

ABSTRACT

VIK, C. E. Twenty-year history of the La Crosse Exercise and Health Program 1971-1991. M.S. in Adult Fitness/Cardiac Rehabilitation, 1993. 101pp. (J. Porcari)

Various aspects reflective of the growth and change of the La Crosse Exercise and Health Program (LEHP) and the Adult Fitness/Cardiac Rehabilitation (AF/CR) Master of Science (M.S.) degree program were presented in this paper. Sources for this information included Executive Board minutes, issues of the various LEHP newsletters, participant and student files, and interviews with Philip Wilson, Ed.D. and John Porcari, Ph.D. (founding and present LEHP Executive Directors, respectively). Relevant historical information included changes in policies and procedures, improvements of facilities and equipment, unit participation, staffing changes, geographical origin of students, undergraduate major, and undergraduate GPA. Since its beginning in 1971, the LEHP has offered exercise programs to individuals with cardiovascular-related disease and later, to apparently healthy individuals. Seventy-one individuals have served on the LEHP Executive Board. Participation within the Adult Fitness Unit ranged from 70 in 1983, to 137 in 1989. Participation within the Cardiac Rehabilitation Unit ranged from 6 in 1971, to 132 in 1978. Between 1978 and 1991, 241 students from 39 states and 4 foreign countries have enrolled in the AF/CR M.S. degree program. Thirty-eight different undergraduate backgrounds were represented with a GPA range of 2.57 to 3.93 and an average GPA of 3.38.

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TWENTY-YEAR HISTORY
OF THE
LA CROSSE EXERCISE AND HEALTH PROGRAM
1971-1991

A THESIS PRESENTED
TO
THE GRADUATE FACULTY
UNIVERSITY OF WISCONSIN-LA CROSSE

IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE
MASTER OF SCIENCE DEGREE

BY
CHAD E. VIK
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COLLEGE OF HEALTH, PHYSICAL EDUCATION, AND RECREATION
UNIVERSITY OF WISCONSIN-LA CROSSE

THESIS FINAL ORAL DEFENSE FORM

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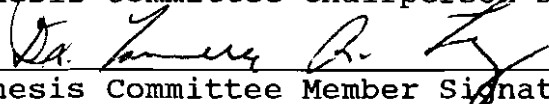
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M.S. in Adult Fitness and Cardiac Rehabilitation

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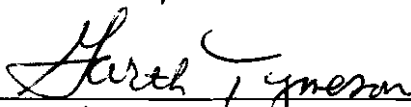

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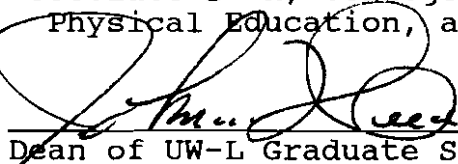

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5-5-93
Date

This thesis is approved by the College of Health, Physical
Education, and Recreation.


Associate Dean, College of Health,
Physical Education, and Recreation

7-13-93
Date


Dean of UW-L Graduate Studies

19 July 1993
Date

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This thesis is dedicated to my son, Evan Joseph Vik for showing me enthusiasm by absorbing everything life has to offer and desiring more. From the mouths of babes: "Hurry up and finish your thesis, Daddy!"

At long last, this manuscript has reached the final completion stages. These last few years have tested the commitment and patience of several people, including myself. For their efforts, I would like to express my appreciation to the following people:

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CHAPTER I

INTRODUCTION

The La Crosse Exercise and Health Program (LEHP), comprised of an Adult Fitness Unit and a Cardiac Rehabilitation Unit, has served the La Crosse, Wisconsin area since 1971. The LEHP, when it began in 1971, was referred to as the La Crosse Cardiac Rehabilitation Program (LCRP). Five years later, in 1976, the name was changed to the La Crosse Exercise Program (LEP) when the program expanded to include an exercise unit for individuals without documented heart disease. In 1985, the LEP was reorganized to reflect the role of a totally healthy lifestyle. The name was subsequently changed to the La Crosse Exercise and Health Program (LEHP). Another name change relevant to this paper occurred in 1971, when the Wisconsin State University-La Crosse (WSU-La Crosse) was changed to the University of Wisconsin-La Crosse (UWL).

Since its origin, the LEHP has offered rehabilitative exercise programs for patients with cardiovascular-related disease (e.g., coronary artery disease, peripheral vascular disease, myocardial infarction, and valvular disorders), individuals at high risk to develop cardiovascular disease, as well as apparently healthy individuals interested in improving and maintaining their physical fitness.

The Adult Fitness/Cardiac Rehabilitation (AF/CR) Master of Science (M.S.) degree program was approved in 1977, with the first class beginning in June 1978. A total of 241 students representing 39 states, 4 foreign countries, and 38 undergraduate backgrounds enrolled in the AF/CR M.S. degree program from 1978-1991.

Purpose

The purpose of this review was to outline the historical progression of the LEHP from its conception to its present status. Within this section, various aspects of growth, change, and major events were reported along with listings of the executive directors, Executive Board members, graduate students, graduate assistants, program assistants, research fellows, and the medical board over the 20-year history of the LEHP.

Another purpose of this review was to discuss significant events related to the history of the AF/CR M.S. degree program. Items presented in this section included listings of students from 1978-1991, undergraduate majors, and home state or country. These data were cumulated to describe total number of students, along with state representation and undergraduate majors. These data showed where the students came from, and what type of undergraduate preparation they received.

Methods

Information regarding the LEHP and its participants was extracted from individual participant files, minutes of Executive Board meetings, and issues of the Cardio-Gram and the Pacesetter (two publications of the LEHP). An interview was also conducted with Dr. Philip Wilson, one of the founders of the program. The purpose of this interview was to identify inspirational factors for, as well as possible obstacles which threatened the development and adoption of the LEHP, and to add significant information omitted from the other sources.

Historically significant information was divided into individual years (June-May 1971-1991) and summarized to outline significant events throughout the 20-year history of the LEHP. Information relevant to the history of the AF/CR Graduate Program from 1978-1991, was also included. Executive Board members, research fellows, program assistants, graduate assistants, and graduate students were listed in the Appendix. Tables and graphs were included to illustrate LEHP participation and AF/CR graduate student representation.

Delimitations/Limitations

The information contained in this review was dependant upon the completeness and accuracy of the program files. Missing issues of the Cardio-Gram and the Pacesetter, and/or incomplete Executive Board files could have resulted in lost data.

CHAPTER II

HISTORY OF THE LEHP

Introduction

Early in 1970, the La Crosse Lutheran Hospital/ Gundersen Clinic had a small cardiology department which they desired to expand. Also at that time, the (WSU-La Crosse) wanted to become more laboratory orientated toward exercise physiology. These two reasons, combined with the growing acceptance of the belief that cardiac patients would benefit from physical activity, prompted the organization of a task group to determine the feasibility of a rehabilitative exercise program for patients with coronary artery disease (CAD). This group was comprised of Dr. Allen G. Brailey, Cardiologist and President, La Crosse County Medical Society; Dr. Robert M. Green, Cardiologist and Consulting Physician, La Crosse County Heart Unit; Dr. Robert McMahon, Internist and former Director of Health Services at WSU-La Crosse; Dr. Philip K. Wilson, Associate Professor in the College of Health, Recreation, and Physical Education, WSU-La Crosse; and, Mr. Jack Forbes, Field Representative for the Wisconsin Heart Association.

Two problems existed at the time which challenged the successful development of a cardiac rehabilitation program at WSU-La Crosse. First, the political climate within the

La Crosse medical community was one which could jeopardize the success of the LCRP. La Crosse was home to two rival hospitals: Lutheran Hospital, supported by Gundersen Clinic; and, St. Francis Hospital, supported by Skemp, Grandview, and La Crosse Clinics. The competition between these two hospitals threatened the adoption/support of a joint-effort cardiac rehabilitation program at WSU-La Crosse. Dr. Robert McMahon was an integral liason between Lutheran and St. Francis Hospitals, and WSU-La Crosse. Dr. McMahon was a former university physician, former staff physician at St. Francis Hospital, and at the time was recently appointed staff physician at Lutheran Hospital. Dr. McMahon's rapport with all three institutions facilitated their cooperation in the development of the LCRP. The second problem confronting the LCRP's success was the physicians' insecurity in the belief that physical exercise was in the best interest of the cardiac patient.

In October 1970, Drs. Robert McMahon and Philip K. Wilson visited and observed four established cardiac rehabilitation programs to help structure the LCRP. Among the programs visited were the Cleveland Jewish Community Center, the Biodynamics Laboratory of the University of Wisconsin-Madison, the University of San Francisco, and San Diego State College. Policies and procedures for the LCRP were drafted from summaries of the policies and procedures of the programs visited by Drs. Wilson and McMahon.

The first Executive Board meeting was held Wednesday, April 21, 1971. In attendance were: Drs. Robert Batchelder, Donovan Riley, and Philip Wilson, UWL representatives; Drs. Allen Brailey, Robert Green, Robert McMahon, and Edward Winga, La Crosse Lutheran Hospital representatives; Dr. Charles Link, St. Francis Hospital representative; and, Cal Jahn, Consumer representative. The Wisconsin Heart Association representative was not present. Members of the Executive Board were individuals who held positions of authority in their respective institutions. Once they resigned that position, they were required to resign from the Executive Board as well.

The LCRP was incorporated as an operational body of the University with the cooperation of the Wisconsin Heart Association, La Crosse Lutheran and St. Francis Hospitals, with their respective clinics, and the La Crosse County Medical Society. The program was to be conducted for an experimental period of one year. At the conclusion of the first year of operation, the program was to be evaluated and a decision made as to whether it warranted permanent adoption.

Initial funding of the program was shared by the various supporting institutions. The University of Wisconsin-La Crosse agreed to reimburse a Graduate Assistant for 1 year (\$2,500). The Gundersen Clinic agreed to purchase the exercise equipment needed to make the program

functional (at a cost of \$1,500), and to supply the necessary emergency equipment. This equipment would remain the property of Gundersen Clinic. A grant request for \$15,000 was submitted to the Grandview-Henke Foundation to assist with additional expenses for the first year of operation. The additional first-year expenditures included a stipend for Undergraduate Exercise Laboratory Assistants (\$1,000), salary for the Executive Director (\$1,500), and physician reimbursement. Cost to the patient for participating in the program the first year was established to be \$300 per year (\$25 per month).

At the time of the second Executive Board meeting on May 25, 1971, there were no patients enrolled in the program. In order to generate enrollment, Dr. Philip Wilson recommended the following actions: all involved physicians should search files for potential participants, contact those individuals and explain the benefits of the program, expand the program to include those individuals prone to coronary artery disease, and promote the LEHP through radio, television, and newspaper advertising.

Summary of Events 1971-1972

The first exercise session was held on June 16, 1971. Six patients participated in the exercise class supervised by six volunteer physicians. The LCRP operated favorably throughout its first year, and a decision was made to continue the program on a permanent basis. Program

enrollment increased from 6 to 31 participants by the end of the first year. The number of attending physicians increased from 6 to 14 by June 1972.

During the course of the first operational year, it was decided that the Executive Board would meet quarterly and attending physicians would be formally appointed to the faculty of the University of Wisconsin-La Crosse. A suggestion was made for the University to purchase a defibrillator to be utilized jointly by the LCRP and the University Health Center. Periodical practice emergency sessions were also suggested to prepare the exercise assistants for possible emergency situations. In April 1972, the Laboratory Techniques Subcommittee was formed to make recommendations to the executive board for modifications and improvements of laboratory evaluation techniques. Drs. Joseph Edgett, John Jaeger, Robert McMahon, and Philip Wilson were elected to serve on the committee.

