

Department of Health Education, Physical Education, and Recreation Newsletter

Special points of interest:

- > What have we been up to?
- > Building playgrounds in Maywood!
- > International presentations!
- > Student teaching experiences!

Welcome to Fall 2018!

Hello, all! I am happy to share with you the latest newsletter for alumni and current students. If you look carefully, you should notice something different about the newsletter: the name! Our department name has officially been changed to the Department of Health Education, Physical Education, and Recreation. You might also notice that this is Volume 10. It's hard to imagine I started this newsletter 10 years ago, and it is also baffling that I am in my 11th season at CSU. The purpose of this newsletter is to share news related to alumni, current students, and faculty (including retired faculty!). In this edition, you will find arti-

cles related to presentations in international locales, like Sao Paolo, Brazil, and London, England. You'll read about Mohammad Razik's experience currently student teaching under the guidance not only of Dr. Nelson but of two of our alumni, Brad Edgar and Michael Morgan. We have our regular feature of "What Have We Been Up To", where you will meet our newest faculty member, Dr. Latoria Crump, and find out what Professor McNicholas has been building. Matt Kelly, who first earned his PE endorsement with us before now graduating from our MSED program, one of three graduating MSED candidates (congratulations also to

Steve Hyman and Laura Valente), shares with us highlights from his life and teaching career. Last, but definitely not least, don't forget that IAHPERD is coming in November. If you haven't yet registered, why not? IPRA will come to town in January. These conferences are the best opportunities to network and obtain great professional development. So, scroll down and see what we've been up to!

Dr. Sarah Buck, IAHPERD Past-President, newsletter editor, and PERC faculty co-adviser

Get Ready! IAHPERD is Coming November 15-16

By Dr. Sarah Buck

As Past-President and current Executive Board member, I may be biased, but the best time of year is coming soon! IAHPERD is November 15-16 at Pheasant Run Resort in St. Charles, IL. This is a great time to catch up with old friends and to get great professional development. Attendees have a variety of sessions to choose from, including those targeting current

students or young professionals, technology, adapted PE, original research, fitness, assessment, and dance. Professionals can earn CPDU hours. Make sure you have your IEIN and ID handy because you will not be able to check in/out without it. IAHPERD has brainstormed ways to make the check in/out process more efficient. There will be additional check in/out stations sprinkled throughout the resort to help with long lines. For

anyone who will be registering on site, note that paying with a check will be more expeditious than paying with a credit card. There is only one credit card machine, so you will be waiting in line. You can still register online before October 19. CSU will have their social on Thursday from 4-5 pm. This is a wonderful opportunity to mingle with those from the program, so please plan on staying to hang out with us!



What Have We Been Up To?

Ron Fugger (PE alum): Harper Grace Fugger born 8/8/18.
Scott Leu (PE alum): Douglas Sunny Leu born 9/11/18.
Rashad Tonth (PE alum): was recently married over the summer. He is the new Athletics Coordinator and Liaison for all of his school's sports programs. He will also be coaching girls 7th & 8th grade volleyball this fall. **Mackenzie Freund (Rec):** was accepted to speak at the IPRA/IAPD conference in January for her presentation about Adaptive Sailing. She, together with other members of the Physical

Education and Recreation Club (PERC), attended the CSU Leadership retreat and attended the CSU Clubs and Orgs day. **Dr. Latoria Crump (CSU alum and new Rec faculty):** Dr. Crump earned her Physical Education M.S. from Chicago state, B.S. Recreation from Shaw University in Raleigh, NC, and her Ed.D. in Athletic administration from Northcentral University in Prescott, AZ. She is "ecstatic" to be a part of the department, and looks forward to serving the students and the community. **Dr. Robert Szyman (PE faculty):**

had a publication in *Sports n' Spokes* entitled "Windy City Sailing." **Dr. Sarah Buck (PE faculty):** joined Rotary, the oldest service organization, and was invited to give the "thought of the day" at a recent weekly meeting. She also had an article accepted in "American Fitness", completed her third edition of the IAHPERD *Illinois Journal*, earned a Service award from IAHPERD (to be presented at the Awards Ceremony at Convention), and ran both the Big Ten Network and Run Mag Mile 10K's in the summer.



