

# SCHOOL OF KINESIOLOGY AND RECREATION

**Newsletter** Volume 14, Fall 2010



ILLINOIS STATE  
UNIVERSITY  
*Illinois' first public university*



## KNR establishes international exchange with Opole University of Technology in Poland

By Todd McLoda

In keeping with the College of Applied Science and Technology's (CAST) strategic goal of "promoting diverse educational opportunities as a means of broadening life experience and cross-cultural understanding for students and faculty," several majors in the School of Kinesiology and Recreation have made progress on a curricular and research collaboration with Opole University of Technology (OUTech) in Opole, Poland. One of the key initiatives for CAST as well as for Illinois State University



McLoda, Garrahy, and Schlatter with representatives from the Office of International Studies at OUTech in October 2009.

is the globalization of curricula to meet present and future needs of our students and to inspire a cultural appreciation. It is paramount to provide opportunities to understand and appreciate scholarship and curricula beyond that of the United States.

The initial work on the partnership was established in 2008 when a delegation, including President Al Bowman, traveled to Poland to sign a Memorandum of Understanding with university officials. In August 2009 the vice rector for the university in Poland traveled to Illinois State and requested that initial efforts for the exchange target specific majors in the School of Kinesiology and Recreation that were undergoing growth and development within the university in Poland. In particular, the faculty at OUTech expressed an interest in establishing an exchange of students and instructors in the areas of physical education teacher education, recreation and tourism, and sports medicine.

In October 2009 representatives from PETE, RPA, and AT traveled to OUTech to meet with university administrators, faculty members, and students to advance the relationship and develop goals for the collaboration. While there are significant differences

between the individual programs of study, there are also natural areas of overlap that provide opportunities for sustained partnerships and student exchange.

In March 2010 Todd McLoda returned to OUTech as part of his ongoing research on the etiology and prevention of ankle sprains to collaborate with a biomechanist there. Michal Kuczynski of OUTech has a well-established line of research on postural control. The two investigators (McLoda and Kuczynski) have now combined efforts to explore links between the dynamic nature of postural control and neurologic factors that may expose athletes to a higher risk of ankle sprains.

In May 2010 faculty representatives from PETE, RPA, and AT traveled to OUTech with seven students from those same majors as part of a cultural immersion trip. The students enjoyed the rich culture and traditions of Poland while attending classes with peers, visiting historic locations, and sampling a variety of regional cuisines. The students and faculty members also traveled to nearby Prague in the Czech Republic to explore the city. The aim of this transcultural experience is to foster an ongoing student exchange with students from OUTech.



The seven students who traveled to the university in Poland will now serve as ambassadors to assist in welcoming and hosting students from OUTech who come to study at Illinois State. Those students will also assist in marketing the exchange to peers at Illinois State University and promote the prospect of semester-long exchanges to Poland in the future.

Similar exchange programs with other majors in CAST are underway in other countries, including Argentina, China, and Thailand.

## Director's message

A new era will begin this academic year in the School of Kinesiology and Recreation (KNR) as we move to the Student Fitness Center and McCormick Hall. KNR will be housed in state of the art facilities supported by emerging technology. This facility will be



shared with Recreation Services and allow us to cooperatively offer programs and services that will benefit our students. KNR will incorporate new classrooms, laboratories, and equipment to continue our academic distinction and further support our mission of maintaining quality educational

programs. Look for pictures of the new building throughout this edition! KNR also welcomes four additions in Mike Torry (Biomechanics), Jeremy Hawkins (Athletic Training), Jeff Williams (Athletic Training), and Mindy Kinney (Academic Advisor).

The quality of our KNR faculty was recognized this past academic year as Deb Garrahy was the co-recipient of the College of Applied Science and Technology Service award; Kevin Laudner was appointed as the associate director for the Center of Mathematics, Science, and Technology; and Sandy Klitzing was nominated as a YWCA "Woman of Distinction" in the Education category. Our academic distinction was continued with a successful accreditation visit for the Recreation and Park Administration (RPA) program—RPA has maintained successful accreditation status since 1985. On the international front, KNR sent faculty and students to Poland to facilitate potential cooperative programs/exchanges with the Opole University of Technology.

We look forward to our upcoming annual KNR Kickoff event in Horton Fieldhouse on September 7, 2010. Also, we invite you to make plans now to attend our KNR Esther Larson McGinnis Academic Achievement and Service awards ceremony and KNR Alumni Social, both scheduled for the evening of April 15, 2011. This will be a special evening as we celebrate the successes of our students and have the opportunity to

interact with the alumni who preceded them.

