

# Health Education, Physical Education, and Recreation Newsletter

## Welcome to Fall Semester 2021

Hello and welcome to the Health Education, Physical Education, and Recreation (HEPER) newsletter for fall 2021! I am delighted to be back teaching face to face after 2.5 semesters of teaching remotely, even though it is true that I have never seen the bottom half of some of my students' faces! We held a hybrid Majors Meeting at the beginning of the semester. Although some of our campus meetings remain online or hybrid, all of our department's normally face to face classes are meeting in person again. Exhausted -already students and faculty in the hallways brings



a sense of comfort to a life isolated for over a year. I wish to use this space to publicly thank all of our students who have been kind and respectful during this entire pandemic process, including now when I make them teach and exercise wearing their mask up and over their nose at all times! Who knows how long we will have to wear these masks, so they need to be used to speaking to a class in a large room through the mask. I am genuinely grateful to have the type of students that we have (and have had in the past!). In this issue, we will catch up with PE and Recreation alumni, meet a

new student and a new faculty member, learn about opportunities in the Honors College, and hear from our Chairperson, Dr. Kutame. I hope you are doing reasonably well and are able to attend our regular professional conferences this year, whether that be IAHPERD or IPRA. It will be good to connect with our alumni again, even if all we will see are the top halves of your faces.

*Dr. Sarah Buck  
Newsletter Editor*

## IAHPERD Coming in December

By Sarah Buck  
Barring further cataclysmic circumstances, the annual IAHPERD Convention is scheduled to return in person this year following a year of virtual sessions! Convention is December 2 and 3, 2021, at Tinley Park Convention Center. For those used to our Conventions at Pheasant Run, I hope you will be pleasantly surprised at the amount of space this location has. There are upwards of six

sessions per day across a variety of topics, including at Elementary, Middle, and High School levels, Health, Adapted PE, Technology, Adventure Ed, research, and presentations geared toward students. The student competitions, including Superstars and Jeopardy, are slated to return, and current students interested in volunteering should let me know. All who attend must be current members. Note that current

students are expected to attend, and it would be great to see our alumni, too! Early bird registration ends October 1, so re-up NOW if you have let your membership expire. Myself and Professor Richards will be presenting, and please set the alarm on your phones for our CSU social on Thursday at 4pm. Finally, it isn't too late to submit a presentation (although it almost is)! Please visit [iahperd.org](http://iahperd.org) for

### SPECIAL POINTS OF INTEREST:

- **What have we been up to?**
- **Recreation alumni**
- **New faculty and students**
- **IAHPERD**

# What Have We Been Up To?



Anthony Thompson



Nate Swopes



Neil Tijerina



Dr. Sarah Buck



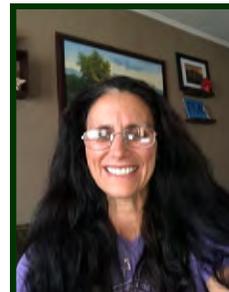
Jazzmen Allen



Sean Mackey



Oscar Uribe



Lynn Terri



Mike Wieda



Scott Leu

**Anthony Thompson** (PETE candidate): earned an IAHPERD scholarship. The award will be presented at this year's IAHPERD convention at the Awards Ceremony. Anthony also earned an HEPER department Honor Award.

**Lynn Terri** (MSED PE alum), PETE candidates **Oscar Uribe**, **Jesse Briseno**, **Nasir Ricks**, and **Jesus Miranda**, and **Sean Mackey** (PE and MSED PE alum) all earned HEPER department awards for the academic year 2020-2021.

**Neil Tijerina** (PE alum): got married over the summer and is now studying at UIC for his Masters in Exercise Physiology. **Jazzmen Allen** (PE alum): is in her 3rd year being an Elementary P.E. Teacher for District 163. This will be her first year as the 7th grade girls Track Coach, and she graduated with her Master's in Second-

ary Education on her Birthday! Her daughter is now 7, and they are proud to own their home.

**Nate Swopes** (PE alum): recently celebrated 10 years of teaching in CPS.

**Mike Wieda** (PE alum): earned the 2020-2021 Chicago District IAHPERD Secondary Education Teacher of the Year award in September. In addition, after ten years teaching and coaching at DePaul College Prep, he is now teaching 6th Grade PE/Health at Antioch Upper Grade School in Antioch, IL.

**Patrick Ade** (PE alum): recently took over as Head Coach of the football team for the Chicago High School for Agricultural Sciences and additionally serves as the boys varsity head basketball coach.

**Dan Gonzalez** (PE alum): secured a teaching position at James Thorp Elementary School and was recently accepted into

the MSED PE program at CSU. **Alfredo Salgado** (PE alum): secured a teaching position at Wheaton Warrenville South High School. **Scott Leu** (PE alum): earned the IAHPERD Northeastern District Young Professional of the Year award. **Dr. Kina Brown** (PE alum): earned her National Board Certification.

