Outstanding Future Professional

In December, student Matthew Lance (PE) was selected by the Connecticut Association for Health, Physical Education, Recreation and Dance (CTAHPERD) as Connecticut’s Outstanding Future Teaching Professional in Physical Education. Matt recently completed his Eastern Connecticut State University Honors Program and physical education / health teacher certification degree requirements in 3.5 years while earning a 3.96 GPA.

He is also a nominee for ECSU’s most prestigious student award, the Barnard Scholarship. Congratulations, Mr. Lance. We are proud of you.

DR. CHARLIE CHATTERTON HONORED

Dr. Charlie Chatterton, Associate Professor, has been awarded the 2010 New England Chapter of the American College of Sports Medicine Honor Award for his “significant contributions to both NEACSM and the field of exercise science.” It is the highest award given by the chapter and Dr. Chatterton was recognized at the NEACSM annual meeting in November.

Dr. Chatterton also currently serves as the President of CTAHPERD and has recently served as Chairman of the Governor’s Committee on Physical Fitness. In addition, Dr. Chatterton is well-known for running 41 marathons in 40 months from 2006-2009, totaling 1,078 miles through 11 states and the nation’s capital. He ran the marathons to raise public awareness of the 41 million people living in poverty in America. His completed marathon count is now 48.

Professional Development Opportunity at the Windham Invitational Special Olympics Swim Meet

March 12, 2011
Windham High School
Contact:
Mary DeMarco
860-456-2003

College Bowl Fall 2010

In November, HPE and SLM students from Eastern won first place in the inaugural College Bowl at the CTAPIERD Conference in Cromwell, CT. The “jeopardy-style” event featured questions from categories such as Exercise Science, Tests and Assessments, Motor Development, Games, Sports, and Pedagogy. ECSU students Conal Brandon, Max Fantl, Brian Lowe, Jamie Kohn, Gianna Trombino, and Cory Wasniewski were challenged by fellow students from Western, Central, and Southern. The event was designed and coordinated by ECSU alumnus and CCSU Assistant Professor in Exercise Science Dr. Sean Walsh (PE, 1997).
HPE and Camp Horizons Reap Benefits from Partnership

For the past two semesters, Dr. Tony Monahan’s HPE 315 Adapted PE students have teamed up with Camp Horizons for service-learning projects. Camp Horizons, located in South Windham next to Lake Probus, serves children and adults with developmental disabilities and/or other special needs. More than just a summer camp, Camp Horizons offers a “Weekends in the Country” program during the year. Last semester, twelve HPE 315 students were active participants at the camp, including organizing and teaching physical activity lessons.

Each semester, camp director and Eastern alumnus Scott Lambeck (SLM, 2002) visits Eastern classes to explain this opportunity and recruit service-learning participants. Mr. Lambeck states that Eastern students are “treated like rock stars” when they visit Camp Horizons. The partnership benefits both parties: the camp receives specialized assistance with its clientele while HPE and SLM students gain valuable hands-on experience working with special populations. Students who have spent time at the camp have come away with eye-opening experiences, with several stating that working at the camp was an unforgettable learning opportunity and helped to make them a better teacher, better role model, and better person.

Professional Development Points

PE and SLM major students must average ten (10) Professional Development Points (PDPs) for every semester beginning with the term a student first registered for a course in the major program. These points are required as a prerequisite for registration in upper level PE courses as well as SLM internships. Please consult the PDP documents for details.

There are almost unlimited ways to earn points, including PE/SLM Majors Club membership, attending conferences, internships in GER courses, volunteer work, attending special lectures, coaching, making professional presentations, and community projects (see page 1).

The PDP documents are in the hanging file in the department’s main office.

Alumni News

Several ECSU HPE alumni are teaching Eastern’s HPE 104 LAC Foundations of Health & Wellness course. Among them are Timothy Jonasch (PE, 2002), whose career path of only a few years demonstrates the varied possibilities for working in our field.

Tim is currently in his eighth year of teaching health and physical education for Killingly Public School in Danielson, CT. He has worked at both the high school and middle school level. In addition to his four years as an adjunct faculty member at Eastern, he has done six years of coaching football (assistant) and four years of coaching boys’ and girls’ indoor track & field (head coach) for Killingly High School.

Registration for Fall 2011

Hard to believe, but next semester’s registration process will begin in a couple of weeks. Please watch your ECSU email and Sports Center bulletin boards for dates and times of the group advisement sessions. Students must attend these group meetings to receive advisement and their PINs.

No registration codes will be available otherwise. Furthermore, please note the course prerequisites on the various advisement forms.

For the advisement sessions: bring a current transcript (unofficial) AND: PE majors must also bring verification of PRAXIS I scores and CARE acceptance if either has been attained.
Dr. Anita N. Lee has been extremely busy in her professional creative activity over the past year. In addition to a peer-reviewed abstract publication (“Building a character toolbox: Learning life lessons through sport”), she co-authored an article, “Promote research writing in undergraduate measurement courses,” just published in Measurement in Physical Education and Exercise Science.

By the end of the academic year, Dr. Lee will have made 14 professional presentations. This year alone she spoke at conferences in Georgia, New York, Connecticut, Rhode Island, and Indiana in the Fall 2010 term. She will be travelling even more widely this spring, speaking at conferences in Colorado, California, and New Jersey.

