

JUNE, JULY,  
AUGUST 2019

**SPECIAL  
POINTS OF IN-  
TEREST:**

- Betty's Words of Wisdom
- Going Back to Cali!
- Bo and Liz from Down Under
- Thoughts on Adelphi from Shelley Holden
- LDW and DHCT Best Practices
- Congrats to Tim Baghurst & Steve Estes
- "I belong to NAKHE and here is why"

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Happy summer! I trust that you are working at playing these few months. We all need to practice what we teach – so get out there and have fun! Speaking of fun, we had a blast at the DHCT led this year by Emila Zarco and Jesse Germain, and the LDW led by Brian Culp and Jenna Lorusso at Adelphi University in conjunction with the AIESEP conference. NAKHE was one of the sponsors of AIESEP as part of our Internationalization Goal. We sponsored an extremely well received wine, beer and cheese reception for over 400 participants and a very scholarly seminar led by Brian Culp and Jenna Lorusso. We welcomed eight new members into our third DHCT cohort, and had the largest LDW to-date with 40 participants. Overall, I believe our efforts to Internationalize NAKHE is going to be achieved sooner than I expected. I have some innovative ideas to bring to the BOD regarding internationalization that I picked up at Adelphi. I will update you on them in Palm Springs.

Another important informational piece that was brought to the BOD from the Future Directions Committee has to do with our Diversity Goal. It reads like this: *Develop and implement a Social Justice and Cultural Diversity Lecture (use Hally Beth Poindexter Young Scholar Award process for identifying a speaker and general format). Consider "naming" options per Committee recommendations.* The Social Justice and Cultural Diversity Committee will be sending out a poll to the membership come fall. My recommendation to you is to somehow name the lecture on a rotating basis. The named lecturer will be a contemporary who has contributed to Social Justice and Cultural Diversity, is a NAKHE member, and has a record of scholarship and/or service in this area. The named lecture will be recorded in NAKHE archives.

A decision I would like to discuss at the business meeting in Palm Springs has to do with how we will add another lecture to our already packed conference agenda. The Hanna Lecture is a non-gender specific lecture started when Ron Feingold was President. The Homans lecture was picked up by NAKHE when AAHPERD discontinued it. The Sargent lecture came from the men's association when they merged with the women's association. The Hally Beth Poindexter Young Scholar Lecture honors our young scholar award winner. Some ideas that I have heard to add a lecture are these: Keep all five lectures. Rotate the Sargent (always a male) and Homans (always a female) on a year-to-year basis since Hanna rotates male/female. Keep the yearly Sargent and Homans lectures and discontinue the Hanna. Continue to give the Young Scholar Award, but do not require a lecture – replace this lecture with the Diversity Lecture. Do some thinking on this and be ready to discuss how we can make this diversity lecture happen.

Lastly, do not forget to get your conference proposals in for Palm Springs. We have a set a firm submission deadline of September 1<sup>st</sup> and will not extend it.

Warm regards,

Betty



## From the Editor

I am excited to share this June, July, August, Summer edition of the NAKHE Online magazine with you. We are pleased to highlight the upcoming annual conference in Palm Springs (Jan 2020), the new firm deadline of September 1 for conference proposals, as well as the deadline of September 15 for nominations of annual awards. In keeping with the push to move NAKHE international, Bo and Liz Hanson discuss their journey from 'Down Under' in the Journey section. Shelly Holden discusses her thoughts and opinions regarding her recent participation in our summer leadership and educational programs in New York State. Beth Hersman and Tara Tietjen-Smith, as well as Steve Estes talk about LDW and DHCT in the Best Practices section (I and II) and provide some history and insight as to why we put so much emphasis on these summer learning experiences. We say congratulations to Tim Baghurst in first becoming a full professor and then in making the move from being a Cowboy at Oklahoma State to becoming a Florida State Seminole. A quick Congrats to NAKHE Legend, Steve Estes. Finally, Vanessa Fiaud tells us why she joined NAKHE and why she chooses to invest her time and talents in the organization. I hope you find this edition to be informative, educational and inspiring. We always welcome feedback of all forms and appreciate you being a part of this on-line endeavor.

Many thanks,  
Clay





## 2020 Annual NAKHE National Conference

January 8-11, 2020



Timothy Baghurst  
Conference Planner 501-613-8913  
[tbaghurst@live.com](mailto:tbaghurst@live.com)



## Miramonte Indian Wells Resort & Spa Indian Wells, California

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

Phone: 760 341 2200



### Air Transportation

Miramonte Indian Wells Resort & Spa is within easy reach of a variety of airports. Palm Springs International Airport is serviced by major airlines including Alaska Airlines, America West, American Airlines, Continental Airlines, Delta Airlines/Skywest, and United Airlines. Round-trip transportation per person from Palm Springs International Airport to the resort ranges from \$60-\$80 per person, depending upon the mode of transportation.

