



A Message from the Research Committee

Special points of interest:

- Registration for the 2010 AHPERD National Convention opened in November 2nd. Register today.

As a research committee, we believe that our first priority is to increase the awareness of research and creative activities in our department. We appreciate your contributions to our newsletter and your willingness to share your work/research/creative activities with your colleagues. Here it is, another newsletter full with research news from our Faculty. There will be two new sections, featured research and technology. We request your contributions to these two sections in our future newsletters. Thank you.



NEWS

- **Newly Revised NASPE Position Statement:** A Philosophical Position on Physical Activity and Fitness for Physical Activity Professionals, 2009. [Now on the NASPE website.](#)
- PETE committee is working on **NCATE process**. To fulfill the requirements of NCATE, student work samples will be used starting next semester in KSS 3401. With work samples, students will be able show their teaching competencies (setting objectives, pre/post assessment, block/unit/lesson plans, teaching reflections etc).

UPCOMING CONFERENCES AND EVENTS

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- **Fourth Annual Coaches & Sport Science College** December 18th-19th, 2009 www.sportscienceed.com
- **International Council for Coach Education (ICCE)** Coaching Association of Canada Conference November 12-15, 2009 in Vancouver. [More information.](#)
- **2010 AIESEP Congress** [International Association for Physical Education in Higher Education](#) October 26-29, 2010 hosted by the University of A Coruña.
- **AAHPERD National Convention.** March 16-20, 2010 in Indianapolis, IN. [More information and registration.](#)
- **1st European Congress on Physical Activity and Health among 0 – 6 years old Children** Epinal, France, May 28-29, 2010. [More Information and call for abstracts.](#)
- **Adapted Physical Education Conference.** February 4-5, 2010 in Chadler, Arizona. More information email, mitchell@azahperd.org.
- **National Coaching Educators' Conference,** June 17-19, 2010 in Savannah, Georgia. More information email, Christine.Bolger@USOC.org.
- **15th Annual Congress of the European College of Sport Science (ECSS),** July 06-09, 2010, <http://www.ecss-congress.eu/2010>, Antalya, Turkey.

KSS PUBLISHING SCHOLARS

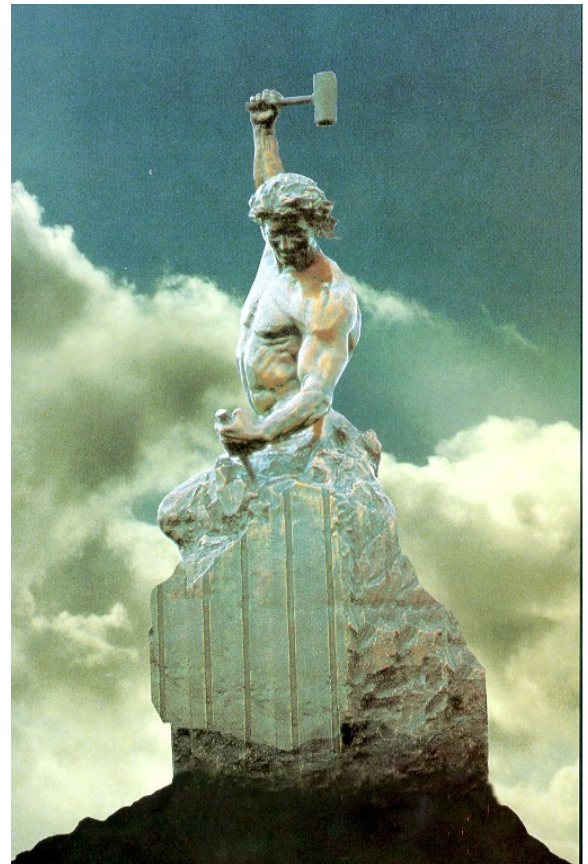
Dr. Ovande Furtado	Influence of Exercise Intensity on the Decision-Making Performance of Experienced and Inexperienced Soccer Players	Journal of Sport & Exercise Psychology, 2009 Vol. 31
Dr. Jeff Willardson	Rest Interval between sets in Strength Training	Sports Medicine, 2009 Vol. 39
Dr. Jeff Willardson	Effect of Surface Stability on Core Muscle Activity for Dynamic Resistance Exercises	Internal Journal of Sports Physiology and Performance, 2009 Vol. 4
Dr. Scott Ronspies	Middle School Students' Perceptions of Coeducational and Same-Sex Physical Education Classes	COAHPERD Journal, Summer 2008 Vol. 33
Dr. Scott Ronspies	Case Study of an Exemplary Elementary Physical Educator	COAHPERD Journal, Spring 2009 Vol. 34
Dr. Jeff Willardson, Dr. John Emmett, and Dr. Jon Oliver	Effect of Short-Term Failure Versus Non-failure Training on Lower Body Muscular Endurance	International Journal of Sports Physiology & Performance, Sept 2008 Vol. 3
Dr. Jeff Willardson and Dr. Mark Kattenbraker	Effect of load reductions over consecutive sets on repetition performance	Journal of Strength and Conditioning Research (still in press)
Dr. Scott Crawford	Book review of Fight Pictures-A History of Boxing and Early Cinema	Journal of Sport History, Fall 2008 Vol. 35
Dr. Scott Crawford	Book review of Sweet William-The Life of Billy Conn	Journal of Sport History, Summer 2008 Vol. 35
Dr. Scott Crawford	Dr. Billy Graham	Milestone Documents of American Leaders, 2009 Vol. 2
Dr. Jon Oliver	Authoring 2 entries	Encyclopedia of Sport Management and Marketing, Sage Publications

