

CATHY SAYERS McMILLAN

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Macomb, IL 61455
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EDUCATIONAL BACKGROUND

<u>Dates</u> <u>From</u>	<u>Attended</u> <u>To</u>	<u>Institution</u>	<u>Dates</u> <u>Graduated</u>	<u>Degrees</u> <u>Awarded</u>
1983	1985	W.I.U.	1985	MS - P.E.
1969	1973	Eureka College	1973	BS - P.E.
OTHER:	ABD in Adult Education at Northern Illinois University.			

PROFESSIONAL EXPERIENCE

2008 to 1990 WESTERN ILLINOIS UNIVERSITY
Kinesiology Department-Assistant Professor
Emphasis in Exercise Science and Corporate Wellness

1990 to 1984 YMCA of McDonough County
Fitness/Wellness Director
Developed and implemented fitness aspects of Fit For Life a 12-week comprehensive wellness program in cooperation with the local hospital.
Directed over 150 instructional programs for YMCA members.
Directed training programs for regional YMCAs.

AWARDS

2007 W. I. U. College of Education and Human Services Outstanding Service Award
2004 W.I.U. College of Education and Human Services Outstanding Service Award
2002 W.I.U. College of Education and Human Services Teacher of the Year
2000 Outstanding Small Grant for WIU College of Education and Human Services
1994 Outstanding Teacher for WIU College of HPER
1993 Outstanding Teacher for WIU Physical Education Department

(IAHPERD) Illinois Association of Health, Physical Education, Recreation and Dance
2007 IAHPERD – Student Mentor Award – College Student Knowledge of Diabetes
2006 IAHPERD – Student Mentor Award – Fitness Assessment of Police Officers
2005 IAHPERD – Student Mentor Award – Exercise and the diabetic college student
2004 IAHPERD – Student Mentor Award –Health-Related Fitness Assessment
2003 IAHPERD – Student Mentor Award –Developed a DVD for Fitness
2002 IAHPERD - Student Mentor Award –Caloric expenditure and aerobic exercise
2001 IAHPERD - Student Mentor Award - Macomb Kids Fitness Project
1999 IAHPERD - Student Mentor Award – Macomb Kids Fitness Project

GRANTS

2005 Illinois Department of Public Health – CATCH II – (\$8,000.00)
2004 Illinois Department of Public Health – CATCH – (\$24,000.00)(co-recipient)
2003 Bella Hearst Diabetic Institute - \$130,000.00 –
one of six faculty representing 3 departments.
2002 Private Endowment Grant - Joe Decker Research Award (\$10,000.00)
2002 State Endowment Grant (\$1,004.00)
2001 State Endowment Grant (\$3,500.00)
2001 JRFH - IAHPERD -Macomb Kids Fitness Testing (\$2,650.00)
2000 JRFH - IAHPERD - Macomb Kids Fitness Testing (\$2,500.00)

- 1999 JRFH - IAHPERD - Macomb Kids Fitness Testing (\$3,652.00)
- 1998 - 1992 Macomb Kiwanis - Kid's Testing Project (\$1200.00 yearly)
- 2004 - 1993 Macomb Police & Firemen Testing Project (\$400.00 - \$800.00 yearly)
- 1996 WIU Internal Grant - Aerobic Video (\$450.00)
- 1994 Alumni Faculty Excellence Award - College of HPER - Fitness Status of Physical Education Majors in the Corporate Fitness Option (\$800.00)
- 1993 Alumni Faculty Excellence Award - College of HPER - Slide Reeboks to Enhance Fitness Instruction (\$800.00)

PROFESSIONAL COMMITTEES

- 2009 IAHPERD Grant coordinator
- 2009-2005 National Personal Training Institute (NPTI) Board Member
- 2004 AAHPERD – reviewer for ALF presentations for national convention
- 2003 –2004 IAHPERD – member of Shape Up Illinois and Physical Best
- 2002 - 2001 State of Illinois - Department of Public Health - CVD Partnership Committee
- 2002 - 2001 Western District IAHPERD - Secretary
- 2000 - 1999 Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD) Vice-President elect for Adults
- 2000 - 1999 State of Illinois - Cardiovascular Disease Task Force
- 1998 Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD) Vice-President elect for Adults
- 1996 Western District IAHPERD - President
- 1995 - 1992 Western District IAHPERD - Board Member

PROFESSIONAL PRESENTATIONS/PUBLICATIONS

2009 – (in press) McMillan, C. S., & Erdmann, L. D. Tracking adiposity and health-related physical fitness test performances from early childhood through elementary school. Pediatric Exercise Science.

