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Department of Kinesiology
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(last updated on September 1, 2009)

EDUCATION

Doctor of Education: University of Northern Iowa, 1990
Intensive Study Area - Educational Administration

Master of Arts: University of Northern Iowa, 1976
Major - Physical Education

Bachelor of Arts: University of Northern Iowa, 1975 (with honors)
Major - Physical Education and Health
Minor - Mathematics

PROFESSIONAL EXPERIENCE

Since **Western Illinois University**, Macomb, IL
1994 **Department of Kinesiology**

Interim Department Chair	(2009-present)
Full Professor	(2003-present)
Associate Professor	(1998-2003; tenured fall 2000)
Assistant Professor	(1994-1998)

WIU Administrative Duties

Interim Kinesiology Department Chair (2009-present)

The department has three undergraduate (B.S.) majors in Athletic Training, Physical Education (teacher education) and Exercise Science; as well as three undergraduate minors in Coaching, Kinesiology, and SCUBA Diving. The department also has two graduate majors (M.S.) in Kinesiology and Sport Management. Currently there are 22 full-time faculty members, eight part-time or adjunct faculty members, and nine teaching assistants, with approximately 490 undergraduate and 90 graduate majors. My responsibilities include administrative aspects of the chair's position related to leading (planning, policy and program development), supervising (personnel decisions, contract implementation, and curriculum development), managing (budget planning/oversight, facilities scheduling, risk management, and student affairs), and representing (advocating, and promoting) the department.

Assistant to the Acting Kinesiology Department Chair (summer of 2004)

Completed various departmental management tasks.

WIU Teaching/Primary Duties

Graduate Internship Coordinator for Kinesiology (2005-2009)

Coordinate capstone internship experiences for kinesiology graduate students.

Graduate Coordinator for Kinesiology and Sport Management (2003-2005)

Responsibilities included: serving as chair of the Departmental Graduate Committee; advising students; coordinating the teaching assistant program; recruiting; serving as liaison to the Office of Graduate Studies; recommending graduate class scheduling; monitoring student progress and degree plan development; coordinating departmental comprehensive examinations; maintaining student records; assessing the graduate program; preparing reports; updating catalog content; and developing policies/procedures for graduate faculty approval.

Graduate Courses Taught

Strength and Conditioning Enhancement; Strength Training for Teachers and Coaches; Exercise Stress Testing and Prescription; Wellness and Risk Reduction Concepts; Wellness Program Development and Administration; Organization and Management of Exercise Programs; Cardiorespiratory Physiology (taught section on CHD risk factors); Current Issues in Physical Education and Sport; Performance Enhancement Aids in Sport; Fitness Activities in Grades K-12 Workshop; Physical Fitness Workshop; Exercise for Special Populations Workshop; Obesity and Weight Management Seminar

Undergraduate Major Courses Taught

Physiology of Exercise; Methods and Materials of Secondary Physical Education; Team Sports for Teachers (Basketball/Volleyball); Eating and Exercise; Principles of Weight Training; Senior Seminar for Exercise Science

Undergraduate Activity Courses Taught

Weight Training; Personal Fitness; Fitness Running; Bicycling; Bowling; Basketball

Western Illinois University Service

University

Faculty Senate
Wellness Advisory Committee

College Councils/Committees

Graduate Academic Affairs Council
Nontraditional Course Assessment
Dean Evaluation Process
Personnel

Department Committees

Graduate (Chair)
Personnel (Chair)
Wellness/Fitness Management Graduate In-depth Development Committee (Chair)
Fitness Competency Exam

Undergraduate (Co-chair)
Ad Hoc Searches
NCATE

Professional Organization Service while at Western Illinois University

Illinois Association for Health, Physical Education, Recreation and Dance
Illinois Journal Editorial Board Member (1998-present)

