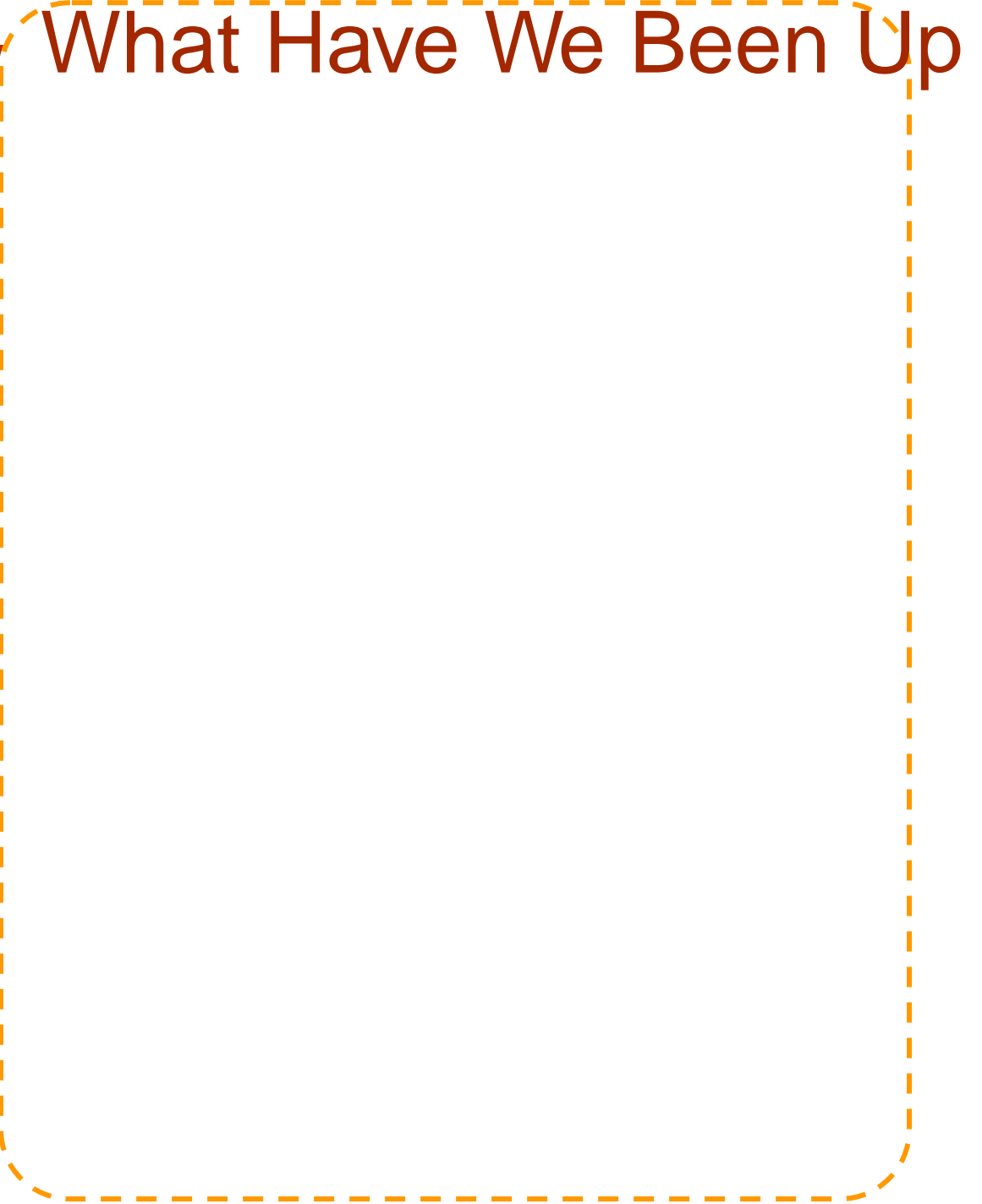
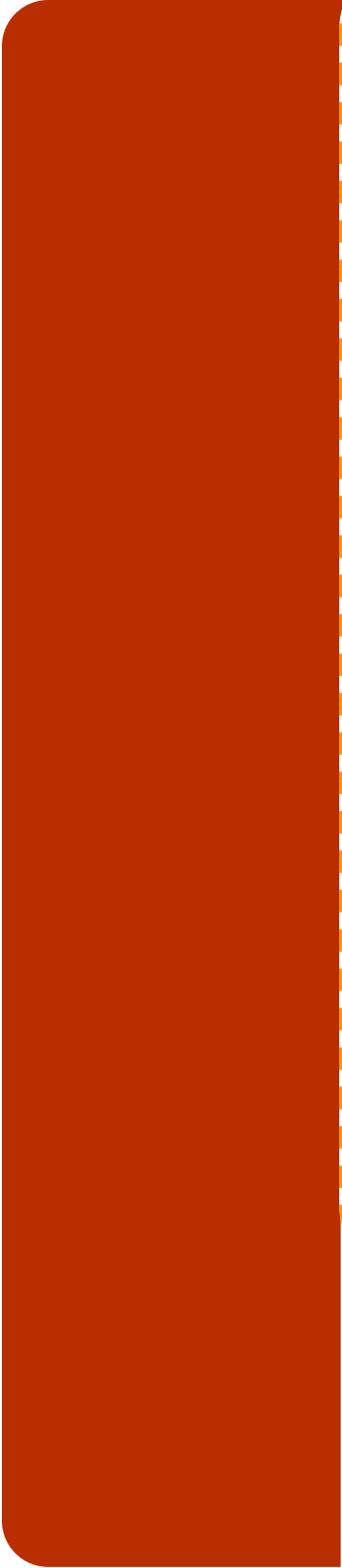


