

---

**FY11 CONSOLIDATED ANNUAL REPORT**  
**Department of Kinesiology**

---

**Western Illinois University**

**Prepared by: Dr. Janet K. Wigglesworth, Department Chair**

**March 2011**

---



*Department of Kinesiology*  
**FY11 Consolidated Annual Report**  
Submitted February 2011  
Janet K. Wigglesworth, Chair

**I. ACCOMPLISHMENTS AND PRODUCTIVITY FOR FY11**

**A. Introduction**

FY11 for the Department of Kinesiology can be described as a year of transition and learning. Dr. Janet Wigglesworth began serving as the chair in July and spent the first semester 'listening' and 'learning' about the department, the campus and the culture of Western Illinois University. In general, the department of kinesiology is 'healthy'. Student enrollment is strong. Faculty are exceptionally dedicated and willing to step up when needed. Research efforts are continuing. That being said, the department is not without challenges. Faculty overload was up this year due to the resignation of a tenured faculty member, the extended illness of another faculty member and very large junior level cohorts in exercise science and athletic training. In addition, the University continues to scrutinize every dollar this is spent in response to the budget predicament the Illinois legislature finds itself in, and everyday, the faculty experience the limitations of the well-used equipment they use in the classroom. In spite of these significant challenges, the department was able to move forward on several key goals that were established last year. Of particular note are the following accomplishments:

- The successful hiring of 2 new faculty members
- The reclassification of the Unit B Athletic Training line to a Unit A line
- The reclassification of the staff line supporting academic advising
- Realizing a 3% increase in undergraduate students
- Establishment of a department fundraising event involving all programs in the department
- Securing over \$55,000 in external grant funding

In addition, beginning in Fall 2010, the faculty have been actively engaged in discussion of the mission and vision of the department so that we can position ourselves as an academic leader in the disciplines we represent. This report represents a compilation of what we got done this year, what we want to focus on next year and will serve as a guide for where we focus our efforts.

**B. Brief review of accomplishments related to department goals from FY10 report**

Enhanced Learning Culture & Student Centered Environment (*COEHS Goal 1*)

- *Goal #1: Complete academic program self-studies and reviews*

Work and planning continue for submission of Academic Program review for the three undergraduate and two graduate programs due in 2011-12.

- ***Goal #2: Modify assessment plans for the undergraduate programs in athletic training, exercise science, and physical education***

The common core assessment program was eliminated and replaced with assessments that are embedded within the curriculum in each of the undergraduate majors. Changes planned in reaction to data collected in 2009-10 include; expansion of the comprehensive examination for Exercise Science majors; development of to new courses for Athletic Training majors; implementation of the Western Teacher Work samples for Physical Education majors and; modification of the options for the Kinesiology capstone experience.

- ***Goal #3: Complete and submit the NCATE self-study report for the physical education – teacher education program***

The self study report was completed and submitted. Dr. Marianne Woods, Dr. Miriam Satern, and Dr. Richie Gabbei were instrumental in the process.

- ***Goal #4: Refine and implement the Brophy Hall Building Emergency Action Plan***

Four building emergency coordinators were identified and met with Dana Biernbaum and Joe Heckman to develop a Brophy Hall Emergency Action Plan. Dr. Renee Polubinsky was instrumental in keeping the plan moving forward.

#### **Enrollment & Staffing: Access & Equity (COEHS Goal 2)**

- ***Goal #5: Hire qualified members for academic programs***

Three searches were conducted in FY10, all of which were successful.

Dr. Jules Woolf was hired in the Sport Management position

Mr. Anthony Gonzales was hired in the Aquatics Specialist position

Dr. Janet Wigglesworth was hired in the Department Chair position

Two additional changes occurred that will provide significant support for academic excellence:

First, the Unit B faculty line in the Athletic Training Education Program was successfully re-classified as a Unit A faculty line. This much needed change will ensure consistency and stability in the supervision of students within their clinical rotation. Dr. Jen Plos will continue in the Unit A faculty line.

Second, the Office Support Associate line that provides support to our two academic advisers has been upgraded to Office Support Specialist and a new staff member, Amanda Schulz, has been hired in the position.

- ***Goal #6: Reach enrollment targets in each of the programs***

In Fall 2010, the overall undergraduate enrollment in the Department of Kinesiology increased by 3% and a 6% decrease in graduate enrollment. The undergraduate increase was a result of an 11% increase in students in both the Athletic Training and Exercise Science majors. In addition, the enrollment in the MS in Kinesiology increased by 5%. In addition the department saw a 19% increase in enrollment in the minors offered by the department. The table provides a summary of the enrollment in the various programs offered within the department.