Be sure to visit [kinrec.IllinoisState.edu](http://kinrec.IllinoisState.edu) to remain informed about the school. By clicking on the Giving to Illinois State University icon, you can make a donation to your specific program area as well as other funds. You can also follow us on Twitter (ISUKinesandRec) where updates will be posted to announce KNR activities and accomplishments. As the philosopher Aristotle stated, "We are what we repeatedly do. Excellence then is not an act, but a habit." We thank you for your support in maintaining the excellence of the School of Kinesiology and Recreation.

Kevin L. Burke, Ph.D.  
Professor and Director  
[kburke@IllinoisState.edu](mailto:kburke@IllinoisState.edu)

## Building naming opportunities

The construction of the new Student Fitness Center and McCormick Hall creates the opportunity for friends of Illinois State to create their own lasting legacy on campus through several naming opportunities. Opportunities include:

Aerobics rooms	Locker rooms
Athletic training lab	Natatorium/Pool
Classrooms	Open lounges
Climbing wall	Outdoor courtyard and gardens
Dance aerobics rooms	Seminar rooms
Department offices	Spinning room
East lobby/Atrium	Sport courts
Exercise Science lab suite	University street pedestrian bridge
Faculty/staff lounge	Weight and fitness rooms
Instructional gym	West lobby/Atrium
Jogging track	
Juice bar lounge	

### For more information contact:

**Illinois State University**  
Development Office  
Campus Box 3060  
Normal, IL 61790-3060  
Phone: (309) 438-8184

## Vision statement

A society living well through active lifestyles and healthy use of sport and leisure.

## Mission statement

The School of Kinesiology and Recreation provides nationally acclaimed programs that promote physically active lifestyles and a healthy use of sport and leisure through exemplary teaching, scholarship, and service.

## Program news

### **Athletic Training (AT)**

The Athletic Training graduate and undergraduate programs continue to provide an outstanding combination of classroom instruction, laboratory practice, and clinical practice. The graduate AT Program went through the voluntary accreditation process during 2008–2009 and was granted accreditation to become one of the few accredited graduate programs in the nation. This recognition has already begun to assist in terms of reputation and recruitment efforts. There are 18 graduate students in the program, each with a local graduate assistantship. The program emphasizes the areas of biomechanics and biomechanical causes of orthopedic injury as well as manual therapy techniques.

The undergraduate AT program continues to hold national accreditation by the Commission on Accreditation of Athletic Training Education. A total of 104 students are enrolled in the AT major. Seventy one of those students completed local clinical rotations during the spring semester. The local sites include Illinois State Athletics, Illinois Wesleyan University Athletics, four local high schools, Heartland Community College Athletics, the Bloomington Prairie Thunder ice hockey team, as well as local sports medicine clinics and physicians offices. Our seniors continue to pass the national board examination at a rate (88 percent) that exceeds the national average (33 percent). In the summer, 24 students completed athletic training internships at sites within Illinois. Students worked with professional baseball, football, and women's basketball, as well as in sports medicine clinics and physician offices.

There were several changes in the faculty and leadership of the program during the 2009–2010 academic year. Professor Todd McLoda was promoted to associate dean of the College of Applied Science and Technology, which led to Professor A.J. Hansen serving as the interim undergraduate program director. Professor Kevin Laudner completed his sixth year as coordinator of graduate athletic training education, and Professor Justin Stanek completed his fourth year of providing instructional support to the undergraduate program while serving as clinical coordinator of the undergraduate program. Stanek also

completed his doctoral degree in the College of Education. Because of the changes, we completed a successful search for a full-time undergraduate program director. Starting in August, Professor Jeremy Hawkins will be joining our faculty as the undergraduate program director. We also had the opportunity to hire another non-tenure track faculty member. Jeff Williams will be providing instructional support to the undergraduate



**Athletic training quiz bowl representatives: Bobby Delmore, Bria Noel, and Rob Lynall**

Athletic Training program. The faculty members are looking forward to moving into the new facility and are continuing planning for the positive impact this facility will have on our students.

We have also had some exciting student accomplishments this year. Athletic training seniors Bobby Delmore, Rob Lynall, Bria Noel, and alternate Kristin Defenbaugh, represented Illinois State at the Illinois Athletic Trainers' Association academic quiz bowl and won. They advanced to the Great Lakes Athletic Trainers' Association quiz bowl and after a very tight competition were named the district champions. Finally these students traveled to Philadelphia to participate in the National Athletic Trainers' Association quiz bowl and won the National Championship!

We also received our charter to begin a chapter of Iota Tau Alpha Athletic Training Honor Society. Thirty two juniors and seniors were inducted in a ceremony on February 19, 2009, held at the Alumni Center.