**Dr. Sarah Buck** (PE faculty): earned the Chicago State University Faculty Excellence Award in Service, as well as the IAHPERD Honor Award, the latter of which will be presented at the IAHPERD Awards Ceremony at the Convention in December. She was also featured in the August Rotary International magazine for her work as Community Service Chair for the Rotary One Club of Chicago. You can see it at Rotary.org under "News & Features".

# Recreation Updates from Prof. McNicholas

## Program news:

COAPRT Accreditors will be coming to visit the program and interview faculty, students, alumni and administrators the first week in October. The last accreditation cycle yielded extremely positive feedback about our program and we hope to maintain that praise again.

The Recreation faculty are working closely with Chicago Park District to recruit students and to engage in more cooperative programs, such as gymnastics and possibly kayaking, at West Pullman. We hope to continue serving as a workforce development driver.

## Alumni News:

**Tania Mesa-Sanchez** achieved her CTRS credential and was promptly offered a promotion at a second agency. Tania graduated in Fall 2021 and has already made a strong mark on the field.

At the same agency, NWSRA, **Katrina Weigand** welcomed her daughter into the family. Congratulations to her and all she has achieved professionally and in this new

chapter of motherhood!

**Marquis Hall** is getting married! Our alumna working in the Harvey School District running inclusion programming is still working hard at her job, but taking time to start this new adventure this fall.

We are grateful for Alumni like **Joel Gutierrez** and **Nancy DiGangi**, who hosted two CSU students this summer at their agencies and mentored them through their service. Both students worked diligently and received very positive feedback from their supervisors.

Another intern, **Tina Izzo-Delbovo**, accepted a full-time position in community special recreation after interviewing with alumna Nancy DiGangi. Way to go, Tina!

## Where in the world are the faculty?

Professor Michael McNicholas traveled to Poland on a research trip and ended up hiking mountains in Zakopane and Bielsko-biala. He also made time to meet with AWF University Faculty to discuss future collabora-

tion and incorporation of student and faculty exchange in virtual classrooms and possibly future Tourism classwork. Professor McNicholas also toured the suburbs of Chicago all summer playing softball and completing many community garden projects with different fraternal and non-profit groups.

Dr. June Shingles has been busy with Maywood Park District, including Maywood Fest in September. She has worked hard to advocate for improving services in her community and engaging in the advocacy that brings life to parks and recreation services.

## Important Things to do:

- Register early for spring semester
- Meet with your advisor
- Submit for presenting at Midwest Symposium for TR
- Register for the IPRA conference and reach out to volunteer
- If you need community hours for a course, do them early!



## Welcome Prof. Sterling Richards, new PE Faculty

My name is Professor Sterling Richards, and I am excited to be here at Chicago State University as part of the HEPER faculty. I grew up in Woods Cross, Utah, just outside Salt Lake City, the youngest of 7 children. I started gymnastics at the very young age of 4 and have always been fascinated with how the human body works and the amazing abilities it has. As a result, I decided to study Exercise Science at the University of Utah. I moved to Chicago in 2008 and continued my education, earning my MS in Exercise Physiology at Northeastern Illinois University. Cur-

rently, I am working on my dissertation for completion of my PhD in Health and Human Performance from Concordia University Chicago. My dissertation research is focusing on the impact cardiac rehabilitation has on patients with heart failure and their risk of hospitalization and cost of treatment.

I have been working as a personal trainer and massage therapist for over a decade. Being able to feel how the human body functions through touch has provided me with a unique understanding of the anatomy and mechanics of the human body, enhancing

my teaching of classes focused on physical function. How manual therapy (massage) impacts balance and coordination in individuals with limited joint range of motion is an area of research that I look forward to exploring further, along with how exercise impacts memory and learning and motor development. When I have the time to spare, I love to travel and experience different world cultures. I also enjoy the outdoor activities of the summer, including hiking, beach volleyball, and water skiing.



## Welcome Rashawn Kellman, new PETE Candidate

**Name:** Rashawn Kellman  
**Major:** Physical Education

**High school:** St. George Primary School (Barbados)

**Prior school (high school or CC):** Illinois Central College

**Why did you choose your major:** I chose my major due to my involvement in sports throughout my entire life. This is the reason for me to continue in this field.

**Career goals:** To become a soccer coach one day or a physical education

teacher.

**Personal interests/hobbies:** Play video games or watch Netflix.



Rashawn is a member of the CSU soccer team

## Chair's Corner: Dr. Mark Kutame

Welcome to the fall semester! I hope the New Year is off to a great start for you. I look forward to seeing as many of you as possible in the hallways of JDC, in the classrooms, at professional meetings, and on the lawns and other areas of the campus in the weeks and months ahead.