**Department of Kinesiology Enrollment Summary**

	10th Day Headcounts					% Change from previous yr				FY10 Enrollment Goals			2010 New Students	
	F06	F07	F08	F09	F10	F06-07	F07-08	F08-09	F09-10	Targets	diff	% Target	First Year	Transfer
<b>Undergraduate Majors</b>	<b>485</b>	<b>455</b>	<b>461</b>	<b>486</b>	<b>503</b>	<b>-6%</b>	<b>1%</b>	<b>5%</b>	<b>3%</b>	<b>490</b>	<b>13</b>	<b>3%</b>	<b>76</b>	<b>71</b>
Athletic Training		82	91	90	101		11%	-1%	12%	90	11	11%	29	19
Exercise Science	236	167	172	183	214	-29%	3%	6%	17%	190	24	11%	27	32
Physical Education	249	206	198	213	188	-17%	-4%	8%	-12%	210	-22	-12%	20	20
<b>Undergraduate Minors</b>	<b>53</b>	<b>61</b>	<b>61</b>	<b>85</b>	<b>101</b>	<b>15%</b>	<b>0%</b>	<b>39%</b>	<b>19%</b>					
Coaching	24	23	19	23	23	-4%	-17%	21%	0%					
Kinesiology	29	38	28	25	32	31%	-26%	-11%	28%					
Scuba			14	37	46			164%	24%					
<b>Graduate Majors</b>	<b>81</b>	<b>93</b>	<b>95</b>	<b>90</b>	<b>85</b>	<b>15%</b>	<b>2%</b>	<b>-5%</b>	<b>-6%</b>	<b>90</b>	<b>-5</b>	<b>-6%</b>		
Kinesiology	31	38	39	38	42	23%	3%	-3%	11%	40	2	5%		
Sport Management	50	55	56	52	43	10%	2%	-7%	-17%	50	-7	-16%		

To assist with student recruitment, the design of the Kinesiology Department website (<http://www.wiu.edu/coehs/kinesiology/>) was updated to a new format, the Sport Management website ([http://www.wiu.edu/coehs/kinesiology/graduate\\_programs/sm/](http://www.wiu.edu/coehs/kinesiology/graduate_programs/sm/)) was significantly revised and, a website was developed for the Scuba minor (<http://www.wiu.edu/coehs/kinesiology/scuba/>),

**Fiscal Responsibility & Accountability (COEHS Goal 3)**

- **Goal #7: Establish the Donna Phillips Memorial Fun Run and Dog Walk as a departmental fundraising event**

The purpose of this event was twofold, one was to recognize the contributions of the late Dr. Phillips to the department and second, to host an event that would bring students from the three undergraduate and two graduate programs together. The 1st Annual Donna Phillips Memorial Fun Run and Dog Walk was held on Saturday, April 17, 2010. Over 80 participants registered for the event and \$3200 was raised. Half of the funds will be applied toward the establishment of an endowed scholarship in Dr. Phillips name, and the other half is available for clubs and students to apply to use for expenses related to student participation in professional activities.

**Partnerships, Community Engagement & Outreach (COEHS Goal 4)**

- **Goal #8: Establish Kinesiology Department Advisory Boards**

A “Sport Management Connection” website was developed through the work of graduate student Adam Schneberger as part of an independent study project with Dr. Young ([http://www.wiu.edu/coehs/kinesiology/graduate\\_programs/sm/](http://www.wiu.edu/coehs/kinesiology/graduate_programs/sm/)). This website contains a list of current sport management students, sport management alumni who are working in the field, and photos from the yearly professional activities sponsored by the sport management club. Work will continue in the upcoming fiscal year to further establish connections with alumni and establishment of advisory boards. Identification of WIU alumni who are working in the field was the first step in getting alums connected with the department and generating interest in the idea of serving on an advisory board.

**Scholarship (COEHS Goal 5)**

- **Goal #9: Establish a collaborative workgroup of Kinesiology faculty and faculty from other relevant disciplines, to study obesity, physical fitness, physical activity, health-related habits and intervention programs in children**  
A \$4200 grant was awarded to Dr. Mark Cole from the IAHPERD Jump Rope for Heart Grant Program. The project, titled “Physical Activity and Nutritional Behaviors in Rural Medically Underserved School Children” was conducted in cooperation with the YMCA Summer Day

Camp program in Macomb. Co-investigators included Dr. Steve Radlo, Ms. Cathy McMillan and Mr. Tim Piper. Data was collected Summer 2010, analysis of the data began in Fall 2010 and results are slated to be presented at IAHPERD meeting in November 2010.