### Ground Transportation

Palm Springs is a two-hour drive from Los Angeles, Orange County or San Diego, via the Interstate 10 Freeway.

*Conference Registration Rates & Fees from the 2019 Conference Listed Here*

*Conference registration rates and fees have not been set by conference planners.*

*The 2019 rates and fees are provided for information only.*

**ALL LECTURES, MEALS AND RECEPTIONS ARE INCLUDED IN THE REGISTRATION FEE**

## Conference Proposals

The 2020 NAKHE Annual Conference will be held January 8-11 (See Pages 2-3) at the Miramonte Indian Wells Resort & Spa of Indian Wells, California. This year's theme is *"Leading Beyond the Campus: Driving Change as Experts"*.

This year's focus is on how we can succeed as entrepreneurs, as leaders of change, and how we can build the brand of our person, program, and profession. Possible topics include innovation within and external to kinesiology programs, how individuals can build their expertise and brand external to the academic institution, and new approaches to promoting kinesiology and those within the discipline.

The Conference Proposal Form and Conference Registration Form are now posted on the NAKHE website at <https://www.nakhe.org/cgi/page.cgi/conferences.html>

## Call for Proposals

The deadline to submit conference program proposals is ***September 1, 2019***. Please do not miss the deadline. It will not be extended this year!

## Awards

NAKHE invites nominations of individuals for the following awards:

- Distinguished Administrator Award
- Distinguished Scholar Award
- Distinguished Service Award
- Distinguished Teaching Award
- Hally Beth Poindexter Young Scholar Award

These prestigious awards are given each year at the NAKHE conference to honor and celebrate individuals that have dedicated their professional lives to the disciplines of Kinesiology, Physical Education and Higher Education. To

nominate an individual for an award, send an e-mail to Vanessa Fiaud at [vfiaud@wtamu.edu](mailto:vfiaud@wtamu.edu) providing the nominee's full name, contact information, and identified award (administrator, scholar, service, teaching, or young scholar) for which the individual is nominated. Inquiries should also be directed to Vanessa Fiaud at [vfiaud@wtamu.edu](mailto:vfiaud@wtamu.edu). The criteria for these awards are posted on the NAKHE website at <https://www.nakhe.org/awards.html>.

**The deadline for these nominations is *September 15, 2019*.**

## NAKHE Leadership Development Workshop

*By: Dr. Shelley Holden  
Associate Professor and Chair  
University of South Alabama, Mobile, AL*



I am an Associate Professor and Chair of the Health, Kinesiology, and Sport Department at the University of South Alabama in Mobile, AL. I obtained professional experience early in my career as a high school teacher and coach and served as Department Chair in Navarre, FL. While teaching and coaching in high school I went back to school and got my doctorate degree and once this was achieved, I moved up to teaching at the collegiate level. I have always had a passion for teaching and learning and am a member of many professional organizations. I was introduced to NAKHE in 2018 and since joining the organization I have benefited from the professional contacts I have developed as well as the knowledge gained at the annual conferences, the Department Head Certification Training Program (DHCT), and the Leadership Development (LDW) workshop.

The purpose of the LDW workshop, as defined by NAKHE, is to “bring to bring together “emerging” and “senior” leaders in in kinesiology and provide them with insights into leadership and administration in higher education” (NAKHE, 2019).



This year's LDW was held at Adelphi University in New York, June 18<sup>th</sup>- 20<sup>th</sup>. Professionally and personally there is much thought that goes into deciding what conferences and/or workshops to attend each year. Personally, I am always looking for those that allow me to network with others in my field of study and offer me the best professional development possible.

Other considerations are the cost of conferences and workshops and their locations. As usual, NAKHE did not disappoint with the venue and the cost of the workshop. Plane flights to New York were reasonable (for most) and the cost of the workshop was certainly affordable at \$50 for a member and \$150 for non-member early registration. The timing of this workshop was also another thing that attracted many participants since it was conducted in conjunction with the Association Internationale des Ecoles d'Education Physique (AIESEP) conference. Therefore, many LDW workshop participants also attended the AIESEP conference.