If you would like to make a donation directly to support the students in the Athletic Training program, you may do so through the School of Kinesiology and Recreation website's Athletic Training Education Fund ([kinrec.IllinoisState.edu/giving](http://kinrec.IllinoisState.edu/giving)). The AT faculty are



**Inductees into the Iota Tau Alpha Chapter of the Athletic Training Honor Society**

very appreciative of any contributions, and you can be assured your donations are applied directly to benefit students. Examples of recent expenditures from the fund include support of student travel to the NATA and GLATA annual meetings.

As always, if you have updates on what you are doing, please submit them using the form in this newsletter or by contacting one of the faculty members directly. We look forward to hearing from you.

### AT Club

The AT Club completed a successful year of providing community service while also raising funds to support its educational and social mission. During the fall the students were also involved in fundraising for the Special Olympics Polar Plunge. Kathy Schniedwind, former head athletic trainer for Illinois State, participated in the Polar Plunge and wore an AT Club T-shirt.

At Christmas, the AT Club participated in the Giving Tree on campus by purchasing and wrapping gifts for area children in need. The members also organized a successful food and clothing drive in December and all items were donated to the local Home Sweet Home Ministry for distribution. In March, as part of National Athletic Training Month, the club members completed a presentation and answered questions about the profession for local high school students. The students also participated in the Athletic Training Olympics, and brought in some local guest speakers.

The club raised funds this year that helped offset the cost of students to attend the Illinois Athletic Trainers Association Winter Meeting, as well as the Great Lakes Athletic Trainers' Association Winter Meeting in Detroit.

You are invited to nominate CAST alumni to the CAST Academy of Achievement by visiting [cast.IllinoisState.edu/events/academy\\_of\\_achievement.shtml](http://cast.IllinoisState.edu/events/academy_of_achievement.shtml).

## Exercise Science

It is hard to believe another year has come and gone so quickly. The exciting part of time flying by rapidly is we are that much closer to the new Student Fitness Center and McCormick Hall. We expect to be fully operational and functional in the building by January 2011. We are looking forward to the opportunities that come with new facilities and shared space with Campus Recreation. The potential collaboration should provide new interactions and educational experiences for our program and students.

In addition to new classrooms and computer labs, the expanded and new laboratory spaces in the building will provide for continued and new instructional and research opportunities. The new exercise physiology and biomechanics laboratories will almost double the size of our current labs. The building will also provide space for the newest laboratory in KNR, the sport psychology laboratory.

The Exercise Science faculty has been working on an exercise science curricular revision. The plan is for the revision to be submitted into the review/approval process by fall semester. The curricular revision includes the addition of an exercise psychology course and an exercise biomechanics course. We have also revamped the Exercise Programming course (KNR 308) by dividing it into two classes; Exercise Programming for Neuromuscular Fitness and Exercise Programming for Cardiovascular and Metabolic Fitness. This modification of the KNR 308 class allows for us to provide for a needed expansion of the KNR 285-Resistive Training Instructional Methods class.

Last year's addition of an exercise physiology laboratory half time staff position, paid for by income generated by the lab, has allowed for the development of numerous service programs (e.g. Greek body challenge, ISU body challenge, metabolic testing, body age assessments, fuel challenge testing, etc.). The expansion of the service program, while not only increasing the activity within the lab, has also allowed for the exercise physiology lab to be an internship site for 10 students in the junior level professional practice program (KNR 298). The hope accompanying this position is that we will continue to be able to "grow" our in-house internship program for Exercise Science students.

The senior-level Exercise Science Senior Practicum Program remains very strong with Exercise Science students completing practicum experiences in



**SCHOOL OF  
KINESIOLOGY  
AND RECREATION**  
*Newsletter*

**Illinois State University**  
*Volume 14, Fall 2010*

**Editor: Barbara Schlatter**

*Published annually*

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**Exercise Science Club members with their prize winning 2009 Homecoming float**

a variety of professional settings across the United States. Exercise Science students are completing internships in Florida, Colorado, Arizona, Indiana, Missouri, Illinois, and other states. Those internships have students in professional settings that include hospitals/clinics, corporate sites, commercial settings, and also government agencies (e.g. Kennedy Space Center Fitness Center). Exercise Science students are experiencing cardiac rehabilitation, pulmonary rehabilitation, clinically-based community outreach programs, sports enhancement programs, and strength and conditioning programs. Our students are taking advantage of opportunities to obtain certifications, observe surgeries, view autopsies, and many other educational and professional experiences.

