

Tell us what you're up to!

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City ()	State	Zip
Phone	E-mail	
Employer	Position	
What have you been up to?		

Return to Illinois State University
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SCHOOL OF
**KINESIOLOGY
 AND RECREATION**

Newsletter Volume 13, Fall 2009



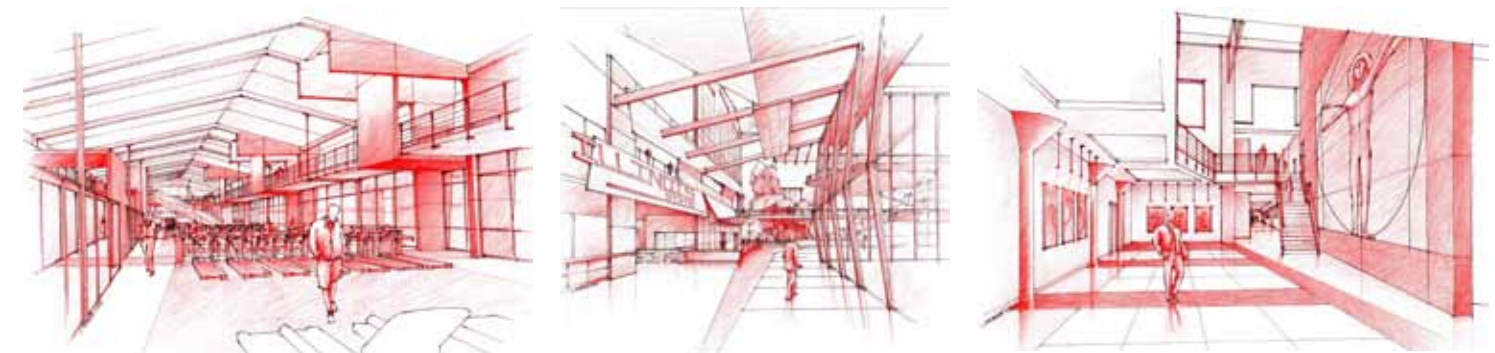
Renditions of what the new School of Kinesiology and Recreation Building upon completion.

Progress in Pictures

Construction of Student Fitness and Kinesiology/Recreation Center

Last year, Todd McLoda wrote about the history of McCormick Hall as it was slated to be partially razed during the construction of the new Student Wellness/Kinesiology and Recreation Building. This year

it seems appropriate to show you the progress on the new building with a series of photos to depict the area once occupied by Dunn, Barton, and Walker residence halls as well as McCormick Hall.



Some sketches of the interior of the future facilities.

School of Kinesiology and Recreation
 Campus Box 5120
 Normal, IL 61790-5120

ILLINOIS STATE UNIVERSITY
Illinois' first public university



Progress in Pictures



Construction progress can be observed by going online to www.rec.ilstu.edu, and viewing images from a live web cam.

1) Construction of the 3 story bridge spanning the area that was University Street. Looking east toward McCormick Hall. 2) Aerial view provided by construction company dated 17 May 2009. Main Street is in the foreground. Old McCormick Hall is to the upper right in the photo.

3) Interior space begins to take shape. 4) View of new walls being erected, looking south toward Whitten Hall. 5) Installed footings on cleared building site. View looking southwest towards Avanti's Restaurant. 6) Continuation of the framing from the bridge toward the new construction. Looking northwest.

Director's message



Welcome to the 13th edition of the School of Kinesiology and Recreation (KNR) newsletter. KNR is looking forward to another productive academic year. I am honored to return to Illinois State University to serve as the director of the School of KNR. Abraham Lincoln is credited with stating, "Give me six hours to chop down a tree and I will spend the

first four sharpening the axe." During these challenging economic times, we must efficiently plan and prepare to fulfill the School of KNR's mission to maintain quality educational programs, contribute to society, and sustain a comparative advantage. KNR will continue its "distinctiveness" and "excellence" by focusing on the strengths of the faculty, staff, students, and community.

Our objective is to keep you informed of the School's many exciting activities and accomplishments. Visit www.kinrec.ilstu.edu to stay updated about the School. Also, you can follow us on www.Twitter.com (our user name is ISUKinesandRecr) where brief periodic updates will be posted.

Thank you for your interest in the School of Kinesiology and Recreation.