Several colleagues from the HPE department and the campus community (Dr. Nanette Tummers, Ms. Jackie Nelson, Ms. Lisa Dudley, Mr. Bill Geitner, and Academic VP Dr. Rhona Free), also came out to run/walk. In addition, Dr. Greg Kane had his HPE 104 class join in for a mile and they were terrific. Dr. Chatterton wants the students and his colleagues to realize how much their encouragement and presence at the marathon, whether they ran, walked or came out to offer a word of encouragement, helped him throughout the morning.

Chatterton Runs the Eastern Marathon…Again

Dr. Charlie Chatterton dedicated his Fall 2010 Eastern Marathon to poverty awareness. He was accompanied by students and staff throughout the day, including members of the men’s lacrosse team for the entire time. The whole women’s soccer team also ran a mile with him at 7:30 a.m. before classes began. Stephanie Norell (PE, 2011) and Kelly Wallace (BUS, 2013) from the women’s soccer team ran several miles, as did Justin Axel (Men’s Lacrosse Coach) who started with Dr. Chatterton in the dark at ~5:30 a.m.

Dr. Dan Switchenko and 44 ECSU students from his HPE 328, 329, and 413 classes recently assisted Mrs. Kim Switchenko (Dr. Switchenko’s wife) and hundreds of her elementary school students in a Jump Rope for Heart (JRFH) fundraising event at Sweeney School here in Willimantic.

Majors Club Ready for Spring 2011

The HPE/SLM Club has several events planned for this semester. They have already helped out at the “Love Your Body Day” event and are currently in the process of handing out club polo shirts. They will be volunteering at the Special Olympics Swim Meet and are looking at putting together a lecture series on information one wouldn’t learn in a class, and well as organizing the second annual HEFA (Health, Exercise, Fitness, Awareness) Week. They are also trying to organize fun events such as ice-skating, zip-lining, traveling to a sporting event and the famous end of the year social.

President - Mackenzie MacLeod
Vice President - Katie Sokoloski
Secretary - Laura Violette
Treasurer - Cory Tobler
Public Relations - TJ Hair

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Somehow, she has also found the time and energy to serve as chairperson for the Measurement & Evaluation Council, American Association for Physical Activity and Recreation and the Research Committee, Eastern District Association, AAHPERD; to volunteer as a translator for the Boston (MA) Senior Games; and to complete her Red Cross Lifeguard Instructor Trainer Certification. Wow!
Dr. Jan Redmond will participate as a member of the NSCA Certified Personal Trainer Exam Development Committee, March 2011, in Colorado Springs, CO. She also has recently had an article accepted for publication in the European Journal of Applied Physiology. It is titled “Circulating Estradiol, Interleukin-6 Production, and the Relationship to Substrate Metabolism in Females.”

Starting in March, Dr. Darren Dale will be teaching a fitness program for girls in competitive sport for Mansfield Parks and Recreation. It will be an introduction to skills and characteristics necessary for improving sports performance to include the components of flexibility, agility, speed, and skills techniques for throwing, catching, and kicking.

Human Kinetics will be publishing Dr. Nanette Tummers’s third book in her “wellness trilogy.” It is titled Teaching Stress Management to Children and Young Adults, and will be released later this spring. Dr. Tummers is also the current Vice President Elect for Health Education for CTAPHERD.

Dr. Charlie Chatterton completed four more marathons last fall at Hartford, Philadelphia, the Vernon Schools and Eastern. In Vernon, the school to school run was coordinated with some Eastern HPE alumni: Patti (Cornish) Maxwell (2004), Jeff Williams (2004), and Eric Uthgenannt (1999).

Dr. Darren Robert will be presenting a paper in New Orleans on April 15 at the Association for Childhood Education International Annual Conference. The presentation is called: “Utilizing Preschool Physical Activity Research to Create Preschool Movement Experiences.”

Dr. Neil Williams has returned from his Fall 2010 sabbatic leave. His project was the creation of an online wiki-style dictionary for physical education terms and it will be up and running sometime during the Spring 2011 semester in association with Great Activities Publishing Co. in Durham, NC.

Dr. Daniel Switchenko has made several keynote speaking presentations thus far this academic year. He has been featured at high schools and universities throughout New England. He also presented at the Massachusetts Interscholastic Athletic Association Fall & Winter Conferences & the State of Vermont Leadership Conference. His topics include: “Leadership,” “The Effects of Substance Abuse Upon Academic and Athletic Performance;” “The Application of Exercise Science to Interscholastic Sports;” and “Ingredients for Success.”

Dr. Greg Kane will be presenting at the North American Society for Sport Management Conference in London, Ontario, Canada, in June 2011. The presentation is entitled: “Fatherhood and Work—Family Balance in Academia: A Round Table Discussion.” Dr. Kane will also travel to San Francisco, California to participate in the Pearson Personal Health Forum in March. He has been invited as a professional consultant.

The CARE Deadline for Spring 2011 Acceptance? It WAS February 15. If you missed it, your program of study will be delayed by at least one half year.

The Fall 2011 deadline is approximately September 15, 2011.

Get ready now!

One kind word can warm three winter months. —Japanese Proverb

If we had no winter, the spring would not be so pleasant. —Ann Bradstreet 1612 - 1672