2020 AKA Leadership Workshop  
Airport Hilton Westshore  
Tampa, FL  
January 24-25, 2020  
Meeting Schedule

Friday, January 24, 2020

12:00 - 6:15 PM  Workshop Registration

12:45 - 1:00 PM  New Attendee Welcome

1:00 – 1:15 PM  Official Workshop Welcome/Opening  
Nancy Williams  
AKA President  
Penn State University

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**Session 1  "Promoting Physical Activity through General Education"**

1:15 - 3:15 PM

1:15 – 2:00 PM  *Featured Speaker*

_Moderator: N. Williams_

 Bradley J. Cardinal, Ph.D.  
Kinesiology Program School of Biological and Population Health Sciences  
Oregon State University
Title: "Promoting Physical Activity through General Education: Looking Back, Moving Forward"

Description: In both the 19th and 20th centuries, concerns about college and university student health were expressed. William Augustus Stearns (1855), the fourth president of Amherst College, Massachusetts, stated in his inaugural presidential address, “Of one thing I am certain, the highest intellectual efficiency can never be reached, the noblest characters will never be formed, till a greater soundness of physical constitution is attained” (p. 87). Ninety-five years later, Harvard University issued a report addressing General Education in a Free Society (1950) stating that, “The school will be concerned with the health of its pupils, both physical and mental. The human body must be healthy, fit for work, able to carry out the purposes of the mind....” (p. 168). During those time periods, efforts to address these concerns occurred through the development and ongoing implementation of required, service-based physical activity education courses. In the ensuing decades, such coursework diminished within higher education. Yet the health status of the student body in the 21st century demonstrate clear and ongoing needs. It is my contention that Kinesiology departments remain best suited to address these needs and one way to do so is through the general education curriculum, which may go by any number of different names. In essence, these are the courses that every student must take to develop the competencies necessary for living a full and complete life and contributing to society. Given the growing costs of higher education, any such requirement must be justifiable. As such, implementing and sustaining a physical activity education requirement is not for the faint of heart; it requires effort, resources, support, and time. Other units on a college or university campus (including non-academic units) may very well have a vested interest, too, thereby creating competition. This presentation will explore these issues.

2:00 - 3:15 PM Interactive Session: "College and University Instructional Physical Activity Programs (IPAPs): Current Challenges and Opportunities"

Christina Beaudoin, Ph.D.
Department of Movement Science
Grand Valley State University

Sheri Thornburg-Brock, Ph.D.
Department of Kinesiology
Auburn University
Lisa Hicks, Ph.D.
Department of Kinesiology, Health & Sport Sciences
University of Indianapolis

Jared Russell, Ph.D.
Department of Kinesiology
Auburn University

Mark Urtel, Ed.D.
Department of Kinesiology
Indiana University-Purdue University Indianapolis

3:15 – 3:45 PM  Break/Networking

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**Session 2  "Promoting Exercise and Physical Activity - Initiatives involving Kinesiology Students and Departments"**

**3:45 - 5:30 PM**

3:45 – 4:30 PM  "Exercise is Medicine Programming and Higher Education"

*Featured Speaker*

_Carena Winters, Ph.D._
_School of Applied Health Sciences_  
_Brooks Rehabilitation College of Healthcare Sciences_  
_Jacksonville University_

Title: "Exercise is Medicine®: 2020 and Beyond"

4:30 - 4:50 PM  Interactive Session: "Building a Model Partnership between Kinesiology and Student Recreation: Finding Common Ground in an Effort to Provide Physical Activity Opportunities for Students"

_Kris Grappendorf, M.A._
_Department of Kinesiology_  
_California State University, Bakersfield_
4:50 - 5:00 PM  Moderated Discussion

5:00 - 5:20 PM  Interactive Session: "3 WINS Fitness- Free Community Exercise Program Delivered by Kinesiology Students"

Steven Loy, Ph.D.
Department of Kinesiology
California State University, Northridge

Tim Hughes
External Relations and Outreach Manager
Trust for America's Health
Washington, D.C.