Dr. Latoria Crump



L to R: Drs. Szyman and Kutame



Harper Grace Fugger



Douglas Sunny Leu



Rashad Tonth with Raniyah



Mackenzie Freund (second from L) with other members of the PERC Executive Board



Dr. Sarah Buck

National Park and Recreation Association 2018 Conference – September 25-27, 2018

Dr. Lisa Pesavento

The NRPA Annual Conference is the foremost annual meeting of the park and recreation community. The three-day event brought together more than 8,000 park and recreation professionals, citizen advocates and industry suppliers for excellent networking opportunities, hundreds of education sessions, and the industry's largest trade show

showcasing the products and services of nearly 400 exhibitors. As a member of the Commission for Accreditation of Park and Recreation Agencies (CAPRA), I had the privilege of attending educational sessions and board meetings, seeing CSU and Chicago Park District alums, and attending the Best of the Best Ceremony where newly accredited agencies (Illinois' very own

Schaumburg Park District) and universities were recognized as well as newly Certified Park and Recreation Professionals (CPRPs) - many from the CPD who had attended our CPRP Exam-Prep seminars. Join us next year in Baltimore, Maryland for the 2019 Conference! See more at: <https://www.nrpa.org/conference/about/> What a great profession!



PE Alumni Develop Artwork to Beautify School

By Brian Dean

I started this company last year with an art teacher, Mr. Ricky Filus, who worked with me at Carnegie Elementary School and earned his PE endorsement at CSU during the time I was completing my Master's degree there. I am now the PE teacher at Mireles Academy, and he is now the PE teacher at Fairfield Elementary. Paint & Play, PBR Inc. offers a variety of customized solutions to any concrete or asphalt area used for recess or physical education. We specialize in interactive paintings that enhance organized, safe,

and creative play. Most of our catalog has been transforming gymnasium and hallway walls with imagery that suits the school's culture, climate and mascot. Anything within your imagination can be painted to inspire learning, creativity and school pride. PBR Inc. also carves any detailed image from plywood, which can be secured to any school fence or hallway. PBR Inc. grew from the collaborative efforts of the Visual Art and Physical Education teachers from one elementary school who identified an opportunity to enhance their concrete playground and gymnasium walls. In addition

to beautifying their campus and enhancing morale, their primary goal originated from the students' desire for organized play during recess. During the 2016-2017 school year, students painted under the supervision of the PBR team on concrete and asphalt to create a space that now offers: Football field - Basketball court - Volleyball court - Track and Field Lanes - Four-Square (2) - Hopscotch (2) - Obstacle course - World Map - Compass - Chicago Sports Team Logos - Mascot - and Fence Décor. PBR will have a vendor booth at IAHPERD this year.



Chicago State University and KaBoom!: Dynamite Forces

By Shevon Reed

On September 14, 2018, Chicago State University's Physical Education and Recreation Department students Zoe Miller, Shevon Reed, Leo Silva, and Richard Wiafe, along with Dr. June Shingles and Professor Michael McNicholas, CTRS, had the opportunity to work on a live playground build for the Village of Maywood, IL. Funding for the playground was sponsored by KaBOOM! in conjunction with Keurig Dr. Pepper's Let's Play Initiative, Maywood Park District, and the Village of Maywood.

Babe Ruth Park, the site of the playground build, is a huge space, with amenities for playing baseball, softball, and basketball. Realizing the need for an adequate playground, the Maywood Park District went into action, working with KaBOOM! and Let's Play, on a grant that would fully furnish a playground for the village. Pro-

fessor Michael McNicholas, serving as Maywood Park District's ADA (Americans with Disabilities Act) Consultant, developed a long-term plan which incorporates the new accessible playground and future wheelchair accessible swings with paved access to all.

The sponsoring organizations wanted to tailor the play space to fit the needs and desires of the children in the community. The residents were surveyed and gave feedback about the equipment they wanted to use in their playground. With the help of over one hundred volunteers, the much-needed play space in Babe Ruth Park became a lively and accessible playground for all citizens in a matter of hours!