My expectations attending NAKHE this year was high given that their events are typically organized, cost effective, and in desired locations. Also, when I looked at the agenda I was excited about the theme of the workshop (Internationalization) and the speakers list because I grew up in Canada and completed my schooling through high school there but obtained my bachelor's, master's and doctorate degrees in the United States.

Featured speakers at the LDW included Dr. Ann MacPhail, University of Limerick; Dr. Samuel Hodge, Ohio State University; and Dr. James Mandigo, Brock University. Topics addressed were: Redefining Leadership Amidst Internationalization; Internationalizing Courses, Programs and Units; and Internationalizing Research, Journals and Associations. Throughout the sessions the theme of internationalization was present as it related to social change and justice, community engagement, professional development, balancing at-home tensions, and ethical considerations in kinesiology. Presenters did a very good job in each session presenting on their topic(s), engaging the audience, and allowing participants to ask questions and offer personal insight.

My takeaway recommendations are that this workshop for attendees each year is an excellent opportunity to network, catch up with old friends, and develop new contacts in the field of Kinesiology. The size of the workshop is also a huge plus because it is not too crowded and therefore provides an excellent opportunity to interact with others. Another takeaway from an event like this is that hands on activities seem to really motivate and engage participants. Since this is a chance to be unplugged from our offices at home, it is great to have interactive activities that allow you to work with others and share your professional experiences in order to help grow as professional in the field. This is the second LDW that I have attended, and I feel both workshops were excellent and the monies spent were well worth attending. I look forward to next year's event and know it will be a valuable professional experience.

# Congratulations



## 2019 Hellison Interdisciplinary Grant Recipients

High Intensity Interval Training and Cognitive Functioning in PreKindergarten Children by Resales M. Chandler (NAKHE Member), Derek Beker, Amy Stringer, & Cathy Grist from *Western Carolina University*.

Exploring Female Minority City University Community College Students' Responsibility Actions to Develop Positive and Relevant Physical Activities by Eve Bernstein (NAKHE Member) and Ulana Lysniak from *Queens College of the City of New York and Bronx Community College* respectively.

Investigating the Links Between Basic Need Satisfaction, Student Motivation, Metacognitive Strategy Use, and Success in Kinesiology by Jody Langdon and Diana Sturges from *Georgia Southern University*.

## From Boat to Business

*A personal insight into how 4x Olympian Bo Hanson and businesswoman Liz Hanson grew their sports business from an unexpected beginning*

By Liz Hanson, CEO of Athlete Assessments



What people find most interesting about Bo and me, is that our family live on a boat and that we've built an international business based in the competitive sports industry from a beach town in Queensland (Australia). What isn't immediately obvious is that these two very different aspects to our lives are deeply connected.

The story begins 14 years ago this month. We were living in Sydney, Bo was one of the top corporate trainers, working with some of the biggest and best Australian companies and I had a successful leadership development company. When our daughter was born, let's just say things didn't go smoothly and it was one of those life changing moments. While we both physically and emotionally recovered, it was a very traumatic time.

It was in a dark moment of my recovery in hospital, that I saw the light. We had to pack up and take off on a long boat trip! Bo had always talked about wanting to do a significant boat trip, I would be encouraging of this dream but in my mind, I believed that it would never happen or that it was so far into our future that I couldn't imagine it. But, as crazy as that dark moment idea seemed, it was exactly what we did. Within 29 days Bo had bought the boat and within a few months we had packed up our house, I'd sold my share in the business, Bo had put most of his corporate contracts on hold and the three of us set off. In our 37-foot boat, Bo, our 5-month-old daughter Summah and I motored through Sydney Heads and literally turned left.

For the next 14 months we travelled most of the east coast of Australia, from Sydney to past Cairns, turned around and then came back to the Sunshine Coast, just north of Brisbane. That year was all about the quintessential Australian coastline, as picturesque as you can imagine.





From secluded coves where we were the only ones there for days on end, to snorkeling the Great Barrier Reef and hiking tropical forests on remote islands. We fished and caught an abundance of fish (which we traded for fine wine from the boats who couldn't fish as well as Bo!), and on occasion we were part of the bustle of holiday resorts and marinas. It was magical.

We learnt an enormous amount about ourselves, each other and life. When we escaped the trappings of the 'real world' it gave us perspective and sharpened our focus on what was most important to us. It broke the shackles of what is expected and gave us the freedom to make choices that we truly valued. As a family, it was precious time to heal and grow and a blessing to have that much time with Summah as a baby (and the rocking of the boat is great for sleep too).