Summary of Events 1972-1973

Dr. Arthur Bardier, Mary Ann Melloh, Dr. Fred Skemp, Jr., and Dr. David Witmer were appointed members of the Executive Board. Dr. Edward Winga was appointed to develop a Laboratory Techniques Guide to outline laboratory evaluation procedures within the LCRP. A decision was made to administer an entrance laboratory evaluation, a postentrance laboratory evaluation following 3 months of

participation, and an exit evaluation upon completion of 6 months of participation to all CAD patients, while cardiac prone participants were to have 2 laboratory evaluations each year.

Approval was granted to request additional funding from the National Institute of Health, the Wisconsin Heart Association, the Grandview Foundation, and the United Fund for operation during the period between July 1, 1973 and July 1, 1974. A decision was made on October 2, 1972 to divide the LCRP participants into 2 groups: (1) Cardiac Prone - which met on Tuesday and Thursday, and (2) Advanced Cardiac - which met on Monday, Wednesday, and Friday. Participation at the time of the division was approximately 40 patients. The total number of participants later increased to 51 during the year, but dropped to 40 by April 30, 1973. The Cardiac Prone group was also granted permission to exercise outside in April 1973.

Summary of Events 1973-1974

A Cardiac Rehabilitation Internship Program was established through the joint efforts of Gundersen Clinic and the UWL. The internship program was funded by Gundersen Clinic. In October 1973, an upper level graduate course entitled Adult Fitness/Cardiac Rehabilitation was being developed to be offered to physical therapy, health, recreation, physical education, and special physical education students beginning in the spring of 1974.

Summary of Events 1974-1975

The University of Wisconsin-La Crosse, in cooperation with Gundersen Clinic, was selected by the American College of Cardiology as a training site for cardiologists studying exercise testing. Approval was granted for the LCRP, along with the Men's Physical Education Department, to sponsor a Cardiac Exercise Technician Workshop to educate individuals in exercise testing procedures.

Policy was set regarding graded exercise testing (GXT) endpoints for cardiac rehabilitation participants. Endpoints were set at 65, 75, and 80% of the predicted maximum heart rate for the first, second, and third laboratory evaluations, respectively, for cardiac patients with good exercise tolerance and no contraindications.

A motion was passed concerning absences from Executive Board meetings. After three consecutive absences, that member would be dropped from the Board and a suitable replacement appointed. Letters were sent to absent Board members notifying them of the new policy. Dr. Robert M. Green resigned from the Board, stating insufficient time to regularly attend meetings. Dr. Robert W. Batchelder also resigned from the Board. Drs. Roger Evans and Wayne Kaufman were introduced as replacements for Drs. Robert Green and Robert Batchelder, respectively. Dr. Roger Evans was appointed to serve on the Research Committee, and Dr. Wayne

Kaufman was appointed to serve on the Budget and Finance Committee, and the Nomination Committee.

The LCRP adopted a Behavioral Modification/Weight Control program on a pilot basis. This program was supervised by Burt Altman and Tom Harris, two UWL faculty members.

Summary of Events 1975-1976

Three retiring Executive Board members, Dr. Robert McMahon (Internal Medicine, Gundersen Clinic), Dr. Robert Batchelder (Professor, Physical Educational Department, UWL), and Dr. Robert Green (Cardiologist, Gundersen Clinic), were honored at the LCRP annual summer banquet. Dr. Philip K. Wilson received certification as an Adult Fitness-Cardiac Rehabilitation Program Director by successfully completing certification requirements of the American College of Sports Medicine. This was also the first certification conference offered by the American College of Sports Medicine.

Dr. Thomas Gushiken, therapeutic recreation professor, was elected to the newly formed Associate Executive Director position. Jeffery C. Tesch assumed responsibilities in his new staff position as Lab Technician of the Anatomy and Physiology and Human Performance Laboratories (HPL).

The proposal for a newspaper representing the LCRP was approved. The first bimonthly issue released was September-October 1975. The paper was entitled the Cardio-Gram and

included articles of interest to LCRP participants and individuals within the field of cardiac rehabilitation.

The LCRP initiated a Patient Education Program on October 7, 1975, in order to strengthen the overall cardiac rehabilitation program. The curriculum included sections on the purpose and methods of exercise, heart anatomy, understanding of CAD and risk factors, basic CPR, behavior modification, and skill development. Topics included in the LCRP Patient Education Program were: Introduction to the LCRP Education Program, Basic Anatomy of the Heart, Nutrition and Holiday Entertaining, Smoking and Its Effects on the Heart, Stress and Your Heart, Exercise and Your Heart, Hypertension, Introduction to CPR, Sex and the Cardiac Patient, and Risk Factors for Coronary Heart Disease. Topics within the Behavior Modification Program included: Nutrition, Diet, and Weight Control; Smoke Termination; and, Stress Reduction. The film Coronary Counter Attack by Brigham Young University was purchased and a slide presentation was developed to be shown to patients entering the LCRP. In April 1976, badminton was introduced into the Lifetime Activities Skill Development program, and in May 1976, an introductory golf session was offered. The lifetime activities were introduced to supplement the participants' more aggressive exercise programs.

The venipuncture method of drawing blood was approved as the blood drawing procedure to be utilized by technicians in the HPL, under physician supervision.

A proposal for a M.S. degree program in AF/CR was presented with a proposed starting date of September 1977. The establishment of a Chairperson for the AF/CR M.S. degree program was proposed. This position was to provide release time for the Chair recipient, stimulate increased research efforts, and enhance UWL public relations. This Chairperson would be supported for a 3 year period and receive a 25% reduction in teaching assignments. A Program and Research Development Advisory Committee was formed for the purpose of drawing financial support to the LCRP.

Summary of Events 1976-1977

The LCRP changed its name to the LEP to reflect the numerous changes within the program between June 1976 and May 1977. The titles of the Executive Board Chairman and Associate Chairman were officially changed to Medical Director and Associate Medical Director, respectively. The position of LEP Associate Director was added to assist with the duties of the Executive Director. Changes directly related to the participants included the requirement of participants to wear Lifebelts during all swimming activity to facilitate rescue from the pool in the event of an emergency, and the awarding of mileage marker achievements with color-coded t-shirts.

Since its inception in the fall of 1976, the Cardio-Gram grew from a circulation of approximately 600 to approximately 3,000. Partially due to this increased

circulation, and subsequent increased cost of production and circulation, the Cardio-Gram was offered at an annual subscription rate of \$5 to individuals outside the La Crosse area, and to those not directly associated with the LEP.

In September 1976, the LEP recieved a \$6,000 grant from the Lee Foundation for the development of a Patient Education Room. A decision was made to convert space within the student lounge to be utilized for patient education purposes during allotted periods of the day. In March 1977, a new program focusing on nutrition and weight control was developed for the cardiac rehabilitation patients. Lecture topics included: "How to Lose Weight Sensibly", "Picnic and Camping Recipe Ideas", and "Low-Calorie Canning and Freezing". The Patient Education Program also adopted a new series of 15-minute mini-courses centering on the heart and exercise. Topics discussed in this series were chosen by the program participants.

This year, the Education Program drew more than 200 individuals from Canada, England, Japan, Mexico, Puerto Rico, the United States, and Wales to the monthly classes.

An annual fund raising drive began in January 1977, with a goal of \$12,000. Fund raising efforts were coordinated by members of the LEP's Program and Research Development Advisory Committee, and directed toward past and present program participants, local medical community, local dental community, local attorneys, and businesses,

industries, and financial institutions. New members of the committee were: Thomas Bracken, La Crosse Trust Company; Myron Gabrielson, First Federal Savings and Loan Association of La Crosse; and, William Kerrigan, 1st National Bank of La Crosse.

The Adult Fitness Unit of the LEP began in January 12, 1977, to provide an exercise program for disease prevention and fitness maintenance. Drs. Clifton H. DeVoll, and Ray F. Moss were added to the staff to supervise the Adult Fitness Unit, as well as the GXT sessions conducted in the HPL. Drs. DeVoll and Moss were assisted by Anne Marie Gavic and Thomas J. Maier, both graduate assistants in Physical Education.

In February 1977, a request was made to expand the HPL. Rationale for this request included: the number of procedures performed within the lab in 1976-1977 were five times the number performed the previous year. In addition, those procedures were performed on 6 to 10 times as many subjects. Other reasons for the expansion included an increased amount of research and funding, increased number of educational programs and graduate courses offered, and the addition of an immersion tank. "Human Performance Laboratory Expands To Two GXT Stations" was a headline in the June-July 1976 issue of the Cardio-Gram. The new station consisted of a treadmill, EKG/heart rate monitor and oscilloscope, clock, defibrillator, and blood pressure

equipment. An 8-channel oscilloscope was also added to the HPL to allow for monitoring of two patients at one central location. The benefits of the second GXT station were: physician time and patient waiting time were cut in half, and GXT capacity was doubled.

Summary of Events 1977-1978

Resignations of Executive Board members Drs. Fred Skemp, Sr. and Allan Brailey were accepted. Drs. Fred Skemp, Jr. and James Terman replaced the two resigned members. Dr. John Leary of the UWL Health Education Department was appointed as Nutrition Coordinator of the Cardiac Rehabilitation and Adult Fitness Units. Dr. Leary was assisted by Sue Murvich (Cardiac Rehabilitation), Millie Mattfeldt, and Mary Yellick (Adult Fitness).

The Tuesday-Thursday sessions for the Advanced Cardiac Group were discontinued in January 1977, due primarily to low attendance. These participants were given the option to attend the Monday-Wednesday-Friday afternoon sessions, or the morning Adult Fitness group.

A motivational tactic, based on attendance, was implemented into the Cardiac Rehabilitation Unit in August 1977. A t-shirt was awarded to participants who attended 3 exercise sessions each week for 6 months with no absences.

The following advancements were made within the LEP and the HPL: development of a records center, development of an Exercise Education and Nutrition Education Center within the

student lounge, purchase of a Beckman Metabolic Measurement Cart, installation of an immersion tank, and installation of a computer terminal with access to the University Computer Center.

June-July 1977 was the first issue of the "New Look" Cardio-Gram. This issue also accentuated the reorganization of the LCRP to the LEP.

A major historical event related to the LEP occurred November 11, 1977, when, after more than 3 years, the University of Wisconsin System Board of Regents approved the AF/CR M.S. degree program for UWL. This program was the first of its kind in the United States. The approved program was 15 months in duration with the last 3 months devoted to an internship in an adult fitness, cardiac rehabilitation, or industrial fitness setting. It is important to emphasize that this program was a M.S. in AF/CR, rather than a M.S. in Physical Education. This specific differentiation between the two programs allowed students from a variety of undergraduate majors to enroll in this degree program without having to complete up to 2 years of undergraduate physical education deficiencies prior to beginning their graduate studies in AF/CR. Prior to the approval of this program, all medically-related degree programs in the University of Wisconsin system were at the Madison campus. The approval of this program was crucial to the continued development and success of the LEP. It was

thought that the new graduate program would attract a new group of students each year to staff and operate the LEP, while they attained knowledge and experience in the field of cardiac rehabilitation.

Since the fall of 1975, UWL, in cooperation with the La Crosse medical profession, had been a regional cardiovascular testing and training site for the U.S. Olympic Nordic Ski Team. Early in 1978, Jack Curtis, Dr. Robert Obma, Jeff Tesch, and Dr. Philip Wilson attended a meeting at the Olympic Training Center in Squaw Valley, California, concerning the testing and conditioning of the Nordic Ski Team at the UWL campus.