**C. Measures of productivity by which the unit’s successes can be illustrated.**

Student Credit Hour Production

- A 7% increase in student credit hour production was seen in 2010.

**Student Credit Hour Production 2008-2010**

	<i>Credit Hour Prod</i>			<i>% Change</i>		
	2008	2009	2010	2009	2010	
<i>Macomb</i>	12,126	11,756	12,596	-	-3%	7%
<i>Quad Cities</i>	86	40	0	-	-53%	-100%
<i>Extension</i>	96	95	165	-	-1%	74%
<i>Total</i>	12,308	11,891	12,761	-	-3%	7%

**Comparison of Department of Kinesiology Class Size 2008-2010**

	<i>Total Students</i>			<i>Total Classes</i>			<i>Ave Class Size</i>			<i>% Change Cl Sz</i>		
	2008	2009	2010	2008	2009	2010	2008	2009	2010	2009	2010	
<i>Undergraduate</i>	3,374	3,478	3,086	142	141	137	23.8	24.7	22.5	-	4%	-9%
<i>Graduate</i>	253	234	243	15	14	13	16.9	16.7	18.7	-	-1%	12%
<i>Total</i>	3,627	3,712	3,329	157	155	150	23.1	23.9	22.2	-	4%	-7%

Scholarly/Professional Activity (see Appendix B)

- a. Book Chapters 1
- b. Refereed article publications 3
- c. Conference presentations
  - a. National 8
  - b. International 1
  - c. Regional or State 9
- d. Grants
  - a. External 5
  - b. Internal 0
- e. Other Activities 7

Service Activity (see Appendix C)

- a. National Level 1
- b. Regional Level 1
- c. State Level 6
- d. Community Level 11

**D. Describe how the department used any of the following categories of funds to enhance accomplishments and productivity.**

1. Western Illinois University Foundation funds. WIU Foundation Funds were use to;
  - a. provide various travel awards for students to attend professional conferences and to participate in field trips to professional organizations
  - b. support an alumni event at the Illinois Association for Health, Physical Education, Recreation and Dance state meeting
  - c. print donation letters to alumni
  - d. support food when student teachers return to campus for the student teaching seminar
  - e. support the Cohen Lecture series
  - f. purchase items used during recruitment events (e.g. Discover Western)

2. Funds available due to vacant positions

A significant challenge for the Department in 2010-11 was in the area of personnel. Challenges arose due to (1) medical leave for Dr. Woods; (2) the resignation of Dr. Finch in July; and (3) Dr. Erdman being on sabbatical in the Fall and Dr. Graham being on sabbatical in the Spring. These factors resulted in the following ACE loads;

**Comparison of faculty workload (2009-10 vs. 2010-11)**

	2009-2010				2010-2011			
	# Faculty	Total ACE	# sections	Overload	# Faculty	Total ACE	# sections	Overload
Unit A Faculty	15.5	320.47	115	2	17	378.17	125	19.91
Unit B Faculty	7	158.77	59	3.79	6	127.76	49	1.6
Adjunct/Part-time	16	50.66	44		13	37	40	
<i>Totals</i>	<i>38.5</i>	<i>529.9</i>	<i>218</i>	<i>5.79</i>	<i>36</i>	<i>542.93</i>	<i>214</i>	<i>21.51</i>

3. Grants, contracts, or local funds

Through grant funding, the Kinesiology Department was able to purchase accelerometers that can be used as an objective tool for the assessment of physical activity in individuals. In addition, the funds from last years request to purchase the Monark Peak Bicycle Ergometer was approved.

4. Internal reallocations

None

5. Other fund sources

As of January 31, 2011, the Kinesiology Department has a positive ICR balance of \$\_\_\_\_\_.

