

Health, Physical Education, and Recreation Newsletter

Special points of interest:

- > Award winners!
- > Student, alumni, and faculty accomplishments!
- > New PERC officers!
- > Marathons, rugby, and a steeplechase!
- > Throwback pics from 2010-2011!



Summertime: Just a bit of a break from the norm

We made it! The Spring 2016 semester certainly came with some interesting challenges, but we stayed together and we stayed strong. We have earned this break for the summer, but I am already looking ahead toward fall. Have you **registered** yet? I am pleased to report that nearly all of my MSED PE graduate students were registered before the end of the semester. Great job! For the undergraduates in the programs, make sure you are speaking with your faculty so you know what classes you should take that are being offered. Please do not hesitate to contact us over the summer; we are here to help! Remember, you do not have to validate your classes immediately upon **registration**, so don't let financial constraints stop you.

Let's take a moment to congratulate our graduates for this semester: LaKenya Corbin, Neil Tijerina, and Fernando Guerrero (PE); Candise Green, Johnnie Harris, Ana Rauda, Emmanuel Cotton, and Luis Montoya (Rec). Best of luck in the future, and please keep in touch!

In this edition of the newsletter, we will find out what some of our alumni and current students have been up to, congratulate the award winners from the department at this year's Honors convocation, and find out who has been on the move amongst PE students/alumni/faculty. We

will also hear from Robert Quinones (Rec) about his experiences officiating the state Wheelchair Basketball tournament. Our faculty have been busy, too, winning awards and traveling to international conferences.

Take care of yourself this summer. Find some time for leisure activities at a street festival or along the lakefront. Go roller skating (!). Catch a free movie at Millennium Park. Run a Glow Run 5K. Whatever it is, have a great summer, stay in touch, and **REGISTER**.

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

P.S. Did I mention you should **register**?



Robert Quinones with a player from the Chicago Skyhawks, who was formerly involved with the Chicago Park District



Robert Quinones at a Chicago Park District Tournament in April.

Quinones Officiates His First WCBB State Tournament

My name is Robert Quinones, Recreation major, and I would like to share with you my experience officiating the State Wheelchair Basketball Tournament. The tournament was on March 11th-12th in Peoria, Illinois. This is my first year officiating wheelchair basketball, and I was chosen to officiate the state tournament. It was truly an honor to officiate

this tournament. Dr. Szyman had a huge impact on how fast I learned the game, as he answered all my questions, and even took some heat from the coaches for me at my first tournament in November. In Peoria, I officiated five games in two days. Hundreds of people walked around and watched the games. I was able to meet some other ex-

perienced officials and the IHSA Tournament directors. Overall, it was a great experience, and IHSA has already welcomed me back for next year.

What have we been up to?

Marquis' Hall (Rec): is Ms. CSU for 2016-2017!

Roytrell Long (PE): currently running a new soccer league in Lynwood, Illinois, at the new Southland Facility. Was named the league Director of Operations. **Courtney Jones (Rec):** recently got promoted at the Chicago Park District to Physical Instructor of Tarkington Park.

Neil Tijerina (PE alum): his freshmen volleyball team at Carl Sandburg is showing improvement and is on a 2 match winning streak. **Brittany Kohnke (PE alum):** moving to Phoenix this July having accepted a position at Agua Fria HS in Avondale. She will be teaching an advanced weight training class. **Tom Mourikis (MAT-PE alum):** accepted a HS PE teaching job at the Nansha College Prep Academy in Nansha, China. It is one of the first of its kind: an international ESL school (grades 7-12) that enrolls only Chinese

students. This was made possible thanks to a change in Chinese law which prohibited Chinese students from attending English-speaking schools. While waiting for classes to begin in August, he has been living in Athens where he works as a substitute teacher in all K-12 departments, coaches elementary soccer, basketball, and tennis, and serves as the fitness trainer for students and faculty. He will also be DJing the 8th grade Prom and has planned trips to Barcelona, Valencia, Santorini, and Istanbul. **Thomas Casanova (PE alum):** has a new baby boy. **Mario Silva (PE alum):** now the Athletic Director at Kennedy. **John DiFilippo (PE alum):** had a baby girl with his wife, Jillian. Leah Jean Di Filippo was born April 25 at 2:18pm. She weighed 6 lbs and 14 ounces. **Brit (Terry) Volini (PE alum):** welcomed a baby girl into the Volini family. Frankie May Volini was

