

# Health, Physical Education, and Recreation Newsletter

Chicago State University

### Special points of interest:

- What have we been up to?
- Dr. Pesavento spends her summer on the golf course!
- IAHPERD!
- Faculty summer break activities!
- IPRA!



Michael Arrellano deploying the jib



Mohammad Razik checking the direction of the wind



Ti'aun Donald demonstrates the use of a Hoyer lift

## Welcome to Fall 2017!

Hello and welcome to the start of the ninth year of the Health, Physical Education, and Recreation newsletter. This publication comes out twice per semester and features current students, faculty, and alumni in the Physical Education and Recreation programs at Chicago State University. It is a way to come together to celebrate our accomplishments and find out what we have been up to!

The fall 2017 semester is a month over! We had our Majors Meeting in late August, which included a presentation from Dr. Lynch of the Graduate Programs in the College of Education (COE). She reminded students and faculty about signing up for the RAVE app on their phones so they can stay abreast of any emergency situations on campus. You can find more information about this on the CSU homepage. The COE is also

hosting safety workshops this month so we learn what to do in case of emergency.

In this issue, we catch up with a few alumni and hear of the experience one of our former faculty members had making a hole in one on the golf course! The main story in this issue, however, is finding out what faculty did over the summer. Although many of us taught classes, we found time to enhance our horizons through travel or other enlightening experiences. Of course, it should be noted that our main professional development conferences are coming up, with IAHPERD in November for the PE folk, and IPRA in January for the Recreation folk.

Please keep us updated with what's going on in your lives. Don't be humble with those



Recreation majors and faculty at the fall 2017 Majors Meeting

accomplishments! Our next newsletter is scheduled to come out in December. See you then!

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

## PE 3040 Adapted PE Students Take to the "Seas"

Students taking PE 3040 Adapted Physical Education are exposed to a variety of activities they may otherwise not be aware of. Dr. Szyman brought in Jacquelin Marks, Area 3 Director Illinois Special Olympics,

to explain about programming and the myriad of volunteer opportunities. Students also toured the Judd Goldman Sailing Center in Burnham Harbor, Chicago, learned about the adapted sailing program and the various

adaptations the program employs to insure that people with physical disabilities and visual impairments can learn to sail. They then cruised out of the harbor in a Freedom 20 and took turns at the helm, sailing the boat.

## What Have We Been Up To?



Scott Leu's PE class

**Scott Leu (PE alum)** (the current *Illinois Journal* cover model) has a new job teaching physical education at East Leyden High School in Franklin Park. He also completed his first Ironman 70.3 in Muncie, IN, with a time of 5:46. **Kathleen Cantone (PE alum)** is currently the IAHPERD Chicago District Secretary. She has kept busy since retiring from Chicago Public Schools performing with Shalizar Ensemble, a group which plays traditional and folk music of Iran and Central Asia. The ensemble recently per-



Kathie Cantone (seated at percussion)



Frank Marek

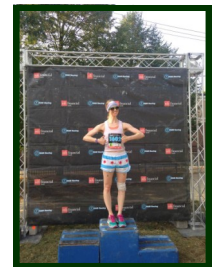
formed as part of "Nights Out in The Park," sponsored by the Chicago Park District. Kathie both played percussion with Shalizar and arranged the dances performed during their show. As an undergrad, Kathie formed a folkloric dance club on campus at CSU which was sponsored by the late Dr. George Stroia. **Mario Silva (PE alum)** partnered with CSU and is currently hosting the students in PE 4540 Secondary Methods, including **Mohammad Razik** and **Frank Marek**, at Kennedy High School. Mario



Scott Leu, Ironman



Dr. Nelson (L) with student teachers Rashad Tonth, Corey Wolf, and Eric Kraft



Dr. Buck, post-race

Mohammad Razik



## Former HPER Faculty Dr. Pesavento Lands a Hole in One

I shot an 86 and had my first hole-in-one, playing for Gleneagles Golf Club Travel Team (Lemont, IL) at Willow Crest Golf Club (Oak Brook, IL; Randy Bolstad – PGA Professional) on June 30, 2017. It was a fantastic experience... clearing the gaping sand trap, three bounces and IN!

Used my Callaway Hybrid 5 with a Titleist Pro V1x. It happened on the 15<sup>th</sup> hole, 124-yard, par 3 in Team Play against Willow Crest. Gleneagles beat Willow Crest in a tough match; our team finishing 3<sup>rd</sup> in the standings this season. Hope all CSU faculty, staff and

alum golfers out there have a hole-in-one soon, too!