It was only after about three to four months of paradise that we realized that while it was a phenomenal experience, it boarded on indulgent and we felt that it lacked purpose. It became clear that we needed to contribute to life in a meaningful way. We realized that retirement or working towards retirement was not what we wanted. That didn't mean we abandoned ship, quite the opposite. We committed to completely enjoying this time and knew that when it came time to moor up for the last time, we would pursue a life that we deliberately chose and would only work on what inspired us and was aligned with our values.

The luxury of time to consider how we wanted to spend the rest of our lives was the greatest gift of that experience. Bo was greatly missing all that competing at four Olympics involves. He missed the constant pursuit of excellence that being an elite athlete brings, it just isn't replicated in the corporate world. As much as companies aspire to high performance, few rarely achieve it, and fewer can maintain it. It's just not the same. His idea was to take the professional development that he delivered to organizations back to sport. He believed that team and personal performance could be further improved with lessons from the business world. With my background in investment banking and having started another business successful from scratch and then sold it, I knew I could be part of making this happen. Both Bo and I were using DISC Behavioral Profiling in many of the programs we delivered for companies on communication, leadership, conflict management and teamwork, and yet had never seen it being used in sport. This was where the idea for Athlete Assessments was born.

Now over twelve years in business, Athlete Assessments' DISC Profiles are used around the world - from Australia, New Zealand, Scotland, Japan, Germany, Hungary, North America and the United Kingdom. Our services are utilized by Olympic and professional teams, hundreds of US College athletic programs, by some of the top sport psychologists and within numerous sport faculty academic programs.



We have stayed true to the commitment we made during our boat trip, that our lives would be dedicated to making a contribution to others, that we would work in an area that mattered, that we would chase our goals just the same as if we were chasing Olympic medals and most importantly, we'd love what we do. The company values for our business, Athlete Assessments, are Love, High Performance and Serve. Our team live these values in all that we do, every day.

These values mean that we must love what we do, we love sport and love coming to work. We are driven to perform at the highest standards and chase the 0.1% improvements. We are mindful that we don't have a business without our clients and are dedicated to serve them to a level that they don't experience anywhere else. When we love what we do, when we strive to deliver our best and truly serve our clients, we are winning. We are as committed today as we were when the idea of Athlete Assessments was created.

The premise of our work is that sport is played by people, coached by people and managed by people, so for consistent top performance it is imperative to get the people side right. Especially in elite sport, where most elements are comparable across programs. The top programs have phenomenal facilities, strength and conditioning, analytics, game plans and the list goes on. But, they all do. The only true competitive advantage that exists is at the non-physical level such as relationships, communications, team culture and leadership. This is where our work makes the difference.

Our assessments are founded in DISC Profiling, which has been used successfully in the business world for decades. Ours are unique in that they are specifically for sport and we have a different assessment for athletes (the AthleteDISC Profile), coaches (the CoachDISC Profile) and non-coaching staff, management and other professionals (the Sports ManagerDISC Profile). The primary purpose of using DISC Profiles is in developing self-awareness and providing a framework to understand ourselves, then build effective relationships with others.

We see that DISC Profiling is the fastest and most effective way to develop the people side of sport and provides practical strategies to improve performance. Consistent with the use of DISC Profiling in business and industry, our profiles are used in sport in a range of applications from improving team effectiveness and interpersonal relationships, to leadership development, recruitment and professional development plans.



While a significant proportion of our business is working directly with teams or wholesaling our assessments to sport psychologists and other consultants who work with teams, about a quarter of our business works with academic programs within sports faculties. This includes sport management, coaching, kinesiology, human performance, sport psychology and other health sciences programs.

Within the classroom, our suite of DISC Profiles are used by the students to assist in developing their interpersonal skills and prepare them for future employment. Whether their career goals are to stay in academia, be an athletic trainer or coach, become a sport psychologist, college administrator or general manager of a professional team, their ultimate success will be helped or hindered by their people skills. Our program complements the technical and academic side of study by providing access to the assessments, an online student handbook and Bo does a live guest lecture via video conference to each class to debrief their results and tailor what he covers to their specific class. By sharing his experiences as an athlete, coach, consultant and businessperson, Bo provides very relevant and practical examples for students to take away.

On a personal level, building our business has meant an enormous amount of work and it hasn't always been smooth sailing! We're most proud that we've built a great team of people, are living the values we committed to at the beginning of this journey and are contributing to sport and life in an important way. We continue to live with our two daughters on a boat as our home (it's now our third and much bigger than the original) with our office only 5 minutes drive down the road from the marina.

