

# NAKHE NEWSLETTER

January 2023

## 2023 ANNUAL NAKHE CONFERENCE RECAP!

The NAKHE Board of Directors extend their *sincere thanks* to everyone that played a part in making the 2023 Conference a success! We especially want to thank all our presenters, lecturers and volunteers. We could not have done this without you! Most of all we wish to thank the NAKHE members who attended the conference, without whom, the conference would not have been successful.

We had 135 registered attendees, 50 of which were first time attendees at this year's conference; how awesome is that?! If you invited one (or more) of those folks: Thank you!

We look forward to staying connected through out the year. Be sure to look out for more information on our Leadership Development Workshop, Awards, and Calls for Proposals. Make the most of your NAKHE membership!

Thank you again for your active engagement in NAKHE and remember to invite someone to join the association. [Please take a moment to watch the video recap below.](#)

**The NAKHE Leadership Team**

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### NAKHE 2023 Conference Highlight





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## A MESSAGE FROM THE PRESIDENT

**Dear Members,**

For many, a new year often brings new hope and a new impetus to set goals. Most succumb within a few months and the goals remain unfulfilled. **NAKHE set goals in 2022, which I'm pleased to say were largely met**, and I recently met with the Marketing Committee to set new goals for the coming year with respect to membership numbers, attendees at our [Leadership Development Workshop](#) in July, our National Conference in January 2024, and the number who submit to our outstanding [journals](#).



But I have personal goals as president, also. By 2024, I want to have thoroughly discussed the NAKHE name, particularly the importance of the word “*national*” within our name, given the growing internationalization of our membership and readership of our journals. Second, working with our past president Tara Tietjen-Smith, we would like to have presented a rationale to the Board of Directors for the creation of an Event Manager position within NAKHE to alleviate the strenuous load placed on our Vice Presidents. Third, I have asked the Awards Committee to explore the creation of a Mentorship Award given the importance we place on mentoring and leadership within our organization. Last, I have asked the Future Directions Committee to continue the development of a Recognition Program for academic programs that may be interested in seeking external feedback and ways in which they might improve. This has been a project that began in 2018 and has the potential to assist faculty and potentially recruit new members.

As I stated at the beginning, goals are not always achieved, but my hope is that through the work of the Board of Directors, our committees, and our membership, we can achieve tangible and beneficial outcomes this year.

Sincerely,

Timothy Baghurst, PhD  
NAKHE President  
[tim.baghurst@nakhe.org](mailto:tim.baghurst@nakhe.org)

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### JOANNA DAVENPORT DOCTORAL POSTER SESSION

Congratulations to the 2023 Joanna Davenport Doctoral Poster Session winner, Omer Sanchez, from Ohio State University.





## COLLEGE OF EDUCATION & HUMAN ECOLOGY / THE OHIO STATE UNIVERSITY / HUMAN SCIENCES

# Latina-Latino Parents' Self Reported Beliefs about Physical Activity Survey – Psychometric Analysis Omar Sanchez (PhD Student)

## INTRODUCTION

Physical activity is well known for promoting a healthier lifestyle. Regular participation in physical activity can decrease health-related issues, issues such as obesity, diabetes, hypertension, and cardiovascular (Centers for Disease Control and Prevention [CDC], 2020).

With the four-constructs leading to behavior identified in Figure 1, within the Theory of Planned Behavior an initial list of 19 items was generated. When designing an instrument, it is recommended that both qualitative and quantitative information is collected from experts in the field (McCoach et al., 2013).

Figure 1. Theory of Planned Behavior (Ajzen, 1991).



## PURPOSE

The purpose of this study was to assess the validity and reliability of the Latina-Latino Parents' Self-Reported Beliefs about Physical Activity survey (19 items) analyzing the four factors of the Theory of Planned Behavior.