Exercise Science continues to be very strong with our current enrollment in the major being 178 students. We have been averaging about 65 internal transfer applications per semester and only have been able to admit 20–25 students per semester. This past year (2009–2010) we had 127 internal applications and admitted 48 students (37.8 percent admission rate). The average admittance GPA for those students was 3.46. Additionally, this past year we graduated 65 Exercise Science majors of which eight of those students have been admitted into graduate programs for Physical Therapy/Occupational Therapy, nine of those students have been admitted into graduate schools for Exercise Physiology/Biomechanics, and one of this year's graduates has been accepted into an accelerated nursing program.

Our Exercise Science students continue to excel with students involved in volunteering, research, national and state conferences, and many other activities. This year's Exercise Science award winners were Ali Lierman for the Distinguished Senior Award and Kristin Radosta for the Professional Development Award. Exercise Science major, Mike Slack, was the

Howard Hancock Athletic Achievement Award winner.

Thanks again to all of you alumni from past years for laying such a strong foundation for Exercise Science and allowing it to be what it is today. Please come back to Illinois State for a visit or just drop us a line and let us know what you have been up to by e-mailing Dale Brown at [dbrown@IllinoisState.edu](mailto:dbrown@IllinoisState.edu). We look forward to seeing you and/or hearing from you.

### **Exercise Science Club**

In addition to hosting professional speakers at the club meetings and various social events, the Exercise Science Club (formerly known of as LIFE Club—Leaders in Fitness Education) was actively involved in service events this past year. To name a few:

- Campus Recreation Services' Redbird Fit Fest as a kickoff event for the start of the school year last fall.
- Worldwide Day of Play leading activities and games at the Children's Discovery Museum in Normal.
- Eating Disorder Awareness Week and in conjunction with the School of KNR collected items of clothing for donation.
- Hosted a booth and provided screening assessments for the Illinois State University Campus Wellness program's Nutri-Fest program in April.
- Designed and created a float for the Homecoming parade and won second prize (the first KNR float in many years). We are looking for alumni riders for next year, October 16.

Additionally, the club coordinated its usual "Chicago trip," which allows students to visit professional



**Exercise Science Club members volunteering at the 2009 Worldwide Day of Play at the Children's Discovery Museum.**



Members of the Exercise Science Club interact with guests at the Children's Discovery Museum during the Worldwide Day of Play.

organizations and facilities that may be of interest to them for internships and/or jobs. This year for our two-day Chicago trip we visited four sites, two of which are directed by KNR alumni: Bulls/Sox Academy (Mark Crabtree, director of sports performance), Lindenhurst Health and Fitness Center (Eric Nelson, general manager), Grayslake Physical Therapy Services, and the Rehab Institute of Chicago.

The Exercise Science Club is always looking for speakers and professional sites to visit, especially those of our alumni. Let us know if you are interested in coming back for a visit or if we can visit your professional organization.

## Physical Education–Teacher Education

The Physical Education–Teacher Education (PETE) Program remains one of the largest programs in the School of Kinesiology and Recreation and the largest teacher education program in the College of Applied Science and Technology. There are 260 majors (K–12 emphasis) and 30 minors (secondary emphasis) enrolled in our program. The PETE program continues to be in demand and our application process remains highly competitive.

Highlights for the academic year:

- Establishment of The Physical Education–Teacher Education Fund to support programs within the Physical Education–Teacher Education area. Friends and alums of the program are asked to visit [kinrec.IllinoisState.edu/giving](http://kinrec.IllinoisState.edu/giving).
- New PETE faculty member, Professor Skip Williams.
- Several PETE faculty presented at the National Physical Education–Teacher Education Conference in South Carolina.

- PETE faculty were invited by Chicago Public Schools to present at their Teacher Institute Day, including a keynote address, dance, adventure education, physical fitness, tactical approach, and the integration of physical education with classroom subjects.
- Molly Sharer, a PETE senior, was a Bone Scholar award winner for 2009–2010. This is the highest academic honor an Illinois State student can receive.
- Deb Garrahy traveled to Poland in October 2009 with Barbara Schlatter (assistant director) and Associate Dean of the College of Applied Science and Technology Todd McLoda, to establish a cultural exchange program between Illinois State and Opole University of Technology. Five PETE students traveled to Poland with Garrahy from May 10–22, participating in college classes, interacting with Opole University PETE students, and teaching a high school physical education class in Opole, Poland. The PETE Program is grateful to the College of Applied Science and Technology, specifically Dean Jeff Wood and Todd McLoda, for their efforts.
- After five years Garrahy has stepped down as the program director. She will return to teaching full time and focus on her research interests in the teacher socialization process. Mary Henninger will become the program director beginning August 2010.