GRANT AND AWARD RECEIPTS IN KSS

- **Dr. Oliver** received a Faculty Development Grant.
- **Dr. Croisant** received the Dean's Research Award in the Graduate School.
- Redden Grant Recipients – **Dr. Ovande Furtado, Colleen Kattenbraker, Dr. Mark Kattenbraker, and Dr. Stacey Ruholl.**
- ACA Award Recipients – **Dr. Jeff Willardson** in the Area of Research and **Dr. Stacey Ruholl** in the Area of Teaching.

KSS FACULTY LEADERSHIP ROLES

- **Dr. Jon Oliver** is 2009 Past President, Southeastern District, Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD). Running for Vice President-Adults for IAHPERD in 2010. IAHPERD currently has approximately 3,500 members.
- **Dr. Kevin Hussey** USA Badminton – High Performance Coach
- **Dr. Stacey Ruholl** Treasurer of the South East district of the Illinois Association for Health, Physical Education, Recreation, and Dance.
- **Dr. Phyllis Croisant**, Chair, Research Committee of the Council on Aging and Adult Development (CAAD) of the American Association for Physical Activity and Recreation
- **Dr. Mark Kattenbraker**, Vice President Elect for Adults within the Illinois Association for Health Physical Education, Recreation, and Dance (IAHPERD)



Dr. Jeff Willardson's research activities in Exercise Science

Dr. Willardson recently received a grant from Primal Pictures Ltd. \$15,000 for 24 resistance exercise animations with quiz option; Dr. Mark Kattenbraker served as the exercise model. This will greatly improve instruction in Kinesiology courses. The product will be on the market in 2009. Dr. Willardson is willing to show a sample presentation of what the product will look like, if you are interested. Dr. Willardson and Dr. Kattenbraker were recently approved for funding of research on the Ab Circle training device--very popular training device, widely publicized on television infomercials. The Ab Circle a popular device used to train the trunk muscles. They will be utilizing surface EMG to test the activity of the rectus abdominis, external oblique abdominis, lower abdominal stabilizers, and erector spinae muscles on the Ab Circle versus tradi-

tional exercises like the abdominal crunch, side bridge, and quadruped. They are also doing a separate experiment to test caloric expenditure on the Ab Circle versus the treadmill. A colleague from Canada came on Nov 19 through Nov 22 to assist with the data collection, and Maranda Rehg, a graduate student, will be doing her thesis based on this project. As Dr. Willardson indicated, the project will bring recognition to our department and EIU, as the results of the research might be used in advertisements for the device. The research committee applaud and wish Dr. Willardson and Dr. Kattenbraker good luck with their research activities.