This playground build was the fifth one in the Chicagoland area, but also marked the 100th build for the KaBoom! organization. Volunteers, park

district staff, and sponsoring organizations were on site as early as 7:30am to ensure the playground's completion by the 4pm ribbon-cutting ceremony. Community partners Jewel-Osco and Buona Beef were on hand all day providing hydration and fuel-food to keep the volunteers healthy and energized. Everyone was divided into teams, headed up by Team Leaders such as Professor Michael McNicholas, with specific jobs for the day. Team tasks included renovating the basketball courts, assembling the playground equipment, building park benches, and pouring concrete and mulch for the floor of the play space. With everyone working together for a common cause, the build was an astounding success. The playground will help to foster healthier lifestyles of exercise and recreation to the Village of Maywood for years to come.



Dr. Pesavento Presents Internationally at the World Congress

By Dr. Lisa Pesavento

Hola! As a World Leisure Organization (WLO) member, I joined Drs. Marta Moorman (University of Nebraska-Kearney) and Barbara Schlatter (Illinois State University and former CSU professor) in presenting a poster session entitled, “Embracing Community Recreation as a Way of Life: Kearney, Nebraska, USA” at the World Congress in Sao Paulo, Brazil. The theme of the conference, LEISURE BEYOND CONSTRAINTS, focused on the

issue of Leisure and Access in its broadest sense, and comprised at least three dimensions of barriers, “physical, socio-economic and symbolic”, to be recognized, discussed and overcome, so that all people enjoy and take advantage of full leisure. Sub-themes included Leisure Beyond Limits: Rights, Access and Human Development; Leisure Overcoming Barriers: Transposing Physical, Socio-economic and Cultural/symbolic barriers; Leisure for All: Accessibility, Mobility and

Acceptance; Leisure as Social Transformation; and Leisure Beyond Constraints: Current Challenges and Trends. Amazing! My side trips to Rio de Janeiro, Iguazu Falls (seen from the Brazilian and Argentinian sides) and Sao Paulo, Brazil, Buenos Aires, Argentina, and Santiago and Valparaiso, Chile, were beautiful and educational trips to the world-class cities of South America (my first trip). The people, culture, events and sites were memorable... not to mention the extraordinary street art! Ole!



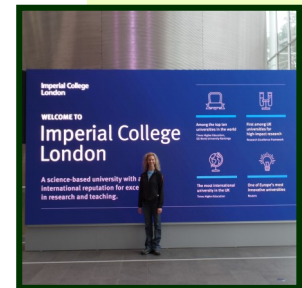
Dr. Buck Presents Internationally at the Health, Wellness, and Society Conference

By Dr. Sarah Buck

I was privileged to have two presentations accepted to the Health, Wellness, and Society Conference at the Imperial College London in London, England in September. One was a poster entitled “Does Television Viewing Affect Pain Perception”, and one was a focused discussion entitled “Cultural Factors in Exercise Promotion for African American Women”. The focused discussion ses-

sion was interesting because it was a roundtable, which allowed for more in-depth conversation with attendees on the topic. The conference featured speakers from 21 countries, including Chile, Poland, and China. The two plenary speakers were from Spain, whose presentation was entitled “Association Between Healthy Lifestyles and Quality of Life Related to Health in Schoolchildren” and France, who spoke on

“Setting the Pace: Internationalization of Health Care Services in a Critical Perspective”. When I was not at the conference, I was able to sightsee. Museums are free, so I visited the Natural History Museum, the Science Museum, and the British Museum, plus the ravens at the Tower of London, whose deep voices make you stand up and take notice (and also back away slowly).



Mohammad Razik Shares His PE Student Teaching Experience



L to R: Brad Edgar, Mohammad Razik, and Michael Morgan

Student teaching this semester has been a great experience thus far. I have finally gotten a taste of what it will be like to teach physical education 5 days a week. I have taught pre-k to 8th grade and have come across students with physical disabilities, behavioral disorders, and hearing impairment. For example, I have a mixed class of 4th, 5th, 6th, 7th, and 8th graders who are all hearing impaired students. However, there is an interpreter available. I got the chance to learn some sign language, and it has really helped me when teaching the students. Surprisingly, this has been my favorite class so far. This has been challenging for me but after several weeks, teaching students with these different abilities has only made me a stronger teacher. It has also given me the experience I need for the future. When I begin to participate in interviews, I can use this experience as an enormous advantage. If I can leave the students of the PE program some words of advice, it would be to

save all of your classwork/homework. I have used almost every lesson plan I created during my CSU courses in my student teaching experience. Also, save your notes from the PE Measurement and Evaluation Course because EDTPA requires you to use descriptive statistics to show student learning [*at that, Dr. Buck silently raises her arm, opens her hand, and drops the mic (Ed.)*]. Finally, completing a practice EDTPA the semester before student teaching will really help you. It will relieve a ton of stress off you during student teaching.