## THEORETICAL FRAMEWORK

### Theory of Planned Behavior

The Theory of Planned Behavior (TPB) was proposed by Icek Ajzen in 1985. TPB suggests that behavior is based on one's intention (Rhodes et al., 2019). There are three factors that lead to intention: (a) attitudes, (b) subjective norms, and (c) perceived behavioral controls.

To interpret the three constructs that lead to intention, they can be viewed as followed:

- A) Attitudes: What do I think?
- B) Subjective Norms: What do others think?
- C) Perceived Behavioral Controls: Can I do it?

## METHODS

### Three-phase approach

- Item Generation
- Content Validity
- Psychometric Evaluation

### Participants

Potential participants were invited to complete survey as well as a demographic questionnaire. The survey was generated using Qualtrics through The Ohio State University. Demographics questions were also included, such as gender, age, ethnicity, income, disability, and where do they reside.

## RESULTS

### Figure 2. Item Generation



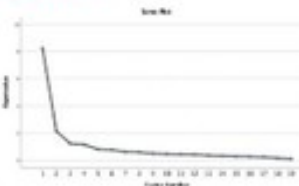
## Figure 3. Survey Results



- KMO test reported a result of .917.
- The table of eigenvalues reported four eigenvalues greater than one. All four accounted for 67.043 % of the variation in responses.
- The scree plot (Figure 4) indicated a flattening of the third component, resulting in a three-factor solution.
- Velicer's Minimum Average Partial (MAP) test suggested a three-factor solution.
- The parallel analysis indicated a two-factor solution.

After these analyses were interpreted, it was determined that there were three factors in the data.

## Figure 4. Scree Plot



## Subscale Reliability Analysis

- Cronbach's alpha for the "Attitudes" subscale was .849
- Cronbach's alpha for the "Subjective Norms" subscale was .805
- Cronbach's alpha for the "Perceived Behavioral Control" subscale was .713
- In this subscale in order to reach a desired Cronbach's alpha of .80, two additional items will need to be added
- Cronbach's alpha for the "Intention" subscale was .905

## CONCLUSIONS

Validity evidence is presented in the Latina-Latino Parents' Self-Reported Beliefs about Physical Activity survey by confirming a three-component (attitude, subjective norms, and perceived behavioral control) model based on the responses of the Latino parents.

There is empirical evidence that the Theory of Planned Behavior supports the influence of attitude, subjective norms, and perceived behavioral control towards the intention of taking part in physical activity (Vallance et al., 2008).

This scale can be utilized in future research within the targeted population to identify one's beliefs about physical activity. It is important to explore the determinants of physical activity in this population as they have the highest prevalence percentage (32.1%) of inactivity.

E-mail: [sanchez.1197@osu.edu](mailto:sanchez.1197@osu.edu) with suggestions.

## BIBLIOGRAPHY

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# CONGRATULATIONS TO OUR NEWEST NAKHE FELLOWS! 🙌

## CLASS OF 2015

- 1 HALLY BETH POINDEXTER
- 2 JOHN MASSENGALE
- 3 RON FEINGOLD
- 4 KAREN DEPAUW
- 5 JOY DESENGI
- 6 MEL FINKENBERG
- 7 LEAH FIORENTINO
- 8 MIKE METZLER

## CLASS OF 2016

- 9 JUDITH BISCHOFF
- 10 MARILYN BUCK
- 11 CHARLES CORBIN
- 12 STEVEN ESTES
- 13 DONALD HELLISON
- 14 SAMUEL HODGE
- 15 JIMMY ISHEE
- 16 JACLYN LUND
- 17 CAMILLE O'BRYANT
- 18 DEAN PEASE