born April 27, 2016, weighing 7lbs, 7oz and 20.5". **Audra Van Radin (MSED PE alum):** received a grant for heart rate monitors at Victor J. Andrew High School in Tinley Park. **Drs. Sarah Buck and Robert Szyman (PE faculty):** will be receiving the Outstanding Service to the Profession award from the Chicago District of IAH-PERD in June. **Dr. Sarah Buck (PE faculty):** will be traveling to Montreal in June to present a poster on the psychological toll on referees, a topic she co-authored with her colleague, **Dr. Bryon Martin (Rec).** She will also be presented with the 2015 Excellence in Reviewing award from the *Journal of Sport and Exercise Psychology* at the conference. Dr. Buck also participated in a career day at Heritage Middle School in Summit. **Professor Michael McNicholas (Rec):** continued his PhD work in Disability Studies with 3 additional classes this semester.



Neil Tijerina (L), with Dr. Nelson and Fernando Guerrero



Dr. Buck, trying pasankalla, a Bolivian snack



Dr. Szyman (L), Alfredo Salgado (PE), and Robert Quinones (Rec)



Audra Van Radin



Roytrell Long



Courtney Jones and Dr. Bryon Martin



Brittany Kohnke



Tom Mourikis

What have you been up to, Dr. Martin?

Dr. Bryon Martin presented his research paper "Leisure Education in Urban Fringe Community Public Elementary Schools: An Interdisciplinary Approach" at the Critical Questions in Education Conference in San Antonio, TX, March 7-9. Dr. Martin presented his research paper "Classic Cars and Happiness: A Profile of Participants and Their Family, Community, and Cultural Health" at the 2nd Global Interdisciplinary Meeting on Happiness in Budapest, Hungary

March 13-15. Dr. Martin's manuscript was accepted for publication in the IDN ebook, and he was also selected as a session convener at the conference. Dr. Martin's research article "Sport Officials: Stress, Coping, and Education" was published in the April issue of the Journal of Sports Pedagogy and Physical Education. Finally, Dr. Martin was selected to participate in the New York University Faculty Resource Network June 5-10. His topic of study will be

"The Allure of Ancient Greek Athletics-The Ancient Olympics and Much More."



Dr. Bryon Martin atop the Vienna Arch in Budapest

What have you been up to, Dr. Shingles?



Dr. Price-Shingles was one of the 2016 recipients of the CSU Women Rock Sophist Award during Women's History Month. The Sophist Award (s) are given to Faculty/Staff. From the description of the award, "This woman has a passion for learning and for the stability of the university as it pertains to the morale of student engagement. She skillfully builds upon her knowledge so that students are consistently challenged and deeply engaged. The experience that she provides to the CSU community travels beyond the classroom

walls and often finds a place at the dinner tables and other places throughout the community." Dr. Price-Shingles was also appointed as the Faculty Athletic Representative (FAR) for CSU's Athletic Department this past January. While Dr. Price-Shingles has several responsibilities in her new role, her primary function is to serve as the liaison for CSU to the NCAA and represent the interest of President Calhoun and the Athletic Department while attending NCAA sanctioned meetings and conferences. Dr. Price Shingles also had a recent publication

(March) with a former CSU Recreation faculty member, Dr. Greg Place: Seven Steps for Implementing Afterschool Programs: Strategies for Physical Educators. *Strategies: A Journal for Physical and Sport Educators.*

PE On the Move

PE faculty, students, and alumni have been on the move lately. **Dr. Sarah Buck**, who typically only runs after the bus/train, completed her first Shamrock Shuffle 8K in April. She also completed the Night Nation Run 5K and has two more 5K runs on tap in the next few months. **Robert Dron (MAT-PE alum)** took fifth place in a Steeplechase event. **Scott Leu (PE)** completed a 5K with baby Estela in Champaign. Outrunning us all, however, is **Arturs Bareikis (PE alum)**

who got the Latvian National Record in 50km 4 weeks ago in New York. He also got married in Kenya in 2015 and had a child named Armin on January 1st, 2016. He has been pacing marathons as a professional around the world in countries such as South Korea, Australia, China, and several in Europe. On a sidenote, Arturs remains the PACER champion in the PE department, with somewhere north of 100 laps.