Check out [kinrec.IllinoisState.edu/teacher\\_ed](http://kinrec.IllinoisState.edu/teacher_ed) for more information on PETE.

## Physical Education–Teacher Education Club

This year the PETE Club continued to work to provide an educational and social network for physical education-teacher education majors. This year's club faced several unique challenges due to the relocation of PETE faculty and limited activity space for club activities. Nevertheless, our fall officers Patrick Gronbeck, president; Abby Schoolman, vice president; Dani Wilkins, secretary; and Lauren Timmins, treasurer, were up for the challenge.

In addition to our regular meetings, the PETE Club sponsored a bowling night on campus and helped promote attendance at the state IAHPERD convention by giving away T-shirts to all members who

You are invited to nominate alumni to the CAST Hall of Fame by visiting [cast.IllinoisState.edu/events/hof\\_application.shtml](http://cast.IllinoisState.edu/events/hof_application.shtml).

attended. The turnout was outstanding and approximately 25 PETE students also worked as volunteers. The PETE Club fielded a Student Jeopardy team comprised of Morgan Nichol, Derek Winkelmann, and Kate Kram and a superstars team of Mindy Gamble, Valerie Pelizza, Dani Wilkins, Derek Winkelmann, Justin Brown, and Kevin Kring.

New officers were elected for the spring semester: Laura Mueller, president; Mike Donovan, vice president; Renee Swierczewski, secretary; and Kevin Kring, treasurer. Several of our officers participated in the IAHPERD Leadership Conference in January, giving them a valuable opportunity to network with other students and IAHPERD leaders. Club meetings in the spring featured student teachers Liz Grimm, Quinn Hammon, and Mary Hankosky, who talked about their

student teaching experiences and fielded questions. They also facilitated several team building activities.

## Recreation and Park Administration

The Recreation and Park Administration (RPA) program had a productive and exciting school year. In August students welcomed Melissa Zahl to the faculty. Zahl earned her Ph.D. from the University of Utah and teaches in the therapeutic recreation sequence. In January Brent Beggs became program director for RPA, replacing Barbara Schlatter, who served in the position for the last nine years. The faculty looks forward to Beggs' leadership and vision in the years ahead.

## Faculty/Emeriti news

### Tenure/Promotion

**Tony Amorose**, exercise science, earned promotion to professor.

**Kristen Lagally**, exercise science, earned promotion to professor.

**Kevin Laudner**, athletic training, earned tenure and became associate director of the Center for Mathematics, Science, and Technology.

### Other accomplishments and appointments

**Miranda Kenny**, academic advisor for KNR

- B.S. '99, Millikin University, Decatur
- M.S. '00, University of Wisconsin-La Crosse, La Crosse, Wisconsin
- M.S. '04, Illinois State University, Normal

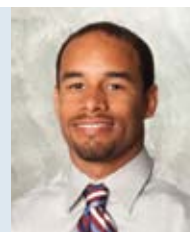
**Justin Stanek** earned his doctorate of education in curriculum and instruction from Illinois State in spring 2010. Congratulations, Dr. Stanek!



Jeremy Hawkins



Michael Torry



Jeffrey Williams

### New faculty

**Jeremy Hawkins**, assistant professor in athletic training

- B.S. '02, Brigham Young University, Provo, Utah
- M.S. '04, Oregon State University, Corvallis, Oregon
- Ph.D. '09, Brigham Young University, Provo, Utah

**Michael Torry**, assistant professor in exercise science

- B.S. '89, Illinois State University, Normal
- M.S. '92, Illinois State University, Normal
- Ph.D. '97, Southern Illinois University, Carbondale

**Jeffrey Williams**, nontenure track faculty in athletic training

- B.S. '08, Olivet Nazarene University, Bourbonnais
- M.S. '10, Illinois State University, Normal

### Retirement

**Mary Leung**, KNR academic advisor



Kevin Laudner



Miranda Kenny



Justin Stanek



Mary Leung

Fourteen students were inducted into Rho Phi Lambda, the national honor society for students in recreation and leisure studies: Allison Cole, Kristen Cox, Brittany Dellorto, Kimberly Henson, David Hopwood, Kathryn Jablonski, Beth Kuzera, Megan Lootens, Lauren Marshall, Maura McGreevy, Andy Norton, Heather Richardson, Christian Santoj, and Mallory Waliczek. New honorary members included: Nancy Niebur-Parente, Brent Beggs, Dan Elkins, and Amy Hurd. The ceremony took place in November and was attended by School Director Burke and faculty from RPA.