Dr. Lisa Pesavento

## The Importance of IAHPERD and Professional Development

By Dr. Sarah Buck

I recently asked a Physical Education Department Chair what he was looking for in an applicant for hire to his program. He responded that any candidate should know the content s/he should teach, be able to teach this content, and be professional. Although he was speaking specifically of looking for an applicant with these qualities, this information is useful not only for teachers looking for a job but also for those who are already on the job. I see this as being related to professional development. IAHPERD is coming in November (November 16 and 17): this is a chance for all teachers to update his/her curriculum to reflect current trends in the field. Without regularly attending professional development, it is easy to fall behind on these trends, thus losing at least one of those three key

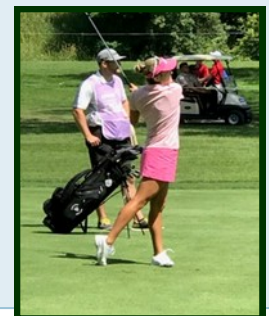
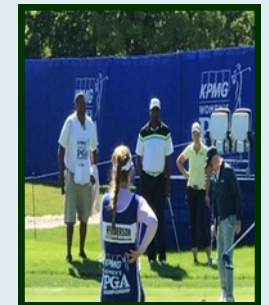
pieces a department chair may be looking for. IAHPERD is one of the best, if not the best, sources of professional development we have in Illinois. With consistently over 3000 attendees and two solid days of sessions that include content areas in elementary PE, secondary PE, health, adapted PE, technology, dance, and fitness, you have a great opportunity to learn and to network. Current students have sessions just for them, too, courtesy of the Council for Future Professionals (CFP). The student leaders of CFP schedule sessions geared toward current students, such as interviewing skills or edTPA. Of course, there are the fun student events, including Jeopardy (CSU are defending champs!) and Superstars, but students need to attend other sessions, as well, to witness what it is like to ac-

tually be a teacher in the field rather than relying solely on classroom/textbook material. Four CSU HPER faculty are presenting this year. Dr. Nelson will be dancing, and Dr. Szyman and Professor McNicholas will be presenting for Adapted PE. I am presenting three times in a wide variety of content (fitness, assessment, and latin dance) across both days. CSU also holds a social on Thursday at 4. As of press time, a room has not yet been scheduled, so look for updates. All alumni and current students are encouraged to attend, so please put us on your schedule. In sum, attending IAHPERD helps you learn what content you should be teaching, provides you tips with how to teach said content, and supplies a professional occasion for networking and development.



(L-R) Drs. Szyman, Buck, and Nelson

*The CSU social at IAHPERD is Thursday, November 16, at 4pm*



## Dr. Pesavento Volunteers On the Links

June was a great golf month! I served as a KPMG Women's PGA Championship volunteer at Olympia Fields Country Club in Olympia Fields, IL, during the June 27-July 2, 2017, tournament. The KPMG commitment was aptly shown through the Championship, "which brings together an annual, world-class major golf championship with a women's leadership summit and ongoing charitable initiative, KPMG Future Leaders Program" (2017 Official Program). Serving as a Hole Marshal

on the 10<sup>th</sup> hole gave me plenty of opportunity to meet and greet the players, their coaches, pro-am celebrity golfers and hundreds of professional women's golf fans over the six-day event. Notable were: LPGA Hall of Fame Inductee, Nancy Lopez (pictured with yours truly); US Secretary of State, Condoleezza Rice; 2016 Defending Champion, Brooke Henderson with Bo Jackson; Lexi Thompson; Michelle Wie and Brian Urlacher. American Danielle Kang captured her first career win and major title closing with a

68 to finish at 13-under-par 271 for a one-stroke victory! If you've never tried the game of golf, what are you waiting for? It's fun, accessible, and affordable at many outstanding Chicagoland public golf courses. You can play golf throughout your lifetime, and next to being a good swimmer and/or a martial arts enthusiast, nothing's better. Playing the game can help you stay healthy, network for your career, and meet terrific folks who love the game. See you on the links!