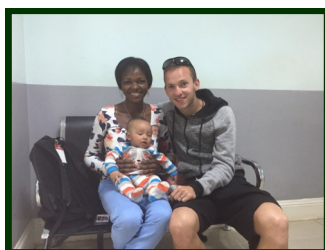
Further, **Kim Rusch (PE alum and current MSED PE student)** plays on a rugby team that clinched their Division D2 championship for the third year in a row and went undefeated in Nebraska's Battle on the Prairie tournament. She has her first (running/obstacle) race of the year on May 28.



Dr. Sarah Buck



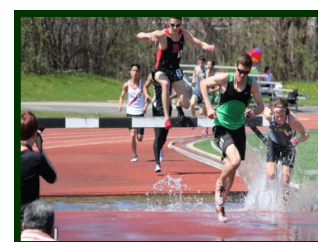
Kim Rusch with her team



Arturs Bareikis and family



Scott Leu and family



Robert Dron (in green)

Project Learning Tree: The New Class

PLT is an Environmental Education curriculum embedded in the REC 2000 Program Design and Implementation course and part of the Environmental Education Association of Illinois (EEAI). Students enrolled in this course

become certified to teach Environmental Education using EEAI/PLT state certified curriculum at their agencies and places of employment. The curriculum is nationally certified and aligned with Common Core and

Next Generation Science Standards.



Recreation Guest Speakers Share Their Expertise

In October 23, 2015, Dr. June N. Price-Shingles was appointed by her professional association (NRPA) as an Accreditation Team Visitor for nationwide university recreation programs' curricula that are nationally accredited or seeking accreditation by COAPRT (Council on Accreditation of Parks, Recreation, Tourism and Related Professions). Dr. Price-Shingles completed her first Accreditation Visit at the University of North Carolina at Greensboro February 28- March 1, 2016. She stated the entire process from start to finish was extremely educational, and it was interesting to

see how other universities' undergraduate recreation programs function with regards to curriculum design, administration, and student involvement. While Dr. Price-Shingles was away on her first COAPRT Accreditation Visit, she had a former colleague stand in for her in the REC 4240 Management of Leisure Course. Mr. Cedric Banks and Dr. Price-Shingles were both Program Directors for the Chicago Metropolitan YMCA in 1990 and have remained colleagues over the years. Mr. Banks is currently the Director of Operations of the Kroc Center located on the South side of

Chicago and is one of the newest members of the CSU Recreation Program Advisory Board. Dr. Price-Shingles also welcomed back Mr. Antonio Washington (class of 2013) to talk with students about his experiences in the field since graduation. Mr. Washington is currently the Business Manager for Oak Brook Terrace Park District.



Antonio Washington (L) and Evan Dentley (R)



Mr. Cedric Banks

“Once becoming a member of IPRA, individuals can participate on multiple committees as they relate to their specific interest and/or job function.”

Rec Program Maintains Strong Ties with IPRA Committees

This semester, the Recreation program has been fortunate to host two of several committees that make up the IPRA Committee Sections of IPRA. The Diversity Committee met on February 10th, and the Recreation Committee on April 19th. Briefly, the Diversity Committee is for professionals interested in addressing the historical disadvantages that characterized the functions of minorities in the field of parks and recreation, as well as the effective delivery of

programs and services to diverse populations. The Recreation Committee is comprised of professionals who are recreation programmers, facilitators and administrators in arts, special events, athletics, early childhood, school age and day camp, teens and seniors. Once becoming a member of IPRA, individuals can participate on multiple committees as they relate to their specific interest and/or job function. Currently, Keith Wallace is the Chair of

the Diversity Committee and Erika Strojinc is the Chair of the Recreation Committee.