Kevin L. Burke, Ph.D.
kburke@ilstu.edu

About the new director

Kevin L. Burke is professor and director of the School of Kinesiology and Recreation at Illinois State University. He received the Bachelor of Arts degree in

psychology and recreational studies (double major), with a minor in sociology, from Belmont Abbey College. Burke was a member of the Pi Gamma Mu National Social Science Honor Society, played on the men's tennis team, and was a National Association of Intercollegiate Athletics Academic All-American Tennis Team nominee; making the N.A.I.A. All-District 26 Tennis Team in both singles and doubles play. Burke received his Master of Arts degree in social/organizational psychology from East Carolina University where he was a member of Psi Chi, the National Honor Society in Psychology. He earned his Doctor of Philosophy degree in sport psychology from Florida State University. Burke earned the Education Specialist degree in counseling from Georgia Southern University.

Burke has coauthored two sport-related books titled, *Sport Psychology Library Series: Basketball and Tennis*. He also has served as coeditor of nine editions of the *Directory of Graduate Programs in Applied Sport Psychology*, which is also available online. Burke is the past editor for the *Journal of Issues in Intercollegiate Athletics* and has also served on the editorial boards for the *Journal of Applied Sport Psychology* (associate editor), *Journal of Sport Behavior Strategies*, and as past associate editor for the *Journal of Interdisciplinary Research in Physical Education*. He has served as a guest reviewer for *The Sport Psychologist*, *Journal of Sport & Exercise Psychology*, *Journal of Experimental Social Psychology*, and *Research Quarterly for Exercise and Sport*. He also has served as a Sport Psychologist Digest compiler for the *Journal of Sport and Exercise Psychology*. Burke has served as a Research Dissemination Committee member of the Research Consortium of the American Alliance of Health, Physical Education, Recreation and Dance, and as a Research Works contributing editor for the *Journal of Physical Education, Recreation, and Dance*.

Burke joins Illinois State University after serving as chairperson for Kinesiology, Leisure and Sport Sciences at East Tennessee State University for the past four years.

McEvoy appears before Knight Commission

In June 2008, Chad McEvoy, a KNR associate professor and coordinator of the sport management graduate sequence, was invited to appear as a panelist before the prestigious Knight Commission on Intercollegiate Athletics hearings in Washington, D.C. The Knight Commission is comprised of university presidents, industry leaders, elite former athletes, and national media personalities, and meets twice yearly to examine and provide solutions for the foremost issues facing college sports. Some of the most significant reforms in intercollegiate athletics over the past two decades, such as strengthening academic requirements for student-athletes and increasing oversight of athletics by university presidents, have been greatly influenced by Knight Commission recommendations.

One of the topics addressed by the commission in 2008 was the impact of NCAA penalties in preventing cheating and rules violations in college athletics. McEvoy conducted research on this topic, finding statistical evidence to show that NCAA penalties have been largely ineffective in imposing hardship on penalized schools and in subsequently deterring others from violating rules. The other three invited panelists included two members of the NCAA Committee on Infractions and an Indianapolis-based attorney who represents many of the accused rules violators before this NCAA committee. On this panel, McEvoy was the lone panelist pointing towards a need for stricter penalties and enforcement. Following the hearings, McEvoy was widely interviewed about his testimony and had his research featured in dozens of newspapers and Internet news sources nationally and internationally, including *Sports Illustrated*, ESPN, and *The Chronicle of Higher Education*. The NCAA has begun exploring the need for tougher penalties for schools committing major rules infractions since the Knight Commission hearings last June.



Chad McEvoy testifies before the Knight Commission.

Building naming opportunities

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

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

For more information contact:

Department
Campus Box 0000
Normal, IL 61790-0000
Phone: (309) 438-8184
E-mail: email@ilstu.edu

this will be same contact info from KNR Naming Opp brochure. Still waiting on that info.

Vision statement

The School of Kinesiology and Recreation envisions a society that pursues a physically active lifestyle and a healthy use of leisure.

Mission statement

The mission of the School of Kinesiology and Recreation at Illinois State University is to promote physically active lifestyles and a healthy use of leisure through exemplary teaching, focused scholarship, and professional service. By providing the highest quality educational experiences to undergraduate and graduate students preparing for careers in athletic training, exercise science, physical education, and recreation, we prepare our graduates to positively impact professional practices and policies, thereby contributing to the overall wellness of society.

SCHOOL OF KINESIOLOGY AND RECREATION Newsletter

Illinois State University
Volume 13, Fall 2009
Editor: Todd McLoda
Published annually
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School of Kinesiology and Recreation
Campus Box 5120
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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 hosted a successful on-campus visit by a team of accreditation representatives in the spring. We anticipate a favorable vote on our accreditation sometime this fall placing us among the small number of accredited graduate programs in the nation. This recognition will assist us 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 105 students are enrolled in the AT major. Sixty-eight 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 PrairieThunder hockey team, as well as local sports medicine clinics and physicians offices. Our seniors continue to pass the national board examination at a rate that exceeds the national average of other AT students. In the summer, 23 students completed athletic training internships at sites within Illinois, Tennessee, and Colorado. Students worked with professional baseball, football, and women's basketball, as well as in sports medicine clinics and physician offices.