More than 250 RPA alumni and friends gathered at the annual Illinois Parks and Recreation Association conference at the Chicago Hilton in January. Alumni enjoyed the chance to reconnect with friends, faculty, and administrators and win some great door prizes. Kevin Burke was on hand to meet our alumni and learn about the rich RPA tradition at the IPRA conference.

Several exceptional RPA students were recognized at the annual KNR Awards Ceremony in April for their accomplishments in academics and service.

- RPA Distinguished Senior Award, Shay Hughes
- RPA Professional Development Award, Brianna Belgio
- Ellen Abshire Service Award, Tim Carter
- Pat Malik Spirit Award, Heather Richardson
- Joyce Morton Kief Future Professional Award, Tim Carter
- René Revis Shingles Service Award, Reneesha Joy Sams

If you would like to give back to the Recreation and Park Administration Program, you can do so by making a donation to the Recreation and Park Admin-



Sports Management program members at the Sports Business After Hours at the U.S. Cellular Coliseum.

## Point of pride

KNR faculty wrote 25 refereed abstracts in the last year.

istration Fund at [kinrec.IllinoisState.edu/giving](http://kinrec.IllinoisState.edu/giving). You can be assured that your contribution will directly benefit RPA students. Finally, remember to keep us updated on what you are doing by submitting the form in this newsletter or contacting the faculty. We look forward to hearing from you.

## Parks and Recreation Society

The Parks and Recreation Society (PARS) had a busy year. After participating in the annual KNR kickoff, the first meeting was held in Schroeder Hall as a “get to know you” time. Officers were Tim Carter, president; Hannah Boehm, vice president; Heather Richardson, treasurer and therapeutic recreation representative; Luis Franco, secretary; and Morgan Montgomery, IPRA and professional association liaison.

The September meeting had seven professionals from Homewood-Flossmoor Park District present about their jobs and gave insight into the internship process and opportunities. Round table discussions were held so members had a chance to ask questions and get to know the professionals more intimately. The philanthropy for September included working with the Worldwide Day of Play and volunteering for the annual Walk for Diabetes.

In October there was the annual pumpkin carving for Normal Parks and Recreation Haunted trail. More than 30 pumpkins were painted, carved, and decorated. In addition, PARS members volunteered for two nights of the Haunted Trail. There was a chili supper at Nancy Niebur Parente’s home prior to carving the pumpkins.

November was the annual push to participate in the Illinois Parks and Recreation Conference (IPRA). There was a game night at the regular meeting; the annual Thanksgiving potluck dinner was held at Barbara Schlatter’s home. Good food and games were enjoyed by all.

More than 32 students attended and participated in the annual Illinois Parks and Recreation Conference in Chicago. Many of the students networked to meet professionals and search for summer jobs and internships by volunteering at the conference. In addition to attending educational sessions and volunteering, Tim Carter was recognized at the annual keynote speaker event where he was awarded a \$1,000 IPRA scholarship. Carter was also elected as chair for the IPRA student section board. Morgan Montgomery was elected as vice chair of the student section board.



Guest speakers in March were alumni from the area who spoke about their jobs and internships. Presenters included Sean Keegan, Joliet Jackhammers; Samantha Greenburg, Children's Discovery Museum; Rachel Wolfson, Bass Schuler Entertainment; Kevin Smith, Normal Parks and Recreation; Leslie Radice, Urbana Park District; Laura Duvendack, Boys and Girls Club; and Mackenzie Kaufmann, intern with Illinois Valley Community College Athletics.

Spring philanthropy events included volunteering for the Normal Parks and Recreation Easter Egg Hunt and participating in the Illinois State University Relay for Life.

The club decided to address the issues of Nature Deficit Disorder in Recreation and Parks by promoting the concept to play outside. Their T-shirts read "You have reached the end of the Internet. Now you can turn off your computer and go OUTSIDE and PLAY. What a concept!"

In addition to the officially scheduled activities, PARS attended the Homecoming football game, NIT women's basketball games, and met at the Bowling and Billiards Center for bowling and socializing.

## **Sports Management**

The Illinois State Sports Management Program for graduate students was involved in several exciting initiatives, highlighting another successful year. In October, 25 students joined Brent Beggs, Chad McEvoy, and Nels Popp on a sport industry trip to St. Louis. Students visited the Scottrade Center, home of the St. Louis Blues, and the new 10,000-seat Chaifetz Arena on the campus of Saint Louis University. During the trip students met face-to-face with several sport industry executives, including representatives from the Cardinals, Rams, and Blues; athletic administrators from the University of Missouri, Saint Louis University, and Southern Illinois University; and professionals from several other area sport organizations, including Doug Elgin, commissioner of the Missouri Valley Conference, and Frank Viverito, president of the St. Louis Sports Commission. Much of the trip was organized by second-year graduate student Matt Lyons.

