Welcome to the second issue of “And the Beat Goes On.” As you can see, the spring semester was another productive one for our students and faculty. They represented Truman at conferences across the nation and in several scholarly publications. It was particularly exciting to see our students’ research highlighted in several popular publications such as *Muscular Development*, *Muscle and Fitness*, and *Shape*. These publications reach millions of readers so a special congratulations to those student authors and the faculty members who mentored them. In this issue, you will find some new features including “focus on faculty,” “where are they now?” (catching up with retired faculty), and information on the various scholarships available to HES students. As always, I invite you to contact either the HES office or myself with comments, suggestions, or if you just would like to visit.

- Chris

**Student and Faculty Awards and Contributions**

- MOAHPERD Dance Chair-Elect for 2003-2004: Melody Jennings
- TSU Order of Omega; Golden Apple Award: Carol Cox
- Selected to participate in WELCOA’s University Affiliate Program: C. Cox
- Student Excellence Award: Alan Toigo (HS)
- Outstanding Educational Event: Eta Sigma Gamma– Safe Break Campaign: C. Cox
- Serve Center Award for Service: Abigail Souders (ES)
- Finalist for Student Hall of Fame: Erin Machens (HS)
- Research featured in publications of *Muscular Development*, *Muscle and Fitness*, and *Shape*.
- Academic All-MIAA: Alan Heincker, Matt Helbig, Mike Nelson, Rebecca Kudrna, Lindsay Weese, Leah Zidon, Sara Murray, Anna Sonderman, Britni Buford, A. Souders
- MIAA Presidential Scholars: Meghan Burkett, Sarah Dance, A. Souders
- 40 students named to the MIAA Commissioner’s Academic Honor Roll
- NCAA Division II All-American: M. Helbig, Elizabeth Economon
- Academic All-Americans: Diana Betsworth, Christina Blose, Alison Blyth, S. Dance, Kelli Dudley, Ellen Frick
- Verizon Academic All-American First-Team: B. Buford, S. Dance, K. Dudley
- Verizon Academic All-District VII First-Team: Austin George, B. Buford, S. Dance, K. Dudley
- Verizon Academic All-District VII Second Team: Elizabeth Economon, A. Souders
- Dean’s Recognition of Academic Excellence Award: B. Buford, E. Frick, K. Dudley
- NACDA Postgraduate Scholarship Finalists: K. Dudley

“Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.” - Aristotle
Foundation and Endowed Scholarships
Health and Exercise Sciences

Larry W. and Linda K. Boleach 2 awards at $575 each
This scholarship was established in April 1997, by Mr. and Mrs. Steven Barger ('67) to honor Larry and Linda Boleach. Larry Boleach taught in Truman's Exercise Science program for 35 years and is now a professor emeritus. Mr. Barger is Senior Executive Vice President of Business Development for Primerica Financial Services. The scholarship is awarded annually during the Spring semester to a junior student for use during the student's senior year.
* Exercise Science major
* Demonstrated leadership potential
* Outstanding academic performance

Jack and Melba Bowen 2 awards at $325 each
This scholarship was established in 1998 by Mr. and Mrs. Steven Barger in honor of Jack and Melba Bowen. Bowen taught in Truman's exercise science program for 34 years and is now a professor emeritus. Barger is Senior Executive Vice President of Business Development for Primerica Financial Services and a 1967 graduate of Truman.
* Exercise Science major
* Demonstrated leadership potential
* Outstanding academic performance
* Funds must be used for student's senior year

Joseph P. Dolan Living Memorial 2 awards at $425 each
Dr. Joseph P. Dolan was head of Health & Exercise Science from 1961 until his death in 1974. This scholarship was developed by family and friends.
* Health and exercise science major
* Junior status or higher
* Outstanding student
* Minimum 3.0 GPA
* Preference given to those planning to teach

Sheryl Fullerton Grim Memorial 1 award at $300
This scholarship was established in 1959 by friends, family and members of Sigma Sigma Sigma Sorority to honor Grim's memory.
* Female exercise science major
* Junior status or higher
* Minimum 3.0 GPA
* Preference given to those planning to teach

Cogan Student Research Fund Up to 90% of travel expenses not to exceed $200
The Cogan Student Research Fund is a relatively new scholarship that has resulted from the merging of the Max Cogan Award and the HES Student Research Fund. This scholarship helps students offset the expenses associated with presenting their research at adjudicated conferences. The goal is to provide all HES students with the opportunity to gain the professional and personal experience of presenting their research at professional conferences. Recent conferences attended by the fund winners were held in Las Vegas, NV; San Francisco, CA; Charlotte, NC; and Fargo, ND. All HES students who have had their research accepted at national, regional, or state conferences are eligible for this scholarship.