Faculty and staff positions remained constant during 2008–2009. Todd McLoda completed his 9th year as program director for athletic training, Kevin Laudner completed his 5th year as coordinator of graduate athletic training education, AJ Hansen completed her 7th year as clinical coordinator of the undergraduate program, and Justin Stanek completed his 3rd year of providing instructional support to the undergraduate program while pursuing his doctoral degree. Changes are in order for the upcoming year, however. Todd McLoda has been named associate dean in the College of Applied Science and Technology and left the position of program director for the undergraduate program on June 30. AJ Hansen will serve as acting program director this academic year. Kevin Laudner and Justin Stanek continue in their respective teaching roles although Stanek will serve as clinical coordinator for the undergraduate program. We anticipate a search for a permanent replacement to serve as program director to occur this fall.

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 Excellence Fund. When submitting your donation, please indicate your contribution should be directed to the Athletic Training Education Fund. The AT faculty are very appreciative of any contributions and you can be assured that 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 any personal updates to report, 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 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 Salvation Army for distribution. In March, as part of National Athletic Training Month, the club members completed a presentation and answered questions about the profession to local high school students.

In April, the AT Club members participated in Relay for Life to raise funds and promote awareness of the vital mission of the American Cancer Society.

The club raised funds this year which helped offset the cost of 18 students who attended the Great Lakes Athletic Trainers' Association annual meeting in Fort Wayne, Indiana, in March.

The new club officers for 2009–2010 include Bria Noel, president; Tiffanie Brown, vice president; Sarah Hagberg, secretary; and Kristin Defenbaugh, treasurer. The officers are planning social, fundraising, and educational activities for this coming academic year.

Exercise science (ES)

The exercise science program continues to experience many exciting events and changes as the program enters its fifth year as a major. In the short time that exercise science has been a major, the enrollments have gone from 80–90 students up to its current high of 180 during the spring 2009 semester. The popularity and interest in this major is remarkable and exciting. 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 academic year (2008–2009) we had 131 applications for the exercise science major and were only able to

admit 47 students with those students having an average GPA of 3.31. Thanks to all you alums from past years for laying such a strong foundation for ES allowing it to be what it is today.

Our current exercise science students continue to excel with students involved in volunteering, research, national and state conferences, and many other activities. Additionally, this year's exercise science award winners were Tina Goldstein for the Distinguished Senior Award and Laura Swan for the Professional Development Award.

Construction is well under way for the new Kinesiology and Recreation Services Building. The majority of the exterior walls are up and McCormick Hall has been gutted in preparation for faculty and staff offices, classrooms, and laboratories. We have been given the authorization to start buying equipment for the labs within the new building.

We continue to evaluate and assess our program by looking at the curricular offerings, program goals, and objectives. We are proposing new classes this next year, Exercise Psychology and Exercise Biomechanics. We continue to focus our program on meeting the ACSM HFI knowledge, skills and abilities; although we are not limited to those.

Last year we were able to get a half-time appointment within the exercise physiology lab to hire a coordinator of laboratory programs. We hired Laura Vedeen M.S. '08, exercise physiology, as the lab coordinator. She is currently responsible for marketing, promoting, scheduling, and consulting with customers utilizing the laboratory services. The hope accompanying this position is that we will eventually have our own "in-house" internship program for exercise science students to get hands on experience during their program at Illinois State. This will then be followed with our traditional junior and senior level internship program at external sites.

It has been another exciting and productive year in exercise science at Illinois State. Please come back to Illinois State for a visit or drop us a line and let us know what you have been up to recently by e-mailing Dale Brown at dbrown@ilstu.edu. We look forward to hearing from you.

LIFE Club

The Exercise Science Leaders in Fitness Education Club (LIFE) has been active this year and has a record number of student members. In addition to hosting professional speakers at the club meetings and various social events, the LIFE Club was actively involved in service events this past year participating in the:

- 1) American Heart Association/McLean County Heart Walk at the Shoppes at College Hills.
- 2) World Wide Day of Play leading activities and games at the Children's Discovery Museum in Normal.

3) Eating Disorder Awareness Week and in conjunction with the School of KNR collected 138 items of clothing.