Western District of Illinois Assoc. for Health, Physical Education, Recreation and Dance
Board Member-Fitness Representative (1998-2001)
Board Member – Adult Representative (1995-1996, 1997-1998)
Executive Board – Secretary (1995-1997)

1994 **Iowa State University**, Ames, IA
Department of Health and Human Performance
Adjunct Professor

Undergraduate Major Course Taught
Community Health Program Development

1993 **University of Northern Iowa**, Cedar Falls, IA
School of Health, Physical Education and Leisure Services
Adjunct Professor

Graduate Major Course Taught
Health Promotion/Risk Reduction

1984-
1993 **Allen Memorial Hospital**, Waterloo, IA
Department of Wellness Services
Director (Department Head)

Various titles I held at this not-for-profit hospital (licensed for 220 beds, with about 1000 employees) included: Wellness Services Director; Human Performance Director; and Outreach Director. Directed the Wellness Services Department within the Division of Education and reported to the Vice President of Education/Chancellor of the Allen College of Nursing. Management responsibilities included directing a hospital-based wellness center. Services included exercise, nutrition, and other lifestyle modification programs with a cardiovascular disease risk reduction emphasis. Contracted services to outside businesses and school districts. With reorganizations, additional management responsibilities included: community education/health promotion, diabetic education, cardiac rehabilitation (Phases I & II), cardiac emergency network, human performance, school-hospital partnership, and senior adult services. Coordinated and supervised college/university internships with the University of Northern Iowa and Wartburg College, as well as taught wellness concepts to nursing students in The Allen College of Nursing. Elected and served a one-year term as Department Head Chair, leading twice-a-week hospital-wide management meetings (attended by the president & CEO, CFO, vice presidents and department heads). Trained and served as a team leader/facilitator for a continuous quality improvement program. Developed and proposed annual budgets,

monitored revenue and expenditures, prepared monthly variance reports, and submitted purchase requisitions. Operational responsibilities included assessing needs, goal setting, planning, implementing and evaluating programs. Responsible for staff orientation and development; supervising and evaluating both salaried managers and hourly personnel, as well as contracting outside consultants. Developed contracts with outside organizations for facility use. Developed policies and procedures for center operation and related external services. Directed over 150 yearly community instructional programs and health promotional events.

Professional Organization Service while at Allen Memorial Hospital

Iowa Association for Health, Physical Education Recreation and Dance
Legislative Council (1991)

1977- **West Point Public Schools**, West Point, NE
1984 **Department of Physical Education and Health**
Department Head, Teacher, Coach

Taught secondary (grades 7-12) physical education and health (7 years), as well as headed the physical education and health department (5 years). Developed curriculum. Supervised student teachers. Coached boy's track and field (2 years assistant varsity, 4 years head varsity). Coached boy's golf (1 year head varsity). Coached boy's basketball (7 years assistant varsity).

1976- **Rochester Community College**, Rochester, MN
1977 (now Rochester Community and Technical College)
Division of Health and Physical Education
Instructor and Men's Intramural Sports Director
(one-year sabbatical replacement)

Instructed health and physical education. Directed men's intramural sports.

Courses Taught

Intro to Physical Education; First Aid and Personal Safety; Gymnastics; Soccer; Tennis

1975- **University of Northern Iowa**, Cedar Falls, IA
1976 **School of Health, Physical Education and Leisure Services**
Graduate Assistant

Assisted in cardiac rehabilitation. Taught bowling. Supervised intramural sports.