**II. BUDGET ENHANCEMENT OUTCOMES FOR FY11**

Not applicable

### III. MAJOR OBJECTIVES AND PRODUCTIVITY FOR FY12

#### Enhanced Learning Culture & Student Centered Environment (COEHS Goal 1)

- **Goal #1: Complete academic program self-studies and reviews**  
Continuation of work, data collection and evaluation for submission of Academic Program review for the three undergraduate and two graduate programs due in 2011-12. An Ad-Hoc Assessment Committee has been formed and will be meeting weekly during Spring 2011.
- **Goal #2: Assessment of the department mission/vision and development of a strategic plan**  
Appendix B contains the ideas generated from the first visioning exercise completed by the department in October 2010. Continued work will be conducted during FY12 to assess the current mission/vision statement and develop a 5-year strategic plan. Continued conversations will include discussion of “Where is the graduate program now and where should it go” as well as the role of the graduate program.
- **Goal #3: Revise and submit the NCATE a report addressing the conditions to recognition self-study report for the physical education – teacher education program**  
The program reviewers noted several areas of the report requiring revision. Faculty teaching PETE pedagogy and activity/skill-based courses will begin meeting weekly in Spring 2011 to begin addressing each of the issues identified in the report.
- **Goal #4: Refine and implement the Brophy Hall Building Emergency Action Plan**  
Continuation of work on Emergency Planning document. Goals include: convening safety committee at least 2 times per year; providing in-service training to faculty/staff; and conducting a ‘simulated event’.
- **Goal #5: Increasing the efficiency in the delivery of the Kinesiology Core**  
Currently a significant number of faculty are unable to teach specific content courses and/or graduate courses in their area of expertise because a significant portion of their teaching load is dedicated to the delivery of the 5 required ‘department core courses’. Faculty examination of this issue began in Fall 2010 with a discussion of alternative ways to deliver KIN 290 Anatomy and Physiology (this course typically requires 240 seats per year). Currently, we will be offering a section of this course during Summer 2011 and will be examining alternative delivery methods (including, but not limited to increasing the course to 4 credits (3 hours lecture, 2 hour lab)).
- **Goal #6: Submit application materials for conversion of the department into a school**  
Prior to Fall 2009, students who majored in one of the 3 undergraduate programs offered through the department of Kinesiology received a Bachelor of Science in Kinesiology. Beginning in the 2009-2010 catalogue, students will not be receiving a Bachelor of Science degree in Athletic Training, Exercise Science, or Physical Education. Thus, the department now offers a total of 5 separate degree programs, each of which has very specific requirements. In order to best serve the specific majors, a change in administrative structure is warranted where each degree program will have a designated ‘faculty program coordinator’ who can oversee the curricular requirements for the major. Discussion of this change began in Fall 2010.

#### Enrollment & Staffing: Access & Equity (COEHS Goal 2)

- **Goal #7: Hire qualified members for academic programs**  
(1) PETE faculty: A search for a PETE faculty member was initiated in Fall 2010. Currently we have completed campus interviews. We hope to successfully complete the search and have a new Unit A faculty member join the department in August.

- (2) Woods Unit A Line: If approved, a committee will be formed in Fall 2011 to begin a search for a Unit A faculty member.
- (3) Kinesiology/Athletics Certified Athletic Trainer Dual Appointment (Unit B: new position – see attached documentation). With the increase in majors within the athletic training major, the need for a half time faculty member to teach 11 ACES of required coursework becomes a critical need for the department. Currently, the department includes 3 certified athletic trainers (2 full time and 1 part time). The addition of a 4<sup>th</sup> certified athletic trainer has become critical in order to meet the faculty:student ratio required for accreditation for the large cohorts of students currently admitted to the major.
- **Goal #8: Enrollment Management**  
 In Fall 2010, an ad-hoc committee was formed to meet during Spring 2011. The committee was charged with serving as an advisory committee to the chair in all matters related to enrollment. This includes recruitment, promotion material, and establishment of realistic goals given the current number of faculty lines available in the department.

**Fiscal Responsibility & Accountability (COEHS Goal 3)**

- **Goal #9: Continue development of the 2<sup>nd</sup> Annual Donna Phillips Memorial Fun Run and Dog Walk as a comprehensive fundraising event**  
 Planning for the 2011 event to be held on Saturday, April 16<sup>th</sup> is well-underway. The participation goal for this years’ event is 100+ participants. In Fall 2010, students in Dr. Woolf’s graduate Event and Facilities course developed long range goals for growing the event. The committee will be evaluating their suggestions and ideas for implementation in Spring 2012.

**Partnerships, Community Engagement & Outreach (COEHS Goal 4)**

- **Goal #10: Establish a Sport Management Advisory Board**  
 The goal for FY12 will be to form an advisory board and hold the first meeting in Fall 2011. The initial work of the Board will be to utilize their knowledge of the field as input as we conduct our program assessment. Alumni listed in the “Sport Management Connection” website will be the first individuals who we will identify as potential members of the board.

**IV. TECHNOLOGY GOALS AND OBJECTIVES**

Technology requests are listed below. A 4-year plan and budget for FY11-14 was submitted to Dawn Sweet in 2010.