GRANT OPPORTUNITIES

Federal Government Grants: The U.S. Dept. of Health & Human Services and the CDC have announced a new initiative: *Communities Putting Prevention to Work* (CPPW). To build healthy communities, **\$373 million is available to prevent childhood obesity!** Through [CPPW](#), health departments and federally recognized tribal agencies are eligible to apply for federal stimulus funds to support the implementation of *evidence-based* programs that:

- increase levels of physical activity
- improve nutrition, and
- reduce tobacco use

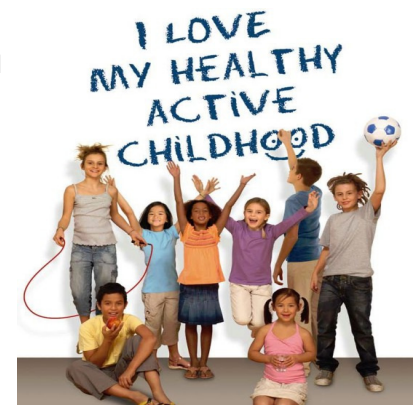
Grants.gov is your source to FIND and APPLY for federal government grants. Beginning October 19, 2009, the Grants.gov Contact Center will be available 24 hours a day, 7 days a week. [See more.](#)

NASPE provides a grant database, please visit [NASPE page](#).

SPARK also has a grant page that you can search for grants, please visit [the link](#).

RESEARCH

- **QuickStats:** Prevalence of Obesity† Among Adults Aged ≥20 Years, by Race/Ethnicity§ and Sex --- [National Health and Nutrition Examination Survey](#), United States, 2003--2006.
- **What science is discovering about exercise and depression:** While questions remain, the picture on exercise and depression is becoming clearer: Getting up and moving seems to help people get on top of a bout of depression or keep a recurrence at bay. [U.S. News & World Report](#).
- **Adolescent Obesity:** Towards Evidence-Based Policy and Environment Solutions [A Special Supplement on Childhood Obesity](#)
- **New Research Shows Benefits of School-Based Physical Activity on Academic Achievement .** [Research Brief](#).



KSS Faculty contributes to 2010 AAHPERD



STRENGTH THROUGH PARTNERSHIPS
NATIONAL CONVENTION & EXPO
INDIANAPOLIS • MARCH 16-20

125
YEARS

Dr. Phyllis Croisant, as chair of the Research Committee of CAAD, she will be the organizer and presider of the CAAD Research Symposium titled "21st Annual CAAD Symposium: Research on Aging". The 21st Annual CAAD Symposium on Research in Aging features a presentation by the winner of the Herbert deVries Research Award, which recognizes outstanding research and writing in gerontology that has contributed to the advancement of physical activity for older adults. The winner of the 2010 Young Researcher Award will also present his/her research findings. Recipients of other CAAD awards will be recognized at the Symposium. **Dr. Croisant** will be the

speaker for the Exergaming session on sponsored by The Council on Aging and Adult Development (CAAD). Exergaming, or playing video games that require body movement. Schools have incorporated "exergaming" into the Physical Education curriculum. However, older adults are also using "exergames" such as Wii Fit by Nintendo. Try out games and learn how Wii Fit balance activities have been used as a form of fall prevention training. Other examples discussed will include Wii bowling leagues and tennis leagues in assisted living facilities and nursing homes.

Dr. Kevin Hussey will be a speaker on a Badminton panel and will present teaching methods which will be useful for all age levels. Skills, drills and fun will all be part of this presentation.

Dr. Hasan F. Mavi will have a poster session that explores the cigarette smoking habits of undergraduate students in a physical education and sport department in Turkey. Initial findings show that 31.7% of undergraduates were current smokers. In addition, younger students have lower smoking rates (26.7%) while older student have higher smoking rate (50%). Overall, students in PETE program did have the lowest smoking rate (27.3%).

Dr. Scott Ronspies will have a oral presentation titled "Physical Activity/Fitness Levels of Caucasian and Hispanic Middle School Students". Dr. Ronspies and his colleagues examine the relationship between physical activity and health-related physical fitness levels of Caucasian and Hispanic middle school students. Results indicates that boys took more steps than girls, and relationships between physical activity and physical fitness variables were low to moderate (Beighle & Pangrazi, 2006; Morrow & Freedson, 1994). In addition, middle school students with higher aerobic fitness accumulated more steps/day and activity time than students with lower aerobic fitness. While it has been generally concluded that minority children are less active (Lindquist et al., 1999) when compared with Caucasian children, such was not true in their study.