The program was awarded a research grant to help the Missouri Valley Conference gauge how well the league's basketball fans recognize sponsors. Armed with thousands of surveys and pens, Sports Management students and faculty members attended one home basketball game on each of the 10 MVC campuses, as well as the league's conference tournament in St. Louis, to collect information from fans. In the end, data from more than 3,000 spectators was entered into a database and the Illinois State Sports Management team developed a detailed 50-page

report. This report was then shared with the league at the headquarters of the league's title sponsor, State Farm Insurance. Graduate student Liz Holcomb conducted much of the work involved in the project.

The program hosted the first Central Illinois Sport Business After Hours event at U.S. Cellular Coliseum in Bloomington last spring. Nearly 80 attendees, including representatives from the athletic departments at Illinois State and the University of Illinois, the Peoria Chiefs and Rivermen, the State Farm LPGA Classic, the Bloomington PrairieT-hunder and Extreme, the Normal CornBelters, the Illinois High School Association, the Decatur ESPN Radio affiliate, and several other sport organizations, as well as several of the program's alumni, mingled with current students during the cocktail hour. Sport Marketer Steve DeLay from Mandalay Baseball Properties in Las Vegas was the keynote speaker for the event, which was organized by second-year graduate student Kelly Morris.

One last item of note, the incoming class this past school year included 15 students, representing the largest graduate class in the history of the sport management program. Faculty members also had a new curriculum adopted, which will go into effect during the 2010-2011 school year. This curriculum will feature new courses in facility and event management, sport sales, and a sport industry introductory course.

### **KNR events**

#### **7th Annual KNR Kickoff**

5-6:15 p.m.  
Tuesday, September 7, 2010  
Horton Fieldhouse

#### **KNR Social at the IAHPERD Conference**

Thursday, November 18, 2010  
Pheasant Run Resort, St. Charles

#### **Recreation and Park Administration Alumni and Friends Social**

6:30-8 p.m.  
Friday, January 28, 2011  
Illinois Park and Recreation Association Conference  
Hilton Chicago

#### **KNR Esther Larson McGinnis Academic Achievement and Service Awards Ceremony and KNR Alumni Social**

4:30-8 p.m.  
Friday, April 15, 2011  
Illinois State University Alumni Center

## Graduate program news

Illinois State University's Physical Education-Teacher Education Program is reactivating the master's degree beginning in the fall 2010 semester. Applicants will be able to complete a master's degree in physical education pedagogy to enhance their teaching credentials. The first class offered this fall is KNR 421: Improving Instruction in Physical Activity Settings, taught by Margo Coleman. If you are interested in registering for this course and/or pursuing a master's degree, please contact Amy Hurd at (309) 438-5557 or [arhurd@IllinoisState.edu](mailto:arhurd@IllinoisState.edu). More information on the program can be found at [kinrec.IllinoisState.edu/graduate/teacher\\_education](http://kinrec.IllinoisState.edu/graduate/teacher_education).

With the downturn in the economy, our graduate programs have seen an increase in applicants. That has held true at Illinois State as well. We have 90 graduate students and all sequences are quickly filling for the fall.

At the spring KNR awards reception four graduate students were recognized. Winners this year included:

- Jordan Weber received the Outstanding Graduate Teaching Assistant for 2009-2010. Weber taught a number of courses in the basic activity program including First Aid; Aerobics; Nautilus; Weight Training; and Fitness Walk, Jog, and Run.
- The College of Applied Science and Technology 2009 Fisher Outstanding Thesis came from KNR. The award was given to Stephanie Moore (athletic training) for her thesis titled, "A Randomized, Controlled Study of the Acute Effects of Muscle Energy Techniques on Posterior Shoulder Tightness." Kevin Laudner chaired Moore's thesis and Todd McLoda served as a committee member.
- The Dr. L. Marlene Mawson Graduate Research Potential Award went to Lindley McDavid (psychology of sport and physical activity). The award is given annually to recognize and financially assist the graduate student who has demonstrated excellence in research concept and design, and who has the greatest potential to complete and disseminate the thesis or dissertation research. McDavid's thesis is titled, "The Relative Roles of Physical Education Teachers and Parents in Adolescents' Leisure-Time Physical Activity Motivation and Behavior."
- This year's winners of the Jorndt Research Award recognizing outstanding collaborative research produced by a student and faculty mentor were graduate student Tracy Buschbom and Associate Professor Amy Hurd. Their project, "Competency Development for Chief Executive Officers in YMCAs" was published in *Managing Leisure*, an international journal in recreation management.