Summary of Events 1978-1979

Dr. Thomas T. Gushiken resigned his position as Cardiac Rehabilitation Unit Director due to lack of time resulting from increased teaching responsibilities. Dr. Harry DuVal assumed the responsibilities of this position. Dr. Gushiken was appointed Workshop Unit Director, after it was decided the position would not interfere with his teaching responsibilities.

LEP staff were permitted to warm-up Cardiac Rehabilitation patients when the physician was not present, but was en route to the program facility. The Cardiac Rehabilitation Unit raised participation fees for the first time since July, 1974. Under this new fee schedule, beginning participants paid \$2.50 per session, and advanced

participants paid \$2.00 per session. The Adult Fitness Unit boasted 20 jogging routes, ranging in distance up to 8 miles.

The AF/CR M.S. degree program stimulated 400 requests for information and 88 formal applications, of which 22 students were accepted. Selection was based on grade point average, undergraduate emphasis, practical experience, references, and a personal interview. These students represented 10 states and possessed 6 different undergraduate majors (see Appendix A).

Summary of Events 1979-1980

The AF/CR graduate class of 1980, was comprised of 23 students representing 16 states and Canada and 6 undergraduate majors (see Appendix B). The first graduating students of the AF/CR M.S. degree program received their degrees on December 14, 1979. Eight of the initial 22 students participated in the first graduation ceremony. Thirty-six internship sites, offering experiences in cardiac rehabilitation, industrial fitness, adult fitness, or research, were available to the first graduating class.

Dr. Donald Kirkendall replaced Dr. Raymond Moss as Research Unit Director, and Dr. Joy Greenlee was appointed to the Executive Board. Jean Storlie was appointed as Program Nutritionist responsible for participant diet and weight control counseling and nutrition workshop organization.

A computer system was employed by the LEP to store and calculate exercise data including: daily record of exercise planning, monthly progress report, unit information report, administrative report, and nutrition evaluation. Monthly totals from report cards were entered into the computer to save valuable time previously required for these calculations. A caloric expenditure calculation, which stated the number of calories burned during the exercise sessions and the proposed weight loss, was added to the monthly participant progress reports.

In addition to being a regional training center for the Olympic Nordic Ski Team, UWL, in cooperation with Dr. Robert Arnot of Lake Placid, New York, began working with the National Ski Team in the summer of 1979 as a testing and training center.

Summary of Events 1980-1981

The graduate class of 1981 was comprised of 20 students representing 10 states and 6 undergraduate majors (see Appendix C). A 1-year LEP Program Assistantship was sponsored by the Kimberly Clark Corporation of Neenah, Wisconsin. The position was awarded to Marge Samsoe. Scarlet Johnson, a M.S. degree candidate from Western Illinois University completed a 2-month study in the LEP Cardiac Rehabilitation Unit to learn the organization and operation of a cardiac rehabilitation program. The number

of possible internship sites for the AF/CR students grew from 36 to 49.

A Diabetic Services Program was implemented into the LEP with Dr. Robert Caplan of Gundersen Clinic, Dr. Walter Vallejo of Skemp-Grandview Clinic, and Dr. James Terman of Gundersen Clinic acting as an advisory group to review and make recommendations regarding the program proposal, and to develop indications and contraindications for the diabetic services. The Diabetic Exercise Program officially began February 1, 1981, as a subunit of the Cardiac Rehabilitation Unit. Following 6 months of exercise sessions, the participants in the Diabetic Program were given the option of continuing with the Cardiac Rehabilitation Unit, or joining the Adult Fitness Unit.

Dr. Linda K. Hall was appointed to the Executive Board to replace Dr. Harry DuVall, who resigned in order to accept a position at the University of Georgia. Dr. Hall also assumed Dr. DuVall's teaching and M.S. degree internship responsibilities. Dr. Nancy K. Butts assumed the responsibilities of Research Unit Director to replace Dr. Donald Kirkendall, who resigned to join the Cleveland Clinic Foundation.

The 1980-1981 year marked the 10-year anniversary of the LEP. In honor of the anniversary, the LEP sponsored a workshop entitled "Cardiovascular Health Symposium, the 1980's", which drew over 600 participants.

Summary of Events 1981-1982

The AF/CR graduate class of 1982 was comprised of 20 students representing 16 states and 5 undergraduate majors (see Appendix D).

Dr. Glenn Smith and Mr. Joseph Desch resigned from the Executive Board. Mr. Richard Campbell, Dr. Robert Grove, Dr. John Mitchem, and Mr. John Pedace accepted invitations to join the executive board.

The Cardiac Rehabilitation Unit entrance procedures, and the progression through the program were changed. Prescription of the exercise mode was dependent on individual needs, desires, and exercise capacity. New exercise modes included arm cranking, rowing, treadmill walking, and bicycling. The defibrillator unit also began to be used for quick-scan rhythm monitoring. A circuit weight training program for the Adult Fitness participants began in October 1981. A new program, Nutriexercise, which combined an exercise program (15 minutes warm up, 30 minutes walking, and 15 minutes cool down) with a diet schedule, was offered by the LEP, under the direction of Jean Storlie.

Four individuals at various stages of their academic/professional career were welcomed to the LEP to fulfill various responsibilities. Kimberly L. Wood, M.A. was given the responsibility of teaching exercise physiology, anatomy and physiology laboratories, adapted physical education, and tennis. Ms. Wood was also appointed as Associate Director

of the Research Unit. Dr. Steve French was involved with the Phase II and Phase III Cardiac Rehabilitation Programs at Gundersen Clinic in addition to his involvement with the LEP Cardiac Rehabilitation Unit. Susan Weigel, B.S. was responsible for Graded Exercise Testing at Gundersen Clinic, and various aspects of the Cardiac Rehabilitation, Adult Fitness, and Research Units of the LEP. Sue Bryant, an assistant nutritionist, arrived in La Crosse to assist Jean Storlie with nutrition counseling, Nutriexercise, and to complete prerequisites for the AF/CR M.S. degree program.

Summary of Events 1982-1983

The AF/CR graduate class of 1983, was comprised of 21 students representing 11 states and 6 majors (see Appendix E).

The February/March 1983 issue of the Cardio-Gram began a 1-year sponsorship by Pfizer Laboratories of New York, New York. This sponsorship increased the circulation of the Cardio-Gram to include 25,000 health care professionals, in addition to the current 3,500 subscribers. This expanded circulation increased the marketing of the LEP workshops and symposia, and increased the awareness of the LEP. Pfizer Laboratories agreed to sponsor 25,000 copies of the Cardio-Gram, with funding totalling \$32,850.00.

A Nutriexercise Maintenance Program was set for the summer of 1982. The program was developed for past Nutriexercise participants, LEP participants, and other

interested individuals. The program consisted of a weigh-in, 1 hour of low-intensity exercise, and 1/2 hour of informal group discussion. Orthopedic patients began to be referred to the LEP for rehabilitation.

Dr. Nancy K. Butts was appointed Associate Director of the HPL. This year marked the first presentations of the Preston R. Clayton Award, for outstanding professional and personal qualities, and the Robert O. Leroy Family Memorial Scholarship, for exceptional scholastic and research abilities. The recipients of these awards were selected by fellow students and program faculty.

Summary of Events 1983-1984

The AF/CR graduate class of 1984 was comprised of 21 students representing 9 states and 9 undergraduate majors (see Appendix F).

The following new LEP personnel were introduced: Dr. Kim Wood, Associate Director, Cardiac Rehabilitation Unit; Dr. Wayne Kaufman, Associate Director, Adult Fitness Unit; and, Kris Clark, Director, Nutrition Services Unit. Dr. Edward R. Winga, was the appointed replacement for Medical Director, and Dr. J. Robert Grove, was appointed Associate Medical Director. Drs. Wayne Kaufman, and Kim Wood, assumed their respective responsibilities as Associate Directors of the Adult Fitness Unit, and Cardiac Rehabilitation Unit November 1, 1983.

Symptom-limited maximum GXTs for Cardiac Rehabilitation patients were implemented to replace the previous endpoints of 65, 75, or 85% of the predicted maximum heart rate. A new policy regarding the progression of GXTs in the LEP was adopted. Under the new policy participants were given an entry GXT, 6-month GXT, and a yearly GXT thereafter. The previous policy called for an entry GXT, 3-month GXT, 6-month GXT, 12-month GXT, and a yearly GXT thereafter. A 16-week program entitled Nutri-Fit Families to educate families in the areas of nutrition and exercise was implemented in 1984. Sixteen 1-hour classes consisted of 15 minutes of warm-up and discussion of fitness, 25 minutes of physical activity, 5 minutes of transition/room change, and 15 minutes of nutrition education. Maurita Robarge, M.S. and Kristine Clark, R.D., M.S. coordinated the program.

The Nutrition Services Unit replaced the Industrial Services Unit. A decision was made to rename the Workshop/Symposium Unit, the Education Services Unit.

Drs. Joseph Edgett, Wayne Kaufman, Robert Obma, and Glen Porter were awarded plaques of appreciation following their resignations from the Executive Board. Dr. Obma, however, continued in an advisory capacity.

Summary of Events 1984-1985

The AF/CR graduate class of 1985 was comprised of 22 students representing 10 states and Australia, and 6 undergraduate majors (see Appendix G).

Drs. Dan Harbin and Stephen Korte were appointed as Associate Medical Directors of the Adult Fitness and the Cardiac Rehabilitation Units, respectively. Dr. Wayne Kaufman assumed the position of the Adult Fitness Unit Director following the resignation of Dr. Clifton DeVoll in November 1984.

Dr. Linda K. Hall reported a cardiac arrest on October 1, 1984. The patient was successfully resuscitated, and transported to the emergency room. A discussion followed concerning staff CPR abilities and emergency equipment. A standing committee on patient safety was formed with Drs. Bruce Handler (Chairman), Linda Hall, Wayne Kaufman, Stephen Korte, Kim Wood, and Ms. Diana Woods serving as members.

Cardiac Rehabilitation Program fees were increased approximately 20% over the previous year. This increase in program fees drew several responses from both doctors and participants, opposed to such an increase. The responses urged careful consideration and review of program fees. The general consensus on the initial fee increase was that it was exorbitant. A petition signed by 26 participants (representing 37% of the total number of participants) was sent to the members of the Executive Board, which stated concerns about the fee increase. This issue was addressed at the October meeting of the LEP Executive Board. An alternative fee schedule was drafted, which offered participants the option of 4 separate plans. Participants

could elect to pay \$6 per session, \$48 per month, \$108 per 3 months, or \$288 per year.

Administration of two simultaneous GXTs supervised by one physician was discontinued. Rationale offered for this policy change was that both participants were paying for the test and deserved the physician's full attention. Also, some physicians stated they didn't feel confident supervising two tests simultaneously. The practice of this new policy was, however, left to the attending physician.

The Education Services of the LEP merged with those of the Wisconsin Heart Institute to cosponsor workshops. Pfizer Laboratories decided to no longer sponsor the Cardio-Gram, and stated changes in marketing and budgeting as reasons for the termination.

Summary of Events 1985-1986

The AF/CR graduate class of 1986 was comprised of 18 students representing 7 states and 3 undergraduate majors (see Appendix H). The LEP reorganized, once again, and the program's name was changed to the LEHP. The rationale for this change was to remain "state-of-the-art" and to continue to provide the best services possible. Expanded services included: an exercise founded general health promotion program (smoking cessation, weight loss, nutrition guidance, and stress control), pulmonary rehabilitation, and expanded physician involvement. A newsletter for the Adult Fitness Unit participants entitled "The Sunrise Express" was begun

to report information relevant to the Adult Fitness Unit.