Goal	Item	Qty	Unit Cost	Total Cost
I2	Add internet access to BH122B	1	1000	1000
I3	BH212 – Network access for TA computers in office area	2	1000	2000
H1	Purchase Polar E600 Downloadable Heart Rate Monitors and accessories	10	330	3300
S3	Purchase ECG simulation software	1	1800	1800
S5	Add Adobe Acrobat full suite to all faculty computers	16	50	800
<b>Year FY12 Technology Budget</b>				<b>8900</b>



## **V. INTERNAL REALLOCATIONS AND REORGANIZATIONS**

### **A. Planned FY12 reallocations or reorganizations**

1. A carry-over request is made for nine Teaching Assistants for FY12. A request is made to for a permanent additional Graduate Assistant to support undergraduate academic advising and special projects. This GA position was funded for the Spring 2010 semester in FY10 and provided significant relief for our academic advisor. Due to the increase in enrollment that our department has experienced, our academic advisor must meet with ~500 students each semester prior to advance registration. Without some assistance, she will have to put in long hours on a regular basis.

### **B. How do these reallocations and reorganizations further Strategic Plan goals and objectives?**

1. This request for FY12 are to support academic excellent enrichment.

## **IX. FACILITY REQUESTS**

### **A. Complete FY12 Budget Request form (Attachment D) for each facility enhancement request over \$100,000.**

1. A carry-over request is the repair of the floor in Brophy Hall 150 Gymnasium. A significant upheaval and/or sinking of concrete has created an uneven floor surface. In FY11, a request was made for repair of this surface. As was reported last year, this will undoubtedly be a major undertaking and has been identified as a potential safety hazard. Within the COEHS Report, \$23,200 was requested for the repair. I would like to request that this amount continue to be made available.

## Appendix A Enrollment Management Department of Kinesiology

**Department of Kinesiology Enrollment Summary**

	10th Day Headcounts					% Change from previous yr				FY10 Enrollment Goals			2010 New Students	
	F06	F07	F08	F09	F10	F06-07	F07-08	F08-09	F09-10	Targets	diff	% Target	First Year	Transfer
<b>Undergraduate Majors</b>	<b>485</b>	<b>455</b>	<b>461</b>	<b>486</b>	<b>503</b>	<b>-6%</b>	<b>1%</b>	<b>5%</b>	<b>3%</b>	<b>490</b>	<b>13</b>	<b>3%</b>	<b>76</b>	<b>71</b>
Athletic Training	82	91	90	101		11%	-1%	12%		90	11	11%	29	19
Exercise Science	236	167	172	183	214	-29%	3%	6%	17%	190	24	11%	27	32
Physical Education	249	206	198	213	188	-17%	-4%	8%	-12%	210	-22	-12%	20	20
<b>Undergraduate Minors</b>	<b>53</b>	<b>61</b>	<b>61</b>	<b>85</b>	<b>101</b>	<b>15%</b>	<b>0%</b>	<b>39%</b>	<b>19%</b>					
Coaching	24	23	19	23	23	-4%	-17%	21%	0%					
Kinesiology	29	38	28	25	32	31%	-26%	-11%	28%					
Scuba			14	37	46			164%	24%					
<b>Graduate Majors</b>	<b>81</b>	<b>93</b>	<b>95</b>	<b>90</b>	<b>85</b>	<b>15%</b>	<b>2%</b>	<b>-5%</b>	<b>-6%</b>	<b>90</b>	<b>-5</b>	<b>-6%</b>		
Kinesiology	31	38	39	38	42	23%	3%	-3%	11%	40	2	5%		
Sport Management	50	55	56	52	43	10%	2%	-7%	-17%	50	-7	-16%		

### Recruitment Strategies / Activities

1. Update Kinesiology website to new format (Fall 2010)
2. Maintain the Kinesiology website (<http://www.wiu.edu/coehs/kinesiology/>)
3. Review and modify the flat sheets (Spring 2011)
4. Marketing
  - a. Meet with community college advisors re. transfer students (Fall)
  - b. Meet with WIU Admissions (Fall)
  - c. Participate and develop new materials for Discover Western
  - d. Sponsor a booth at IAHPERD State Convention to promote undergraduate and graduate programs
  - e. Send email to all ACT students who have indicated an interest in one of the majors in our department
  - f. Develop Program2Program flat sheets for John Wood Community College, Spoon River College, College of DuPage and, College of Lake County
5. Marketing plan to increase Yield for accepted students (undergraduate admissions)
  - a. Letter sent to accepted students 1 week after identified by admissions through the Thursday admissions report
  - b. January – Send Email #1\* via Patron Mail to accepted students
  - c. February – Send Email #2\* via Patron Mail to accepted students
  - d. March – Send Email #3\* via Patron Mail to accepted students
  - e. April – Send Email #4\* via Patron Mail to accepted students

\*Note: if the student has paid the housing deposit, a different email will be sent
6. Marketing plan to increase applications to the graduate program
  - a. Develop a ‘poster’ that can be posted at other universities
  - b. Expand outreach to undergraduate programs in the Midwest
  - c. Work with graduate faculty in the development of a formal marketing plan

