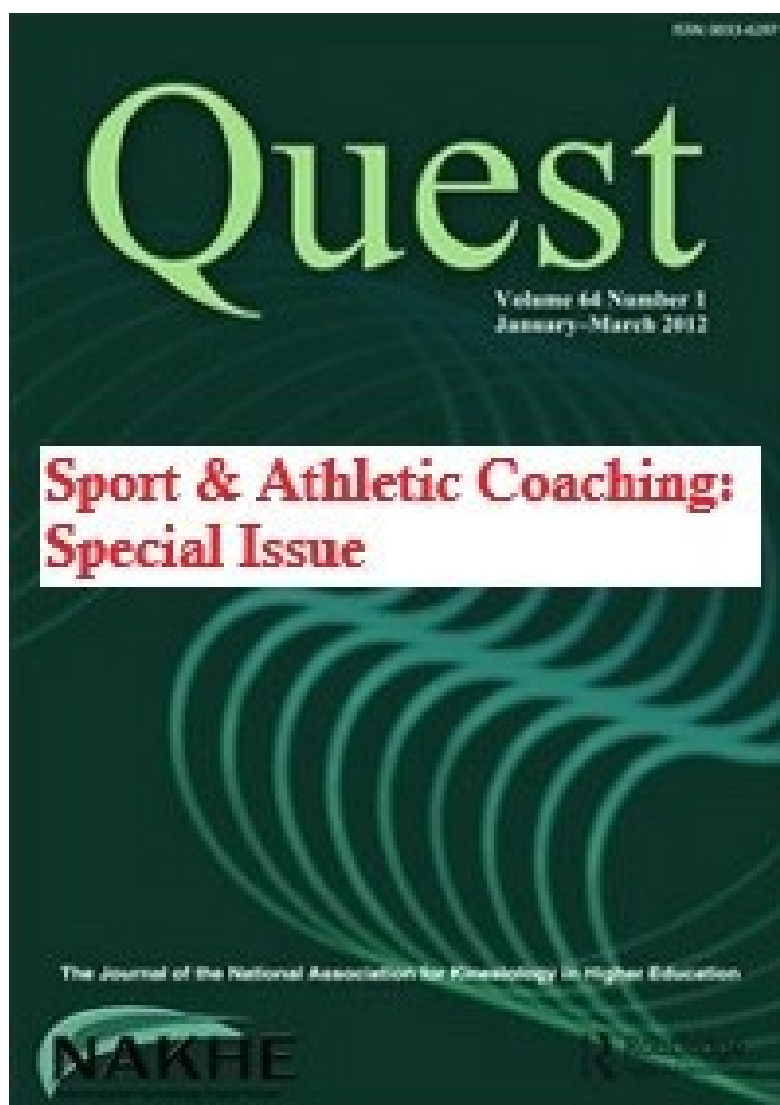


NAKHE Newsletter

May 2026

Quest Coaching Special Issue

Abstracts are due by June 1st



Click on the picture for more details!

A word of encouragement from NAKHE's President, Resa Chandler

What are we measuring anyway?

On July 31, 2025, Executive Order 14327 reestablishing the President's Fitness Test (PFT) was signed. Then, on May 5, 2026, the ceremonial signing of the executive order, along with a media rollout, placed the President's Fitness Test squarely in the public eye. The PFT was replaced by the Presidential Youth Fitness Program in 2012, shifting the focus from competitive, performance-based benchmarks to health-related fitness. At that time, the



Institutes of Medicine weighed in, stating that “fitness is not a competitive sport,” illuminating the negative fallout of standards-based fitness assessment.

For me, the PFT invokes memories that I wouldn't exactly recognize as positive. Spending some of my youth on a rural North Carolina farm, feats of strength were part of many of my weekends—hauling firewood, chopping wood, pulling my red wagon full of bricks from a fallen chimney across the uneven terrain of our backyard to fill a septic ditch, and more. Yet I received a surly helping of humble pie when I could not complete the PFT pull-up test. Little did I know at the time that the pull-up test for girls has poor concurrent validity for strength. All I knew was that I was embarrassed and not who I thought I was: strong. I do not remember how the cardiorespiratory and other tests went—only the strength test. But do not worry—I went on to win strength competitions later in life.