PROFESSIONAL CERTIFICATIONS

American College of Sports Medicine
Certified Health Fitness Director
Certified Health Fitness Specialist

National Strength and Conditioning Association
Certified Strength and Conditioning Specialist

State of Iowa - Certified Permanent Professional Teacher

Endorsements: Secondary Teacher (20), Physical Education (33), Coach (55)

Approvals: Mathematics (58), Physical Education (62), Physiology (67), Health (102)

PROFESSIONAL AFFILIATIONS

Current Member

American College of Sports Medicine

American Federation of Teachers

Illinois Association for Health, Physical Education, Recreation and Dance

National Strength and Conditioning Association

Former Member

American Alliance for Health, Physical Education, Recreation and Dance

Association for Worksite Health Promotion

Iowa Association for Cardiovascular and Pulmonary Rehabilitation

Iowa Association for Health, Physical Education Recreation and Dance

National Wellness Association

Nebraska Coaches Association

National Education Association

Phi Delta Kappa

RESEARCH/CREATIVE

Current Scholarly Focus

I serve as the research coordinator for The Macomb Children's Health-Related Physical Fitness Project. Cathy McMillan, Assistant Professor of Kinesiology at Western Illinois University, serves as the project director. This project was piloted in the fall of 1987 and began in the spring of 1988, under Cathy's leadership and before my appointment at WIU. As part of the regular physical education curriculum of the Macomb Illinois Community Unit School District #185, children in grades kindergarten through five were tested annually for 18 years (years 1988-2005, inclusive). The data collection process, conducted at the local YMCA, was a joint effort involving faculty and students in the Department of Kinesiology at Western Illinois University, Macomb CUSD #185 physical educators, and McDonough County YMCA staff. The complete AAHPERD Health-Related Physical Fitness Test battery included: height, weight, skinfold measurements (triceps and calf), pull-up, sit-up (1-min), sit-and reach, and 1-mile run/walk performance. A component of the project is longitudinal surveillance of health-related fitness in elementary-aged children of the school district. The data base includes 2,472 different children. My ongoing roles have been data management, dissemination of results to the school district, and study of longitudinal tracking of health-related fitness in children. One national level refereed article is currently in press (*Pediatric Exercise Science*) and we are working on several other research manuscripts related to this data set (see works in progress on page 6). Thus far, eight national level research presentations (6 ACSM, 2 AAHPERD) have been given related to this project. This project has enjoyed support from the Illinois Association for Health, Physical Education, Recreation and Dance; the Joe Decker Children's Health-Related Fitness Research

Award (Joe Decker is one of our former WIU Kinesiology students, who is currently listed by the Guinness Book of World Records as the “World’s Fittest Man”.); the Macomb Kiwanis Club; and the Western Illinois University Foundation.

Published Articles

Doyle, M. R., Webster, M. J., & Erdmann, L. D. (1997). Allithiamine ingestion does not enhance isokinetic parameters of muscle performance. International Journal of Sport Nutrition, 7(1), 39-47.

Erdmann, L. D., Dolgener, F. A., & Hensley, L. D. (1998). A comparison of post-exercise heart rates by telemetry and self-pulse palpation in middle school-age boys. Measurement in Physical Education and Exercise Science, 2(4), 199-204.

Erdmann, L. D., Graham, R., Radlo, S. and Kepler, P. (2003). Adolescents’ energy cost in marching band. Perceptual and Motor Skills, 97, 639-646.

Erdmann, L. D., Hensley, L. D., Dolgener, F. A., & Graham, R. E. (1999). Nonexercise prediction of VO₂peak in middle school-age boys. Measurement in Physical Education and Exercise Science, 3(1), 37-50.

Erdmann, L. D., McMillan, C. S., & Piper, T. J. (1998). A model for designing a user friendly fitness class. Illinois Journal for Health, Physical Education, Recreation, and Dance, 41(1),12-15.

McMillan, C. S., & Erdmann, L. D. (in press). Tracking adiposity and health-related physical fitness test performances from early childhood through elementary school. Pediatric Exercise Science.

Piper, T. J., & Erdmann, L. D. (1998). A combined weightlifting/powerlifting program. Strength and Conditioning, 20(6), 15-19.

Piper, T. J. & Erdmann, L. D. (1998). A 4-step plyometric program. Strength and Conditioning, 20(6), 72-73.