A physician was appointed Medical Director of each unit within the LEHP to enhance support and the knowledge base of each unit. The physicians aided in developing policies and procedures for their respective units.

Drs. Stephen Devine and Robert Green resigned from the Executive Board. Drs. Linda K. Hall and Kimberly Wood resigned their positions with the LEHP to pursue other positions. Dr. Hall accepted a position as Director of the Cardiac Rehabilitation and Wellness Program at the Christ Hospital in Cincinnati. Dr. Wood accepted a Clinical Specialist position with Allegheny General Hospital in Pittsburgh.

Summary of Events 1986-1987

The AF/OR graduate class of 1987, was comprised of 22 students representing 11 states and 9 undergraduate majors (see Appendix I). These students were given the opportunity to observe emergency procedures while riding along in an ambulance on emergency calls.

Dr. Philip K. Wilson announced his resignation as Executive Director of the LEHP effective July 1, 1987. He also made a motion for the formation of a committee consisting of Drs. Handler, Grove, French, and himself to make a recommendation for a replacement.

The Adult Fitness Unit added a Tuesday/Thursday morning and afternoon program which offered aerobics, raquetball,

snorkeling, and other activities. New equipment for exercise testing (a new Burdick system and a new Marquette system) were added to the RPL. The Cardiopulmonary Unit boasted a 74% retention of new participants, nearly triple the retention in 1984. Reasons for the increased compliance were thought to include: the addition of new programs such as low impact aerobics (Cardiorobics) and Lifecycles; the development of a public relations committee; increased "special attention" to new participants; and added social activities, like pizza parties and bowling. A newsletter called "The Beat Goes On" was created to report on news of interest to the Cardiac Rehabilitation participants.

Summary of Events 1987-1988

The AF/CR graduate class of 1988 was comprised of 14 students representing 7 states and 9 undergraduate majors (see Appendix J).

Dr. Patricia L. Hutchinson accepted the responsibilities of interim LEHP Executive Director until a replacement was found. Dr. Bruce Handler resigned as LEHP Medical Director in October 1987.

A computer program (Food Processor II) for nutritional analyses was purchased following the removal of the old Nutri-Fit program from the mainframe computer. Junior and senior dietetic students from Viterbo College began assisting with the LEHP Nutrition Unit as a fundamental part of their education. They were involved in nutrition care

plans, the Nutri-Fit program, and special projects. Ten members of the La Crosse Fire Department participated in a nutrition program.

Summary of Events 1988-1989

The AF/CR graduate class of 1989, was comprised of 10 students representing 7 states and China, and 7 undergraduate majors (see Appendix K).

Dr. Patricia Hutchinson resigned, and Dr. Sandra Price assumed the duties of Interim Executive Director of the LEHP. In September, a new newsletter format was incorporated. This new newsletter called "The Pacesetter" combined "The Sunrise Express" and "The Beat Goes On". "The Pacesetter" was comprised of news and issues related to all the units of the LEHP. The newsletter was circulated to participants during exercise sessions.

Summary of Events 1989-1990

The AF/CR graduate class of 1990, was comprised of 13 students from 6 states and Canada, and 8 undergraduate majors (see Appendix L).

After recently receiving his Ph.D. from the University of Massachusetts, John Porcari, a 1982 graduate of the AF/CR M.S. degree program, was appointed as the Executive Director of the LEHP.

The LEHP entered into a barter agreement with Ovation Marketing. Marketing advice was exchanged for fitness testing and exercise prescriptions for Ovation Marketing

employees. This combined effort helped attract 36 new members to the LEHP, and resulted in a new brochure format for LEHP sponsored workshops. The last annual national symposium was held in October 1989.

In May 1990, 26 Adult Fitness participants and 36 Cardiac Rehabilitation participants were appointed "winter diehards" for exercising faithfully through the winter months. This honor, along with a LEHP coffee mug, was bestowed upon participants who attended at least 23 sessions during the months of February and March.

Summary of Events 1990-1991

The AF/CR graduate class of 1991, was comprised of 13 students representing 7 states and Israel, and 7 undergraduate majors (see Appendix M).

This year marked the 20-year anniversary of the LEHP. A participant appreciation picnic, in celebration of the 20-year anniversary, was held. A new exercise program was offered as part of the Adult Fitness Unit. A Noon-Walking program, offered between October 1 and April 1, was started.

CHAPTER III

20-YEAR SUMMARY

Throughout the preceding text, significant historical events relevant to the LEHP have been presented. Over its 20-year history, the LEHP has grown from a modest cardiac rehabilitation program to a globally recognized and respected comprehensive fitness and rehabilitative program. Workshops and educational programs sponsored by the LEHP have attracted professionals interested in cardiac rehabilitation from around the world. This program has also helped numerous program assistants, graduate assistants, and graduate students gain invaluable experience as part of their preparation for careers in the field of adult fitness and cardiac rehabilitation.

The LEHP began offering workshops in 1972, in cooperation with the staff and facilities of the HPL and the UWL Physical Education Department. Two types of workshops were offered: 1) Cardiac Exercise Technician (CET), and 2) YMCA Physical Fitness Specialist, or Physical Fitness Specialist-Advanced. The CET workshops were directed toward advanced personnel wishing to gain experience in ECG-monitored graded exercise testing, and procedures associated with inpatient and outpatient cardiac rehabilitation. The YMCA workshops dealt with the measurement of physical

fitness parameters, and methods of conducting and developing exercise programs.

Since 1972, the LEHP has offered over 123 workshops on cardiac rehabilitation, weight control, risk factor management, industrial fitness, ECG interpretation, and exercise testing. The LEHP sponsored an annual national symposium from 1972 to 1989. These symposia dealt with exercise and sport sciences. The most successful symposium was the "La Crosse Health and Sport Sciences Symposium" offered in the spring of 1984. This symposium was attended by over 600 paramedical and medical personnel from all over the world. Another very successful symposium was held in the spring of 1974. Lectures during this 3-day symposium were attended by over 400 individuals. This symposium was unique in that its lectures were recorded and condensed into a 400-page book with 200 tables, graphs, and figures. Proceeds from book sales went toward the LEHP Program and Research Development.

The Executive Board responsible for the operation of the LEHP was organized in April 1971. Sixty-six individuals have served as members of the LEHP Executive Board since its organization (see Appendix N). The Executive Board had six Medical Directors (Dr. Robert E. McMahon, Dr. Joseph W. Edgett, Dr. Edward R. Winga, Dr. Bruce Handler, Dr. Julio J. Bird, and Dr. A. Daniel Harbin), four Associate Medical Directors (Dr. Robert M. Green, Dr. Allen G. Bralley, Dr.

Robert T. Ohma, and Dr. J. Robert Grove), and four Executive Directors (Dr. Philip K. Wilson, Dr. Patricia Hutchinson, Dr. Sandra Price, and Dr. John Forcari), throughout its 20-year history.

A major boost to the success of the LEHP came in 1977 when the AF/CR M.S. degree program was approved. Students attracted by this graduate program alleviated certain staff and subsequent budget concerns by generating an almost inexhaustible supply of staff. Between 1978 and 1991, 241 students from 39 states and 4 foreign countries have enrolled the AF/CR M.S. degree program (see Table 1). Table 2 shows the representation of in-state enrollment, out-of-state enrollment, and Minnesota reciprocity enrollment. These students also came from 38 different undergraduate backgrounds (see Table 3). Undergraduate grade point average (GPA) of students accepted into the AF/CR M.S. degree program from 1978-1990, ranged from 2.57 to 3.93, with an average of 3.38 (see Table 4).

Students began to receive scholarship awards for various academic and personal achievements in 1983 (see Appendix O). Initially two scholarships were awarded, the Preston Clayton Award and the Robert C. Leroy Award. In 1988, the Philip K. Wilson Award and the Barbara Newcomer Award were added. In 1990, the Barbara Newcomer Award was omitted, and the La Crosse County Auxillary Award was added. The Lui/Thomas award debuted in 1991.

Participation within the Adult Fitness and Cardiac Rehabilitation Units has fluctuated over the 20 years (see Figure 1). Participation within the Adult Fitness Unit ranged from a low of 70 in 1983, to a high of 137 in 1989; while, participation within the Cardiac Rehabilitation Unit ranged from 6 in 1971, to a high of 132 in 1978.

Table 1. States/countries represented by AF/CR graduate students.

State	Number of students	Percent
Alaska	1	0.41
Arizona	3	1.24
Arkansas	2	0.84
California	6	2.49
Colorado	4	1.66
Connecticut	4	1.66
Delaware	1	0.41
Florida	4	1.66
Georgia	1	0.41
Idaho	2	0.84
Illinois	16	6.64
Indiana	5	2.07
Iowa	10	4.15
Louisiana	1	0.41
Maine	2	0.84
Maryland	2	0.84
Massachusetts	6	2.49
Michigan	7	2.91
Minnesota	25	10.38
Missouri	3	1.24
Montana	2	0.84
Nebraska	1	0.41
New Hampshire	1	0.41
New Jersey	6	2.49
New York	16	6.64
North Carolina	2	0.84
North Dakota	3	1.24
Ohio	8	3.33
Oklahoma	1	0.41
Oregon	5	2.07
Pennsylvania	3	1.24
South Dakota	3	1.24
Texas	2	0.84
Utah	2	0.84
Vermont	1	0.41
Virginia	2	0.84
Washington	3	1.24
Wisconsin	69	28.64
Wyoming	1	0.41
United States Total	236	97.93

Table 1. continued

Foreign country	Number of students	Percent
Australia	1	0.41
Canada	2	0.84
China	1	0.41
Israel	1	0.41
Foreign total	5	2.07
TOTAL	241	100.00

Table 2. In-state, out-of-state, and Minnesota enrollments in the AF/CR program.

Year	Number of students	Enrollment Status			
		In-state	Out of-state	Minnesota	Foreign country
78-79	21	5	15	1	0
79-80	23	4	15	3	1
80-81	20	4	12	4	0
81-82	21	3	17	1	0
82-83	22	6	12	4	0
83-84	21	9	8	4	0
84-85	23	5	16	1	1
85-86	18	6	10	2	0
86-87	22	8	13	1	0
87-88	14	8	6	0	0
88-89	10	2	6	1	1
89-90	13	5	5	2	1
90-91	13	4	6	2	1
TOTALS	241	69	141	26	5
%	100	28.63	58.51	10.79	2.07

Table 3. Undergraduate backgrounds of AF/CR graduate students.

Field of study	Number of students	Percent
Physical Education	122	50.62
Nursing	23	9.54
Exercise Physiology	14	5.81
Physical Therapy	11	4.57
Nutrition/Dietetics	10	4.15
Recreation	8	3.33
Biology	8	3.33
Community Health	6	2.49
Sports Medicine	5	2.07
Health Education	5	2.07
Psychology	5	2.07
Health Science	4	1.66
Therapeutic Recreation	4	1.66
Fitness/Wellness	3	1.24
Applied Life Studies	2	0.84
Kinesiology	2	0.84
Physiology	2	0.84
Administrative Management	1	0.41
Curriculum and Instruction	1	0.41
Journalism	1	0.41
Liberal Studies	1	0.41
Medicine-Pediatrics	1	0.41
Occupational Therapy	1	0.41
Zoology	1	0.41
TOTALS	241	100.00

Table 4. Undergraduate GPA of AF/CR graduate students.