**Appendix B**  
Scholarly/Professional Activities  
Calendar Year 2010

Book Chapters

- **Hyllegard, R.** (2010). Tennis. In Mood, D., Musker, F.F. & Rink, J.E. (Eds). Sports and Recreational Activities for Men and Women, 15<sup>th</sup> Ed. McGraw-Hill, New York.
- 

Refereed Publications – National Level

- **McMillan, C.S. & Erdman, L.** (2010). Tracking adiposity and health-related physical fitness test performance from early childhood through elementary school. *Pediatric Exercise Science*, 22(2), 231-244.
- **Polubinsky, R.L.; Plos, J.M.; Piper, T.J.; Nelson, J.A.** (2010). Intervention Strategies for Functional and Structural Low Back Pain. *Athletic Therapy Today*, 15(6); p8.
- **Godard, M., Ewing, B. Pischel, I., Ziegler, A. Benedek, B. Feistel, B.** (2010). Acute blood glucose lowering effect and long-term safety of OpunDia™ supplementation in pre-diabetic males and females. *Journal of Ethnopharmacology*, 130; 631-634.

Conference Presentations – National Level

- **Xu, D.** Changes in joint actions at the lower extremities before altering direction during walking. Presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD, May 2010.
- Clemmens, H. & **Gabbei, R.** Storybook magic! Creative movement inspired by children's favorite tales. Presented at the American Alliance for Health, Physical Education, Recreation and Dance Annual Conference, Indianapolis, IN, March 2010.
- **Plos, J. & Polubinsky, R.** Weight training concerns for athletes with nail-patella syndrome. Presented at the American Alliance for Health, Physical Education, Recreation and Dance Annual Conference, Indianapolis, IN, March 2010.
- **Graham, R., McMillan, C.S. & Erdman, L.** Body mass index as a predictor of obesity in elementary age children. Presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD, May 2010.

- **Piper, T.** & Walker, M. Teaching and understanding the snatch and squatting techniques. Presented at the NSCA National Conference, Orlando, FL, July 2010.
- **Piper, T.** & Walker, M. Teaching and understanding the snatch and squatting techniques. Presented at the NSCA National Conference, Orlando, FL, July 2010.
- **Piper, T., Radlo, S.** & Smith, T. Dynamic balance abilities of college males for the bench press. Presented at the NSCA National Conference, Orlando, FL, July 2010.
- **Godard, M.,** Ewing, B. Pischel, I., Ziegler, A. Benedek, B. Feistel, B. Acute blood glucose lowering effect and long-term safety of OpunDia™ supplementation in pre-diabetic males and females. Presented at the American College of Sports Medicine Annual Meeting, Baltimore, MD, May 2010.

#### Conference Presentations – International Level

- **Woolf, J.** Shame and Disgust. A Content Analysis of the 'Don't be an Asterisk' Campaign. Presented at the Doping Conference in Copenhagen, Denmark. November, 2010.

#### Conference Presentations – Regional or State Level

- **Plos, J.** Basic first aid for outdoor adventure. Presented at the Illinois Association for Health, Physical Education, Recreation and Dance Midstate Conference, April 2010.
- **Plos, J. & Pobulinsky, R.** Conditions of Fainting and Sudden Death. Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance State Conference, November 2010.
- **Plos, J. & Pobulinsky, R.** Meet the Tinea Family: Are They Living in Your Locker Room? Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance State Conference, November 2010.
- Covington, A., Kaufmann, M., **Hyllegard, R., Bories, T. & Kovacs, C.** Self-recognition of movement patterns from partial point-light displays. Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance State Conference, November 2010.
- Weiman, M., **McMillan, C., & Piper, T.** Review of Literature of the use of variable resistance (bands and chains) on traditional weight lifting methods and its effects on power and strength. Presentation at the Illinois Association

for Health, Physical Education, Recreation and Dance State Conference, November 2010.

- Simmons, S. & **McMillan, C.** Comparisons of cardio-respiratory field assessment results in relation to participant perceptions. Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance State Conference, November 2010.
- **Polubinsky, R.** The athletic trainer's concerns with various exercises for certain pathologies. Presentation at the NSCA Illinois State Sport Specific Training Clinic, May 2010.
- **Gabbei, R.** ACA Canoeing Instruction. Presented at Illinois Association for Health, Physical Education, Recreation and Dance Midstate Conference, Macomb, IL, February 2010.
- Dunn, K. & **Godard, M.** The Effects of a Training Season on Pulmonary and Cardiovascular Function in Competitive Youth Swimmers. Presented at the Midwest American College of Sport Medicine's Annual Conference, October 2010.