Vogel, R. A., Webster, M. J., Erdmann, L. D., & Clark, R. D. (2000). Creatine Supplementation: Effect on supramaximal exercise performance at two levels of acute hypohydration. Journal of Strength & Conditioning Research, 14(2), 214-219.

Works in Progress

Erdmann, L. D., & McMillan, C. S. Longitudinal comparisons of health-related fitness measurements in chronically overweight children.

Erdmann, L. D., & McMillan, C. S. Relationships between adiposity and AAHPERD health-related physical fitness measurements in children: A longitudinal perspective.

Erdmann, L. D., McMillan, C. S., & Graham, R. E. Relationships between physical fitness in early childhood and physical fitness, physical activity and blood lipid levels in high

school: A 10-year follow-up.

Erdmann, L. D., Webster, M. J., & Ballas, Z. K. Effects of intravenous immunoglobulin therapy on exercise performance.

Published Abstracts

- Berteto, J. A., Cohen, C. J., Graham, R. E., Erdmann, L. D., & McMillan, C. S. (2000). A comparison of the physiological responses to incremental cycle ergometer versus slideboard exercise testing [Abstract]. Medicine and Science in Sports and Exercise, 32(Supp. 5), 220.
- Davey, M. R., Gaa, G., & Erdmann, L. D. (1998). A preliminary survey of NCAA division I athlete nutrition supplement use. Abstracts of Research Papers, AAHPERD Convention - Reno, (pp. 35). Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance.
- Erdmann, L. D., Graham, R. E., & Lakin, P. L. (1999). Metabolic cost and heart rate response to participation in high school marching band [Abstract]. Illinois Journal for Health, Physical Education, Recreation and Dance, 43(1), 18.
- Erdmann, L. D., Hensley, L. D., & Dolgener, F. A. (1997). Body composition as a predictor of VO₂max in boys of higher and lower body fat [Abstract]. Medicine and Science in Sports and Exercise, 29(Supp. 5), 50.
- Erdmann, L. D., Hensley, L. D., & Dolgener, F. A. (1999). Heart rate response to self-paced fast walking in boys of different VO₂ peak [Abstract]. Research Quarterly for Exercise and Sport, 70(Suppl. 1), 27.
- Erdmann, L. D., Hensley, L. D., & Dolgener, F. A. (1991). Prediction of VO₂max in boys, ages 11 to 14 years. In W. Liemohn (Ed.), Abstracts of Research Papers AAHPERD Convention - San Francisco, (pp. 167). Reston, VA: American Alliance of Health, Physical Education, Recreation and Dance.
- Erdmann, L. D., & McMillan, C. S. (2009). Relationships between adiposity and AAHPERD health-related physical fitness measurements in children: A longitudinal perspective [Abstract]. Medicine and Science in Sports and Exercise, 41(Supp. 5), 90.
- Erdmann, L. D., & McMillan, C. S. (2005). Longitudinal comparisons of 1-mile run/walk performance and body composition in chronically overweight children [Abstract]. Medicine and Science in Sports and Exercise, 37(Supp. 5), 15.
- Erdmann, L. D., & McMillan, C. S. (2003). A 5-year follow-up of health-related fitness in overweight 6-year-olds [Abstract]. Medicine and Science in Sports and Exercise, 35(Supp. 5), 13.
- Erdmann, L. D., & McMillan, C. S. (2002). Comparison of yearly health-related fitness tests from kindergarten to fifth grade: A longitudinal study [Abstract]. Medicine and Science in Sports and Exercise, 34(Suppl. 5), 50.