Which brings me to several questions today—what are we really testing anyway? What is the goal of standards-based fitness testing? Is America “strong again” if our upper echelon of athletic youth is acknowledged while the other 97–99% are perhaps embarrassed, unmotivated, and more likely to glean little enjoyment from physical education? What if assessment discourages the very activity that we are trying to measure, possibly undermining the holy grail of lifelong fitness and movement? What are we measuring if a child's confidence improves when they are not percentile-ranked? What would meaningful youth fitness assessment look like in 2026?

And this is where we, as scholars and leaders in kinesiology find ourselves, in a position where we can make our mark on the conversation. There is opportunity in the uncertainty to guide our future fitness educators—to smooth the way, to enhance fitness for all youth, to affirm the practice of fitness literacy and lifelong movement. We can use the reestablishment of the PFT to exercise our mental muscle: to educate new professionals on physical literacy, sustainable fitness, motivation, inclusive pedagogy, fitness self-efficacy, and health outcomes. I assert that the pinnacle measurement is not performance on a single day, but whether a child continues on a path of movement as part of a meaningful life.

This is a pivotal moment for each of us to reflect on—and then clearly communicate—our values as leaders in our field: to continue advancing evidence-based, developmentally appropriate, educationally sound fitness practices.

As we say, *NAKHE: Where Scholars Come to Lead.*
Lead on, NAKHE.



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.

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

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.

Leadership Development Workshop and Department Head Certification Training



Hosted by Lindsey Nanney
University of North Carolina Wilmington

About the LDW

The intent of the NAKHE Leadership Development Workshop (LDW) is to bring kinesiology leaders together to brainstorm solutions to complex problems facing higher education. The LDW is part of NAKHE's Leadership Institute, which fosters, promotes, and sustains mentoring and networking opportunities for higher education professionals.

About the DHCT

The Department Head Certification Training (DHCT) is a highly structured certification program for emerging leaders in kinesiology who aspire to be department chairs or administrators of Kinesiology and related programs at their college or university. The intent is to brand emerging leaders and administrators with NAKHE's imprimatur in leadership. [Enrollment in the DHCT is by application and acceptance only.](#)

The DHCT is held every other year alongside the Leadership Development Workshop (LDW). This year's LDW/DHCT is July 5 - 7, 2026, in Wilmington, NC.

About Wilmington

Wilmington is a port city in North Carolina. It's known as a gateway to Cape Fear Coast beaches like Wrightsville, with its strong surf, and Carolina, with its long boardwalk. Part of downtown's Historic District, the Riverwalk is lined with restaurants, galleries and shops. It runs along the Cape Fear River, where the Battleship North Carolina is moored. Artifacts on the ship explore WWII naval combat history.

About Carolina Beach

Carolina Beach is located on Pleasure Island, about 12 miles south of Wilmington International Airport. The beach town is part of the Wilmington metropolitan area. It's a charming, family-friendly coastal town known for its retro, vintage vibe, bustling boardwalk, and scenic Atlantic beaches. It features one of the last remaining boardwalks on the East Coast, complete with amusement rides, arcades, and iconic, long-standing, local eateries. The town is popular for its laid-back atmosphere, fishing, surfing, and proximity to nature, including the 761-acre Carolina Beach State Park and its unique, native Venus flytraps.

Hotel Information

Courtyard by Marriott Carolina Beach Oceanfront
100 Charlotte Ave
Carolina Beach, NC
Phone: 800-321-2211

Special Reservations:

The hotel will accept reservations from attendees after the Cut-Off Date, and/or for dates up to 3 days before or after the Event dates, only on a space- and rate-available basis. To make these special reservations, contact Whitley Akins, the Marriott Sales Coordinator, to check on options for changing room types or adding nights. Whitley's phone number and email are (910) 458-2616 and whitley.akers@crestlinehotels.com.