Year	Range	GPA	Average
1978-1979	2.57 - 3.76		3.13
1979-1980	2.91 - 3.89		3.47
1980-1981	2.88 - 3.88		3.45
1981-1982	2.96 - 3.87		3.43
1982-1983	3.01 - 3.90		3.52
1983-1984	3.01 - 3.88		3.38
1984-1985	3.00 - 3.93		3.67
1985-1986	3.01 - 3.85		3.45
1986-1987	3.05 - 3.86		3.39
1987-1988	3.02 - 3.76		3.27
1988-1989	2.79 - 3.79		3.26
1989-1990	2.90 - 3.83		3.32
1990-1991	2.93 - 3.47		3.15
13-Year Average	2.57 - 3.93		3.38

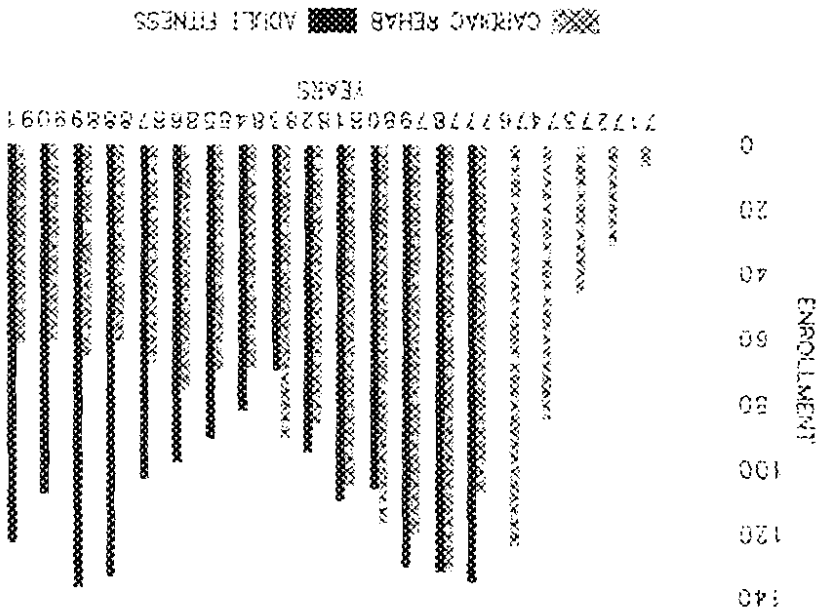


Figure 1: AF/CR Participation

AF/CR GRADUATE CLASS OF 1978-1979

APPENDIX A

- Terry J. Allen From East Syracuse, New York. Undergraduate degree in Physical Education from the State University of New York College-Cortland.
- Tom Bartsokas From New Athens, Illinois. Undergraduate degree in Applied Life Studies from the University of Illinois-Champaign/Urbana.
- Loren Brink From Edgerton, Minnesota. Undergraduate degree in Physical Education from Calvin College.
- Deldre Carle From Xenia, Ohio. Undergraduate degree in Physical Education from Central State University.
- John C. Dixon From Succasunna, New Jersey. Undergraduate degree in Health and Physical Education from East Stroudsburg State College.
- Nancy E. Doll From Bratwood, Wisconsin. Undergraduate degree in Recreation and Park Administration from the University of Virginia-Charlottesville.
- Elizabeth Eagon From Bennington, Vermont. Undergraduate degree in Physical Education from Northeastern University.
- Anne Savic From Spring Valley, Wisconsin. Undergraduate degree in Biology from the University of Wisconsin-La Crosse.
- Patricia Ignagi From Niagara Falls, New York. Undergraduate degree in Physical Education from the State University of New York College-Cortland.
- David G. Jensen From New Britain, Connecticut. Undergraduate degree in Physical Education from Central Connecticut State College.
- Stephen J. Fahrs From Highland Mills, New York. Undergraduate degree in Physical Education from Ithaca College.
- Jack McNeill From Neenah, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Oshkosh.
- Rosemary E. Motto From Elwood Park, Illinois. Undergraduate degree in Nursing from Boston University.

Shelmar O'Connell	From Lakewood, Colorado. Undergraduate degree in Physical Education from Colorado State University.
Amy Phenix	From Cincinnati, Ohio. Undergraduate degree in Physical Education from the University of Cincinnati.
Roxanne M. Reed	From Broadalbin, New York. Undergraduate degree in Physical Education from Springfield College.
Holly J. Richardson	From Iowa City, Iowa. Undergraduate degree in Physical Education from the University of Iowa.
Jane F. Ruvolo	From Parma, Ohio. Undergraduate degree in Physical Therapy from Indiana University.
James St. Louis	From Niagara, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.
Kristine M. Tlahac	From La Crosse, Wisconsin. Undergraduate degree in Nursing from the University of Wisconsin-Oshkosh.
Carole Triebold	From Glenview, Illinois. Undergraduate degree in Physical Education from the University of Illinois-Urbana.

Note: **Boldface** denotes Graduate Assistants

AF/CR GRADUATE CLASS OF 1979-1980

APPENDIX B

- Paul
Anderson From Hamilton, Ontario. Undergraduate
degree in Physical Education from McMaster
University.
- Marsha
Bateman From Erie, Pennsylvania. Undergraduate
degree in Physical Therapy from Ithaca
College.
- Jeffrey
Brandt From Fridley, Minnesota. Undergraduate
degree in Physical Education from the
University of Wisconsin-La Crosse.
- David
Burgess From Edison, New Jersey. Undergraduate
degree in Physical Education from
Springfield College.
- Andrea
Byrne From South Bend, Indiana. Undergraduate
degree in Nursing from Holy Cross School of
Nursing.
- Catharine
Costley From Modesto, California. Undergraduate
degree in Sports Medicine from Pepperdine
University.
- Debra
Dodson From Spring Arbor, Michigan. Undergraduate
degree in Physical Education from Spring
Arbor College.
- Mary Jane
Forrest From Chicago, Illinois. Undergraduate
degree in Nursing from the University of
Illinois.
- Martha
Friedrich From La Crosse, Wisconsin. Undergraduate
degree in Nursing from Winona State
University.
- Marsha
Kolhonen From Amherst, Massachusetts. Undergraduate
degree in Physical Education from the
University of Massachusetts.
- Mark
Lui From Schofield, Wisconsin. Undergraduate
degree in Physical Education from the
University of Wisconsin-La Crosse.
- George
Meyer From East Chicago, Indiana. Undergraduate
degree in Physical Education from Ithaca
College.
- Michael
Murphy From Winslow, Maine. Undergraduate degree
in Physical Education from St. Cloud State
University.

Steven Noeldner From Mankato, Minnesota. Undergraduate degree in Physical Education from Mankato State University.

Lawrence Pardee From Ocean City, New Jersey. Undergraduate degree in Physical Education from St. Bonaventure University.

Debra Parsons From Lakewood, Colorado. Undergraduate degree in Zoology from Colorado State University.

Barbara Penner From Pine Mountain, Georgia. Undergraduate degree in Physical Therapy from the University of Minnesota.

Virginia Pieloch From East Northport, New York. Undergraduate degree in Physical Education from Northwestern University.

Thomas Reinhold From Oshkosh, Wisconsin. Undergraduate degree in Recreation Administration from the University of Wisconsin-La Crosse.

Dorothy Sisneros From Tucson, Arizona. Undergraduate degree in Physical Education from the University of Arizona.

Barbara Thøgersen From Milwaukee, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.

Daniel Timmons From St. Petersburg, Florida. Undergraduate degree in Physical Education from the University of Southern Florida.

Douglas Wussow From St. Cloud, Minnesota. Undergraduate degree in Physical Education from St. Cloud State University.

Note: **Boldface** denotes Graduate Assistants

AR/CR GRADUATE CLASS OF 1980-1981

APPENDIX C

Patrick
Arthur From Lincoln, Nebraska. Undergraduate degree in Physical Therapy from the Mayo Foundation.

Carol
Boe From Sun Prairie, Wisconsin. Undergraduate degree in Biology and Chemistry from the University of Wisconsin-La Crosse.

William
Boles From Minnetonka, Minnesota. Undergraduate degree in Physical Education from St. Cloud State University.

Michael
Brennan From Scituate, Massachusetts. Undergraduate degree in Physical Education from Bridgewater State University.

Jon
Burkhardt From Moorhead, Minnesota. Undergraduate degree in Physical Education from Concordia College.

Glen
Erickson From Virginia, Minnesota. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.

Dyan
Gale From Revere, Massachusetts. Undergraduate degree in Physical Education from Bridgewater State University.

Nancy
Kelly From Scarsdale, New York. Undergraduate degree in Physical Education from Mt. St. Vincent.

Martha
Livingston From Seattle, Washington. Undergraduate degree in Nursing from St. Olaf College.

Suzanne
Milburn From Lorain, Ohio. Undergraduate degree in Physical Education from Ohio State University.

Robert
Monk From Waukesha, Wisconsin. Undergraduate degree in Physical Education and Health Education from the University of Wisconsin-La Crosse.

John
Porcari From Orange, Massachusetts. Undergraduate degree in Physical Education from Springfield College.

William
Radeffer From Grove City, Ohio. Undergraduate degree in Foods and Nutrition from Oregon State University.

Suzanne Rozak From Homer, Alaska. Undergraduate degree in Physical Education from Colorado State College.

Barbara Schoenleber From La Crosse, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.

Ann Seery From Austin, Minnesota. Undergraduate degree in Biology from the University of Minnesota.

Kathleen Shanahan From Naugatuck, Connecticut. Undergraduate degree in Physical Education from Springfield College.

Jean Storlie From La Crosse, Wisconsin. Undergraduate degree in Medical Dietetics from Viterbo College.

Karen Thomas From Hyde Park, Massachusetts. Undergraduate degree in Nursing from the University of Massachusetts.

Cindy Wilkinson From Tempe, Arizona. Undergraduate degree in Physical Education from Arizona State University.

Note: **Boldface** denotes Graduate Assistants.

APPENDIX D

AF/CR GRADUATE CLASS OF 1981-1982

- Jeffrey Anthony From Los Angeles, California. Undergraduate degree in Physiology from the University of California-Santa Barbara.
- Diane Bennett From Corvallis, Oregon. Undergraduate degree in Physical Education from Oregon State University.
- Mary Delisio From Youngstown, Ohio. Undergraduate degree in Physical Education from Youngstown State University.
- Barbara Evans From Shelby, North Carolina. Undergraduate degree in Physical Education from the University of Connecticut.
- Bradford Flick From Kansas City, Missouri. Undergraduate degree in Physical Education from George Williams College.
- Barbara Granger From Orange, New Jersey. Undergraduate degree in Physical Education from Springfield College.
- Gail Gwin From Elwood City, Pennsylvania. Undergraduate degree in Health Education from Slippery Rock State College.
- Anne Herbert From Pocatello, Idaho. Undergraduate degree in Physical Education from Fort Hays State University.
- James Logan From New York, New York. Undergraduate degree in Physical Education from the University of Maine.
- Joann McGarty From Vienna, Virginia. Undergraduate degree in Physical Education from Niagara University.
- Charles Martin From Baltimore, Maryland. Undergraduate degree in Physical Education from Towson State College.
- Kathryn Menard From De Pere, Wisconsin. Undergraduate degree in Physical Education and Health Education from the University of Wisconsin-La Crosse.
- Darlene Moes From Minneapolis, Minnesota. Undergraduate degree in Physical Education from Mankato State University.

**Lisa
Mueller** From Oneonta, New York. Undergraduate degree in Physical Education and Recreation from Northern Michigan University.