4) 5k Run for the Cancer Center for Healthy Living in Peoria in conjunction with the Central Illinois Dietetic Association. The LIFE Club provided a team of runners for the 5K run held on March 28, 2009. The race was the first of the season, and the route was along the Peoria riverfront.

Proceeds from the event went to the Expanded Food and Nutrition Education program in Bloomington and Peoria, which provides both nutrition education and food to many who are hungry in Central Illinois, as well as the Cancer Center for Healthy Living in Peoria, which serves patients throughout Central Illinois and also provides community education on cancer prevention principles as outlined by the American Institute for Cancer Research.

Recreation program

The Recreation and Park Administration (RPA) program promotes the healthy use of leisure through exemplary teaching, focused research, and professional service. The program has many outstanding features, as evidenced by a highly productive and well-recognized faculty and a strong, nationally-accredited curriculum. The program offers undergraduate sequences in recreation management and therapeutic recreation and provides support for the M.S. in Kinesiology and Recreation with sequences in recreation administration and sport management.

RPA reactivated its Alpha Alpha Chapter of Rho Phi Lambda, a national student honors fraternity. New inductees for 2009 include Shay Hughes, president; Katie Mackay, vice president; Scott Krapf, secretary; Becca Schraeder, treasurer; and Colin Stephens, historian. The induction ceremony took place at Illinois State University on April 21, 2009, and was attended by faculty from kinesiology and recreation.

More than 250 RPA alumni and friends gathered at the annual Illinois Parks and Recreation Association annual conference at the Chicago Hyatt Regency in January. Alumni enjoyed the chance to reconnect with friends, faculty, and administrators in an informal environment. Elizabeth Kessler '87 was presented with the 2008 RPA Distinguished Alumni Award by the faculty.

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

- RPA Distinguished Senior Award, Scott Krapf
- RPA Professional Development Award, Mike Brant
- Ellen Abshire Service Award, Scott Krapf
- Pat Malik Spirit Award, Mark Bruster

Barbara Schlatter was a visiting professor in Bangkok, Thailand, at Srinakharinwirot University (SWU) last summer. She taught in the leisure and recreation management major within the International College for Sustainability Studies. Schlatter is the fifth RPA professor to visit SWU and to assist with the delivery of their curriculum.

Melissa Zahl, University of Utah, will join Sandra Klitzing as an assistant professor in the therapeutic recreation sequence this fall. Zahl brings a wealth of experience and expertise from a clinical therapeutic recreation perspective.

Liz Kessler was named the 2008 RPA Distinguished Alumni Award Recipient. Liz Kessler earned her Bachelor of Science with honors in Recreation and



Liz Kessler

Park Administration from Illinois State and later, an M.B.A. with distinction from Keller Graduate School of Management. She is currently the executive director of McHenry County Conservation District, and prior to that, she was Superintendent of Recreation of the Skokie Park District. In 2008, she became president elect of

the National Recreation and Park Association. Kessler has also served as chairman of the board for the Illinois Park and Recreation Association. The RPA faculty appreciate Kessler's efforts to support the program over the years. She has supervised countless interns, mentored students, and hired our graduates. Congratulations, Liz!

Parks and Recreation Society (PARS)

The Parks and Recreation Society (PARS) had excellent leadership in 2008–2009 from Presidents Melissa Lulofs and Mackenzie Kaufmann. Other officers included Tim Carter, Rebecca Schraeder, Andre Cobbs, Daniel Montgomery, and Mindy Thaxton. PARS had a busy year with events and conferences. The organization sponsored students that attended the National Recreation and Park Association Congress in Baltimore, and over 20 students that participated in the Illinois Parks and Recreation Association Conference in Chicago. Students also attended the Midwest Symposium for Therapeutic Recreation and the Resort and Commercial Recreation Conference. The Parks and Recreation Society was also very involved in campus and community activities such as Festival ISU, the Redbird Challenge, Relay for Life, the Jingle Bell Run, the Diabetes walk, and the Normal Parks and Recreation Department's Annual Easter Egg Hunt. The Parks and Recreation Society hosted a number of formal club events including a pumpkin carving event,

a guest speaker series, Thanksgiving potluck dinner, club bowling night, trivia night, game night, and attended campus and local sporting events as a group. PARS members enjoyed an exciting year in 2008–2009 and are looking forward to the upcoming year.