Reservation Guarantee:

All reservations must be accompanied by a first-night room deposit plus the applicable state and local taxes, or guaranteed with a major credit card. The hotel will not hold any reservation unless secured by one of the above methods. If a guest wishes to cancel a reservation, the deposit is refundable if notice is received at least 72 hours prior to the day of arrival and a cancellation number is obtained.

Parking:

The Hotel provides parking at a daily fee of \$9.00 per room, plus tax, for registered hotel guests, with 1 vehicle per sleeping room. Parking charges will be billed to the individual guest's room folio. Guests in these reserved and paid sleeping rooms are considered registered guests. Parking in the Hotel's lot is only available to registered Hotel guests. Unregistered guests attending functions are not permitted to use the hotel's parking facilities. Additional paid parking is available in the nearby Town of Carolina Beach and private parking lots at guests' own expense.

Wilmington International Airport (ILM)

Distance from hotel: 18.5 Miles
Phone Number: +1 910-3414333

[Airport Website](#)

Ground Transportation

- **Shuttle Service:** The workshop hotel does not provide shuttle service.
- **Uber & Lyft:** Both operate at ILM. The designated pickup area is located curbside outside of Baggage Claim. You can request a ride on-demand or use "Uber Reserve" to schedule up to 90 days in advance.
- **Taxis:** Cabs are readily available at a dedicated taxi rank outside the arrivals hall. Notable local providers include Wilmington Taxi and Pyramids Taxi.
- **Rental Cars:** Rental counters are conveniently located inside the terminal near the baggage claim area. The rental car lot is situated directly across from the terminal. The major rental car agencies, Avis, Budget, Enterprise, Hertz, National, and Alamo, all serve ILM. A specialty rental service, Baker Automotive, also offers rentals on-site.
- **Wave Transit:** The local bus system serves the airport via Route 207, connecting ILM to downtown Wilmington. Buses typically run every hour on weekdays.

2026 DHCT Tentative Registration Fees

Fee Cost

Member Registered by 5/1/2026 \$225

Member Registered by 6/1/2026 \$275

Member Registered after 6/1/2026 \$325

Registration Closes 6/8/2026

Registration Limited to 5 People

Not a member of NAKHE but want to participate in the DHC Training?

[Join NAKHE here!](#)

Tentative Schedule:

Sunday, July 5: Dept Head Certification Training 4:00-5:30 PM; Welcome Reception 6-7 PM; Dinner on your own 7 PM until

Monday, July 6: Workshop Activities 9 AM-5 PM; Dinner on your own

Tuesday, July 7: Workshop Activities 9 AM-1 PM; NAKHE Board Meeting 1:00-2:00 PM; Enjoy the afternoon.

Wednesday, July 8: No planned activities. Depart or recreate.

For further information, contact:

Chris Wirth

Department Head Certification Training Coordinator

cwirth@uwf.edu

Lindsey Nanney

Leadership Development Workshop Coordinator

nanneyl@uncw.edu

Tim Brusseau

Leadership Institute Chair

tim.brusseau@utah.edu

Click the picture above to access links to hotel booking and DHCT application

Event Information

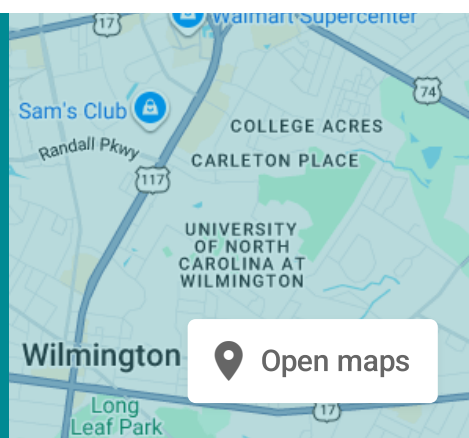
LDW and DHCT

When?

Sunday, Jul 5, 2026, 08:00 AM

Where?