Congratulations New PERC Officers!

- PE President: Angela Johnson
- REC President: Marquis' Hall
- VP: Eugene Sykes
- Secretary: Jessica Butler
- Treasurer: Scott Leu
- PE Photographer: Jazzman Allen
- REC Photographer: Xavier McField
- Webmaster: Xavier McField



L-R: Scott Leu, Angela Johnson, Marquis' Hall, Xavier McField

Congratulations To Our PE and Recreation Award Winners!

Certificate of Honor

Scott Leu, Phil Eide

Certificate of Merit
Certificate of Merit

Angela Johnson, Keith Thomas
Jessica Butler, Tanisha Mailey
Cornelius Tijerina, Courtney
Jones

Certificate of Merit

Angela Johnson, Kellee Fountain
-Carter

Lottie C. Patarini Award
Alice Smith Memorial Award
2016 Graduate Division Awards
2016 Graduate Division Awards
CSU Junior of the Year

Scott Leu, Ana Rauda
Fernando Guerrero (MAT-PE)
Peter Stephanos (MSED-PE)
Scott Leu



L-R: Ana Rauda (Rec), Tanisha Mailey (Rec), Angela Johnson (PE), Scott Leu (PE)



Tanisha Mailey (Rec)



Scott Leu (PE) with wife Regina and baby Estela



L-R: Scott Leu, Angela Johnson, Tanisha Mailey, Ana Rauda, Peter Stephanos

Did you know?

The Recreation Faculty along with current recreation majors visited Moraine Valley Community College on May 12th to meet with perspective students. In Spring 2015, CSU renewed their Articulation Agreement with MVCC Recreation Program.



Esteban Rosales explaining the relationship between PA and psychological wellness to Dr. Mensah Kutame (SEPR Chairperson)

PE 3280 Research Posters

Each spring semester, Dr. Buck's PE 3280 Psychosocial Aspects of Physical Activity class dresses in their Sunday best to present their research posters. Faculty and other students are invited to browse the student posters similar to a science fair or, more to the point, similar to a research conference. Topics this year included gambling in

sport, the differences in wages between male and female athletes (as well as between male and female professional soccer players, specifically), the relationship between physical activity and psychological health, and the psychology of the injured athlete.



Mohammad Razik discusses gambling in sport with Dr. Bryon Martin



Throwback Corner: Remember this?



L-R Jason Scurlock and Santino Sadler (PE alum) in 2010



An intense PE versus Rec competition in 2011



At IAHPERD Leadership, including Blanca Munoz, Mario Silva, Mary Nugent, and Kalla Sinwelski in 2010



Mario Silva, Jen Brown, and Antinko Waddell at AAHPERD 2010



A 2010 Majors Meeting, featuring Mike Wieda (PE alum) and Greg Botica (PE alum)



Maureen Nelligan (PE alum) at IAHPERD Leadership in 2011

Notes from Dr. Szyman Regarding PE 3040 and PE 2360

“Students who have limited swimming skills should learn to swim this summer”

Students who will take PE 3040 Adapted Physical Education this fall will have to have completed a successful background check so they can complete the required observation hours. Please begin the process early because there are two bureaucracies involved: CSU and the Chicago Public Schools. In other words, it may take awhile.

PE 2360 Aquatics for the Physical Educator and Recreation Professional can result in the

student earning the cherished American Red Cross Water Safety Instructor Certification. Students who have limited or no swimming skills should learn to swim this summer so they can proceed through PE 2360 more easily this fall.