Physical education-teacher education program (PETE)

The physical education-teacher education (PETE) program had an eventful year as we found ourselves moving out of historic McCormick Hall to accommodate the construction and renovation plans for the new Student Fitness and Kinesiology and Recreation building. December 2008 marked the last semester of classes in the current McCormick Hall. It was a bittersweet move for many of the long time inhabitants, since the building has long been identified with our PETE program and the strong reputation of our graduates, thus making it a bit sad to close the doors. However, with the renovation of McCormick hall and its connection to the new building currently under construction, the proud tradition of McCormick will continue.

During the semester break, PETE faculty from McCormick moved to the Nelson Smith Building, while Recreation faculty moved to Stevenson Hall. During the spring semester, most of the PETE classes were held in Horton Fieldhouse while others were held in a variety of buildings across campus. While these changes kept faculty busy, a number of notable highlights made the past school year memorable.

On October 24, PETE faculty joined with the Regional Office of Education (ROE) to offer an in-service to physical education teachers in McLean, DeWitt, and Livingston counties. Several PETE faculty and students gave presentations and the conference was well attended.

The School of Kinesiology and Recreation held its annual Academic Achievement and Service Awards Program last spring. This is a time for the school to congratulate our top students and celebrate their academic accomplishments. This is also a time to honor the individuals who have made many of the awards possible due to their generosity and commitment to our program. PETE award winners included: Amber Pescitelli (senior), who received the Darlene A. Kluka Scholarship; Patrick Gronbech (junior), who was named the Joyce Morton Kief Future Professional Award winner; Matt Crews (senior), winner of the McGinnis Distinguished Senior Award in PETE; Jackie Chapman (senior), and Cathy Sanders (senior), recipients of the Betty Keough Honorary Teacher Education Scholarship Award; Mary Catherine Richmond (senior), presented with the Betty Keough Junior Academic Achievement Award in PETE and Molly Sharer (junior) who received the PETE Professional Development Award. This award is given to the PETE Major of

the Year and Molly was also honored by the National Association of Sport and Physical Education at the national AAHPERD Convention. Additionally, Molly was recognized for her academic accomplishments by being named an Illinois State University Bone Scholar. The Bone Scholarship, the highest university-wide honor given to undergraduate students, includes a monetary award from the Bone Scholarship endowment. Only 14 Bone Scholars are named each year.

This fall, PETE faculty members are looking forward to presenting at the NASPE Conference on Physical Education-Teacher Education. The conference occurs every three years and is the premier professional development and networking event for university PETE faculty. The focus is always on current and

future issues, initiatives, and research that impact physical education teacher education programs. PETE faculty members had multiple presentations accepted and look forward to sharing their expertise with colleagues around the country.

We are pleased to announce that alumni and friends of the physical education-teacher education program will have the opportunity to directly donate to the physical education-teacher education fund through the School of Kinesiology and Recreation Excellence Fund. When submitting your donation, please indicate your desire for your contribution to be directed to the Physical Education-Teacher Education Fund. As always the PETE faculty and students are most appreciative and your donations help directly support the students!

Program News, continued on page 10

Events/Happenings

Homecoming events planned

KNR is finalizing plans for Homecoming for this fall. Homecoming 2009 is October 12–18, and the University is planning a full schedule of events for the week. The theme for Homecoming this year is “Rock the Red.” Visit the Illinois State University Web site for a complete listing of scheduled events and times. Distinguished alumni from KNR will be speaking to our current students as part of the festivities. As always, if you are planning to visit campus that weekend, please drop by the College of Applied Science and Technology hospitality area located within the alumni tent to the north of the football field prior to the Saturday football game to say hello, enjoy some food, and catch up on news in KNR.



KNR fall kickoff

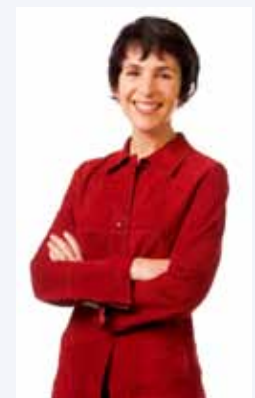
KNR will host the 6th Annual Kickoff to welcome freshman, transfer, and returning students who have selected one of the KNR majors on Tuesday, September 8, in the Horton Fieldhouse beginning at 4:30 p.m. The kickoff is hosted by the recreation and park administration students with assistance provided by members of the five KNR Clubs. The clubs are involved in recruitment activities and the students in the RPA major coordinate games and door prizes for the attendees. Numerous prizes are donated by local and regional merchants to be raffled at the kickoff.

