

NAKHE Newsletter

June 2026

NAKHE Position Statement on Youth Fitness Tests and Awards

physical activity and youth fitness programs.

Accordingly, NAKHE endorses the position statements of the National Academy of Kinesiology (NAK) and the American College of Sports Medicine (ACSM) specifically supporting the following:

- "Initiating efforts to increase youth fitness and better health through promotion and funding for physical education and comprehensive school physical activity programs in U.S. schools;"
- Prioritizing "...the use of evidence-based health-related fitness test items and standards and capacity-building strategies to support and enhance school physical education and physical activity programming;"
- Including "...essential components such as test administration manuals, parental reports, record keeping support, and guidelines for fitness education" with health-related fitness testing programs for youth.
- Ensuring that future decisions about youth fitness testing and awards programs are made in consultation with scientific societies and organizations (e.g., NAKHE, NAM, ACSM, SHAPE America) that serve professionals who administer youth fitness tests.

In addition to supporting the statements of NAK and ACSM, NAKHE further recommends that any future youth fitness or physical activity awards programs be supported by evidence of their effectiveness in motivating youth, especially those who are at most risk of poor health. If awards are to be given, they should be possible for all youth who make progress towards meeting personal fitness goals, not just for the physically gifted. As indicated by the Institute of Medicine (now the National Academy of Medicine), "Fitness is not a competitive sport."

National Association of Kinesiology in Higher Education Position Statement

NAKHE endorses the position of the ACSM "...that appropriately designed and implemented health-related youth fitness test batteries that use criterion-referenced health standards, can be valuable curricular elements of school physical education programs. Health-related fitness test batteries should be accompanied by fitness education programs for students, instructional and management resources for teachers, and guidelines for parents." NAKHE further recommends that any future awards programs

NAKHE Fitness Testing Position Statement

online.fliphtml5.com



For nominations link, click the picture above.

Deadline for Nominations: June 26, 2026

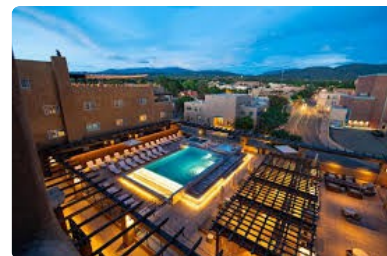
The NAKHE Nominations and Elections Committee is now seeking nominations for the offices of President-Elect, Vice President-Elect, and Secretary.

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Are you interested in running for President-Elect or Vice President-Elect? Perhaps you know another NAKHE member who you believe would be great at one of these positions? If so, please submit a nomination form. Self-nominations are welcomed.

Questions? Each officers NAKHE Operating Code is posted at https://www.nakhe.org/operating_codes.html. You can also email the Nominations and Elections Committee Chair, Amanda Aguilar at ara0031@uah.edu.

Countdown to Santa Fe! Register to attend the 2027 NAKHE Annual Conference!



January 5-8, 2027

Eldorado Hotel and Spa

309 W San Francisco St.

Santa Fe, New Mexico 87501

Phone: (505) 988-4455

Hotel Website: <https://www.eldoradohotel.com/>

Conference Planner: Jeremy Elliott

Santa Fe, the capital of New Mexico and the oldest U.S. state capital, is renowned for its distinctive Pueblo-style adobe architecture, rich Indigenous and Spanish heritage, and status as a major hub for Southwest art. Known as "The City Different," it features over 250 art galleries on Canyon Road, the Meow Wolf immersive art experience, and New Mexican green chile cuisine.

The historic Santa Fe Plaza, lined with adobe Talavera pottery shops, art galleries, Mexican restaurants, and the stunning Cathedral Basilica of St. Francis of Assisi (the oldest church in the United States), attracts roughly 1.5 million tourists each year. The heart of the city for nearly 400 years, the plaza is the perfect place to explore one of the state's most remarkable cities.