The return to full face-to-face classes is an opportunity to reflect on our mission and vision as a department and what we value. It is an opportunity to reflect on the progress we have made from remote learning and teaching and the distance we still have to go to make our department a more robust, equitable, just, and inclusive community. We know that our department has a tremendous contribution to make to the College of Education and the university as a whole through our passion and commitment, our distinctive academic and creative strengths, and our orientation to inclusive academic excellence.

We began this semester with much of Illinois and the nation still in the grip of the COVID-19 delta pandemic. The progress of vaccinations and regular testing offers hope and optimism but will require all of us to be our brother's keeper by being vigilant, wearing our masks, regularly hand washing, and staying home when we are sick. I urge all of us to keep abreast of changing guidelines from the university and the state, minimize risk to ourselves and others, and take steps to receive the vaccine as soon as possi-

ble. The vaccine saves lives. Until more faculty and staff are vaccinated and the spread of COVID is under control, the virus continues to pose grave danger to our ability to operate in our dance studios, our gymnastic rooms, the fitness rooms, the main gymnasium, and other learning centers. I thank you all for the incredible patience, maturity, flexibility, care, and consideration you are demonstrating.

We are beginning to look toward the spring with cautious optimism and focusing on the issues, needs, and challenges to be addressed this academic year. We have started moving towards a more strategic approach to how we do business. Moving toward a strategic planning process helps us to prioritize and articulate our shared goals and objectives, while striving to make these goals actionable in ways that will bring about a significant, positive, and lasting difference. The faculty and I have started laying out the framework for our plan, and it is clear and certain that we will take the time we need to do it well, avoid expedient approaches, and use the opportunity to invite participation from stakeholders, build a robust community, and advance what's best for HEPER and the College of Education. There is also a firm understanding that we need to strengthen and further develop mechanisms to expand resources that better support and improve our teaching and learning and amplify the contri-



butions we are making.

We have learned a great deal in the short time we have returned to campus. For example, our Recreation program understands more about the capacity and potential of online learning and has made strides in making the program fully online. Our Master's degree program in Physical Education looks to expand enrollment into its totally online program by inviting those outside the walls of Illinois to apply. Our initial licensure PE program understands the need to fill the gap left through retirements and attrition in the Chicago Public School system for quality and effective physical education teachers. Our goal is to take what is best about any adaptations and use them to create an even better overall departmental and community experience—

**(continued on next page)**

# CSU Honors College Seeking Students



The Chicago State Honors College started the 2021-2022 academic year by welcoming its new cohort of students. From the total of 23 students in its 2021 cohort, about half are new first-time students (freshmen) and the other half are either new transfer students or were current CSU students. Honors College students form a small community of undergraduate students at Chicago State, and they work together to support and challenge each other in their educational journey at the university. Honors

College students can major in any undergraduate program at Chicago State and take a series of interdisciplinary courses as part of their Honors program, participate in service and leadership activities, and receive scholarships that cover tuition and fees.

The Honors College will begin accepting applications for its 2022 cohort soon. Current CSU undergraduate students or new transfer students who are in their first or second year of college are eligible to apply if they have a 3.35 cumulative college GPA or higher. Students who will enter CSU as first-time stu-

dents (freshmen) are eligible to apply if they have a 3.5 high school GPA or higher. Full details about the application process can be found on the Honors College website ([csu.edu/honors](http://csu.edu/honors)).

The Honors College was founded in 2004 to identify, support, and nurture highly motivated, academically talented, and inquisitive students. The College is devoted to instilling in its students a commitment to a life of learning, service, and leadership excellence. Its ultimate goal is to enable its students to realize their highest personal and academic poten-

## (Chair's Corner cont.)

one that first and foremost values and centers our academic mission by offering quality programming and services that emphasize practical application to the real world, fosters social interaction, and offers flexibility to our programs.

It is these aspirations I would like to bring more fully into focus this academic year. Meanwhile, I want to seize this opportunity to wish all faculty and staff, alumni, our friends, and the community a safe, productive, and happy semester. I look forward to our work together this year.



PETE candidate **Tabitha Pedraza** (back) joined Dr. Buck for a beginner yoga class during CSU Welcome Week. PETE candidate **Bilal Ayyad** helped Dr. Buck facilitate the session.

The Department of Health Education, Physical Education, 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 offered 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.

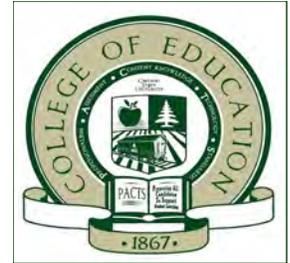
### **GENERAL REQUIREMENTS**

- 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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