KNR golf outings

For the past six years, a golf outing each spring and fall have been planned for KNR faculty and staff. Faculty and staff golf at scenic Hazy Hills Golf Course near Kappa, with approximately 20 individuals participating. This has been a great way to begin and end each academic year. Following the four-person scramble event, food and fellowship are shared by the participants. Those interested in joining us next spring should contact Brent Beggs, associate professor in the School of Kinesiology and Recreation at babeggs@ilstu.edu.

Esther Larson McGinnis Scholar Lecture

KNR is pleased to announce that the 2009 ELM Scholar Lecture will be made by Leslie Bonci, M.P.H., R.D. LDN, CSSD, director of sports medicine nutrition for the Department of Orthopedic Surgery and the Center for Sports Medicine at the University of Pittsburgh Medical Center. Bonci is a registered dietitian and spokesperson for the American Dietetic Association and serves as the nutrition consultant for the Pittsburgh Steelers. Bonci will be on campus October 20 as our guest and will present her lecture the evening of Tuesday, October 20, in the Old Main Room at the Bone Student Center at 7:30 p.m.



Leslie Bonci, the 2009 Esther Larson McGinnis Scholar Lecturer

PETE Club

During the 2008–2009 academic year, the PETE club continued to provide networking and service opportunities for students in the program. Club officers in the fall were Patrick Gronbech, president; Rahasad Singletary, vice president; Matt Crews, treasurer; and Dani Wilkins, secretary. The school year began with the 7th annual Battle of the Clubs, a fun relay event followed by a picnic. Continuing with the tradition established in previous years, each student club in KNR was invited to participate. We had another great turnout, and the ACE (Athletic Coaches for Excellence) won the traveling trophy. The club hosted guest speakers, had a bowling night, and challenged other clubs in a 16-inch softball game.

The PETE club was also involved in several professional service activities through IAHPERD, which works to promote awareness of physical education programs and the importance of physical activity. Club members participated in Shape-Up Illinois, an annual event held in Springfield and sponsored by IAHPERD. Club leaders also attended the IAHPERD

Leadership conference held each January. The spring semester saw us elect new officers: Patrick Gronbech, president; Abby Schoolman, vice president; Lauren Timmons, treasurer; and Dani Wilkins, secretary.

ACE Club

The Athletic Coaches for Excellence (ACE) enjoyed another exciting year during 2008–2009. Club meetings featured speakers addressing motivational techniques, interviewing skills, techniques of coaching individual and team sports, administrative issues, ice breaker/team building activities, and sports medicine topics. Members of ACE Club also participated in the KNR Fall Kickoff, Battle of the Clubs night, bake sales, and an end of the year softball game with the other KNR clubs. Club members also continue to serve as the ball crew at all Illinois State home football games and provided opportunities for volunteer or paid coaching positions.

same here. please see note on previous page.

Faculty/Emeriti news

Tenure/Promotion

Mary Henninger, physical education teacher education, earned tenure and has been promoted to associate professor. Congratulations, Mary!

New faculty

Skip Williams, assistant professor in physical education teacher education

- B.S., Utah State University, Logan, UT (2004)
- M.A., University of Northern Iowa, Cedar Falls, IA (2006)
- Ph.D., University of Utah, Salt Lake City (2009)

Williams joins the faculty in KNR this fall after earning his doctorate in sport pedagogy from the University of Utah. Williams has served as a graduate teaching assistant since January 2005 and has taught a variety of activities courses, methods courses, and physical education in grades 7–10.

Melissa Zahl, assistant professor of recreation

- B.S., University of North Dakota, Grand Forks, ND (1997)
- M.S., University of Utah, Salt Lake City (2004)
- Ph.D., University of Utah, Salt Lake City (2009)

Zahl joins the faculty in KNR this fall after earning her doctorate in parks, recreation, and tourism from the University of Utah. Zahl has served as a graduate teaching assistant since fall 2005 and primarily teaches in the area of therapeutic recreation.

Mike Torry, associate professor of exercise science

- B.S., Illinois State University (1989)
- M.S., Illinois State University (1992)
- Ph.D., Southern Illinois University, Carbondale (1997)

Torry joins the faculty in KNR this fall after working 10 1/2 years at the Steadman-Hawkins Sports Medicine Research Foundation in Vail, Colorado. Torry brings his years of research and teaching experience to exercise science and will work in biomechanics.

Alumni updates

Donna Dubbelde '70 of Springfield is a retired administrator from Wheeling High School in Illinois. Dubbelde was inducted into the Athletic Hall of Fame at Wheeling High School, where she coached and taught for 33 years. She coached girls' basketball for 18 years and girls' volleyball, track and field, tennis, badminton, and softball throughout her professional career. Dubbelde was instrumental in the development of girl's athletics in Illinois and was also inducted into the Illinois Girls' Coaches Association Hall of Fame in 1998.