- Erdmann, L. D., & McMillan, C. S. (2000). Tracking health-related physical fitness of kindergartners to fifth grade [Abstract]. Research Quarterly for Exercise and Sport 71,(Suppl. 1), 27.
- Erdmann, L. D., McMillan, C. S., & Staes, T. (1999). One-mile walk/run performance in kindergarten, second and fourth grades: A longitudinal comparison [Abstract]. Medicine and Science in Sports and Exercise, 31(Suppl. 5), 297.
- Erdmann, L. D., Webster M. J., and Ballas, Z. K. (1998). Effects of intravenous immunoglobulin therapy on exercise performance: A case study [Abstract]. Medicine and Science in Sports and Exercise,30(Suppl. 5), 21.
- Lambert, B., Graham, R. E., Bell, R. W. Hyllegard, R., & Erdmann, L. D. (2001). Physical activity and the secretion of aqueous tears [Abstract]. Medicine and Science is Sports and Exercise, 33(Suppl. 5), 69.
- McMillan, C. S. & Erdmann, L. D. (2006). Gender comparisons of health-related physical fitness measurements in early childhood. Medicine and Science in Sports and Exercise, 38(Suppl. 5), 215.
- McMillan, C. S., & Erdmann, L. D. (2001). Health-related physical fitness in kindergartners: Relationships between body fatness and performance tests. Research Quarterly for Exercise and Sport, 72(Suppl. 1), 23.
- Webster, M. J., Helbig, J. J., Erdmann, L. D., McMillan, C. S., & Mapes, D. F. (1996). The effect of racing shoe midsole composition on uphill, downhill, and level running economy [Abstract]. Medicine and Science in Sports and Exercise, 28(Suppl. 1), 46.
- Webster, M. J., Vogel, R. A., Erdmann, L. D., & Clark, R. D. (1999). Creatine supplementation: Effect on exercise performance at two levels of acute dehydration [Abstract]. Medicine and Science is Sports and Exercise, 31(Suppl. 5), 265.

GRANTS/FUNDING

Co-recipient of the Joe Decker Children's Health-Related Fitness Research Award in 2002, a \$10,000 award.

Illinois Association for Health, Physical Education, Recreation and Dance; Awarded \$2073 in 2001 (third-year funding) for: "Relationships between physical fitness in early childhood and physical fitness, physical activity and blood lipid levels in high school".

Illinois Association for Health, Physical Education, Recreation and Dance; Awarded \$1755 in 2000 (second-year funding) for: "Relationships between physical fitness in early childhood and physical fitness, physical activity and blood lipid levels in high school".

Illinois Association for Health, Physical Education, Recreation and Dance; Awarded \$1992 in 1999 for: "Relationships between physical fitness in early childhood and physical fitness, physical activity and blood lipid levels in high school".

Western Illinois University Foundation/Faculty Summer Stipend Grant; Awarded \$2000 in 1999 for "Macomb early childhood fitness study".

Illinois Association for Health, Physical Education, Recreation and Dance; Awarded \$950 in 1997 for: "Metabolic cost and heart rate response to marching band participation in high school students".

SELECTED PRESENTATIONS

American College of Sports Medicine Annual Meeting

- 2009: Relationships Between Adiposity and AAHPERD Health-Related Physical Fitness Measurements in Children: A Longitudinal Perspective (free communication/slide)
- 2005: Longitudinal Comparisons of 1-mile Run/walk Performance and Body Composition in Chronically Overweight Children (poster)
- 2003: A 5-year Follow-up of Health-related Fitness in Overweight 6-year-olds (free communication/slide)
- 2002: Comparisons of Yearly Health-Related Fitness Tests from Kindergarten to Fifth Grade: A Longitudinal Study (free communication/slide)
- 1999: One Mile Walk/Run Performance in Kindergarten, Second and Fourth Grades: A Longitudinal Comparison (free communication/slide)
- 1998: Effects of Intravenous Immunoglobulin Therapy of Exercise Performance: A Case Study (poster)
- 1997: Body Composition as a Predictor of VO₂max in Boys of Higher and Lower Body Fat (poster)

American Alliance for Health, Physical Education, Recreation and Dance National Convention