My favorite part about student teaching has been interacting with both students and faculty. I have gained the trust of some students, and I believe that is an essential part to succeed as a teacher. I have met teachers who have given me advice for the future. Mr. Morgan and Mr. Edgar (both PE teachers at Kinzie and CSU alums) have both played a major role in my student teaching experience. They have provided me with ideas and activities that I can use for

my future classes. After student teaching, I appreciate the role of a physical education teacher even more. My mentor and cooperative teacher, Mr. Morgan, is the prime example of that. He graduated CSU in 1999. Mr. Morgan has been working with CPS for 20 years, 18 of those years at Kinzie Elementary School. He is excited and proud of the recent recognition of Kinzie being rated as a top 20 school (#18). In addition, Mr. Morgan has been appointed Assistant Director of region 1 for Illinois High School and College Drivers' Education Association (IHSCDEA). He continuously goes outside of his role as a "Gym teacher" and performs duties that a physical education teacher is not required to do. He recently hosted a high school fair for the students of Kinzie as well as other schools. He also performs the pledge, school announcements each morning, coordinates the graduation ceremony for the eighth graders, is on the Local School Council team, and much more. Good luck to the rest of the students in the PE program and thank you to all of the teachers.

Plan on Attending the Chicago District Meeting and Social at IAHPERD

By Kathie Cantone
Chicago District IAHPERD would like to remind members that election of officers and social for the Chicago District will be held during the IAHPERD Convention in the Marsalis Room on Friday, November 16th, from 4 pm to 6pm (1-hour meeting for elec-

tions and 1-hour district social) . If you are eligible and are considering running for an office, or know a member who would like to be nominated, please contact Chicago District Secretary Kathie Cantone for a nomination form at ktcantone@gmail.com as soon as possible! The filing deadline of

October 31st will come upon us sooner than we think!

Meet Matt Kelly, Graduating MSED Candidate



Institutions where you have earned your degrees: Michigan State University- Undergraduate Degree - Interdisciplinary Studies in Social Science - Bachelor of Arts or Bachelor of Science

Where you currently teach and grade level: Currently, I teach at Dr. Martin Luther King Jr. Early College. I teach 6-12.

How long you have been teaching: 3 years.

Why did you decide to become a PE teacher?: To me, having a meaningful role in others' lives

is extremely fulfilling, and as a Physical Education teacher, I feel I am in an ideal setting to do so. I entered the Physical Education field because I am passionate about sports and helping people, and I would love to extend my love of sports and physical activity to my students.

Why did you decide to get your Master's?: To be able to better serve the students I work with. It allows me to add new tools to best help my students learn and grow as young adults.

Coaching or other extracurricular responsibilities: Currently, I

am the head coach for the Far Northeast Warrior Baseball C-Team and the middle school floor hockey team at DMLK.

Hobbies: Since I live in the beautiful state of Colorado, I love to spend time in the outdoors. Since I have moved here, I have hiked seventeen fourteeners, which are the highest peaks in the continental US. When it is too snowy to hike, I spend all my free time snowboarding in the mountains. Last year, I was able to ride for 37 days across Colorado, including a 3 day back-country trip.

Fall 2018 PE and Recreation Majors Meeting

The HPER Majors Meeting was held early in the fall semester. We have this meeting 1-2 times per year to meet new students, provide help with advising, discuss the importance of professional development, and hear from PERC (our Majors club).