Therapeutic Recreation Students and Faculty Present at Midwest Symposium

Professor McNicholas accompanied 8 students to the Midwest Symposium on Therapeutic Recreation to speak at the professional conference on: Parallel Play and Theme Design in Cinema Therapy - McNicholas, Amanda Aguilar, Meagan Bell; Therapeutic Benefit of Baby Sign and Alternative Communication - McNicholas, Nancy DiGangi; Virtual Reality Video Games As Treatment For PTSD - Gerald Morgan and McNicholas; The Benefits of Dog

Therapy Programs - McNicholas, Nancy DiGangi; How to Develop Rapport Equity - Albert Regalado, Xavier McField and McNicholas; and Paralympic Boccia - Marquis Hall, Phil Eide and McNicholas. All sessions were very well received and a paper on Rapport Equity is being considered for publication. The conference organizational staff was excited with the professionalism and dedication our students showed! Students will continue to

discuss presenting at ATRA in September in Chicago and at ILRTA in November.

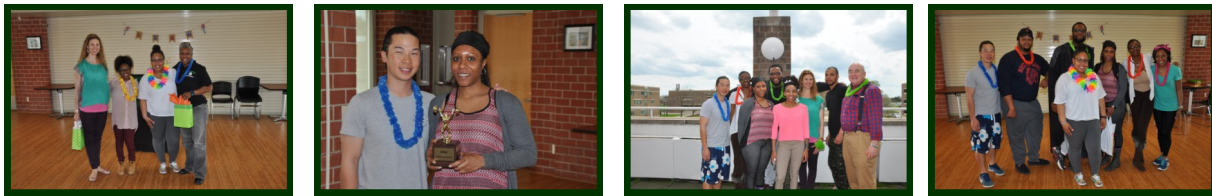
April 1 Day of Action

HPER students and faculty came together on April 1 with several other groups on campus and downtown in support of CSU. Dr. Buck collected approximately 100 signatures on her sign, which is now displayed in the office.



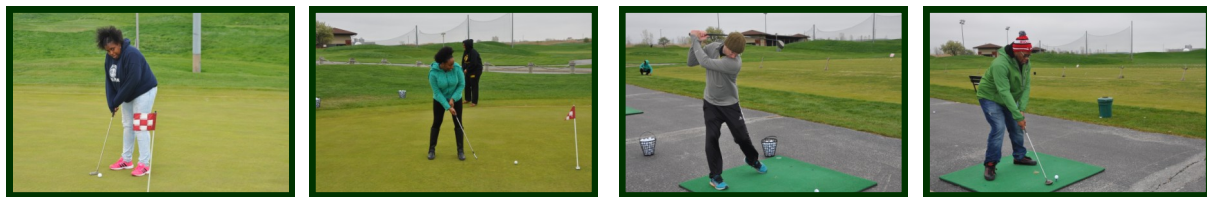
PERC Luau

Members of our student majors club came together to celebrate the end of the semester and to announce the newest officers (see p. 4). Jessica Butler (PE) won the Fitness Challenge!



Lifetime Sports

Dr. Szyman's Lifetime Sports class headed out to the links. For some, this was their first exposure to golf. Fore!



Illinois Parks and Recreation Association Conference

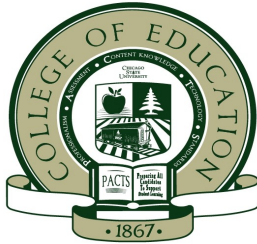
Each winter, Recreation students, faculty, and alumni network at the IPRA conference in downtown Chicago



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Dr. Price-Shingles and Mr. Matt Corso, 2013 graduate of the CTRS Certification course work. Matt currently works for IPRA and is the Superintendent of Program Development at the South East Association for Special Parks and Recreation (SEASPAR) in Downers Grove, IL. He is responsible for all aspects of new program development, public relations, scholarships, as well as overseeing a variety of existing programs and operations at SEASPAR. He has been with SEASPAR for 11 years and has been involved in special parks and recreation in some capacity for more than 24 years. Matthew graduated from Northern Illinois University with a Bachelor's Degree in Special Education and completed a post-baccalaureate certificate program at Chicago State University.

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Health, PE, and Recreation at Chicago State University

Chicago State University Recreation Network

Earn your Certificate in Therapeutic Recreation

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

CERTIFICATE IN THERAPEUTIC RECREATION (CTRS).

The Certificate in Therapeutic Recreation program is designed to enable individuals to attain the Certified Therapeutic Recreation Specialist (CTRS) certificate by the 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 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