- 2000: Tracking Health-Related Physical Fitness of Kindergartners to Fifth Grade (free communication/slide)
- 1999: Heart Rate Response to Self-paced Fast Walking in Boys of Different VO₂peak (free communication/slide)
- 1998: Weight Training for Seniors (workshop)
- 1991: Prediction of VO₂max in Boys, 11 to 14 Years (poster)

Lakeshore Wellness Conference

(Iowa's annual conference for school district wellness program development)

- 1996: Exercise, Babyboomers, and Time Management: Practical Suggestions for Wellness
- 1993: Developing an Employee Health Promotion Program
- 1991: Exercise Recommendations for Adults
- 1988: The Role of Exercise in Weight Control
- 1987: Methods of Assessing Physical Fitness

Midwest District of the American Alliance for Health, Physical Education, Recreation and Dance Convention

1995: Fitness and Fatness: What's the Connection?

Achieving a Balance: National Conference on Adapted Physical Activity

1998: Nutritional Software: A Tool in Programs for the Obese

1997: Resistive Exercise for Older Adults and Cardiac Patients

1995: Organization and Implementation of Senior Fitness Programs

Allen Memorial Hospital Sports Medicine Program

(semiannual program for northeast Iowa coaches, which I also coordinated)

1990: Body Composition Assessment in Youth

1988: Manipulating Resistance Training Program Variables

1987: Use of Free Weights in H.S. Strength Programs & Weight Room Safety

Health Education Network

(community agency professional group based in Macomb, IL)

2002: Prevalence of Childhood Obesity in Macomb, IL

Illinois Association for Health, Physical Education, Recreation and Dance State Convention

2005: Professional Preparation for Careers in Health/Fitness

2003: A 10-year Follow-up of Health-related Fitness in Young Children:

The Macomb Study (Final AHA-Jump Rope for Heart Grant Report)

2000: Children and Youth Fitness Testing

2000: A 10-year Follow-up of Health-related Fitness in Young Children:

The Macomb Study (Preliminary AHA-Jump Rope for Heart Grant Report)

1999: Designing User Friendly Fitness Classes in High School and College

1998: Metabolic Cost and Heart Rate Response to Marching Band Participation in High School Students (Final AHA-Jump Rope for Heart Grant Report)

1998: We've Got Heart Rate Monitors - Now What Do We Do?

1997: Developing a Wellness Culture in Schools: The Physical Educator as a Change Agent

1996: Motivating the Physically Unfit

1995: Is Shuttle Walking an Appropriate Activity for Boys?

Iowa Park and Recreation Association State Conference

1991: Resistance Training for the Young and Not-So-Young

Macomb CUSD # 185: For Love of a Child Parent Workshop

(a half-day program for parents of young children, which I also served on the planning committee)

2004: Fit Families

V.I.T. CUSD #2 Teacher Institute

2005: Resistive Training for Athletes

2005: Nutrition for Athletes

Western Illinois University

2009: Employee Development Panel - Four Men for Men's Health

2005: Employee Development Workshop - Exercise and Weight Control

2004: Graduate School Roundtable (Co-sponsored by the Minority Graduate School Association and the School of Graduate Studies)

AWARDS/RECOGNITION

2008: University of Northern Iowa
Inducted into the Elinor A. Crawford and William R. Thrall Hall of Excellence
Award for outstanding professional career by a graduate of the
School of Health, Physical Education and Leisure Services

2008 & 2004: Western Illinois University
Professional Achievement Award Recipient
Monetary award to tenured faculty for demonstrating continued teaching
competency and service activity

2002: Western Illinois University
Division of Student Services AOK Award Recipient
For service to Campus Recreation

2001: Illinois Association for Health, Physical Education, Recreation and Dance
Quarter Century Award Recipient
For 25 years of work in the profession

1987-91: Waterloo Iowa Community Schools
Partners in Education Certificate of Appreciation Recipient
For Allen Memorial Hospital-Logan Middle School partnership service