**University of North Carolina Wilmington, College Rd,
Wilmington, NC, USA**



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

2027 Annual NAKHE Conference: *Blazing New Trails: Exploring Innovative Frontiers Through Bold Perspectives*

January 5-8, 2027

Eldorado Hotel and Spa

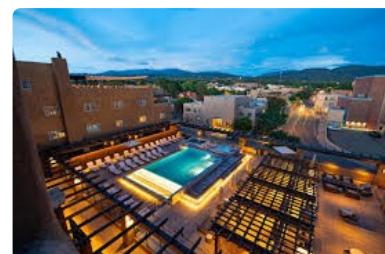
309 W San Francisco St.

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 Proposal for 2027 NAKHE Annual Conference. Click here to submit!

Event Information

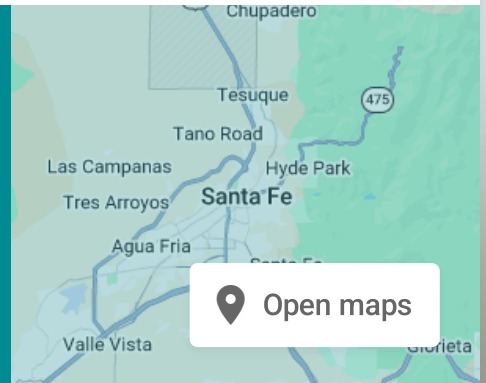
2027 Annual NAKHE Conference

When?

Tuesday, Jan 5, 2027, 08:00 AM

Where?

Santa Fe, NM, USA



COMMITTEE CHAIR

Spotlight

Future Directions Committee

Melissa Jensen

Texas Christian University



nakhe.org



NAKHE is proud to celebrate Melissa Jensen, Chair of the NAKHE Future Directions Committee!

Melissa serves as an Assistant Professor of Professional Practice at Texas Christian University and has been a dedicated NAKHE member for 7 years. Through her leadership, the Future Directions Committee helps shape the path ahead for NAKHE by recommending innovative

initiatives, assisting with conference planning, and reviewing the organization's strategic plan, mission, and vision.

"My favorite part of this role is working with the current president and vice-president on projects that guide the future direction of NAKHE."

Thank you, Melissa, for your leadership, service, and commitment to advancing the future of kinesiology higher education! 🙏

Interested in serving? Future Directions Committee members are appointed by the president, so stay connected with NAKHE for future leadership opportunities.

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!



Get Published

Please consider submitting an article to [#NAKHE](#) 's Journals-

IJKHE - <https://www.nakhe.org/submit-to-the-journal.html>

Quest - <https://www.nakhe.org/submit-to-quest.html>





Education for Empathy in Physical Education: A PRISMA Review

Costa, S., Eschenauer, S., & Vors, O. (2025)

<https://doi.org/10.1080/00336297.2025.2586511>



Why Oppose a Common Form of Practice? A Response to Parry ET Al

Collins, D., Carson, H. J., Price, A., & Waldouck, D. (2025).

<https://doi.org/10.1080/00336297.2025.2586516>



Physical Education Research in Peer-Reviewed Arabic Language Journals: A Case for Consideration

Hastie, P. A., & Alshuraymi, A. N. (2025).

<https://doi.org/10.1080/00336297.2025.2586500>

OPERA (Opportunities in Physical Education and Related Areas)

Click each picture to read the job description.



Director, Master of Public Health (MPH) Program - University of Tennessee at Martin

State: Martin, TN

Position: Director, Master of Public Health (MPH) Program
Deadline: June 1, 2026



Dean, College of Health Sciences - University of Michigan-Flint

State: Flint, MI

Position: Dean, College of Health Sciences
Deadline: June 10, 2026



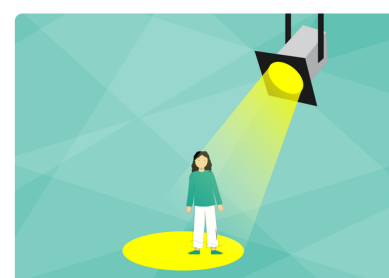
Assistant/Associate Professor, Teaching (non-tenure track) - Wayne State University

State: University Center, MI

Position: Assistant/Associate Professor, Teaching (non-tenure track)
Deadline: June 10, 2026

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.