## Kellee Fountain-Carter is Moving Forward

I recently completed my Bachelors degree in Recreation Management with a minor in Psychology. Post-graduation has been great! I've done some traveling and began working a new position I acquired during my internship. In the first couple months of summer, I took a few trips, which included a weekend in Iowa, a road trip covering approximately 7 states and more than 10 cities (Ohio, Pennsylvania, DC, Maryland, Virginia, Delaware, New Jersey, and New York), and an all-inclusive getaway to Ocho Rios, Jamaica. I com-

pleted my internship with the City Colleges of Chicago at Olive Harvey as an intern to athletics and intern coach to women's basketball. Upon completion, I was offered the assistant coach position, which I eagerly accepted as this was one of my goals when selecting an internship site. During the summer, I assisted with recruitment and team workouts. Although I had the position, I had to complete the formalities of applying and interviewing. I will be signing my first coaching contract on October 2, 2017. Another endeavor I have pursued is

graduate school. I have enrolled in Chicago State University's Higher Education & Administration program. Accompanying my continued journey of education is a graduate assistantship with the CSU athletics department where I will serve as an office assistant. I am grateful and excited about the new beginnings and opportunities I have reached. I would like to thank the faculty and staff of the HPER department for laying the foundation and providing continuous support.

## Faculty Feature: Summer Break!

This edition's faculty feature focused on what we did on our summer vacations.

### Dr. Buck:

The highlight of my summer 2017 was that I visited a variety of castles on a river cruise along the Danube. Some were in ruins, some were immaculate, but all involved significant climbing to get to the top, which was great! But, the best part of this trip was getting to see my beloved Bayern Munich Football Club win their last game of the season at Allianz Arena in Munich. Even though my favorite player, Manuel Neuer (goalkeeper), was out with injury sustained during a controversial game against Real Madrid in the previous season, it still was an awesome experience. Many of the cities were frozen in time, including cobblestones, which can be tricky to walk on if you're not careful. Aside from that, I enjoyed attending the street festivals in Chicago, and I had a great time at

the Lowrider Festival (amazing cars!) and the My House Festival (amazing music!), both in Pilsen. Finally, I completed my first ever 10K race, which, at the time, was the longest distance I had ever run. It was very hot and humid, and I really wasn't feeling so great around miles 4-5, but it felt great crossing that finish line!

### Dr. Kutame:

On May 25, 2017, I was at the O'Hare Airport at 6:15 AM to catch a Delta Airlines flight for New York leaving at 8:50 AM. The intercom came on, and we were told the flight was delayed until 11:06 AM due to rain and wind at JFK. We waited. Even before we could board, our boarding gate was changed three times. My destination was not New York as you may have imagined. I was on a trip to visit Ghana in West Africa, my homeland. The flight from New York to Accra, Ghana was supposed to

take off at 5:49 PM. We did not depart until 7:15 PM. We arrived at the Kotoka International Airport at 10:00 AM after a 10 hour trip. In Accra, my son met me, and we had to drive another two and a half hours east of Accra towards the Togolese border to a town called Akatsi in the Volta Region of Ghana. It was an exhausting journey. When we made it home, my three grandchildren, a three-year old precocious boy and his older siblings, ten and nine year old girls, were waiting. My fatigue vanished at the sight of them. It was such a joy to see them after three years, the last time I saw them. I spent the next week visiting my alma mater, the University of Education at Winneba, from where I obtained my first teaching diploma. Winneba is right on the Atlantic Coast. I also went to my home town, a three hour trip from Akatsi, to see my brother and sister and aunties and uncles. I had to

## Faculty Summer Break cont.

present each one with gifts, which was financially challenging. After two weeks visiting with family in the southern part of the country, I made a trip to the North of the country to Tamale, where I actually grew up, to visit with my younger siblings. I had not returned to the North for over 30 years and it was a shock to me the changes that had taken place. While in Tamale, I visited my former high school and was devastated by the neglect of the facilities. I travelled 10 miles south to the town, Nyankpala, where I was born and raised. The primary school where I went to school was still standing and was in much better shape than my secondary school. I went on a memory lane to see the house where I grew up, and I felt very nostalgic upon seeing the house. All my dreams and my hopes resided in that building. I share a picture of the house below.