2005 – Illinois Association for Health, Physical Education and Recreation - Physical Fitness on the Web. Presentation

2005 – Erdmann, L.D. & McMillan, C.S. Longitudinal comparisons of 1-milerun/walk performance and body composition in chronically overweight children- abstract- Medicine and Science in Sports and Exercise, 37(Supp.5), 15

2005 –American Alliance for Health, Physical Education and Recreation - AAHPERD – Illinois Department of Public Health – SHI – The School Health Index and CATCH (Co-Presenter)

2003 – Erdmann, L.D. & McMillan, C.S. A 5-year follow-up of health-related fitness in overweight 6 year-olds. – abstract – Medicine and Science in Sports and Exercise, 35(Supp.5), 13

2003 – Great Lakes Regional Cardiovascular Health Conference - How to design a successful children’s fitness testing program. Presentation

2002 – Erdmann, L.D. & McMillan, C.S. Comparison of yearly health-related fitness tests from kindergarten to fifth grade: A longitudinal study – abstract – Medicine and Science in Sports and Exercise, 34(Supp. 5), 50.

- 2003 - 2001 - Co-editor for on-line magazine (NAFTA – National Association Fitness Training Academy)
- 2001 - McMillan, C.S. & Erdmann, L.D. Health-related physical fitness in kindergartners: relationships between body fatness and performance tests. *Research Quarterly for Exercise and Sport*, 72(supp. 1), 23.
- 2001 - Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD) Building a Corporate Wellness Resume. (co-presenter)
- 2000 - Erdmann, L.D. & McMillan, C.S. Tracking health-related physical fitness of kindergartners to fifth grade – abstract – *Research Quarterly for Exercise and Sport* 71,(supp.1), 27.
- 2000 - Berteto, J.A., Cohen, C.J., Graham, R.E., Erdmann, L.D., McMillan, C.S.
A comparison of the physiological responses to incremental cycle ergometer versus slideboard exercise testing – abstract- *Medicine and Science in Sports and Exercise*, 32(Supp. 5), 220
- 1999 - Erdmann, L.D., McMillan, C.S., & Staes, T. One-mile walk/run performance in kindergarten, second and fourth grades: A longitudinal comparison – abstract – *Medicine and Science in Sports and Exercise*, 31(Supp. 5), 297.
- 1999 - Illinois Association for Health, Physical Education, Recreation and Dance - Building a Winning Resume. Presentation
- 1998 - Curriculum Publishing Clearing House - Video - Hip Hop Aerobics
- 1998 - Erdmann, L. D., McMillan, C. S., & Piper, T. J. (1998). A model for designing a user friendly fitness class. *Illinois Journal for Health, Physical Education, Recreation, and Dance*, 41(1),12-15.
- 1997 - American Alliance for Health, Physical Education, Recreation - Corporate Wellness - Successful Models. Presentation
- 1996 - Illinois Association for Health, Physical Education, Recreation and Dance Presentation - Wellness Perspectives - Generation X, Baby Boomers. Presentation
- 1996 - Illinois Association for Health, Physical Education, Recreation and Dance Presentation-Hip Hop Instructional Aerobics. Presentation
- 1996 - Webster, M.J., Helbig, J.J., Erdmann, L.D., McMillan, C.S., Mapes, D.F. The effect of racing shoe midsole composition on uphill, downhill and level running economy – abstract – *Medicine and Science in Sports and Exercise*, 28(Supp. 1), 46. 1995 -
- 1995 – Midwest American Alliance for Health, Physical Education, Recreation - Aerobic Capacity of Children Kindergarten thru Fifth Grade. Regional Presentation
- 1994 - Illinois Association for Health, Physical Education, Recreation and Dance - Body Composition in Young Children. Presentation
- 1993 - Illinois Association for Health, Physical Education, Recreation and Dance -Effect of a 12-Week Employee Fitness Program. Presentation

