

**PUSHING  
THE BOUNDARIES**



**ARIZONA AND NEW MEXICO  
ASSOCIATIONS FOR HEALTH,  
PHYSICAL EDUCATION,  
RECREATION AND DANCE**

*Conference Chair: Dr. Jack Chisum; Co-Chair: Diane Brand*

## Scientific Program

### Session One

*Thursday, April 30, 2009*

(Drinks Will Be Available In The Morning)

*9:00 am — 9:45 am*

*Dierdra Bycura, MS*

**“EXERCISE ADHERENCE: THE ROLE OF MOTIVATION IN GOAL SETTING AND INTENTION PLANNING”**

It is common knowledge that not all people like to exercise. Some even share strong, declarative statements indicating their outright disdain for exercise. Given the propensity of physical inactivity and the relationship of sedentary behavior to higher incidence of chronic disease, it is important to examine why people engage in physical activity do so and how people move toward self-determined behaviors toward exercise.



Dierdra Bycura, PhD Candidate,  
Northern Arizona University,  
Flagstaff, Arizona

*10:00 am — 10:45 am*

*Peggy Miles, MS*

**“FIT FACTS, FUN WAYS: RHYMES, RIDDLES AND RAPS”**

Are your students struggling to grasp basic fitness and nutrition concepts? Have you exhausted your teaching “Bag of Tricks?” Rejuvenate your strategies by incorporating rhymes, riddles and raps. Not only will students learn key concepts, but they will retain them for a life time..



Peggy Miles, MS  
Payson, Arizona

*11:00 am — 11:45 am*

*Dr. Steve Cernohous*

**“THE COACHES’ ROLE IN SPORTS MEDICINE: THE FIRST LINE OF INJURY PREVENTION”**

This presentation will focus on the critical role that coaches and physical educator’s have in recognizing the various aspects that contribute to athletic injuries. These aspects include unsafe instructional techniques, improper training, faculty equipment, biological conditions and environmental hazards. Recent research suggests that increasing numbers of participants in competitive athletics coupled with dwindling numbers of certified athletic trainers has led to a growing number of athletic injuries. Subsequently, coaches have been asked to take on a more active role in injury prevention and health education.



Dr. Steve Cernohous, Ph.D.  
Northern Arizona University,  
Flagstaff, Arizona

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## Scientific Program

### Session One, Continued

*Thursday, April 30, 2009*

(Lunch Vouchers Are Included For The DuBois Center)

*Lunch—Conference Dining, DuBois at NAU*

*12:15 pm — 1:15 pm*

*Poster Session*

*1:15 pm — 1:40 pm*

*1:45 pm — 2:30 pm*

*Sierra Castro, Kelly McMorris  
& Jaclyn Chandler*



Sierra Castro, Kelly McMorris & Jaclyn Chandler,  
Graduate Students for Physical Education

### “PHYSICAL EDUCATION ACTIVITIES ON A DIME”

Come try a few new innovative PE activities created from household equipment. We will present activities that can get your students or athletes working cooperatively together while they are still engaged in fitness. Meet us outside to learn and participate in creative ways to incorporate health and skill related concepts into your learning environment.

*2:45 pm — 3:30 pm*

*Tiffany Gray, MS*

### “WALKING AND BODY COMPOSITION VARIABLES OF FEMALE ELEMENTARY SCHOOL TEACHERS”

The purpose of this study was to examine an objective measure of physical activity (PA) using pedometer-determined steps/day and a subjective measure (Bouchard 3-Day PA Record) of PA on the body composition variables of body mass index (BMI) and waist circumference (WC) of healthy female teachers. Overall, these data suggest that although these women were physically active (steps/day), the intensity of their activity was low. Additionally, the weak inverse correlations are not robust enough to determine the effect of PA on BMI and WC in female elementary school teachers.

*3:45 pm — 4:30 pm*

*Paul Reynolds*

“ \_\_\_\_\_ ”

Budget cuts in high school athletics and how we are combating that through booster clubs, raising fees and creative fundraising. The role of the high school athletic director and where this position might be headed in the economic downturn.

Paul Reynolds is the Athletic Director at Queen Creek High School in Queen Creek, Arizona. He was a strength coach at the University of Oregon and for professional athletes.



Tiffany Gray, MS  
Exercise and Wellness,  
Arizona State University  
Mesa, Arizona



Paul Reynolds  
Athletic Director, Queen Creek High School  
Queen Creek, Arizona

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## Scientific Program

### Session Two

*Friday, May 1, 2009*

**(Breakfast Vouchers Are Included For The DuBois Center)**

*9:00 am — 9:45 am*

*Dr. Joe Schmalfeldt*



Dr. Joe Schmalfeldt  
Prof. for Exercise & Sports Science  
New Mexico Highlands University, New Mexico

**“STEPS TO GETTING THAT FIRST JOB AS A KINESIOLOGY GRADUATE”**

This presentation is on helping your kinesiology students land their first job after graduation. The presenters will provide examples of electronic portfolios hosted online and CD creation (resumes with embedded audio/video) and interview techniques that will move your student to the “head of the candidate pool”.

*10:00 am — 10:45 am*

*Dr. Pete Leroy*



Dr. Pete Leroy  
Prof. for Exercise & Sports Science  
New Mexico Highlands University, New Mexico

**“HOW'D I GET HERE? ... YOU ARE NOW WHAT YOU WERE WHEN ... WHEN YOU WERE VALUE PROGRAMMED ”**

Where did (and do) you and other people get their ideas of how the world is, or how it ought to be? Like it or not, you behave and think about people, places, and things as a result of the value– programming you received. By that, I mean that a very early age, you were “taught” how to “see the world”.

*11:00 am — 11:45 am     John McComish, Keynote Speaker*

**“PUBLIC EDUCATION IN ARIZONA: PLAYING THE MONEY GAME”**

John McComish, a native of Youngstown, Ohio, graduated from Colgate University in 1965. He spent the next 24 years climbing the corporate ladder with several Fortune 500 companies. McComish was named National Sales Manager with Johnson & Johnson at the age of 35.

In 1989, he decided to leave the corporate world, moving to Arizona and opening a bookstore and took over as President of the fledgling Ahwatukee Foothills Chamber of Commerce in 1996. From that time until his retirement at the end of 2006, the Chamber grew from 64 members to over 650. In addition to his Chamber responsibilities, McComish served on the City of Phoenix Planning Commission and has been Chair of the Ahwatukee Foothills Village Planning Committee. Currently he is a part-time instructor with the Maricopa Community College system.

John McComish and Karen, his wife of 44 years, live in Ahwatukee where she is a teacher in the Kyrene School District. They have two adult children and three grandchildren.

Representative McComish is serving his third term in the Legislature and currently serves as Majority Leader. He is a member of the Rules Committee, the Joint Legislative Budget Committee, Legislative Council, and the Joint Committee on Capital Review.



John McComish, Keynote Speaker  
Majority Whip,  
House of Representatives in Arizona