## **About Bo Hanson**

### *Coaching Consultant, Director of Athlete Assessments*

Bo Hanson, has been working within sport and the business sector for over 20 years, delivering leadership, management and coach development. In addition to his own athletic career, comprising of four Olympics and including three Olympic medals, he has worked for many years with coaches and athletes from over 40 different sports, and various countries. His ability to improve coaching strategies and performance with clients has resulted in over 18 National Championships, Olympic medals and Pro team Premierships in the last five years alone. Long-standing working relationships and consistent high-quality feedback from his clients is testimony to his ability to understand, connect, design and deliver exceptional work.



## About Liz Hanson

### *CEO and Client Director of Athlete Assessments*

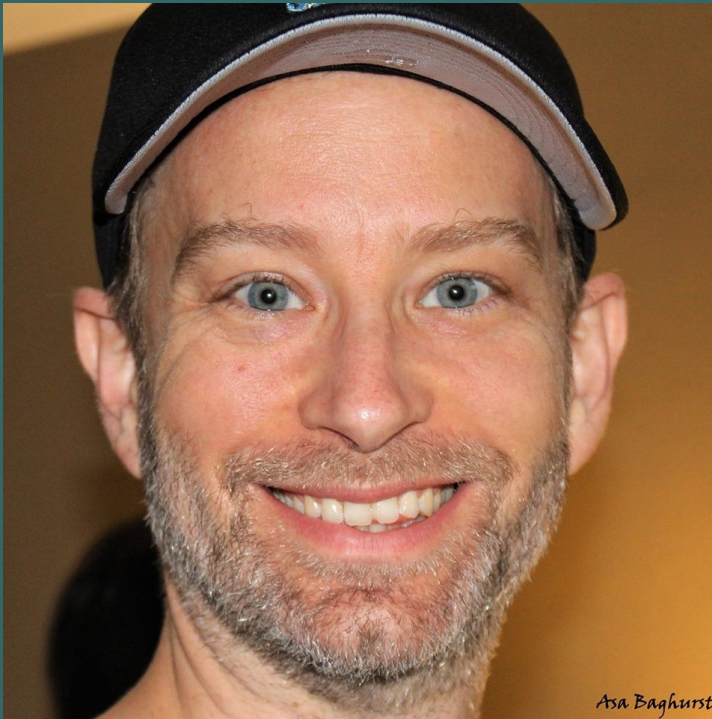
On the surface, Liz Hanson has an unlikely background for a career in sport. As a self-confessed ambitious workaholic, Liz graduated with an Honors Degree in Accounting and Finance while working full-time and was awarded the prestigious University Medal for receiving the highest academic marks. Her professional career started in investment banking, working in Australia, Asia and South Africa as a specialist in the Mining and Resources sector. From investment banking, she became the youngest ever General Manager of Finance for the global gas and engineering company BOC Gases and it was within these predominantly male environments that one of Liz's true passions emerged. Liz co-founded Xplore, a leadership development company for women, which grew into the leading provider of its kind within Australia. Now the CEO and Client Director at Athlete Assessments, Liz looks after their key clients and consultant relationships, as well as manages marketing and new business development. Her slogan is 'when our clients are successful, we are successful too'.



# We Say **Congratulations**

Dr. Tim Baghurst from saying goodbye to being a

Cowboy and becoming a Seminole!



Tim will be the Founding Director of the  
Interdisciplinary Center for Athletic  
Coaching in the College of Education at  
Florida State University

# NAKHE Online Magazine is Here!!!!

As you may have noticed the NAKHE Newsletter has changed and we are now publishing the on-line Magazine five times per year and we want your help! Please consider writing a piece for the Opinion and Thought Section, The Journey (My Personal Story ) Section, or the Best Practices Section! Perhaps you have an idea for a new section. Want to join the Online Magazine Staff, just say the word! Anne and I would love to have you. Also, we are always looking for assistance on the Marketing Committee, let Donna Woolard know if you are interested in serving as an assistant with the webpage or let Tim Baghurst know if you would like to help out with social media.