5:20 - 5:30 PM  Moderated Discussion

Session 3  "Fireside Chat"

5:30 - 6:15 PM

5:30 - 6:15 PM  Fireside Chat Participants

Gayle Hutchinson Ed.D.
President
California State University, Chico

Cheryl Hanley-Maxwell, PhD.
Dean, College of Applied Health Sciences
University of Illinois Urbana-Champaign

Host:
Alan Smith
Michigan State University

6:15 - 7:30 PM  AKA Welcome Reception/Social

Welcome
Nancy Williams - 6:30 PM
AKA President
Penn State University
Saturday, January 25, 2020

6:30 - 8:00 AM  Breakfast in Hotel

8:00- 8:15 AM   Welcome and Announcements
Nancy Williams
AKA President
Penn State University

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**Session 4  “Physical Activity and Mental Health”**

8:15 - 10:15 AM

8:15 - 9:00 AM  *Featured Speaker*

Steve Petruzzello, Ph.D.
Department of Kinesiology and Community Health
College of Applied Health Sciences
University of Illinois at Urbana-Champaign

Title: "The Kids Are Alright - Right? Physical Activity and Mental Health in College Students".

Description: (a) a brief history of physical activity on campus, (b) how that activity has changed from a requirement to an elective, (c) how mental health (particularly stress, anxiety and depression) has changed in college students over the past few decades, (d) the relationships between physical activity and mental health, and (e) recommendations for how colleges and universities might facilitate better student mental health through physical activity.

9:00 - 10:15 AM  Interactive Session: "Physical Activity Programming: Can it be used to Improve Mental Health?"
9:00 - 9:15 AM  Brief Communication: "Creating a Campus Culture of Wellness: Building Partnerships and Leveraging Resources to Improve Student Mental Health"

Heather Van Mullem, Ph.D.
Department of Movement and Sport Sciences
Lewis-Clark State College

9:15 - 9:30 AM  Brief Communication: "Using a Well-being Framework and partnerships to promote physical activity on campus and provide experiential and work-integrated learning opportunities for kinesiology students"

Emma Russell, M.A.
School of Human Kinetics
Capilano University

Heather MacLeod Williams, MPE
School of Human Kinetics
Capilano University

9:30 - 9:45 AM  Brief Communication: "Strengthening General Education Physical Activity/Wellness Foothold through Fitness and Wellness Assessment and Feedback"

Michele Duffey, MS
Department of Kinesiology
Penn State University

9:45 - 10:15 AM  Interactive Discussion
All presenters

10:15 - 10:45  Break/Networking

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Session 5  "Physical Education Teacher Education in Kinesiology: Past, Present, and Future"
10:45 - 12:00 PM

10:45 - 11:30 AM  Panel Discussion: "Physical Education Teacher Education in Kinesiology: Past, Present, and Future"

Moderators:

Melinda Solmon, Ph.D.
School of Kinesiology
Louisiana State University

Kim Graber, Ed.D.
Department of Kinesiology and Community Health
University of Illinois

Panelists:

Tom Templin, Ph.D.
School of Kinesiology
University of Michigan

Amy Woods, Ph.D.
Department of Kinesiology and Community Health
University of Illinois

Sarah Price, Ph.D.
Department of Health and Physical Education
Florida A & M University

Nancy Williams, Sc.D.
Department of Kinesiology
Penn State University

11:30 - 11:45 AM  Brief Communication: "Applied Exercise and Health Option: the Future of our Profession?"

Alison Weimer, Ph.D.
Department of Kinesiology
Penn State University

11:45 - 12:00 PM  Interactive Discussion- all presenters
Session 6  "Promoting Physical Activity through Advocacy and Partner Engagement"

1:15 - 3:30 PM

1:15 - 2:00 PM  *Featured Speaker*

Moderator: Kim Graber, University of Illinois

Monica Lounsbery, Ph.D.
Dean, College of Health and Human Services
Long Beach State University

Title: Promoting Physical Activity Policy

Sedentary living is a globally recognized public health problem. We and others have conducted multiple studies aimed at increasing population-level physical activity in both community and school settings. Though intervention studies have demonstrated compelling increases in population-level physical activity in multiple settings, sustainability and widespread adoption remain the primary challenge. Policies have the potential to address these challenges and thus, have comprise our collaborative research for nearly two decades. Our presentation highlights major tenets from our research and underscores what we believe may be a pivotal role for AKA to promote school physical activity policy.