#### External Grants

- Program Enhancement Funding. Principle Investigator: **Gabbei, R.** Funding Agency: Illinois Association for Health, Physical Education, Recreation and Dance. Amount Funded: \$875. Date Awarded: July 2010.
- College and University Fitness Facility Accessibility: Phase II. Principle Investigators: **Piletic, C.** and Peterson, J. Funding Agency: REFC/Retech at UIC. Amount Funded: \$30,000.
- Wii Rehabilitation and Fitness. Principle Investigator: **Polubinsky, R., & Plos, J.** Funding Agency: Illinois Association for Health, Physical Education, Recreation and Dance. Amount Funded: \$3981. Date Awarded: July 2010.
- "If everyone is using, shouldn't I?": Perceived norms of anabolic androgenic steroid use among high school athletes. Principle Investigator: **Woolf, J.** Funding Agency: World Anti-doping Agency. Amount Funded: \$16159. Date Awarded: October 2010.
- Physical Activity and Nutritional Behaviors in Rural Medically Underserved School Children: **Cole, M., McMillan, C., & Piper, T.** Funding Agency: Illinois Association for Health, Physical Education, Recreation and Dance Jump rope for Heart. Amount Funded: \$4200. Date Awarded: April 2011

Other Scholarly Activities

- **Plos, J.** The athletic trainer's concerns with various exercises for certain pathologies. Presented at the National Strength and Conditioning Association Illinois State Sport Specific Training Clinic.
- **Piper, T.** Invited presentation. Teaching large groups the basics of the clean. Presented at the NSCA Illinois State Sport Specific Training Clinic. Buffalo Grove, IL.
- **Piper, T.** Published "Draft Horse Training" and "Correct Technique: Does It Matter?" in *MILQ: A Journal for Serious Strength Athletes*.
- Covemaker, A., Kaufmann, M., Neudahl, R., **Bories, T., Hyllegard, R. & Kovacs, C.** (2010). Identification of personal gait patterns from digitized visual imagery. WIU Undergraduate Research Day.
- Carson, R., Dooley, C., La Prad, J., Barden-Gabei, L, Mummert, D. Sonnek, B. & **Satern, M.** Using the teacher work sample to rethink teacher preparation and vice versa. Presentation at the Annual Meeting of the American Association of Colleges for Teacher Education, Atlanta, GA, February 2010.
- **Piletic, C.** C.H.A.T. – Strategies for encouraging students to read. Presentation at CITR Workshop, Western Illinois University, February 2010.
- **Godard, M.** CITR Presentations "The Grant Writing Process - II. What Everyone Needs to Know to Develop a Successful Grant Proposal for CITR", "The Peer Review Journal Publication Process - I. The Direct Route from Conference Presentation to Peer Review Publication", "The Grant Writing Process – III. Resources that will Assist You Before, During, and After the Grant Acquisition Process", "The Peer Review Journal Publication Process I: The Direct Route from Conference Presentation to Peer Review Publication" and "The Peer Review Journal Publication Process - II. The Do's and Don'ts of Submitting Your Manuscript to a Peer Review Journal". Presentations at CITR Workshop, Western Illinois University, 2010.

**Appendix C**  
Professional Organization and Other Service Activities  
Calendar Year 2010

National Level Service

**Jennifer Plos**

- a. Site visitor for Commission on Accreditation of Athletic Training Education

Regional Level Service

**Mike Godard**

- a. Board of Directors, Midwest American College of Sports Medicine

State Level Service

**Cathy McMillan**

- a. Grant Coordinator, Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD)
- b. CATCH (Coordinated Approach to Child Health) Trainer, Illinois Department of Health

**Loran Erdmann**

- a. Editorial board Member, IAHPERD Journal

**Ritchie Gabbei**

- a. Past Vice President, IAHPERD

**Renee Polubinsky**

- a. Athletic Training Board, Illinois Department of financial and Professional Regulation
- b. Medical Coordinator, Illinois Senior Olympics

Other Selected Service Activities

*Presentations*

- **Plos, J.** Presenter at heart smart for women. Western Illinois University. March 2010.
- **McMillan, C.** Western Well. Presentation at Macomb Rotary.
- **Polubinsky, R.** Presenter at heart smart for women. Western Illinois University. March 2010.