We Say “Congratulations”  
to Dr. Steve Estes,  
NAKHE Legend,  
for being featured in a recent  
story and placed on the cover  
of the Outcomes Magazine for  
Middle Tennessee State  
University for Spring 2019

*(cover on page 21, pictured  
right)*



# OUTCOMES

Spring  
2019  
Vol. 5, No. 1

## Impactful and Inspiring

How five faculty experts are serving students in  
the College of Behavioral and Health Sciences

**MIDDLE  
TENNESSEE**  
STATE UNIVERSITY.

## NAKHE Leader Mentor Grant Program

*By: Beth Hersman & Tara Tietjen-Smith*



In 2017 the Leadership Institute Director and Board of Directors of the National Association for Kinesiology in Higher Education implemented a program called the Leader-Mentor Grant Program. The premise was that experiencing and immersion into a prospective leadership role would provide invaluable experience to the mentee. Thus, a focus of the NAKHE Leadership Mentor Program (LMP) is “to bring together members of the kinesiology community for a one-week ‘shadow’ experience to build future leaders through hands-on mentoring and real-world scenarios.” The result of this program is that mentees could gain a feeling for the responsibilities and challenges of a specific leadership role. This was a formal way of giving prospective leaders the resources in order to learn a leadership role in which they were interested. During Spring 2018, Beth Hersman and Tara Tietjen-Smith were awarded this opportunity. The Leader Mentor Grant consists of a one-week experience where an aspiring department head shadows a current department head during the academic year. The purpose of this experience was for the department head to share his/her tasks, responsibilities, and experience with the aspiring department head through a real life scenario at a different university from where the aspiring department head worked. Outlined in this section is a description of experiences we had before, during, and after that week.

### Aspiring Department Head (Beth): Thoughts on the Experience

I have been a member of NAKHE for the last ten years, and just recently have become more involved in some of the leadership opportunities presented to us as members. As an Assistant Department Head, I hope to someday take over for my current Department Head and to lead my colleagues and all of our programs forward as he has done for so many years. Once I was asked to be the assistant, I decided it would be a good idea to engage in as many training programs and leadership opportunities as possible to help ease the transition for me when he retires. Through the Leadership Institute at NAKHE, I participated in the first cohort of the Department Head Certification Training program and then decided to apply for the Leader Mentor grant to further my experience and preparation by shadowing a Department Head who in my opinion has been successful at bringing her department together as a unit and who enjoy being colleagues and support one another. I knew I would also be able to see first-hand many of the tasks that a department head has to deal with on a day to day basis as well as ask many questions that pertained to her role, responsibilities, transitioning into the role, and to becoming a female leader in her department and at her university. I essentially picked a department that I admired and wanted to see what made it work so well and picked a mentor who I knew was a good fit for me as an aspiring leader.

I was able to stay for an entire week at Tara's university - Texas A&M-Commerce and go through almost every daily task she engaged in, and one thing I realized is how busy a department head really is! The day to day tasks and fires that a department head has to put out leave little time for anything else. Even though her university is a little different than mine is, I was still able to watch her work and ask questions as the week progressed. It definitely helped that I knew her ahead of time and knew I could ask her anything I wanted without any negative repercussions (the mentor-mentee fit is extremely important). Once I had asked her to be my mentor for this program, she picked out a week that was typical of her day to day duties, and I went to every meeting she had scheduled.

Looking back on the experience, I wish I had thought ahead and planned out specific questions that I wanted answers for, but we had plenty to talk about as things happened throughout the week. I encourage anyone who is looking for a mentor to take the time to develop a relationship with this person or people first as this may make or break the experience. It is important to have an open and honest relationship with your mentor and to have someone who is willing to speak of the positives and negatives, learning experiences, “what I wish I had knowns”, and answer any questions you may have.

### **Current Department Head (Tara): Thoughts on the Experience**

This was the first time I had someone shadow me in my role as Department Head. I had served in the role for four years up to that point. Serving as a formal mentor requires more planning and organization than I had previously thought. The mentor should take the lead to make the mentee comfortable and ask if there are any particular experiences she would like to have. Being shadowed made me very aware of how my days progressed and what I did with my time. It was a learning experience for me in being self-aware and figuring out how I might personally be more productive. A week was not long enough, but it was a great start. I enjoyed sharing my challenges and goals with my mentee, and our relationship will continue. Overall the experience was really positive, and I would encourage others to take part in a similar experience.



Plans for 2020 include leadership sessions at the 2020 NAKHE Annual Conference in Palm Springs, California; and the DHCT and LDW workshops tentatively planned for July back in the Atlanta, GA region. Check NAKHE's website for more details and registration opportunities.



# Best Practices for Leadership Development and Department Head Training

From Steve Estes



The NAKHE Leadership Development Workshop (LDW) is held on a university campus every summer. Its purpose is to bring together “emerging” and “senior” leaders in kinesiology, and provide them with insights into leadership and administration in higher education. The format for the workshop includes activities such as outdoor activity sessions, seminars, lectures by established leaders, and other conventional and unconventional approaches of developing one’s own leadership style with the hope of taking those leadership lessons back to our home campuses.