**Susan
Sherbocker** From Tempe, Arizona. Undergraduate degree in Health Education from Arizona State University.

**David
Seigneur** From Ottawa Lake, Michigan. Undergraduate degree in Biology from Alma College.

**Maura
Stevenson** From Wallingford, Connecticut. Undergraduate degree in Recreation from Ithaca College.

**Janet
Thill** From Belgium, Wisconsin. Undergraduate degree in Recreational Therapy from the University of Wisconsin-La Crosse.

**Janet
Treftz** From Rockford, Illinois. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.

**Diana
Wilcoxon** From Lakewood, California. Undergraduate degree in Physical Education from California State University-Fullerton.

**Joan
Zahalka** From Lancaster, Wisconsin. Undergraduate degree in Physical Education and Health Education from the University of Wisconsin-La Crosse.

Note: **Boldface** denotes Graduate Assistants.

AF/CR GRADUATE CLASS OF 1982-1983

APPENDIX E

- Deborah L. Baldwin From St. Louis, Missouri. Undergraduate degree in Physical Education from Southeast Missouri State University.
- Terry Bendickson From Densett, Iowa. Undergraduate degree in Physical Education from Iowa State University.
- Michael Bernd From Casper, Wyoming. Undergraduate degree in Physical Therapy from the University of Wisconsin-Madison.
- Debra Berry From Fredericktown, Missouri. Undergraduate degree in Physical Education from Southwest Missouri State University.
- Susan Bryant From Nashville, Arkansas. Undergraduate degree in Food-Nutrition from the University of Arkansas.
- Douglas Crowell From Durham, New Hampshire. Undergraduate degree in Physical Education from the University of New Hampshire.
- Scott Eutsler From Mt. Lake Park, Maryland. Undergraduate degree in Physical Therapy from the University of Maryland.
- John Halbach From Baraboo, Wisconsin. Undergraduate degree in Physical Therapy from the University of Wisconsin-La Crosse.
- Jennifer Justus From St. Louis Park, Minnesota. Undergraduate degree in Biology from Concordia College.
- Tamara Kreun From Edgerton, Minnesota. Undergraduate degree in Biology and Physical Education from Dordt College.
- Cynthia Kyllo From Hayfield, Minnesota. Undergraduate degree in Physical Education from Gustavus Adolphus.
- Carol Mahar From Douglas, Arkansas. Undergraduate degree in Kinesiology from the University of Washington.
- Beverly Mickelson From Sturgeon Bay, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Oshkosh.

Nancy Kergard	From Algonquin, Illinois. Undergraduate degree in Physical Education from Iowa State University.
Karen Palmer	From Racine, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Madison.
Joseph Roethle	From Lake Geneva, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.
David Rogers	From La Crosse, Wisconsin. Undergraduate degree in Community Health from the University of Wisconsin-La Crosse.
Thomas Schlotterback	From White Bear Lake, Minnesota. Undergraduate degree in Biology and Physical Education from Concordia College.
Susan Taylor	From Columbus, Ohio. Undergraduate degree in Physical Education from Ithaca College.
Donna Turner	From Rochester, New York. Undergraduate degree in Physical Education and Health from Ithaca College.
Mary Ann Zuehke	From Sturgeon Bay, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Madison.
Mary Beth Zuck	From Peoria, Illinois. Undergraduate degree in Nursing from Bradley University.

Note: **Boldface** denotes Graduate Assistants.

AF/CR GRADUATE CLASS OF 1983-1984

APPENDIX F

- Anne Barry From Watertown, Wisconsin. Undergraduate degree in Community Health from the University of Wisconsin-La Crosse.
- Joan Borgen From Winona, Minnesota. Undergraduate degree in Occupational Therapy from the University of Wisconsin-Madison.
- Elien Brewster From Madison, Wisconsin. Undergraduate degree in Exercise Science from the University of Wisconsin-Madison.
- Carol Callahan From Brown Deer, Wisconsin. Undergraduate degree in Nursing from the University of Wisconsin-Eau Claire.
- Lance Crosby From Stoddard, Wisconsin. Undergraduate degree in Nursing from the University of Wisconsin-Milwaukee.
- John Daleiden From La Crosse, Wisconsin. Undergraduate degree in Nursing from the University of Wisconsin-Milwaukee.
- Mary Damken From Ames, Iowa. Undergraduate degree in Nursing from the University of Michigan.
- Linda Dirksmeyer From Wauwatosa, Wisconsin. Undergraduate degree in Curriculum and Instruction from the University of Northern Colorado.
- Catherine George From White Bear Lake, Minnesota. Undergraduate degree in Nursing from St. Benedict College.
- Brent Griffin From Thompson, North Dakota. Undergraduate degree in Physical Therapy from the University of North Dakota.
- Deena Haynes From Weimar, California. Undergraduate degree in Health Science from Weimar College.
- Elizabeth Henry From Concord, California. Undergraduate degree in Physiology from the University of California-Berkeley.
- Andrew Klapperich From Glendale, Wisconsin. Undergraduate degree in Physical Education from the University of Illinois.

Brenda Roth	From Oregon City, Oregon. Undergraduate degree in Dietetics from Oregon State University.
Timothy Larson	From Sioux City, Iowa. Undergraduate degree in Physical Education from Morningside College.
Lawrence Martinez	From Miami, Florida. Undergraduate degree in Physical Therapy from Florida International University.
Kimberly Prince	From Tulsa, Oklahoma. Undergraduate degree in Health/Physical Education from the University of Tulsa.
Beth Schetter	From Madison, Wisconsin. Undergraduate degree in Nursing from the University of Wisconsin-Oshkosh.
Catherine Walentiny	From Brainerd, Minnesota. Undergraduate degree in Nursing from St. Benedict College.
Christine Wilson	From Rice, Minnesota. Undergraduate degree in Health from St. Cloud State University.
Dean Witherspoon	From Muscoda, Wisconsin. Undergraduate degree in Health from Central Michigan University.

Note: **Boldface** denotes Graduate Assistants.

AT/OR GRADUATE CLASS OF 1984-1985

APPENDIX G

- Stephen
Sandel** From Ferntree Gully, Australia. Undergraduate degree in Physical Education from Victoria College.
- Cathy
Brooks** From Chico, California. Undergraduate degree in Physical Education from California State University-Chico.
- Kathy
Castleman** From Monroe, Connecticut. Undergraduate degree in Physical Education from Springfield College.
- Ken
Cigala** From Hollywood, Florida. Undergraduate degree in Physical Education from the University of Florida.
- Michelle
Danielson** From Houghton, Michigan. Undergraduate degree in Physical Education from Northern Michigan University.
- Janine
Dueland** From Ithaca, New York. Undergraduate degree in Physical Education from Ithaca College.
- Scott
Finger** From Sheboygan, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Stevens Point.
- Cathy
Fietke** From Naples, Florida. Undergraduate degree in Recreation from Florida International University.
- Bill
Gilligan** From Penfield, New York. Undergraduate degree in Physical Education from the University of Dayton.
- Steven
Hessil** From Milwaukee, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Milwaukee.
- Marilyn
Keller** From Dallas Center, Iowa. Undergraduate degree in Physical Education from Iowa State University.
- Craig
LaDay** From Edison, New Jersey. Undergraduate degree in Health and Physical Education from Pennsylvania State University.
- Sue
Martin** From Chicago, Illinois. Undergraduate degree in Elementary Education and Physical Education from Northeastern Illinois University.

Diane
McCurry From Lake Forest, Illinois. Undergraduate degree in Physical Education from Ithaca College.

Dawn
Moulton From Duluth, Minnesota. Undergraduate degree in Physical Therapy from the College of St. Scholastica.

Diane
Ravenscraft From Lake Forest, Illinois. Undergraduate degree in Physical Education and Recreation from Northern Kentucky University.

Jeanne
Ruff From Bloomer, Wisconsin. Undergraduate degree in Community Health from the University of Wisconsin-La Crosse.

Charles
Sarman, III From Berwyn, Illinois. Undergraduate degree in Health, Physical Education and Recreation from the University of Illinois.

Karen
Toomey From West Henrietta, New York. Undergraduate degree in Recreation from the University of Maine.

Ruth
Townsend From Seattle, Washington. Undergraduate degree in Kinesiology from the University of Washington.

Beuchele
Tweed From Lakota, North Dakota. Undergraduate degree in Nutrition and Dietetics from North Dakota State University.

Robert
VanLaarhoven From Wausau, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.

Scott
Zwicki From Darlington, Wisconsin. Undergraduate degree in Health and Physical Education from the University of Wisconsin-La Crosse.

Note: **Boldface** denotes Graduate Assistants.

AP/CR GRADUATE CLASS OF 1985-1986

APPENDIX H

Jack Broderick From Pittsburgh, Pennsylvania. Undergraduate degree in Sports Science/Gerontology from the University of Denver.

Suzanne Coppola From Racine, Wisconsin. Undergraduate degree in Exercise Physiology from Penn State University.

Barb Pagan From Delavan, Wisconsin. Undergraduate degree in Physical Education/Health from the University of Wisconsin-Whitewater.

Sue Glazko From Ann Arbor, Michigan. Undergraduate degree in Sports Science from Indiana University.

Cindy Herrbold From Sturgeon Bay, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Eau Claire.

Mary Sue Huber From Vermillion, South Dakota. Undergraduate degree in Physical Education from the University of South Dakota.

Daniel Lange From Milwaukee, Wisconsin. Undergraduate degree in Community Health Education from Marquette University.

Karen Lietz From Greendale, Wisconsin. Undergraduate degree in Therapeutic Recreation from the University of Wisconsin-La Crosse.

Mary Maley From Edina, Minnesota. Undergraduate degree in Nursing from Texas Christian University.

M. Alexander Masotti From Carencro, Louisiana. Undergraduate degree in Physical Education from Benedictine College.

Marcia Pitcock From Earlham, Iowa. Undergraduate degree in Nursing from Grandview College.

Rita Reiser From Golden Valley, Minnesota. Undergraduate degree in Dietetics from the University of Wisconsin-Stout.

Jeff Saunders From Wilmington, Delaware. Undergraduate degree in Physical Education/Health from Liberty Baptist University.

Barb
Stafslie **n** From Makoti, North Dakota. Undergraduate
gree in Nursing from the University of North
Dakota-Grand Forks.

Millicent
Stevens **n** From New Haven, Indiana. Undergraduate
degree in Physical Therapy from Indiana
University.

Gail
Trojack **n** From Thayer, Illinois. Undergraduate degree
in Dietetics from Western Illinois
University.

James
Vils **n** From Chippewa Falls, Wisconsin.
Undergraduate degree in Community Health
Education from the University of Wisconsin-
La Crosse.

Drew
Weidman **n** From Tremonton, Utah. Undergraduate degree
in Sports Medicine from Brigham Young
University.

Note: **Boldface** denotes Graduate Assistants.