new student and a new faculty member, learn about opportunities in the Honors College, and hear from our Chairperson, Dr. Kutame. I hope you are doing reasonably well and are able to attend our regular professional conferences this year, whether that be IAHPERD or IPRA. It will be good to

**SPECIAL
POINTS OF
INTEREST:**

- x What have we been up to?
- x Recreation alumni
- x New faculty and students
- x IAHPERD

What Have We Been Up



Recreation Updates from Prof. Mc

Program news:

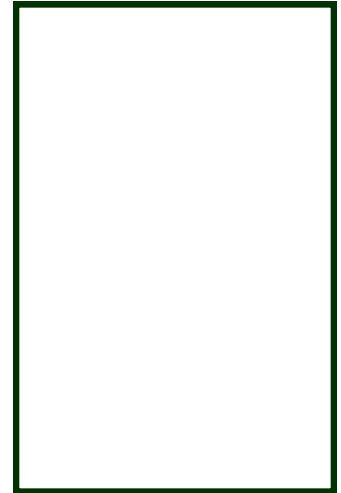
Welcome Prof. Sterling Richards, new PE

My name is Professor Sterling Richards, and I am excited to be here at Chicago State University as part of the HEPER faculty. I grew up in Woods Cross, Utah, just outside Salt Lake City, the youngest of 7 children. I started gymnastics at the very young age of 4 and have always been fascinated with how the human body works and the amazing abilities it has. As a result, I decided to study Exercise Science at the University of Utah. I moved to Chicago in 2008 and continued my education, earning my MS in Exercise Physiology at Northeastern Illinois University. Cur-

rently, I am working on my dissertation for completion of my PhD in Health and Human Performance from Concordia University Chicago. My dissertation research is focusing on the impact cardiac rehabilitation has on patients with heart failure and their risk of hospitalization and cost of treatment.

I have been working as a personal trainer and massage therapist for over a decade. Being able to feel how the human body functions through touch has provided me with a unique understanding of the anatomy and mechanics of the human body, enhancing

my teaching of classes focused on physical function. How manual therapy (massage) impacts balance and coordination in individuals with limited joint range of motion is an area of research that I look forward to exploring further, along with how exercise impacts memory and learning and motor development. When I have the time to spare, I love to travel and experience different world cultures. I also enjoy the outdoor activities of the summer, including hiking, beach volleyball, and water skiing.



Welcome Rashawn Kellman, new PE

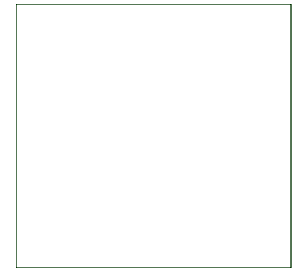
Name: Rashawn Kellman
Major: Physical Education

ble. The vaccine saves lives.
Until more faculty and staff are
vaccinated and the spread of
COVID is under control, the vi-
rus continues to pose grave

CERTIFICATE IN THERAPEUTIC RECREATION (CTRS).

CTRS CERTIFICATION (12-18 CREDIT HOURS)

GENERAL REQUIREMENTS



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