## CLASS OF 2017

- 19 JOHN CHARLES
- 20 DAVID CLARKE
- 21 DORIS CORBETT
- 22 JODY DAVENPORT
- 23 SCOTT KRETCHMAR
- 24 DICK SWANSON

## CLASS OF 2018

- 25 BETTY BLOCK
- 26 B. ANN BOYCE
- 27 JOHN DUNN
- 28 RICHARD OATES
- 29 GEORGE SAGE
- 30 ALISON WRYNN

## CLASS OF 2019

- 31 DAMON ANDREW
- 32 LINDA BAIN
- 33 BRAD CARDINAL
- 34 BRIAN CULP
- 35 ANNA FRANK
- 36 E. NEWTON JACKSON JR
- 37 LAWRENCE LOCK
- 38 BEVERLY MITCHELL
- 39 GLORIA NAPPER-OWEN
- 40 ROBERTA PARK
- 41 DONNA WOOLARD
- 42 EMILY WUGHALTER

## CLASS OF 2020

- 43 JESSE GERMAIN
- 44 BETHANY HERGMAN

## CLASS OF 2021

- 45 BRITT JOHNSON
- 46 LYNDA RANDELL
- 47 HANS VAN DE MARS

## CLASS OF 2022

- 48 DIANE GILL
- 49 TARA TIETJEN-SMITH



## FELLOW #50 DR. JUSTIN HAEGELE

Fellow #50 Justin A. Haegele, PhD, is an Associate Professor and the Director of the Center for Movement, Health, & Disability in the Department of Human Movement Sciences at Old Dominion University (Norfolk, VA, USA). Contextualized within

the interdisciplinary field of adapted physical activity, his primary research interests center on exploring how disabled individuals experience physical activity participation, including within school-based physical education contexts. Since joining Old Dominion University in 2015, Dr. Haegele has amassed over 215 peer-reviewed research publications, as well as several edited or authored texts. He currently serves as the director of Project CAPER and the co-director of the MAMC, two adapted physical activity training collaboratives that are funded through the US Department of Education focused on training doctoral scholars in the field. He is also currently the president of the North American Federation of Adapted Physical Activity, and the editor-in-chief for the peer-reviewed publications *Quest* (2022-2024) and *Adapted Physical Activity Quarterly* (2023-2025).



## FELLOW #51 DR. JODY LANGDON

Fellow #51 Dr. Jody Langdon is a Professor of Exercise Science and Coaching Education at Georgia Southern University. She earned her doctorate in Physical Education Teacher Education from the University of South Carolina. She also holds a master's degree in

Exercise and Sport Science, with a concentration in Physical Education Pedagogy, as well as a bachelor's in Exercise and Sport Science, with a concentration in Athletic Training. She has worked at Georgia Southern University since 2010. Before that, she worked as an elementary and middle school physical education teacher, volleyball and track coach, and athletic trainer in Florida. Dr. Langdon has served in a variety of roles at Georgia Southern University, including Exercise Science Undergraduate Program Coordinator, as a member of the Georgia Southern University SoTL Leadership Team, and is currently serving as the

Undergraduate Honors Program Coordinator for Exercise Science and Sport Management. She primarily teaches research methods in undergraduate and graduate programs in the department of Health Sciences and Kinesiology. Reinforcing the teacher/scholar model, her research focuses on the provision of autonomy support in sport and academic settings. She has authored two book chapters, over 50 research articles/abstracts, and 108 presentations on a variety of Kinesiology-related topics. Within NAKHE, she has served as editor of OPERA, editor of the International Journal of Kinesiology in Higher Education, Future Directions Committee Chair, Vice-President, and is currently the Chair of the Special Task Force for Coaching Education. Aside from her service to NAKHE, she has also mentored 58 master's and undergraduate student thesis projects, serving as either a chair or committee member.

FELLOW #52  
**DR. BRADFORD STRAND**



Fellow # 52 Dr Bradford Strand received his BS in physical education and social studies from Mayville State University, ND in 1978. He taught and coached high school for five years. He earned his MS degree from North Dakota State University, Fargo, ND in 1984. He coached college basketball for two years and then earned his PhD from the University of New Mexico in 1988. He taught one year at William Paterson University, NJ, seven years at Utah State University, UT, and has been at NDSU for the past 27 years. This year will complete his 45th year as an educator. Bradford served for 12 years as a department head at NDSU and is currently a professor in the Department of Health, Nutrition and Exercise Sciences.