Doug Kenney '91, '93 of Genoa is the superintendent of recreation for the Genoa Township Park District.

Darlene A. Kluka '72, '76 of Davie, Florida, is professor and coordinator of sport management at Barry University in Miami Shores, Florida. Kluka earned a second doctorate in September 2008 in sport management from the University of Pretoria, South Africa. She taught a year in South Africa before returning to the States.

Crystal (Berg) Lafferty '01 of Chicago is a physical educator and junior varsity badminton coach at Naperville Central High School, where she has taught and coached for seven years.

Bill Langston '78 of Davis Junction is professor of physical education at Rockford College. Langston taught and coached for Rockford College for 29 years and is currently the chairman of the P.E. and Sports Management Department.

Linda Kahle-Langston '77, '83 teaches 8th grade physical education at Stillman Valley CUSD. Bill and Linda met at Illinois State in 1978 and celebrated their 25th anniversary last year.

Melissa LeBeau '00 of Queen Creek, Arizona, is a physical educator and athletic director for J.O. Combs Unified School District. LeBeau also serves as the head varsity softball coach and middle school girls' basketball coach.

Michael Lennen '08 of Lincoln is the program director for the Lincoln Area YMCA. Lennen started four new recreation programs since taking over as program director and is working on new marketing materials including a brochure and Web site for the local YMCA.

Joe Mackey '85 of Peoria is in marketing, sales, and is a driver for Peoria Charter Coach. He served as a community college administrator and coach for 17 years.

Kelly Nagle '05 of Forest Park is a recreation supervisor for the Bensenville Park District.

Karen Taylor (Hicks) '99 of Kalamazoo, Missouri, has 1-year-old twin boys and a 3-year-old daughter. Her major was recreation, but she is working full-time as a stay-at-home mom for now.

Beth Tokowitz '92, '93 of Gilbert, Arizona, was a dual major in criminal justice sciences and physical education. She currently teaches freshman girls' physical education and adapted physical education and coaches girls and boys diving for Independence High School in Glendale.

Matt Traxler '06 of Inver Grove Heights, Minnesota, is director of enrollment services and registrar for Inver Hills Community College.

Vicki Vaughan '86, '90 of Colorado Springs, Colorado, is a physical educator and girls' basketball coach for Colorado Springs School. She has resided in Colorado Springs for 11 years.

Kim Victora (Zirbel) '96 of West Salem, Wisconsin, is a staff athletic trainer with Gundersen Lutheran Sports Medicine and provides AT coverage for Caledonia High School.

M. Diane Way '66 of Adkins, Texas, earned her master's (Bradley University '70) and doctoral degrees (Indiana University '73) and worked for 33 years as a physical educator, assistant principal, dean of students, and as a counselor. She recently retired from the public schools and is a self-employed psychotherapist working as a mental health clinician and chemical dependency counselor.

Point of pride

Six KNR faculty members serve as professional journal editors or editorial board members.

Graduate program news

Amy Hurd, graduate program director

The KNR graduate program continues to be strong. Master's degrees are offered in athletic training, biomechanics, exercise physiology, psychology of sport and physical activity, recreation administration, and sport management. With the downturn in the economy, graduate programs typically see an increase in applicants. That has held true at Illinois State. All sequences are quickly filling, and have resulted in increasingly strong students coming here.

At the spring awards reception, Courtney Monroe received the Outstanding Graduate Teaching Assistant for 2008–2009. Monroe taught a number of courses in the basic activity program including First Aid, Aerobics, Nautilus, Weight Training, and Fitness Walk, Jog, and Run.

Stephanie Moore was the recipient of the Dr. L. Marlene Mawson Graduate Research Potential Award, named in honor of our chairperson emerita (1990–1999). Stephanie's research, "A Randomized, Controlled Study of the Acute Effects of Muscle Energy Techniques on Posterior Shoulder Tightness," will be present at the National Athletic Trainers' Association annual meeting, where she is also a finalist for the master's student award. In addition, a manuscript is under review for the Journal of Orthopedic and Sports Physical Therapy. This research study was Moore's thesis. Her thesis committee included Kevin Laudner (chair), Todd McLoda, and Mike Shaffer. Moore will be going to the University of Kentucky to pursue her Ph.D. in athletic training in the fall.

The College of Applied Science and Technology 2008 Fisher Outstanding Thesis was given to Mike Moline (Athletic Training) for his thesis titled "The Effects of Ankle Joint Mobilizations on Postural Sway."

