500; 1 elective course chosen between two courses.

GENERAL REQUIREMENTS

- Be a proficient computer and internet user
- Proof of passing the following supportive courses in their bachelor's degree or within five years of entering the certificate program: (1) Anatomy and physiology, (2) Abnormal psychology, (3) Human Growth and Development across the lifespan or equivalent.

SPECIFIC REQUIREMENTS

1. Pass all six courses with a grade of "C" or better.
2. Proof of passing the supportive courses.
3. Proof of one year of paid work experience under the supervision of a CTRS (or equivalent as determined by NCTRC) or complete an internship

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