L to R: Mackenzie Freund, Janai Bates, and Ti'Aun Donald

IPRA Headed to Downtown Chicago in January, 2019

IPRA/IAPD REGISTRATION IS NOW OPEN!!! The Annual Illinois Parks and Recreation Association/Illinois Association of Park Districts will be held January 24-26, 2019, in downtown Chicago at the Hyatt Hotel. Registration fees can be waived in lieu of hours volunteered during the 3-day conference. For registration information, go to

www.ilparksconference.com.

IPRA Scholarships applications are now available for the 2018 Conference. Please see Dr. Price-Shingles for more information.

SAVE THE DATE

Please join us for the annual CSU Social at the IPRA/IAPD

Conference, Thursday, January 24, 2019. Don't miss the opportunity to reconnect with old friends and make new ones. For more information, please contact Dr. Price-Shingles at jprice24@csu.edu

It's Not the 9; It's the .3

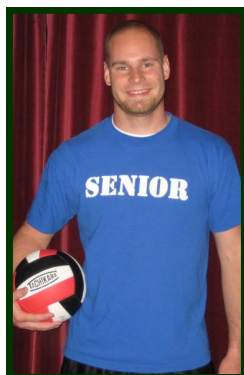


A year ago, I wrote an article entitled “Why a 15K is like the TAP test”. I had just finished my first 15K race. In the article, I describe how I was not sure of myself in completing the race successfully, and I likened it to students who doubted themselves before taking the TAP. I described how the 9.3 miles had to be broken down into one at a time, just like each test must be broken down into one at a time. I have the same 15K coming in November, and I decided to run it again. Part of that is intrinsic motivation; the other part is extrinsic in that I really want that finisher medal! I adopted a coach, but truthfully, given my extensive athletic and academic background, he

doesn't tell me anything I don't already know. Don't get me wrong; he's awesome. I appreciate the words and support, but when it comes down to it, I have to take responsibility for getting this done. I again liken the 9.3 miles to the TAP test/ACT or to anything that you think is hard. Maybe it's a class or something at work. Something that makes you doubt yourself. We're all good at a lot of things, but we all have something that makes us hesitate. Maybe for you, it's not the reading and writing, it's the math. For me in this distance, I can cruise the 9 miles. It's that last curve toward the finish line. So close, yet, still so nauseated. The only way to be successful is to just go after it.

To work hard and be focused and, not to be totally cliché about it, believe in yourself. I am not one who believes “if you can dream it, you can do it.” Nothing gets done right without hard work, discipline, and focus. If you are trying to strive for success, you have to take responsibility for it. Stop putting it off. Stop dreading it. Stop making excuses. Look inward and realize if you can overcome all the things you have already, then you can overcome some more. Because, seriously, if this non-runner can run 9.3 miles, you can certainly do what you work for, too.

Flashback: Kyle Agner Student Teaches in Fall 2010



I am student teaching at Ridge Early Childhood Center and Kerkstra Elementary School in Oak Forest, Illinois. I spend most of my week at Ridge with the Kindergartners, but I'm at Kerkstra on Tuesdays and Friday afternoons working with the 1st - 5th graders. Since I spend most of my time at Ridge, I took over teaching by the end of the second week. There is a student teacher at Kerkstra School from Trinity Christian College, so when I'm there, we team-teach together. The whole experience is going great for me and the other teachers are outstanding to work with. The thing I like best

about teaching is knowing that the students look forward to P.E. class and I'm someone that they could look up to, literally. They enjoy P.E. because I provide them with learning experiences that are fun and educational. A few challenges I've faced as a student teacher is being able to get enough sleep the night before and setting aside time during the week to take care of other work. Some advice that I would give students in the undergraduate program is to get all work organized early and take your state tests as soon as possible. Proper Planning and Preparation Prevents

Poor Performance. Also, start wearing a digital watch. This is a must when you teach. Another piece of advice that I would give students in the program is to visit as many schools as possible to see what is going on in different P.E. programs. After visiting a school, write down three things you liked and three things you didn't like. This will help you when you get to methods courses and have to choose schools for your internships. Good luck to everyone and feel free to contact me for ideas or questions.

Chicago State University

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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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Find us at Health, PE,
and Recreation pro-
gram at Chicago State
University**

**Our Master's in PE
degree is 100% online!**

Email sbuck@csu.edu for more information!

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