- 1993 - Illinois Association for Health, Physical Education, Recreation and Dance - Perception of Body Image. Presentation
- 1993 - American Alliance for Health, Physical Education, Recreation - Central District - Making of an Exercise Video (co-presenter)
- 1993 - Illinois Association for Health, Physical Education, Recreation and Dance IAHPERD - OUCH That Exercise Can Hurt You (co-presenter)
- 1992 - American Alliance for Health, Physical Education, Recreation - OUCH - Videotape Production (co-presenter)
- 1992 - American Alliance for Health, Physical Education, Recreation AAHPERD - Children at Risk for CHD (co-presenter)
- 1991 - National Wellness Conference - WIU Adult Fitness Program. Presentation
- 1990 - Cohen, C.J. & McMillan, C.S. A lifestyle modification exercise program on the fitness of sedentary obese children. *Journal of Sports Medicine and Physical Fitness*

WORKS IN PROGRESS

Erdmann, L. D., & McMillan, C. S. Longitudinal comparisons of health-related fitness measurements in chronically overweight children.

Erdmann, L. D., & McMillan, C. S. Relationships between adiposity and AAHPERD health-related physical fitness measurements in children: A longitudinal perspective.

Erdmann, L. D., McMillan, C. S., & Graham, R. E. Relationships between physical fitness in early childhood and physical fitness, physical activity and blood lipid levels in high school: A 10-year follow-up.

SCHOLARLY FOCUS

I serve as the project director for The Macomb Children's Health-Related Physical Fitness Project. This project was piloted in the fall of 1987 and began in the spring of 1988, under my leadership. As part of the regular physical education curriculum of the Macomb Illinois Community Unit School District #185, children in grades kindergarten through five were tested annually for 18 years (years 1988-2005, inclusive). The data collection process, conducted at the local YMCA, was a joint effort involving faculty and students in the Department of Kinesiology at Western Illinois University, Macomb CUSD #185 physical educators, and McDonough County YMCA staff. The complete AAHPERD Health-Related Physical Fitness Test battery included: height, weight, skinfold measurements (triceps and calf), pull-up, sit-up (1-min), sit-and reach, and 1-mile run/walk performance. A component of the project is longitudinal surveillance of health-related fitness in elementary-aged children of the school district. The data base includes 2,472 different children. Dr. Loran Erdmann serves as the research coordinator for this project. His ongoing roles have been data management, dissemination of results and trend analysis to the school district, and study of longitudinal tracking of health-related fitness in children. Thus far, eight national level research presentations (6 ACSM, 2 AAHPERD) have

been given related to this project. One national level refereed article is currently in press and we are working on several other research manuscripts related to this data set (see works in progress on page 6). This project has enjoyed support from the Illinois Association for Health, Physical Education, Recreation and Dance; the Joe Decker Children's Health-Related Fitness Research Award (Joe Decker is one of our former WIU Kinesiology students, who is currently listed by the Guinness Book of World Records as the "World's Fittest Man"); the Macomb Kiwanis Club; and the Western Illinois University Foundation.

STUDENT MENTORED PRESENTATIONS -

2008 – IAHPERD (Illinois Association for Health, Physical Education, and Recreation)– Western Walks
2007 – IAHPERD - Determining a diabetes knowledge gap among minority college students
2006 – IAHPERD – Exercise guidelines for special populations for personal trainers
2005 – IAHPERD – Bella Hearst Diabetic Institute – exercise programming
2004 – IAHPERD – Utilizing Health- Related Fitness Assessments – Fitnessgram and Brockport
2003 – IAHPERD – Designing Personal Training Programs
2002 – IAHPERD – Fitness fallacies
2001 – IAHPERD – Alternative cross training methods
2000 – IAHPERD - Should physical educators and personal trainers be fit
1999 - IAHPERD - Physical Fitness Status of Undergraduate P.E. Majors