Recent workshops brought leaders together to brainstorm solutions to some of the complex problems facing higher education. Topics have included personnel management, budgeting tips and tricks, mentoring (both formal and informal), as well as unusual approaches to understanding leadership such as recent brain research highlighting how we think better when we physically move. Perhaps the best outcome of the LDW is the networking that occurs among emerging and senior leaders, establishing relationships and friendships that facilitate one’s leadership throughout one’s career.

NAKHE’s Leadership Institute sponsored the 10<sup>th</sup> Leader Development Workshop (LDW) and its third Department Head Certification Training (DHCT) in June 2019. Hosted by Adelphi’s Department of Health and Sport Sciences, the LDW and DHCT were run in conjunction with the annual conference of the International Association for Physical Education in Higher Education (known internationally by its proper name, *Association Internationale des Écoles Supérieures d’Éducation Physique* or AIESEP). This year’s sessions set records for attendance, with 10 new DHCT participants and 40 participants in the LDW.







## Department Head Certification Training Protégés and Mentors for 2019

Bottom row, from left to right: Matt Madden, Physical Education Department Chair, SUNY Cortland; Paul Rukavina, Chair Teacher Education Team, Adelphi University; Emilia Zarco, DHCT Leader, Health and Sport Sciences Department Chair, Adelphi University; Kevin Mercer, Program Director for the Undergraduate Physical Education, Adelphi University; Xihe Zhu, Faculty, Old Dominion University. Second Row, from left to right: Steve Estes, Faculty, Middle Tennessee State University; Tim Baghurst, Director, Interdisciplinary Center for Athletic Coaching, Florida State University; Ron Feingold, Dean Emeritus, Adelphi University; Tim Brusseau, Director of Kinesiology, and Director of Health Promotion and Education, University of Utah; Lori Benson, Executive Director and CEO, Hip Hop Public Health; Steve Prewitt, Associate Department Head, Texas A&M Commerce; Ellen Glickman, School Director of Health Sciences, Kent State University; Jesse Germain, Leadership Institute Coordinator, and Director of Kinesiology at the United States Military Academy at West Point; Jarred Russell, Director of Student Development and Chief Diversity Officer, College of Education, Auburn University; Dan Grube, School of Teaching and Learning Director, Western Carolina University.

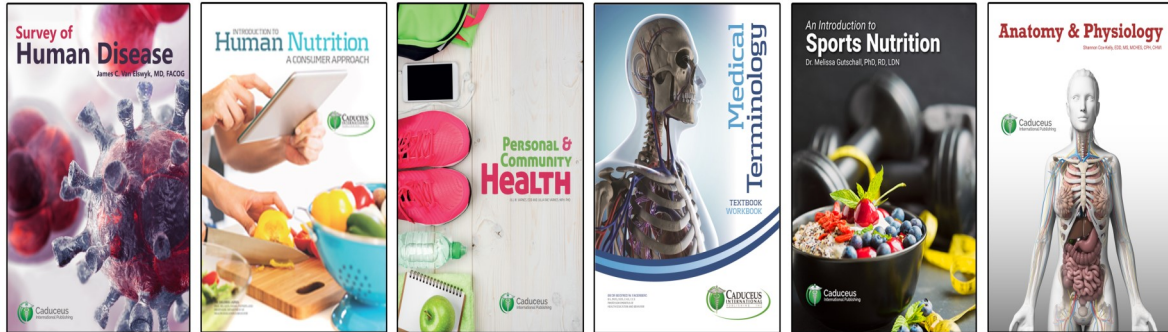
Pictured top right Brian Culp (Kennesaw State University), James Mandigo (Brock University), Jenna Lorusso (Western Ontario University), Samuel Hodge (The Ohio State University)

Pictured bottom right, Jenna Lorusso (Western Ontario University), Ann MacPhail, (University of Limerick), Brian Culp (Kennesaw State University)