*Community Service Activities*

- **Plos, J.** Provided first aid service for Western Illinois Senior Olympics event. April 2010.
- **McMillan, C.** Police Fitness Assessments. Tested 60 applicants.
- **McMillan, C.** Firefighter Fitness Assessments. Tested 34 applicants.
- **McMillan, C.** Wesley Village Fitness Room Project. Consulted with Wesley Village to design fitness room.
- **Bories, T., McMillan, C. & Piper, T.** Organized the 3<sup>rd</sup> Annual Family Health and Fitness Day at the Macomb YMCA, November 13.
- **Piper, T.** Coached an athlete at the USA Weightlifting 2010 Nationals
- **Piper, T.** Coached two lifters at the USA Weightlifting 2010 Collegiate *Nationals* representing WIU.
- **Piper, T.** Coached three athletes at the American Drug Free Powerlifting Federation at the 2010 Nationals, Columbia, MO.



## **Appendix D**

### **Visioning Activity for the Department of Kinesiology**

*Developed during 22 October 2010 Faculty Meeting*

#### **Program / curriculum**

- Online opportunities / hybrid courses
- Clinical practice sites across disciplines
- Student research – department research from clinical settings
- Cadaver lab
- Exercise science program undergrad program model for the state
- International experiences for undergrads
- Grad curriculum is more defined and bring it to be more specific
- More advising
- Undergraduate research opportunities
- Faculty based mentoring
- More balance between teaching and research
- Lectures online, labs physical
- Departmental policy for attendance
- Specific enrollment plan
  - Make sure quality doesn't suffer
  - Have program admissions criteria (1-2 classes before applying)
  - Minimum requirements to get into majors (GPA) and an application process
- Increased graduate enrollment and quality
- Specializations in kinesiology masters degree programs
- Diversification of programming, providing more occupational ideas to students through course offerings
- Summer programming – both graduate and undergraduate programs
- Weekend intensive courses in the graduate program

#### **Building / Facilities**

- Cohen, Phillips & Spencer Wing
  - Expanded exercise science personal training experience combined with injury evaluation clinic
  - Obese diabetic clinic
  - All age groups
  - Shape down for obese children
  - GA's run clinic – supervise undergraduate students who work in the clinic
  - Revenue generating operation from community
  - Brown bag lunched done by student majors open to community
  - Methods, mechanics, injury evaluation clinics (AT=injury, sport management = marketing)
- Environmental control in building – consistent temperatures
- Equal space for men's and women's locker room space

- Large lecture hall
- Less physical presence of classes (increase online courses and skype conferences)
- Smart boards in every classroom
- Temperature regulation
- Large lecture room (Stadium seating)
- Larger fitness facility to use as ‘classroom’ and ‘lab’ space for training
- Dance studio morphs into either shared/collaborative laboratories or classrooms
- Cadaver / dissection capability
- PED classroom and adjacent break out space (gym & computers)

### **Technology**

- Technology all up to date – top notch computers
- Classrooms up to date technology
- ES students have iPad – individual assessments
- Telecommunicating between our classroom and the gyms and physical education settings to use it to demonstrate appropriate teaching styles.
- Phones up to date in faculty offices
- More printers in the computer lab downstairs
- Better use of technology (clickers, mobile)
- Increased use of applications for teaching
- New computers / LCD projectors
- Laptop stations
- Technology for high visual presentations

### **General Atmosphere**

- Students are empowered in regards to completing the education
- More faculty to serve students
- “School” instead of a department
- Students are more focused, know what they want, have a course of study
- All faculty w/ research agenda teach 18 ACES

**Western Illinois University**  
**Budget Request — New Operating/Base Resources — FY12**  
*Note: Use Attachment B for new academic degrees/certificates.*

- I. Unit submitting request: Kinesiology      Priority Number: HIGH
- II. Provide a short title of the initiative/project proposed for incremental funding.  
*50/50 ATEP /Athletics Unit B Faculty Position*
- III. Provide a short description of the initiative/project proposed for incremental funding and how it relates to the University's goals, mission statement, or strategic plan.

With the increase in enrollment in Athletic Training, the department has reached a critical tipping point in how many students we will be able to admit to the major. At this point, all students who qualify (based on GPA and performance in 2 100-level AT courses) have been admitted to the program. With an increase in the number of first year and transfer students, we may soon find ourselves needing to 'turn students away' from the program. The addition of this position will provide the program with an additional certified Athletic Trainer which will help us meet the faculty:student ratio that is required to maintain our accreditation.

- IV. Describe the specific accomplishments and increases in productivity expected from this initiative/project and how results will be measured or evaluated.

Designing this as a joint position serves to: (1) enhance the relationship between academics and athletics; (2) enhance the quality of the academic program. The specific duties and responsibilities for this position include; (1) teaching 2 courses per semester (~11 ACES per year); (2) provide athletic training coverage for men's and women's swimming/diving and tennis; (3) assist with athletic training services; (4) supervise graduate assistant athletic trainers; and (5) oversee the operation of the Brophy Hall athletic training room.