AP/CR GRADUATE CLASS OF 1986-1987

APPENDIX I

- Jay
Bryan From Buffalo Lake, Minnesota. Undergraduate degree in Exercise Science from Eastern Washington University.
- Elizabeth
Burns From Bloomington, Indiana. Undergraduate degree in Physical Education from Indiana University.
- Cathleen
Cone From Pierre, South Dakota. Undergraduate degree in Physical Education from the University of South Dakota.
- Brian
Dixon From Gansevort, New York. Undergraduate degree in Physical Education from State University of New York-Cortland.
- Tracy
Fosshage From Medford, Wisconsin. Undergraduate degree in Health Education from the University of Wisconsin-La Crosse.
- Earin
Litzau From Greendale, Wisconsin. Undergraduate degree in Recreation from the University of Wisconsin-La Crosse.
- Marcella
Lepruzzi From Portland, Oregon. Undergraduate degrees in Physical Education from Oregon State University, and Exercise Science from Northeastern Illinois University.
- Mary Lou
Meyer From Chicago, Illinois. Undergraduate degree in Exercise Physiology from Northeastern Illinois University.
- Kathryn
Miczulski From Roselle Park, New Jersey. Undergraduate degree in Journalism from West Virginia State University.
- Marla Jean
Miller From North Manchester, Indiana. Undergraduate degree in Physical Education from Manchester College.
- Taj
Oliver From San Antonio, Texas. Undergraduate degree in Psychology from Texas Lutheran University.
- Elaine
Olson From Banks, Oregon. Undergraduate degree in Psychology from Pacific University.
- Joyce
Pokrandt From Oshkosh, Wisconsin. Undergraduate degree in Nursing from the University of Wisconsin-Oshkosh.

Donna Russell	From Racine, Wisconsin. Undergraduate degree in Nutrition from the University of Nebraska.
Sharon Slavin	From Milwaukee, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Madison.
Charlotte Smith	From Mendota, Wisconsin. Undergraduate degree in Nutrition from Emory University.
Karen Smith	From South Hiram, Maine. Undergraduate degree in Health and Fitness from the University of Maine.
Tammi Smith	From Marathon, Wisconsin. Undergraduate degree in Recreation from the University of Wisconsin-La Crosse.
Mary Tucker	From Ontonagon, Michigan. Undergraduate degree in Psychology from Michigan State University.
Maureen Vandehey	From La Crosse, Wisconsin. Undergraduate degree in Nursing from the University of Wisconsin-Oshkosh.
Richard Weber	From Olmsted Falls, Ohio. Undergraduate degree in Physical Education from Slippery Rock State College.
Michael Weil	From Milwaukie, Oregon. Undergraduate degree in Physical Education from Oregon State University.

Note: **Boldface** denotes Graduate Assistants.

APPENDIX J

AF/CR GRADUATE CLASS OF 1967-1988

Kathy
Brown-Miner From Menomonie, Wisconsin. Undergraduate degree in Dietetics from the University of Wisconsin-Stout.

Nancy
Carr From Omro, Wisconsin. Undergraduate degree in Life Science from the University of Minnesota-Duluth.

Darci
Clark From Livonia, Michigan. Undergraduate degree in Physical Education from Alma College.

Gerrie
Gasunas From La Crosse, Wisconsin. Undergraduate degree in Therapeutic Recreation from the University of Wisconsin-La Crosse.

Laurie
Keili From Dallas, Texas. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse.

Heidi
Hilgenberg From Denver, Colorado. Undergraduate degree in Sport Sciences from the University of Denver.

Lisa
Heusch From Brookfield, Wisconsin. Undergraduate degree in Health Promotion from the University of Wisconsin-Stevens Point.

Tom
Kowalski From Arlington Heights, Illinois. Undergraduate degree in Physical Education from Illinois State University.

Shawn
Licata From Beloit, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Whitewater.

M. Greg
Miller From Blacksburg, Virginia. Undergraduate degree in Liberal Studies from the University of Central Florida.

Sue
Strong From Milwaukee, Wisconsin. Undergraduate degree in Physical Education and Health from the University of Wisconsin-La Crosse.

Scott
Thoms From Clinton, Iowa. Undergraduate degree in Health Movement Science from Bradley University.

Bosie
White From La Crosse, Wisconsin. Undergraduate degree in Community Health from the University of Wisconsin-La Crosse.

Dave
Wiley

From La Crosse, Wisconsin. Undergraduate
degree in Biology from Luther College.

Note: **Boldface** denotes Graduate Assistants.

APPENDIX K

AF/CR GRADUATE CLASS OF 1988-1989

Douglas Carlyle	From Pocatello, Idaho. Undergraduate degree in Commercial Physical Education from Brigham Young University.
Jane Dzaboff	From Earlville, Iowa. Undergraduate degree in Administrative Management from Mt. Mercy College.
Michael Erney	From Collinsville, Illinois. Undergraduate degree in Health Education from Southern Illinois University.
Christine Greening	From Circle Pines, Minnesota. Undergraduate degree in Health/Recreation from St. Cloud State University.
Wendy Kerner	From Rhinelander, Wisconsin. Undergraduate degree in Psychology from the University of Wisconsin-La Crosse.
Jennifer Powers	From Scipio Center, New York. Undergraduate degree in Physical Education-Exercise Science from Ithaca College.
Barbara Ann Roth	From Champaign, Illinois. Undergraduate degree in Physical Education from the University of Illinois.
Stacey Van Skyhawk	From Sandy, Utah. Undergraduate degree in Exercise Science from Utah State University.
Mary Kay Wild	From Ellsworth, Wisconsin. Undergraduate degree in Physical Education from St. Cloud State University.
Wan-Li Yang	From Shanghai, China. Undergraduate degree in Medicine, Pediatrics from Shanghai Second Medical College.

Note: **Boldface** denotes Graduate Assistants.

AF/CR GRADUATE CLASS OF 1989-1990

APPENDIX I

Kelly Amos From Greensboro, North Carolina. Undergraduate degree in Physical Education from the University of North Carolina.

Shari Bauer From La Crosse, Wisconsin. Undergraduate degree in Psychology and Dietetics from Viterbo College.

Paula Bernard From Winnipeg, Canada. Undergraduate degree in Nursing from the College of Mt. St. Joseph.

Julia Brewer From Amherst, Massachusetts. Undergraduate degree in Exercise Science from the University of Massachusetts.

Beth Broman From Rochester, Minnesota. Undergraduate degree in Recreation Therapy from the University of Wisconsin-La Crosse.

Bill Davey From Neenah, Wisconsin. Undergraduate degree in Physical Education/Fitness from the University of Wisconsin-La Crosse.

Sharon Kingsley From Lyons, New York. Undergraduate degree in Physical Education from State University of New York-Cortland.

Joe Koenig From Green Bay, Wisconsin. Undergraduate degree in Human Biology from the University of Wisconsin-Green Bay.

Scott Kubly From Sun Prairie, Wisconsin. Undergraduate degree in Exercise Physiology from the University of Wisconsin-Madison.

Jeff Ocel From Apple Valley, Minnesota. Undergraduate degree in Corporate-Community Fitness from North Dakota State University.

Lisa Schroeder From Madison, Wisconsin. Undergraduate degree in Exercise Physiology from the University of Wisconsin-Madison.

Michelle Sierzant From Ithaca, New York. Undergraduate degree in Physical Education from Ithaca College.

Missy Slockett From Des Moines, Iowa. Undergraduate degree in Physical Education/Corporate Fitness from Drake University.

Note: **Boldface** denotes Graduate Assistants.

AF/CR GRADUATE CLASS OF 1990-1991

APPENDIX M

Keith Berg From Martinsdale, Montana. Undergraduate degree in Exercise Science/Wellness from Wayne State College.

Marty Gerhards From Potosi, Wisconsin. Undergraduate degree in Biology from the University of Wisconsin-La Crosse.

Ramona Griffith From Black River Falls, Wisconsin. Undergraduate degree in Nursing from the University of Phoenix.

Diana Hoffman From Menomonie, Wisconsin. Undergraduate degree in Physical Education/Recreation from the University of Wisconsin-La Crosse.

Jana Johnson From Hermantown, Minnesota. Undergraduate degree in Biology from the College of St. Scholastica.

Arial Karawan From Jerusalem, Israel. Undergraduate degree in Physical Education from Zinwan College of Physical Education.

James Larkin From Black River Falls, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-Madison.

Michael McNamara From Malta, Montana. Undergraduate degree in Exercise Science from Wayne State College.

Anna-Marie Postmus From Grand Rapids, Michigan. Undergraduate degree in Physical Education from Hope College.

Dan Thill From Brookings, South Dakota. Undergraduate degree in Fitness/Wellness from South Dakota State University.

Chad Vik From Mazeppa, Minnesota. Undergraduate degree in Exercise Physiology from the College of St. Scholastica.

Mark Wallick From Colorado Springs, Colorado. Undergraduate degree in Exercise and Sport Science from Colorado State University.

Crystal Whitney From Edmonds, Washington. Undergraduate degree in Exercise Science from Western Washington University.

Note: Boldface denotes Graduate Assistants.

APPENDIX N
LEHP EXECUTIVE BOARD MEMBERS

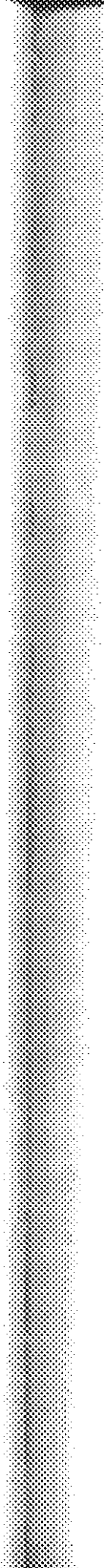
Name	Degree	Organization	Year
Arthur G. Barbier	M.D.	Skemp-Grandview Clinic	1972-80
Robert W. Batchelder	Ph.D.	UWL	1971-75
Shari Bauer	B.S. R.D.	UWL	1989-90
Julio J. Bird	M.D.	Gundersen Clinic	1986-90
Allen G. Brailey	M.D.	Gundersen Clinic	1971-76
Phil Buckenmeyer	M.S.	UWL	1986-87
Nancy K. Butts	Ph.D.	UWL	1981-91
Richard Campbell		Trane Company	1981-90
Brian Campion	M.D.	St. Francis Medical Center	1989-91
Kristine Clark	M.S. R.D.	UWL	1983-87
Joseph R. Desch		Wisconsin Heart Institute	1973-82
Stephen M. Devine	M.S.	Gundersen Clinic	1983-87
Clifton H. DeVoll	P.ED.	UWL	1978-85
Harry P. DuVal	Ph.D.	UWL	1978-80
Joseph W. Edgett	M.D.	Gundersen Clinic	1971-83
Roger Evans	M.D.	Gundersen Clinic	1974-80
Keith E. French	Ph.D.	UWL	1983-88

Alan A. Gabster	M.D.	Gundersen Clinic	1983-87
Warren E. Gall	M.D.	Gundersen Clinic	1985-88
Carolyn C. Goren	M.D.	Gundersen Clinic	1983-87
Robert M. Green	M.D.	Gundersen Clinic	1971-75
Joy C. Greenlee	Ed.D.	UWL	1980-85
Sister Mary Gregory		St. Francis Medical Center	1971-73
J. Robert Grove	M.D.	St. Francis Medical Center	1981-91
Erik Gundersen	M.D.	Gundersen Clinic	1986-88
Thomas T. Gushiken	Ph.D.	UWL	1975-88
Linda K. Hall	Ph.D.	UWL	1980-84
Bruce Handler	M.D.	Gundersen Clinic	1983-88
A. Daniel Harbin	M.D.	Gundersen Clinic	1985-91
Douglas Hasted	Ed.D.	UWL	1989-91
Tracy Herrewig	M.S.	Gundersen Clinic	1989-91
A. W. Hickey	M.D.	La Crosse Clinic	1975-86
Patricia Hutchinson	Ed.D.	UWL	1986-88
Calvin H. Jahn		Consumer Representative	1971-87

