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IUP KINESIOLOGY, HEALTH, & SPORT SCIENCE DEPARTMENT NEWSLETTER



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Student Showcase: Brooke Little

Brooke Little ('23) is originally from Columbus, Ohio, and attended Olentangy Orange High School. She is a fourth-year student at IUP, where she is finishing up her graduate degree in Sports Management. "I chose Sports Management because I could not leave the sport of volleyball. It is my passion and I want to share that with future athletes."

Brooke has enjoyed her major classes. Those classes have allowed her to explore the different career paths within Sports Management, and they are also the ones she found most interesting as they have shown her future career. "These classes have allowed me to explore current issues in the Sports Management field, which is amazing."

After Brooke finishes her graduate degree, she plans on pursuing a job coaching volleyball in collegiate athletics.

Throughout her time at IUP, Brooke has participated as an integral member of the varsity volleyball team. "I had the opportunity to build life-long friendships with my teammates and to explore volleyball as a future career. Although I endured multiple coaching changes, I am grateful for my experience because it taught me how to adapt and be comfortable through change." Brooke has learned many lessons while being a part of the volleyball team and she wouldn't trade her experience for the world.

In her free time, Brooke really enjoys playing volleyball and hanging out with her friends. Especially when the weather is nice, so she can read/study outside.

Student Advice to Prospective Students: "I would tell them to consider the 4+1 program as well to consider taking summer and winter courses. That is how I have completed a 4-year undergrad and 2-year graduate degree in only four years."



Faculty Focus: Dr. Leslie Stenger

Dr. Leslie Stenger, Assistant Professor in Department of Kinesiology, Health, and Sport Science

Dr. Leslie Stenger has more than 35 years of experience in the health and fitness industry. She has spent 17 years at the Indiana University of Pennsylvania. Dr. Stenger has served as the program director for two cardiac rehabilitation centers and developed corporate fitness programs to a variety of corporations within the Pittsburgh area.

Dr. Stenger was also a partner of Fitness Essentials, a personalized training company serving the Pittsburgh area. She also served as the Program Director for the Health and Fitness Center of the Duquesne Club. Dr. Stenger continues to act as a consultant in the health and fitness industry, with a focus on employment engagement, staff training and hiring procedures.

Outside of the classroom, Dr. Stenger is very active in the local community serving on a variety of committees focused on increasing physical activity opportunities for experiential learning. Dr. Stenger has collaborated with the professionals in the Food and Nutrition Department to develop and implement training opportunities for the volunteer firefighters of the Indiana Fire Association.



Interested in giving to the IUP KHSS Department?

The Kinesiology, Health, and Sport Science Department is happy to announce that we have decided to establish a KHSS Freshman Scholarship. We are looking forward to providing financial support to incoming freshmen to show commitment to our discipline and our belief in the talent of incoming freshmen who have chosen fields and future careers in KHSS.

Anyone wishing to help fund this scholarship can donate using the link:

<http://www.iup.edu/givetoKHSS>

(Please share this link with alumni, student organizations, and all in the IUP community!)



Featured Alumni: Chad Duryea

Chad Duryea ('07), Physical Education Teacher, Head Boys' Varsity Soccer Coach, and Unified Bocce Ball Coach

Chad Duryea is originally from Johnstown, PA and attended Richland High School. He attended the University of Pittsburgh his freshman year of college where he started out as a Nutrition major. However, he wanted to transfer somewhere that had "a top-notch Health and Physical Education/K-12 Teacher Education program, smaller class sizes, and able to provide pre-professional opportunities to gain valuable experience in classrooms and network with HPE teachers". Duryea was very interested in Nutrition and Dietetics; however, he wanted to work with children and be able to teach HPE K-12. He wanted to have the opportunity to share his passion for physical activity, exercise, and sports with the younger generations. While at IUP, Duryea really enjoyed Adapted Physical Education and all his Pedagogy classes. He benefited from the teachings of Dr. Lorenzi, Mrs. Deutschlander, and Mrs. Brunetto. "They all did an incredible job of developing my passion for HPE and teaching me how to share that passion through successful teaching skills and strategies.



Duryea had the opportunity to intern in different classrooms in the Indiana and Pittsburgh area, where he was able to teach lessons to students. After graduation, his first job was teaching HPE at the Academy Schools in Pittsburgh, PA. He taught HPE to at-risk male students during summer school. After finishing summer school, Duryea was hired at North Star High School in Boswell, PA to teach HPE 9-12, Driver's Ed. (Theory and BTW), and coach the boys' varsity soccer team. "I was led to working at North Star HS because of its reputation as a strong school community and the opportunity to teach and coach in a public high school setting." Duryea was able to make it back to Richland High School as the Physical Education teacher, Head Coach of the varsity boys' soccer team, and coach of the Unified Bocce Ball Team. "I graduated from Richland HS, so to be able to come back and teach and coach the current students is the perfect opportunity to give back to the school community that gave so much to me as a student." Recently, Duryea received an award from IUP for the 2023 HPE Outstanding Alumni Award.

Alumni Advice to Students: "My advice to current IUP physical education students is to get involved in as many organizations, clubs, and activities through HPE as possible. There are so many unbelievable HPE teachers out there; put yourselves in positions where you can interact with, learn from, and work alongside some of the best HPE teachers in the state! My second piece of advice is, if an opportunity arises where you can do something just a little bit extra to make a lesson special for a student or group of students, always do it! You never know when your actions as a teacher will create a memory that your students will never forget and always be grateful for!"



KHSS Student receives State Outstanding Future Professional Award

Riley Prugh, a junior undergraduate student in the Health and Physical Teacher Education program, was recognized as the 2022 recipient of the Outstanding Future Professional Award. This award is given by the PA chapter of the Society of Health and Physical Educators (SHAPE PA), an organization for health and physical education professionals. The Outstanding Future Professional Award recognizes student achievements in academics, professional service and potential, and contributions to the university and community.

Prugh is very active in her major, and her local community. She is also IUP's liaison for a state-wide SHAPE PA Future Professional Advisory Council. Prugh received her award at the state SHAPE PA Convention this past December.

"This award means so much to me because I know I am making a difference and proving to my professors and other professionals around me that I am trying to make myself a better person and educator for my future students one day," Prugh said. Prugh plans to continue her education at IUP and receive her master's degree in Adapted Physical Education, then possibly pursue a Doctorate degree. Also, continue her involvement in SHAPE



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