

Health Education, Physical Education, and Recreation Newsletter

December 16, 2025



Chicago State University

Our offices have moved! We are now located in JDC 201.

Special points of interest:

- * Rico's National Boards journey
- * IAHPERD recap
- * HPER Changes
- * Antonio Washington visits
- * Dr. Shingles, keynote

Letter From the Editor

Welcome to the 18th year of the newsletter from the Department of Health Education, Physical Education, and Recreation! The purpose of the newsletter is to share highlights of what students, faculty, and alumni have accomplished since we last met. Let's first congratulate our graduates: **Jamal Ibrahim** (PE Initial Licensure); **Natalie McLemore**, **Tyler Fawbush**, **Aimee Coleman**, and **Esteban**

Rosales (MSEd PE); and **Simone Detwyler** (Rec). In this edition of the newsletter, we will inform you of changes within the Recreation program, recap IAHPERD, summarize the PE Alumni Advisory Board meeting, learn about Rec alum **Antonio Washington's** return to CSU (pictured below), and read about **Hector Rico's** journey toward the National Board

Certification. Please continue to send me happenings in your life to share in future editions of the newsletter.

Dr. Sarah Buck, newsletter editor



Physical Education Advisory Board Meeting

On November 9, 2025, the Physical Education Advisory Board had a virtual meeting to discuss items related to the curriculum, our new programs, and current best practices in the field. The PE Advisory Board is made up of alumni from our licensure programs as well as current and past Physical Education Teacher Education (PETE) faculty. The purpose of the semi-

annual Board meetings is not only to discuss what is going on within the field of PE but to stay connected with our alumni. At the recent meeting, attendees discussed what PETE faculty must include in their classes to prepare candidates for the real world, such as peer teaching and assessing, refereeing, classroom management, SEL, and stress management for

teachers. Alumni discussed their own current concerns, which include the spike in immigrant students who may not speak English and are unfamiliar with American school culture and sports. Alumni recommend current students learn patience with themselves, students, co-workers, and admin, develop open-mindedness, create a toolbox of activities, and have a strong

work ethic. Our next Advisory Board meeting will occur in the spring. If you are an alumnus and would like to join our Advisory Board, please email sbuck@csu.edu.

PETE Candidate Amir Harmon Earns IAHPERD Student Scholarship

We are very proud to announce that Amir Harmon earned a \$1500 IAHPERD student scholarship. What follows is the bio that was read as he stood on stage to receive his award.

Amir has demonstrated exceptional leadership, service, and dedication to education and mentorship through his active involvement at Chicago State University and in the broader community. As Vice President of the university's Call Me MiSTER scholarship program—a mentoring initiative designed to prepare young minority men to become impactful educators and leaders—he has played a key role in empowering peers and mentoring youth. In this capacity, he also supports the Junior MiSTER pro-

gram, visiting schools across Chicago and Indiana to engage young men through workshops that promote academic success, positive values, and personal growth. His leadership extends to serving as the 25th Mr. Chicago State University on the Royal Court and as a brother of TEMBO, an organization devoted to teaching young Black men about their heritage and cultural identity. Professionally, he participates annually in the Call Me MiSTER National Convention at Clemson University, where he

presents, networks, and develops as a future educator and leader. In addition to holding a Community Desk Assistant position with Housing and Residence Life, he has worked as a Recreation Leader with the Chicago Park District and maintains CPR certification. His service, mentorship, and commitment on behalf of future professionals exemplify his dedication to fostering positive change in education and the community. Congratulations!



Erica Payton, MEd Candidate, Presents at IAHPERD 2025

By Erica Payton

The session, "Integrating Other Subjects Into PE: The New Direction," was presented by Jeff Hill of Sieden Prairie Elementary School and Erica Joy Payton of Woodgate Elementary School, both District 159 educators from two different schools who met and co-taught together for the first time. The session highlighted how Physical Education naturally integrates academic content, such as Math, Geography, and social skills

through movement-based games. One example included the East Coast/West Coast game, which reinforced geography concepts while building cardiorespiratory endurance in preparation for the PACER test. A key takeaway was the reminder that PE teachers already integrate other subjects daily and can deepen their impact by being more intentional and clearer about those connections. Another highlight demonstrated how music, culture, math, and dance can be incorporated into PE

to increase student engagement. Students learned a rhythm-based routine using drumsticks and crates set to a current, school-appropriate K-pop track ('Golden'), requiring them to count beats, sequence movements, and work collaboratively. The presentation featured 24 elementary students, who completed a performance to demonstrate immediate understanding and highlight how music, math, culture, and movement can be integrated authentically into PE. Additional activities shared,

included dice-based games that reinforced math skills while promoting sportsmanship, turn-taking, and perseverance. The session ended with participants learning and showcasing the Payton Flex Fitness Challenge, a ready-to-use fitness line dance. Overall, the session emphasized that PE offers limitless opportunities for creativity, collaboration, and whole-child development when movement is paired with intentional academic integration.