Bradford has conducted over 275 presentations, workshops and demonstrations and is the lead author of three books and co-author of two booklets on fitness education. Brad has published over 180 professional articles and abstracts on physical education, fitness education, youth sport, leadership, coaching education, and technology in physical education and secured over \$1,150,000 in grants and contracts for various projects.

Bradford has served on a number of national boards and committees including Vice-President, International Council of Health, Physical Education, Recreation, Sport and Dance North American Region; President, AAHPERD; President, (NASPE); President for the North Dakota AHPERD and Vice president for Sport and Physical for the Central District AAHPERD.

Bradford has received a number of professional honors including: Distinguished Administrator Award, NAKHE; Scholar of the Year Award for the Central District AAHPERD; Honor Award from the Utah AHPERD; Honor Award from the Central District AHPERD; Honor Award from the North Dakota AHPERD; Honor Award from AAHPERD; Fellow Status in the North American Society of Health, Physical Education, Recreation, Sport and Dance; Fellow Status #501 in the National Academy of Kinesiology; Research Consortium Fellow AAHPERD; and has received the Distinguished Alumni Award from his undergraduate alma mater, Mayville State University, ND and the Bernard Rodey Alumni Award for excellence in education leadership from the University of New Mexico.

# SAVE THE DATE

## JULY 12-14, 2023

### LEADERSHIP DEVELOPMENT WORKSHOP

### JACKSONVILLE, FLORIDA

Meet our NAKHE New Member of the month: Patrese Nesbitt





**Assistant Professor** | Physical Education, Exercise & Sports Studies, & Sport Management

**Affiliation:** School of Education & Human Development, Kentucky State University

**Research Interests:** Fitness equity, Health behaviors and in the Black community, The Baptist Church's relationship with health & wellness

**Why are you a NAKHE member?** I truly enjoy the size of the organization, as it feels more like family. I joined to encourage professional development and growth amongst our student population at Kentucky State University, and finding an organization that meets your need to grow. I feel as if NAKHE

provides that opportunity to grow me as a professional and give good fruit to those who follow my footsteps.

Patrese is the newest member of the NAKHE Marketing Committee.

## 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 [on this form](#) to be considered as our next featured member. If you have any questions, please contact Kanae Haneishi (the committee chair) at [khaneishi@western.edu](mailto:khaneishi@western.edu). Thank you so much!



Sincerely,

**NAKHE Marketing Committee**



## Get Published!

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

IJKE -

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



**Featured Article**



**Featured Article**

Quest -

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

Insook Kim, Bomna Ko & Daekyun Oh (2022).

Professional Development Policies and Practices for Developing Content Knowledge of Physical Education Teachers, International Journal of Kinesiology in Higher Education, DOI:

[10.1080/24711616.2022.2130843](https://doi.org/10.1080/24711616.2022.2130843)

Longxi Li, Michelle E.

Moosbrugger, Elizabeth M.

Mullin, Anni Wang & Michael

Louis (2022). Targeting Well-

Being and Physical Activity

through Sport Education in

Higher Education, Quest, DOI:

[10.1080/00336297.2022.2149416](https://doi.org/10.1080/00336297.2022.2149416)

**NAKHE IS NOW ON LINKEDIN AND INSTAGRAM! GIVE US A FOLLOW AND USE #NAKHE**

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Tag NAKHE



**#NAKHE**

**Please use Hashtag**

**#NAKHE**

**We want to celebrate and share your work**

### Have Exciting News?

We have now a link for the members to send us their information for our social media: [Share Your News Here!](#) Our members can use this form to send us the information that they want us to announce on our social media. For example, if they are presenting at a conference, they can send us the information!



## 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](mailto:admin@nakhe.org).