TEACHING

Department of Kinesiology (physical education)

Courses taught

118- aerobic dance, 131– aerobic conditioning, 140- personal fitness, 319-aerobic leadership, 325 -principles of health-related fitness for the physical educator, 343-aerobic leadership, 440-exercise stress testing, 444- wellness management, 461- senior seminar, 463 – personal training, 400 - internship

Courses developed

325 -principles of health-related fitness for the physical educator, 343-aerobic leadership, 463 – personal training

Student Evaluations

Every class every semester has been evaluated. All evaluations have been above the 3.5 on a 4pt scale. All evaluations have been above a 4.5 on a 5pt scale.

DIRECTLY RELATED SERVICE ACTIVITIES

2009 – 2005 Bella Hearst Diabetic Institute– Cathy McMillan and Ralph Graham represent the Department of Kinesiology. The Bella Hearst Diabetic Institute is a collaboration among the Western Illinois University Dietetics Program, Physical Education and Community Health and Health Services Management Departments. The institute will conduct research on the prevention and control of diabetes along with engaging in activities for the detection and rehabilitation of diabetics.

Bella Hearst Diabetic Institute activities

The Bella Hearst Diabetic team meet twice a month. One meeting is for administrative concerns. The other meeting is clinical – discussion concerning participants in the program

Other Activities include: Paper work for Bella Hearst to be recognized as an institute.

IRB clearance for screening.

Blood Glucose screening for students and faculty/staff - once each semester.

Helped develop a new Diabetes Knowledge Survey and Diabetes Symptom Survey to be distributed to FYE students in general education classes

2009 – 1990 Director for Macomb City Police and Firefighter candidates fitness assessments
 2009 – 2000 Director for OPS police candidates fitness assessments
 2009 - 1993 Faculty Advisor for Phi Epsilon Sigma - Kinesiology Honorary Society
 2009 – 2007 Faculty Advisor for ESSA – Exercise Science Student Association
 2008 – 2004 W.I.U. Science Olympiad – co-director for the Health portion
 2007 – 2004 W.I.U. Employee Fitness Program - Director
 2005 – 2004 PEP grant evaluator for Litchfield, Il. School district
 2005 - 1993 WIU University Police Fitness Assessment Director
 2004 – 2005 Fitness for Life certified instructor (second level of Physical Best)
 2004 - 2005 L.I.F.E. – exercise program offered through W.I.U. continuing education
 2003 – 2005 Physical Best certified Instructor
 2002 – 2005 NAFTA certified Instructor
 2002 - 1996 Faculty Sponsor for Fitness Unlimited - Sports Club
 2005 - 1990 Director of Macomb School Unit #185 Kids Fitness Testing Project
 1998 - 1990 Co-Director of McDonough County Fit For Life Community Wellness Program

COMMITTEES

University – wellness advisory board, foundation board, faculty awards committee,
 College - teacher of the year – chair, travel award, scholarship, alumni advisory board
 Department – operations, safety, undergraduate, scholarship, fitness competency exam, and various
 adhocs.

CONSULTANT/PROFESSIONAL ENDEAVORS

2006-2009 CATCH trainer for various school districts in the state of Illinois
 2003-2009 Physical best Instructor for various school districts in the state of Illinois
 2001 – 1990 McDonough County YMCA Adult Wellness Consultant - Macomb, IL
 1997 - 1992 The New York Fitness Center - Chicago, IL
 1997 - 1994 Stay Well - Caterpillar, Inc. - Peoria, IL
 1996 - 1995 Health First Consulting Firm - Dallas, TX
 1993 - 1991 Waubensee Jr. College - Fitness Consultant - Aurora, IL
 1992 - 1991 St. Louis Police Dept. & Academy - Fitness Consultant - St. Louis, MO

CERTIFICATIONS

CATCH trainer – (national certification)
 Physical Best Instructor – national certification
 American College of Sports Medicine (ACSM) - Health Fitness Instructor
 YMCA - Exercise Specialist
 CPR - Basic Life Support