Annual Spring Concert by EIU Dancers

This University recognized organization is sponsored by the Kinesiology and Sports Studies Department and is under the direction of Jeanna McFarland. This year's group is made up of 17 University students with many different majors. The Eastern Illinois University Dancers will present their annual spring concert, as yet untitled, on Thursday, Friday and Saturday, April 8, 9, and 10 at 7:00 P.M. in The Theatre in The Doudna Fine Arts Center. Doors open at 6:30. The concert will feature traditional forms of ballet, modern, tap, and jazz to varied musical artists. The public is invited to this admission free event.



Congratulations to EIU undergraduate students



At the 2009 IAHPERD convention, our students and their advisors (Colleen and Mark Kattenbraker) represented the KSS department. They competed in Super Stars and Jeopardy. In Jeopardy, EIU came in 2nd place. The names of those in the picture are as follows:

1st row: Casey Gronbech

Kneeling: Colleen Kattenbraker, Sarah Palmer, Martha Pedziwiatr, Brittany Bart, Eric Sutor, Mark Kattenbraker

Standing: Ryan Swanberg, Katie Palmer, Joe Johnson, Jackie Sylvestri, Justin Tomaska, Angela Ziemba.

KSS impact in 2009 IAHPERD state conference



- On Thursday, November 19th, **Dr. Pritschet** presented a session titled "Writing for the Illinois Journal for Health, Physical Education, Recreation and Dance: How, What, When and Where". He provided information about the types of written works included in the Illinois Journal and how to turn an idea, interest or expertise into a published product.
- On Friday, November 20th, **Dr. Kattenbraker** and Dr. Wolf made presentations. Dr. Kattenbraker's session titled "Stress, Health and Fitness" will examine the physiological responses to stress and their effect on health and fitness.
- **Dr. Wolf's** a presentation titled "Physical Education and RTI" and explored what physical educators can offer teachers and students successful research based interventions to help students meet academic challenges, physical activity and the key to unlock success.

ROE Fall Classic, October 2009

The Regional Office of Education conducted a successful Fall Classic for teachers and other professionals. The Regional Institute was in two different locations, Charleston High School and Mattoon High School. Our faculty contributed to this event through presentations.

Charleston High School Presentations:

- **Dr. Hasan F. Mavi** talked about youth fitness testing in schools today. He presented the current discussions about youth fitness testing and provided guidelines for positive fitness testing in school setting.
- **Dr. Scott Ronspies** presented a session about the components of a sport education model and how to implement this model into a secondary school curriculum.
- **Ms. Traci Worby's** session focused on obstacles affecting academic and professional performance. She also talked about how to manage and possibly eliminate these barriers.
- **Dr. Debby W. Wolf** (our retiree) talked about methods of incorporating fitness activities into Physical Education, the classroom, and into the school environment.

Mattoon High School Presentations:

- **Mr. Joesph Landeck** presented a beginning square dance session. Participants were given the chance to practice basic as well as some advanced square dance moves.
- **Mr. Chris Ryan** held a session about the benefits of interval exercise and children in K-12. Mr. Ryan presented this session with his students Brian Wenzel (undergraduate) and David Fritz (post-baccalaureate) in sport pedagogy program.



TECHNOLOGY



- Even though these two online resources are not directly related to the physical education and sports, it might help you to improve your overall teaching. First online resource is ScreenToaster which is totally free and has many applications for your lectures and information delivery. You can access to this home page by following link, <http://www.screentoaster.com/>. You might also consider to examine the user prepared ScreenToaster videos. You can use these videos for your lecture purposes. For example, under e-learning section, you will see a lecture presentation called [Getting Fit 101: Module 1](#).



- Second online resource is Dropbox. Put your files into your Dropbox on one computer, and they'll be instantly available on any of your other computers that you've installed Dropbox on (Windows, Mac, and Linux too!) Because a copy of your files are stored on Dropbox's secure servers, you can also access them from any computer or mobile device using the [Dropbox website](#).