Trip Adviser says, "Surrounded by city landmarks, including art and history museums, the Santa Fe Plaza is the heart and soul of the capital city. Sit back on one of the square's benches to people-watch and take in the small-town feel. Then, set out to explore the countless art galleries, shops, and flea markets in the area. Try the local street food from the food carts, or if you're in the mood to splurge, check out the dozen or so high-end restaurants. You can also sign up for a walking tour to learn more about the city's rich history."

Our conference hotel, the **Eldorado Hotel and Spa**, is ideally situated to make the most of Santa Fe's attractions. The [Georgia O'Keeffe Museum](#), the largest collection of one of the 20th century's most influential artists, whose greatest work was inspired by New Mexico, is literally across the street from the conference hotel, and the Santa Fe Plaza is less than 4 blocks away (0.2 miles).

Click the picture to register for the up and coming conference.

Call for Proposals for the NAKHE 2027 Conference

CLICK HERE to submit your proposal

Get Published!

Summer Writing? Consider publishing in NAKHE's Journals

NAKHE partners with Taylor & Francis Group to publish professional journals addressing kinesiology issues, research, and best practices in higher education leadership, administration, and teaching.

Close the loop from presentation to publication by [clicking here](#)



Annual Fitness Testing of Exercise Science Students: A Descriptive Study

Wynn, K. B., Severt, B., & Mann, D. (2025).



Autobiographical Memories of Teaching Personal and Social Responsibility Among Socially Vulnerable Adolescents

Marcelino, R., Campos, V., Cardoso, I., & Fernandez-Rio, J. (2025).



Kinesiology United: Toward the Good Kinesiologist and a Shared Philosophy of Undergraduate Education

Brunsdon, J. J. (2026).

Calling all Podcasters!

Dear valued NAKHE members:

The NAKHE Marketing Committee would like to extend our efforts to highlight the work of our membership, and in particular, the research that you all conduct. As such, we are working on creating a monthly NAKHE Podcast where we can explore more in-depth interviews with those who have recent publications in any of our NAKHE Journals.

If you and/or your research colleague(s) would like to be a featured guest on the podcast, please reach out to Lisa Paulson at pauls640@d.umn.edu. Interviews will be conducted via Zoom and/or during this year's LDW (for those who are planning to attend).

Furthermore, if you are a NAKHE member that has experience in podcasting and would be willing to assist the Marketing Committee with podcast creation/editing, please contact Marketing Committee Chair Haley Blount at blounth@nsula.edu. There may be a possible stipend awarded to the interested podcast editor.

We look forward to hearing from you!



NAKHE Committee Chair Spotlight: Dr. Tara Tietjen-Smith



- **Job Title & institution employed with:** Director, School of Kinesiology, Northwestern State University
 - **Number of years as a NAKHE member:**14
 - **What are the basic duties of your committee?** The Publications Committee oversees NAKHE journals, *Quest* and the *International Journal of Kinesiology in Higher Education (IJKHE)*. We communicate and negotiate with our publishing house, Routledge/Taylor & Francis, regarding policies and contracts. The committee also oversees Opportunities in Physical Education and Related Areas (OPERA).
 - **What is your favorite part of your role within NAKHE?** My favorite part of this role is being able to facilitate the proposal of a new coaching journal that is in the works.
 - **Are there any opportunities for NAKHE members to join your committee in the near future? (If so, please include your contact information for interested members):** The committee members are chosen by the president, so if anyone is interested, that would be the person to contact.
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NAKHE Member Highlight Form 🏆

The NAKHE Marketing Committee would like to highlight our members in our social media and newsletter! Please fill out the information form by [clicking here](#) to be considered as our next featured member. If you have any questions, please contact Haley Blount (the committee chair) at blounth@nsula.edu.



Thank you so much!

Sincerely,

NAKHE Marketing Committee



Tag NAKHE



#NAKHE

Please use Hashtag

#NAKHE

We want to celebrate and share your work

[LinkedIn](#) | [Instagram](#) | [Facebook](#) | [Twitter](#)



NAKHE Newsletter



The purpose of the NAKHE Newsletter is to send updated information to NAKHE members and friends. Much of the information overlaps with our social media sites. If you have any questions and comments, feel free to reach out to NAKHE at admin@nakhe.org.