On June 23<sup>rd</sup>, I was on a plane back to the US arriving on the 24<sup>th</sup> of June. At JFK, our connecting flight had already departed for Chicago, and we were told we had to spend the night in New York. We were told in Accra that because of the delay in Accra, on arrival in New York we would be put in a hotel for the night. On inquiry about a hotel to spend the night on arrival in

New York, Delta told us there were no hotel rooms and so we had to spend the night at the airport, crashing on the floor wherever we could make ourselves comfortable. It was cold at the hotel. We were given a \$15.00 meal ticket, and the ticket could only be used at a particular restaurant in the hotel. It was aggravating, but you come to learn that when there is a situation you cannot do anything about, you do not worry. You wear your hat of patience and move on. Sometimes in life, you may encounter unfortunate, heartbreaking, discouraging situations that would shake your faith in people. It may even break or disorganize you psychologically, financially, socially and spiritually. We just learn to appreciate the difficulties and remember that if there is no test to go through, there is no testimony to give. If there is no mess, there is no message to share.

### Dr. Nelson:

After extensive planning, I decided to spend my birthday in Riviera Maya, Mexico. I had been to Cancun



before and loved the beautiful beaches and crystal clear Caribbean Ocean. I prepared for this trip by purchasing sunscreen and bug spray (to ward off the Zika mosquito). I packed several colorful bathing suits to wear while sunbathing and of course,

my sun visor. But, Hurricane Cindy decided to seek revenge on the Yucatan Peninsula, so instead of wearing my colorful bathing suits, I donned this colorful rain poncho. No need for the sunscreen or bug spray. It was much too windy for the Zika mosquito. I did get to take a ferry to Cozumel and wade through the rain drenched streets while sipping a Starbucks iced tea. All in all, it was a great trip and a birthday I will never forget!

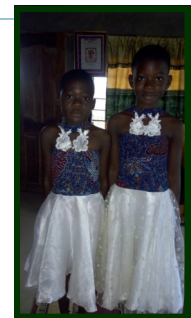
### Dr. Shingles:

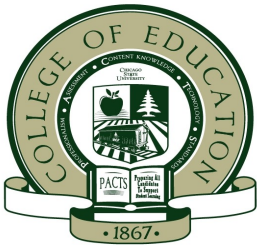
This summer, my family and I vacationed in sunny Jamaica and experienced the cuisine of the island of one of the local favorites.



### Dr. Szyman:

I worked with the Chicago Park District as a sailing instructor from June 1 to August 6<sup>th</sup>, so I spent 4 days a week at the Judd Goldman Sailing Center which is located on the northeast corner of Burnham Harbor on Northerly Island. The students were individuals with physical disabilities or visual impairments. I volunteered for the program beginning in the summer of 2004, not knowing very much about sailing, was promoted to instructor in 2015, and passed the US Sailing Level 1 Instructor's Course in 2016. The best part of the program, besides being out on beautiful Lake Michigan with





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## Faculty Summer Break cont.

the gorgeous skyline in the background, is the interesting people I have met, including learners, instructors, and volunteers. Additionally, sailing is one of those interesting endeavors which seems to teach me something new every day, whether I figure something out myself or one of the learners, volunteers or fellow instructors teaches me something.

I am glad that the Sailing Center coordinator, Bill James, accommodated CSU students from 3 courses this semester: PE/ REC 2360 Aquatics, PE 2080 Non-Traditional Activities; and, PE 3040 Adapted Physical Educa-

tion. The students learned a bit about sailing and adapted equipment, and cruised the lake. The only question I have is, why did I not think of this sooner? I encourage every Physical Education teacher candidate and Recreation major to consider volunteering at the Sailing Center to take advantage of the opportunities to interact with our largest public park, Lake Michigan, to assist individuals with disabilities to enjoy the lake, to meet very interesting people, and to acquire teaching and sailing skills.

### IPRA/IAPD

**REGISTRATION IS NOW OPEN!!!** The Annual Illinois Parks and Recreation Association/Illinois Association of Park Districts will be held January 18-20, 2018, in downtown Chicago at the Hilton Hotel. Registration fees can be waived in lieu of hours volunteered during the 3-day conference. For registration information, go to [www.ilparksconference.com](http://www.ilparksconference.com). For other related conference information, see Dr. Price-Shingles.

**IPRA Scholarships applications are now available for the 2018 Conference. Please see Dr. Price-Shingles for more information.**

### SAVE THE DATE

Please join us for the annual CSU Social at the IPRA/IAPD Conference, Thursday, January 18, 2018. Don't miss the opportunity to reconnect with old friends and make new ones. For more information, please contact Dr. Price-Shingles at [jprice24@csu.edu](mailto:jprice24@csu.edu)

### JUST IN CASE YOU DIDN'T KNOW

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 5 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

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