2:00 - 2:30 PM  Discussion

2:30 - 2:50 PM  Brief Communication: "TBD (Partnerships with federal or state funded programs to promote physical activity)"
Sam Zizzi, Ed.D.
College of Physical Activity and Sport Sciences
West Virginia University

Sean Bulger, Ed.D.
College of Physical Activity and Sport Sciences
West Virginia University

2:50 - 3:00 PM  Discussion

3:00 - 3:20 PM  Brief Communication: TBD ("Multilevel intervention program to develop physical activity policies, processes, and practices in Head Start centers")

Tao Zhang, Ph.D.
Department of Kinesiology, Health Promotion and Recreation
University of North Texas

3:20 - 3:30 PM  Discussion

3:30 - 4:00 PM  Break/Networking

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**Session 7  "Round Table Discussions"**

**4:00 - 5:35 PM**

4:00 - 4:45 PM  Round Table Session A: Three rounds each; 12 min with 3 min for transition

Table 1: "Characteristics of Exceptional Physical Education Teachers"

Devin A. Beasley, Ed.D.
Department of Kinesiology
Fresno Pacific University

Table 2: "Using the Trans-contextual model of motivation to help PETE students promote physical activity"
Tristan Wallhead, Ph.D.
Division of Kinesiology and Health
University of Wyoming

**Table 3:** "Implementation of the yoga certification program at Auburn"

Danielle D. Wadsworth, Ph.D.
Department of Kinesiology
Auburn University

**Table 4:** "Outreach and Fundraising for Scholarships"

Dan Schmidt, Ph.D.
Department of Kinesiology
University of Wisconsin-Oshkosh

**Table 5:** "The role of Kinesiology departments in worksite wellness in higher education"

Lisa Hicks, Ph.D.
Department of Kinesiology, Health & Sport Sciences
University of Indianapolis

**Table 6:** "FitPlus: A campus-wide exercise and health promotion program for faculty and staff at San Francisco State University"

Mi-Sook Kim, Ph.D.
Department of Kinesiology
San Francisco State University

**Table 7:** "Campus programs to promote physical activity and wellness"

Karen Stylianides, M.A.
Penn State University-Hazleton

Andrea Randolph-Krisova, Ed.D.
Penn State University-Brandywine

**Table 8:** "Collaborative effort to implement a 'healthy reflection' program with female adolescents in physical education"
YuChen Chen, Ph.D.
Department of Kinesiology
Louisiana Tech University

4:50 - 5:35 PM Round Table Session B: Three rounds each; 12 min with 3 min for transition

Table 1: "Incorporating social emotional competencies in PETE"

Cindy Kuhrasch, M.S.
Department of Kinesiology
University of Wisconsin-Madison

Table 2: "Community based after-school program based in outdoor/adventure education"

Luther Kent Griffin, Ph.d.
Department of Health and Human Performance
Texas State University

Table 3: "Providing a university-based summer fitness/activity/adventure camp for children with special needs"

Susan Hart, Ph.D.
Department of Health & Human Performance
Dixie State University

Table 4: "Study Abroad in Kinesiology: Educational Excursions and Cultural Collaborations with Universities"

Melissa Bopp, Ph.D.
Department of Kinesiology
Penn State University

Lori Gravish-Hurtack, M.S.
Department of Kinesiology
Penn State University

Alison Weimer, Ph.D.
Department of Kinesiology
Penn State University

**Table 5:** "Promoting physical activity through a community-based program at Texas State University"

Ting Liu, Ph.D.  
Department of Health and Human Performance  
Texas State University

Duane Knudson, Ph.D.  
Department of Health and Human Performance  
Texas State University

**Table 6:** "Physical activity programming to improve mental health: How Kinesiology departments play a role"

Wendy Wheeler, M.Sc., M.Ed.  
Department of Human Kinetics  
Okanagan College

**Table 7:** "Three credit behavioral physical fitness and wellness as an option in the general education core"

Stacey Herzog Bender, M.A.  
Department of Health and Human Performance  
Texas State University

Duane Knudson, Ph.D.  
Department of Health and Human Performance  
Texas State University

Michelle Hamilton, Ph.D.  
Department of Health and Human Performance  
Texas State University

**Table 8:** "Strategies for future professionals to promote physical activity"

YuChun Chen, Ph.D.  
Department of Kinesiology  
Louisiana Tech University
Session 8  "State of AKA and Workshop Wrap Up"

5:45 - 6:30 PM

5:45 - 6:15 PM  "State of the American Kinesiology Association"

Nancy Williams
Department of Kinesiology
President, American Kinesiology Association
Penn State University

6:15 - 6:30 PM  "Workshop Wrap Up"

Nancy Williams
Department of Kinesiology
President, American Kinesiology Association
Penn State University

Reception and Dinner/Awards

6:30 - 7:00 PM  Reception

7:00 - 8:45 PM  Dinner and Awards

Awards Presentation

Jerry R. Thomas Distinguished Leadership Awards

Inclusive Excellence Award
Recognize Outgoing Board Members and Officers