2003-2004 Recipients of Foundation Scholarships
Health and Exercise Science
Jennifer Baarts - Sheryl Fullerton Grim Scholarship and Larry W. and Linda K. Boleach Scholarship
Aaron Decker - Larry W. and Linda K. Boleach Scholarship
Erik Judson –Joseph Dolan Memorial Scholarship and Jack and Melba Bowen Scholarship
Matt Teeter– Joseph Dolan Memorial Scholarship
Leah Zidon - Jack and Melba Bowen Scholarship
Britni Buford– Cogan Student Research
Kate Fletcher– Cogan Student Research
Cacie Curfman– Cogan Student Research
Focus on Faculty
Dr. Jerry Mayhew, Professor

Dr. Mayhew is completing his 29th year as a faculty member and the director of the Human Performance Laboratory at Truman State University. He came to Truman in 1975 fresh out of graduate school at the University of Illinois and developed the laboratory from scratch. During his tenure, he has taught classes in exercise physiology, growth and motor development, data analysis, research methods, fitness testing and prescription, sports medicine, lifetime wellness, nutrition, fencing, and weight training. He has also made 312 scientific presentations and has published 161 research articles and in the last five years has worked with over 75 students to present and publish their research. In 2001, the National Strength and Conditioning Association selected him as the Sports Scientist of the Year for his contributions to the area of strength research. Much of his research in the last decade has centered on predicting strength and power performances in a variety of individuals. Although he considers research a hobby, he also enjoys woodworking, listening to classical music, motorcycle riding, and target shooting.

Where are they now?

Jack Bowen was in public education for forty-two years holding positions in teaching, coaching, administration, and director of intramurals. He started his teaching and coaching in 1958 in the Pulaski Public Schools in Pulaski, Iowa. In 1960, Bowen took a job with the Davis County Public Schools in Bloomfield, IA, holding positions in teaching, coaching, and administration. Bowen accepted a position at Northeast Missouri State University (now Truman State University) in 1966 in the Division of Health, Physical Education, Recreation, and Dance (now Health and Exercise Sciences). Bowen’s assignments over the thirty-four years included teaching undergraduate courses, Director of Intramural Recreation Sports, HLTH 194 Activities Coordinator, Field Experience Supervisor of HES students, and Supervisor of HES MAE students. Bowen misses the association of the students, faculty, and staff as well as other public school personnel. He is on campus quite often as he swims in the natatorium, works out at the recreation center, and attends athletic events and other University activities. Bowen and his wife Melba are involved in the selection of the recipients for the Jack and Melba Bowen Endowed Scholarship. He spends his free time watching and keeping up with their eight grandchildren and their numerous activities. He also spends a lot of time on his little farm in La Plata where he grew up. Even with all of this going on, Jack does save time for coffee with friends! Overall, Bowen is enjoying retirement and recommends it highly.

Focus on Faculty
Jennifer Eldridge-Houser, Assistant Professor

Jennifer L. Eldridge-Houser is a new faculty member in HES. She comes to us from Houston, TX and says she truly loves living in the Midwest. She is originally from Iowa and loves the caring community of Kirksville. After moving here with her husband (Jeremy Houser, who is also a new faculty member in HES) and her two cats, she says that she is happy to call Kirksville home. Currently, Professor Eldridge is teaching Foundations of Health Science, Human Sexuality, Introduction to Epidemiology, and Program Planning and Evaluation. She has already become involved in student research on the topic of eating behaviors and is excited to do more. Professor Eldridge enjoys spending time with her family in Iowa and quilting. She is looking forward to a new group of freshman in the fall of 2003.
Grants Grants Grants
Student Research, Faculty Submitted and Funded

◊ “The Effect of Concentric Training on the Swim Start.” Blyth and M. Bird
◊ “The Effect of "GAKIC" (amino-keto acid blend) on High-Intensity Intermittent Cycling Exercise.” Buford and A. Koch
◊ “Perception of Bioterrorism Threat Among Rural Northeast Missouri Residents.” Degehardt and C. Cox
◊ “The Moderating Effect of Multiethnic Identity on the Relationship Among Various Psychological Factors Associated with Exercise Behaviors.” Buza and C. Lantz
◊ “Use of Horizontal and Vertical Plyometric Training to Compare Increases in Speed and Vertical Jump Height.” Zidon and M. Bird

Faculty and Student Presentations


Faculty and Student Publications