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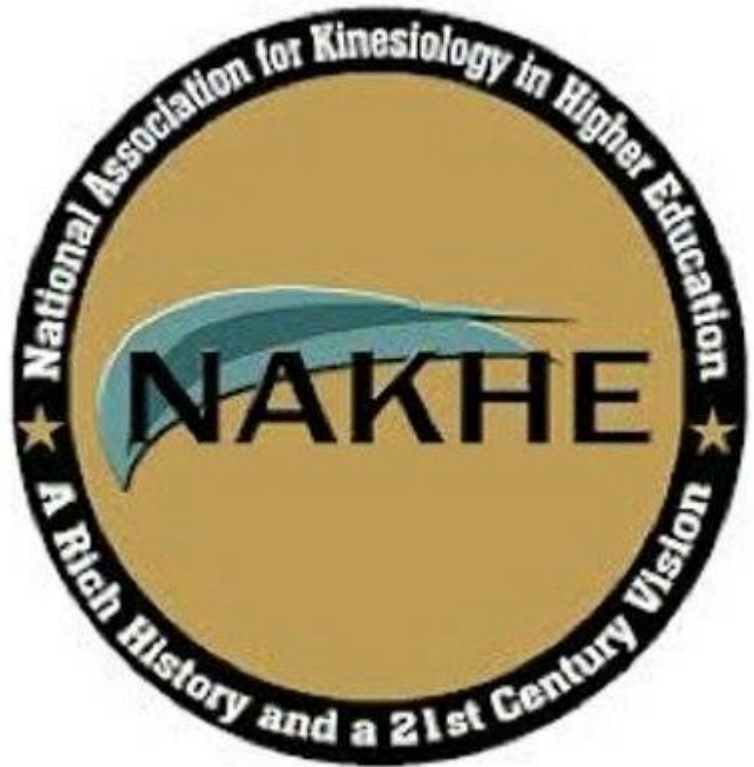
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To Learn More about the 2019 Annual Conference held in Savannah, the upcoming 2020 Conference in California, and especially to gain additional information about all of our programs and opportunities, like us on Facebook and be sure to go to our Website!

<https://www.facebook.com/nakhe2>



<https://www.nakhe.org/>

# I belong to NAKHE & here's why!

with Vanessa Fiaud

West Texas A&M Univ.



## 1. HOW DID YOU HEAR ABOUT NAKHE?

As a graduate student working on my doctorate at Texas Woman's University (TWU) as well as an international student, I was always in quest for meaningful professional and personal interactions. Having expanded my knowledge base a little bit outside of biomechanics, one of my professor suggested that NAKHE (NAKPEHE at the time) would be a perfect fit for the type of professional I was aspiring to be. Dr. Nancy Burkhalter, a pedagogue, had been a member for a long time and particularly enjoyed the organization. Therefore, I submitted a presentation and a poster and attended my first NAKHE conference in San Diego in 2006 as a doctoral student. On a funny note, I met our brand new TWU dean (Dr. Jimmy Ishee) during the poster presentation; Dr. Ishee would later become a very influential and critical mentor in my career.

**2. WHY DID YOU FIRST JOIN?** I had been looking for a place to fit in as a professional. The interactions during the 2006 San Diego conference were so rewarding as I networked with leading professionals from the field, people I admired and read about; yet, all those "seemingly unreachable

kinesiology gods" were surprisingly friendly and easy to talk to. All the members were attentive to the younger, emerging professionals, and did not hesitate to provide valuable advice and mentorship. As I attended the business meeting, the mission of the organization really resonated with me and I realized that I had found my place and my people! I belonged there. I want to thank Dr. Camille O'Bryant for the priceless discussion that very morning and her enthusiasm to include me in my newly found "professional family".

**3. WHY DO YOU COME BACK?** I had been looking for a conference where kinesiology professionals (from all sub-disciplines) would work in unison toward a common goal, although the current trend is to split the discipline into more specific fields. I found exactly that in NAKHE! The discussions are genuine and the conference format allows for real friendships to develop. Although other organizations provide valuable experiences, I have not found that level of fellowship other than at NAKHE where graduate students and top of the field

professionals alike mingle in a stress-free environment. I always feel energized after a NAKHE conference.

## 4. WHAT ARE YOUR EXPECTATIONS FROM MEMBERSHIP AND PARTICIPATION?

NAKHE provides a safe environment for young professionals to grow and seek advice from experienced members, regardless of their sub-disciplines. The organization had provided me with opportunities that I most likely would never have had in other larger organizations. NAKHE is a true professional family watching for their youngsters! NAKHE is a model organization of cooperating diversity.

## 5. WHAT CAN YOU SAY TO OTHERS ABOUT WHY THEY SHOULD BECOME INVOLVED?

NAKHE is a dynamic, evolving academic organization where kinesiologists may carve their own path and become an agent of change; you choose the way you want to participate by being a mentor, a mentee, or an observer. All you need to know of NAKHE is that all members will welcome you with open arms, will genuinely want to know you, and help you reach your goals.

**6. CLOSING MESSAGE:** I can say with certainty that the decision to attend a NAKHE conference and continue to be involved has been a blessing and was one, if not my best, professional decision.

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