Hector Rico is Halfway to National Board Certification

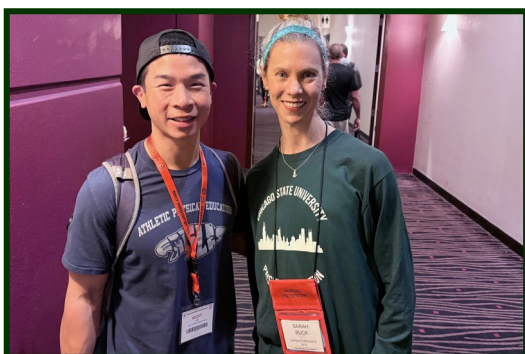
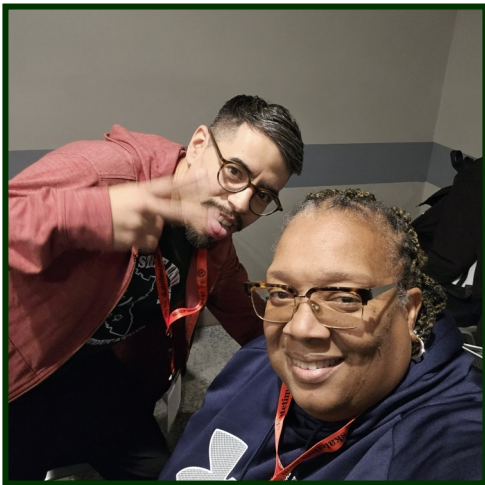
I am in my 11th year as a P.E and Health teacher for Chicago Public Schools (CPS) at John L Marsh Elementary. I am a second year candidate for attaining my National Board Certificate in Early and Middle Childhood (EMC) Physical Education, and I wanted to share my experience. National Board is a voluntary teaching certification for accomplished educators, recognizing high standards through a rigorous process of portfolio, video, and assessment to improve teaching and student learning nationwide, beyond state licensure. The submission involves four components: a computer-based assessment, a portfolio of student work, videos of teaching with analysis, and a reflective component on

practice. What motivated me to pursue a National Board Certificate was my desire to continue to grow professionally within my discipline and to impact my students more effectively in my teaching. Another deciding factor for me in pursuing National Board is the financial incentives for teachers who earn their certificate, such as a pensionable stipend for every year that you are National Board Certified and the ability to move up in lanes for salary. Before starting my journey, I talked with teachers who have a National Board and asked them questions about its worthiness of attaining the certificate and the workload for submitting. I even met with Dr. Szyman, who provided me with guidance on how to grow

professionally while improving my ability to impact and enhance student learning. One thing that I knew was certain was that it was going to be difficult, but throughout the whole process, I can honestly say that earning my P.E degree at Chicago State University gave me the confidence and belief in my teaching. The cohort program that I am in (Nurturing Teacher Leadership [NTL]) is through the Chicago Teachers Union (CTU) and CPS. For teachers who are not in CPS, IAHPERD also offers P.E National Board support for interested teachers. NTL is a 2 year program where you meet with your cohort once a week online and in person once a month in a professional development format. The NTL program provided

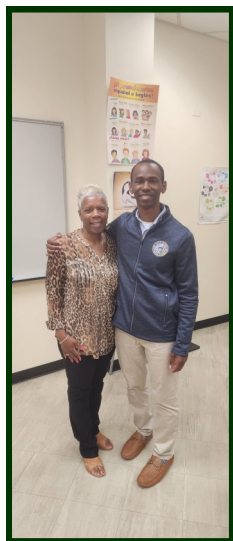
me with a mentor who has their certificate in P.E, and their purpose is to help generate a strong submission for passing and attaining your certificate. The process has been difficult, but knowing that I have mentors and peers who I can lean on for support and guidance has helped me in completing my first year. **I recently found out that I passed components 2 and components 4!** In December 2026, I will find out if I passed Components 1 and 3, which I am submitting this year. Overall, the journey is long and tedious, but I can already see my teaching becoming more impactful to my students, and I feel more confident in my ability to differentiate student learning and grow professionally to improve my teaching.