This year's winners of the Jorndt Research Award recognizing outstanding collaborative research produced by a student and faculty mentor were first year graduate student Lindsay Barlow and Steve McCaw. Their project, "Prophylactic ankle stabilizers affect ankle and knee joint kinematics during landing" was presented at the 2009 American College of Sports Medicine Conference. The competition is getting stronger each year for these awards, reflecting the accomplishments of our outstanding students.

Increasing the involvement of all graduate students in research remains a primary objective of our graduate program. Twenty-nine students completed

their culminating experience to graduate in fall 2008 or spring 2009. Of these students, five defended a thesis, seven performed a professional practice, and 17 completed an independent study. Many of these alumni will disseminate the results of the culminating experience through presentation at professional conferences or publication in refereed journals.

In 2008–2009, Cox, Laudner, McCaw, McLoda, and Thomas presented research studies at national conferences with graduate students Courtney Monroe, Jennifer Gordon, Stephanie Moore, Mike Moline, Nicole Duncheon, Lindley

McDavid, Lindsay Barlow, and Marissa Link. Those conferences included 2009 Annual Meeting of the American College of Sports Medicine, 2009 NATA Annual Meeting and Clinical Symposia, Rocky Mountain Athletic Trainers' Association Annual Meeting, Association for Applied Sport Psychology Annual Convention, and the North American Congress of Biomechanics. In addition to these national conferences, graduate student presentations were made at the Illinois State University Graduate Research Symposium and the Illinois Association for Health, Physical Education, Recreation and Dance conference. Thanks to generous donations from alumni, the School of KNR is able to provide considerable financial support to students travelling to present at professional meetings. Your continued support of the school allows us to provide support to our outstanding students in their research endeavors.

As always, your comments and reflections on the KNR graduate program are welcome. Please send them to arhurd@ilstu.edu. Your input will be appreciated.



Lindley McDavid

Point of pride

KNR faculty members authored six books in 2008.

2009 Esther Larson McGinnis Academic Achievement and Service Awards

Individual Awards

Howard Hancock Athletic Achievement Award	Scott Krapf
Clifford E. Horton Scholarship Award	Kami Klopfenstein
Ellen Abshire Recreation and Park Administration and Service Award	Scott Krapf
Patricia B. Malik Spirit Award	Mark Bruster
Trent R. Richards Scholarship	Bria Noel (3rd year of award)
Darlene A. Kluka Scholarship	Amber Pescitelli
Rene Revis Shingles Service Award	Tiffany Hudson
Betty J. Keough Honorary Teacher Education Scholarship Award	Jackie Chapman and Catherine Sanders
Betty J. Keough Junior Academic Achievement Award in Physical Education/Teacher Education	Mary Catherine Richmond
Graduate Assistant Teaching Award	Courtney Monroe
Jorndt Student/Faculty Research Award	Lindsay Barlow
Faculty Mentor	Steve McCaw
Marlene Mawson Graduate Research Potential Scholarship	Stephanie Moore
Joyce Morton Kief Future Professional Award	Patrick Gronbeck
Kathy Schnidewind Athletic Training Scholarship	Bria Noel

Professional Development Awards

Athletic Training	Patrick Brayfield and Amanda Somers
Exercise Science	Laura Swan
Physical Education Teacher Education	Molly Sharer
Recreation and Park Administration	Michael Brant

McGinnis Distinguished Seniors

Athletic Training	Andrew Benning
Exercise Science	Tina Goldstein
Physical Education Teacher Education	Mathew Crews
Recreation and Park Administration	Scott Krapf



Joyce Morton Kief with Patrick Gronbeck, recipient of the Joyce Morton Kief Future Professional Award



Betty Keough with Mary Catherine Richmond, recipient of the Junior Academic Achievement Award in Physical Education Teacher Education



McGinnis Distinguished Seniors for 2009. From left. Scott Krapf (RPA), Mathew Crews (PETE), Tina Goldstein (ES), and Andrew Benning (AT)



Trent Richards with Bria Noel, recipient of the Trent R. Richards Scholarship



Stephanie Moore, recipient of the L. Marlene Mawson Graduate Research Potential Scholarship



Bria Noel, recipient of the Kathy Schiedwind Athletic Training Scholarship

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Point of pride
Faculty in KNR made 22 professional presentations during the past year.

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Point of pride
KNR faculty authored 14 refereed journal articles in the past year.

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Point of pride
Twenty KNR faculty members were invited to make scholarly research presentations at professional conferences in the last two years.

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