In 2009-2010 KNR faculty and students were productive in scholarship. Laudner authored two publications with graduate students that were published in *American Journal of Sports Medicine* and *Journal of Strength and Conditioning Research*. These publications were done with Stephanie Moore and Matthew Koschnitzky. Laudner, McLoda, McCaw, Brown, and Laurson presented research studies at national conferences with graduate students Mike Moline, Stephanie Moore, Jennifer Gordon, Lindsay Barlow, Jake Gardner, and Ron Bass. Those conferences included: American College of Sports Medicine Annual Meeting, NATA Annual Meeting and Clinical Symposia, Rocky Mountain Athletic Trainers' Association Annual Meeting, and American Society of Biomechanics Annual Meeting.

In addition to these national conferences five graduate student presentations were given at the Illinois State University Graduate Research Symposium. Thanks to generous donations from alumni, KNR is able to provide considerable financial support to students travelling to present at professional meetings. Your contributions to the school allow us to support graduate students in their research.

As always, your comments and reflections on the KNR graduate program are welcome. Please send them to [arhurd@IllinoisState.edu](mailto:arhurd@IllinoisState.edu). Your input will be appreciated.



Second annual KNR Alumni Social in April 2010

## 2010 Esther Larson McGinnis Academic Achievement and Service Awards

### Individual awards

Howard Hancock Athletic Achievement Award . . . . .	Mike Slack
Clifford E. Horton Scholarship Award . . . . .	Olivia Myers
Ellen Abshire Recreation and Park Administration and Service Award . . . . .	Timothy Carter
Patricia B. Malik Spirit Award . . . . .	Heather Richardson
Trent R. Richards Scholarship . . . . .	Bria Noel (4th year awarded)
Darlene A. Kluka Scholarship . . . . .	Katherine Kram
Rene Revis Shingles Service Award . . . . .	Reneasha Sams
Betty J. Keough Honorary Teacher Education Scholarship Award . . . . .	Elizabeth Grimm and Molly Sharer
Betty J. Keough Junior Academic Achievement Award in Physical Education/Teacher Education . . . . .	Kelli Goodwin and Alyssa Ruth Kave
Graduate Assistant Teaching Award . . . . .	Jordan Weber
Jorndt Student/Faculty Research Award . . . . .	Tracy Buschbom
Faculty Mentor . . . . .	Amy Hurd
Marlene Mawson Graduate Research Potential and Service Award . . . . .	M. Lindley McDavid
Joyce Morton Kief Future Professional Award . . . . .	Timothy Carter
Kathy Schniedwind Athletic Training Scholarship . . . . .	Robert Crull



M. Lindley McDavid, recipient of the Marlene Mawson Graduate Research Potential Scholarship



Shay Hughes, McGinnis Distinguished Senior in Recreation and Park Administration Award winner

### Professional Development Awards

Athletic Training . . . . .	Bria Noel
Exercise Science . . . . .	Kristin Radosta
Physical Education-Teacher Education . . . . .	Lauren Timmins
Recreation and Park Administration . . . . .	Brianna Belgio

### McGinnis Distinguished Seniors

Athletic Training . . . . .	Bria Noel
Exercise Science . . . . .	Ali Lierman
Physical Education-Teacher Education . . . . .	Alex Ebbing
Recreation and Park Administration . . . . .	Shay Hughes



David Thomas with McGinnis Distinguished Senior in Exercise Science award recipient, Ali Lierman



Kathy Schniedwind with Robert Crull, recipient of the Kathy Schniedwind Athletic Training Scholarship



Elizabeth Grimm and Molly Sharer, recipients of the Betty Keough Honorary Teacher Education Scholarship Award



Pat Malik with Heather Richardson, recipient of the Patricia B. Malik Spirit Award

# *Progress in Pictures*

Student Fitness Center  
and McCormick Hall  
**part 2**



View construction progress  
and images from a live webcam at  
[www.rec.ilstu.edu](http://www.rec.ilstu.edu)





# Kinesiology and Recreation donor roll

July 1, 2009–June 30, 2010

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Molly and Peter Logan

## *Point of pride*

**KNR faculty were awarded eight external grants and 12 internal grants in 2009.**

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Maryanne and Bob Lucarz  
Cynthia Luton  
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John and Joanne Ortwerth  
Susan and William Osborn  
Jennifer and Jeff Osman

## *Point of pride*

**KNR faculty made 42 refereed presentations in 2009.**

## Point of pride

KNR faculty authored 20 refereed journal articles in the past year.

Nancy Huber and Richard Osterman  
Robert and JoAnne Paton  
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