IAHPERD 2025





Antonio Washington Made Director of Finance



On October 14, 2025, students had the pleasure of hearing from Recreation alumnus, Antonio Washington. Mr. Washington was recently promoted to the Director of Finance for the City of Chicago Mayor's Office for People with Disabilities. Since graduating from CSU in 2014, Mr. Washington has held positions at Chicago Park District, Oakbrook Terrace Park District, Darien Park District, and the Village of Lincolnwood, IL. He received an MBA in 2018 and his Certified Parks

and Recreation Executive Certification (CPRE) in 2022. Mr. Washington continues to make us proud, and it was an absolute pleasure having him return to campus to apprise students in real time on issues and trends currently impacting the Recreation profession.



Dr. Shingles and McNicholas, at Dr. McNicholas' recent graduation ceremony

Price-Shingles Keynote Speaker

On December 11, 2025, Dr. Price-Shingles was the Keynote Speaker at the Illinois Parks and Recreation (IPRA) Administration & Finance (A&F) Section Meeting and Holiday Luncheon. The A&F Section consists of park district professionals that either specialize or work in and around administration, finance, human resources, infor-

mation technology, registration services, and/or risk management. The session highlighted Succession Planning and the development of competencies of junior staff in preparation for transition from program staff to management. The session Learning Objectives were as follows:

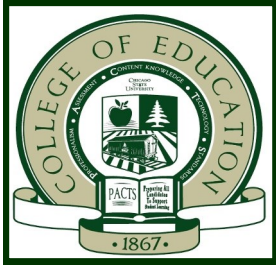
1. Participants will discover how to apply the 40 Developmental Assets in application to new program design.
2. Participants will learn techniques on how to cultivate seasonal and junior staff
3. Participants will develop a strategy for Employee Retention

ICYMI- Recreation Degree Revised

The Bachelor's of Science Degree in Recreation has been revised. Effective AY 25/26, our degree was approved to be changed to Bachelor's of Science in Recreation. Sports Management and Therapeutic Recreation. Students now have the option of a concentration in Sports Management (SMGT), in addition to the continuation of the Therapeutic Recreation

(TR) and Parks, Recreation and Sports Administration (PRSA) concentrations. The SMGT emphasis area prepares students for multiple opportunities in the Athletics profession, including leadership in supervisory and administrative positions in athletics, park and recreation departments, youth and community agencies, commercial recreation, fit-

ness and health facilities, resort areas, campus recreation, and the armed forces/military. The SMGT concentration is our first Plus + I offering. The Plus +I allows students to apply nine credit hours of directed undergraduate coursework towards an MBA in partnership with the CSU College of Business.



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The Recreation Faculty would like to formally welcome the following students:

Calvin Lee	Charles Agbogun	Theo Hustler	Isabella Raciunas	Kaylynn Ballard
Clemon Clay	Kristopher Gross	Isaiah Washington	Madison Morton	Gloria Johnson
Ahmad Boyd	Nina Carter	Malek Robinson	Neiy' Shawn Sidney	Justin Atkins

Current HPER Faculty

Physical Education	Recreation
Dr. Sarah Buck– Full Time Faculty, Program Director	Dr. June Shingles– Full Time Faculty, Program Director
Dr. Tashanna Gillenwater-Catron– Adjunct Faculty	Mr. Timothy O'Connell– Adjunct Faculty
Mr. Kristopher Lundgren– Adjunct Faculty	Ms. Tara Davenport– Adjunct Faculty
Dr. Debra Nelson– Adjunct Faculty	Ms. Julie Eggleston– Adjunct Faculty
Dr. Mark Kutame– Adjunct Faculty	Dr. Michael McNicholas– Part Time Faculty
Dr. Justy Reed– Adjunct Faculty	
Dr. Sterling Richards– Adjunct Faculty	
Mr. Daniel Mahoney– Adjunct Faculty	

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CSU Physical Education

Our Master's in PE degree is 100% online!

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Earn your Driver's Ed and Health Endorsements with us!

Email bbelisle@csu.edu for more information!