Linda Jensen		UWL	1989-90
Gordon L. Johnson	M.D.	Gundersen Clinic	1983-86
William Johnson	M.S.	UWL	1985-86
Wayne Kaufman	Ph.D.	UWL	1974-85
Donald Kirkendall	Ph.D.	UWL	1980-81
Stephen Korte	M.D.	Gundersen Clinic	1985-90
Charles E. Link	M.D.	La Crosse Clinic	1971-73
Mary McLellan	Ph.D.	UWL	1989-90
Robert E. McMahon	M.D.	Gundersen Clinic	1971-75
Mary Ann Melloh		Wisconsin Heart Institute	1972-73
John C. Mitchem	Ph.D.	UWL	1983-88
Raymond F. Moss	Ph.D.	UWL	1978-81
Robert T. Obba	M.D.	Skemp-Grandview Clinic	1973-88
Perianne Huggins-Olson	M.S.	Gundersen Clinic	1989-91
William Oslun	M.S.	Wisconsin Heart Institute	1985-88
Kitty Paulson	R.N.	Wisconsin Heart Institute	1985-91
Stephen L. Pavels	M.D.	St. Francis Medical Center	1983-86

John Pedace		G. Heileman Brewing Company	1981-90
John Forcari	Ph.D.	UWL	1989-91
Glen H. Porter	Ph.D.	UWL	1980-83
Sandy Price	Ph.D.	UWL	1986-89
Donovan W. Riley	J.D.	UWL	1971-73
Marge Samsoe	M.S.	Gundersen Clinic	1983-88
Fred Skemp, Jr.	M.D.	Skemp-Grandview Clinic	1977-90
Fred Skemp, Sr.	M.D.	Skemp-Grandview Clinic	1972-77
Glenn M. Smith	Ed.D.	UWL	1971-82
Jean Storlie	R.D.	UWL	1982-83
Jan Taggart	M.S.	St. Francis Medical Center	1989-91
James W. Texman	M.D.	Gundersen Clinic	1976-88
Debra Thamson	M.S.	St. Francis Medical Center	1989-91
Bill Van Atta	Ph.D.	UWL	1986-88
Philip K. Wilson	Ed.D.	UWL	1971-87
Edward R. Winga	M.D.	Gundersen Clinic	1971-91
Anne Winter	Ph.D.	UWL	1989-90

1983-88	UWL	M.S.	Diana Y. Woods
1983-88	UWL	M.S./Ph.D.	Kim Wood
1972-86	UWL	Ph.D.	David Wilmer



David
Witmer
Kim
Wood
Diana K.
Woods

Ph.D.
M.S./Ph.D.
M.S.

UWI
UWI
UWI

1972-86
1983-86
1983-88

AP/CR AWARD WINNERS

APPENDIX D

PRESTON CLAYTON AWARD

Debra Berry, 1983
 Linda Dirksmeyer, 1984
 Ken Cigala, 1985
 Scott Finger, 1985
 Mary Tucker, 1987
 Kathy Brown-Miner, 1988
 Jane Daaboff, 1989
 Julia Brewer, 1990
 Scott Kubly, 1990
 Keith Berg, 1991
 Mark Wallick, 1991

ROBERT O. LEROY AWARD

Carol Mahar, 1983
 Catherine Walentiny, 1984
 Michelle Danielson, 1985
 Cindy Herrbold, 1986
 Mary Lou Meyer, 1987
 Lisa Heusch, 1988
 Christine Greening, 1989
 Kelly Amos, 1990
 James Larkin, 1991

PHILIP K. WILSON AWARD

Nancy Carr, 1988
 Douglas Carlyle, 1989
 Joe Koenig, 1990
 Jeff Ocel, 1990
 Michael McNamara, 1991

BARBARA NEWCOMER AWARD

Darci Clark, 1988
 Stacey Van Skyhawk, 1989

LA CROSSE COUNTY AUXILIARY AWARD

Michelle Sierzant, 1990
 Ramona Griffith, 1991

LUI/THOMAS AWARD

Anna-Marie Postmus, 1991

LEHP RESEARCH FELLOWS

APPENDIX F

1974-1975

Ozdemir
Karatun

Sponsored by Gundersen Clinic and the LEMP

1975-1976

J. P.
Bagarhatta

From Jaiper, India. Research Fellow in the Cardiac Rehabilitation Program from August 1, 1975 to November 1, 1975. B.S. from Rajasthan University, M.S. from Punjabi University, and Ph.D. from S.M.S. Hospital and Medical College, Rajasthan University. Post-graduate work at the University of Lucknow, India.

Terrence
Daughtery

From Prairie du Chien, Wisconsin. Research Fellow in the Cardiac Rehabilitation Program for one year (dates unknown). B.S. in Health and Physical Education from the University of Wisconsin-La Crosse, M.S. in Physical Education for the Handicapped from the University of Wisconsin-La Crosse.

Jeffrey
Finkham

From Haverhill, Massachusetts. Research Fellow in the Cardiac Rehabilitation Program and Exercise Technician at Gundersen Clinic from June 1, 1975, to August 1, 1975. B.A. in Physical Education from Adrian College, M.S. in Exercise Physiology from the University of Massachusetts.

Mark
Williams

From Fullerton, California. Research Fellow in the Cardiac Rehabilitation Program and Exercise Technician at Gundersen Clinic from June 1, 1975, to August 1, 1976. B.S. in Physical Education from California State University-Fullerton, M.S. in Physical Education from California State University-Fullerton.

1980-1981

Linda K.
Hall

B.S. from the University of New Hampshire, M.S. from Smith College, and Ph.D. from the Ohio State University. Dr. Hall also participated in a 6-month seminar at the Chelsea College of Physical Education-University of London.

1981-1982

W. Dianne
Hall

From Tampa, Florida. B.S. from Florida
State University, M.A. and Ph.D. from the
Ohio State University.

Jose C.
Vicente

From Puerto Rico. B.A. and M.F.H.E. from
the University of Puerto Rico, and Ph.D.
from Florida State University-Tallahassee.

LEHR POSTDOCTORAL FELLOWS

APPENDIX 8

1976-1977

- Donald E. Campbell B.A. from Augustana College, M.S. from the University of Oregon, and Ed.D. from Colorado State College.
- Bruce Davies From Blackwood, Wales. Undergraduate degree from St. Luke's College, Exeter University, England. M.S. and Ph.D. in Applied Physiology from the University of Illinois-Champaign.
- Richard C. Lewis From Connecticut. B.S. from Central Connecticut State College, M.S. from the University of Connecticut, and Ph.D. from the University of Wisconsin-Madison.
- Jorge Maruschamer From Mexico City, Mexico. M.D. from the National University of Mexico. Specialized in Internal Medicine at the Mexican National Institute of Nutrition, and in Cardiology at the Institute of Cardiology in Mexico City.

APPENDIX R

LEHP PROGRAM ASSISTANTS

1976-1977

- Philip S. Clifford From Hawaii. Fourteen-month appointment. B.A. from Le Tourneau College. At the time of this appointment, he was completing his M.S. requirements in Exercise Physiology from the University of Texas-Austin.
- Yvette Montilla From San Juan, Puerto Rico. Fourteen-month appointment. B.S. in Physical Education from the University of Puerto Rico. At the time of this appointment, she was completing requirements for her M.S. in Exercise Physiology from Florida State University-Tallahassee.
- Chuck Swanson From Iowa. Fourteen-month appointment. B.S. from Iowa State University-Ames. M.S. in Physiology from Iowa State University-Ames. Registered Physical Therapist.
- William A. Webster, IV From Loris, South Carolina. Fourteen-month appointment. B.S. from The Citadel. M.A. from the University of South Carolina. At the time of this appointment, he was completing the dissertation phase of his Ph.D. in cooperation with the LEHP, Florida State University, and George Washington University Medical Center.

1977-1978

- Wayne Fleming From Lincoln, Nebraska. B.A. from Andrews University. M.S. from Western Michigan University. Ed.D. from the University of Northern Colorado.
- Mark Loftin From Tyler, Texas. Bachelor's and Master's degrees in Physical Education with an emphasis in Exercise Physiology from Texas Eastern University.
- Glen H. Porter From Moscow, Idaho. B.S. in Physical Education from the University of Idaho. M.S. in Physical Education from the University of Illinois-Urbana. Ph.D. in Physical Education from the University of Wisconsin-Madison.
- Jeff Sunderlin From Chicago, Illinois. M.S. in Physical Education from Illinois State University.

1978-1979

- Thomas Kelly From Pittsburgh, Pennsylvania. B.S. in Pre-Med from Spring Hill College. M.S. in Exercise Physiology from the University of Illinois.
- Maurie Leutkemeier M.S. in Exercise Physiology from Ball State University.
- Patricia Painter From Michigan's Upper Penninsula. B.S. in Physical Education from Northern Michigan University. Master's Degree in Physiology from Michigan Technological University.

1979-1980

- Ralph Fregosi From Boston, Massachusetts. B.S. from Boston State College. M.S. in Exercise Physiology from the University of Arizona.
- Douglas Larsen From Loma Linda, California. Undergraduate degree in Biology from California State College. Master's degree in Public Health. Doctorate in Health Science from Loma Linda University.
- Bobbie Testa From Western Maryland. B.S. in Physical Education from the University of Maryland. Master's degree in Motor Learning from Penn State.

1980-1981

- Tom Bartsokas From New Athens, Illinois. Undergraduate degree from the University of Illinois with a concentration in Human Physiology and Exercise Therapy. M.S. in Adult Fitness/ Cardiac Rehabilitation from the University of Wisconsin-La Crosse.
- Marge Samsco From Walla Walla, Washington. Undergraduate degree in Physical Education from Western Illinois University. M.S. in Physical Education from the University of Northern Colorado.
- Brian Seaward From Connecticut. Undergraduate degree in Journalism and Physical Education from the University of Maine-Orono. M.S. in Exercise Physiology from the University of Illinois, Urbana-Champaign.

Rick
Seip From Reading, Pennsylvania. B.S. in Health and Physical Education from the University of Wyoming-Laramie.

1981-1982

Ruth
Anderson From Chicago, Illinois. Undergraduate degree in Health and Physical Education from East Stroudsburg State College. M.S. in Physical Education from East Stroudsburg State College. Master of Public Health from Northwestern University Medical School.

Timothy
Cook From Beaver, Pennsylvania. B.S. in Health/Physical Education from Penn State University. Master's degree in Exercise Physiology from the University of Michigan-Ann Arbor.

Michael
Marshall From Beloit, Wisconsin. Undergraduate degree in Physical Education from the University of Wisconsin-La Crosse. M.S. in Exercise Physiology from Ball State University.

Rick
McAllister From Prescott, Ontario. Undergraduate degree in Sport Sciences with an emphasis on Exercise Physiology and Biomechanics from the University of Ottawa. M.S. in Sports Medicine from Ball State University.

Sandra
Sanders From Toledo, Ohio. Undergraduate degree in Physical Education with an emphasis in Exercise Physiology from the University of Toledo. M.Ed. in Physical Education from the University of Toledo.

Jean
Storlie From La Crosse, Wisconsin. Undergraduate degree in Community-Medical Dietetics from Viterbo College. At the time of this appointment, she was pursuing a M.S. in Adult Fitness/Cardiac Rehabilitation from the University of Wisconsin-La Crosse.

1982-1983

Trish
Hutchinson From Athens, Georgia. B.S. and M.A. in Physical Education from Western Carolina University. At the time of this appointment, she was pursuing an Ed.D in Physical Education from the University of Georgia.

- Gary Friestad From Stillman Valley, Illinois. Undergraduate degree in Physical Education from Illinois State University.
- Charlie Martin From Baltimore, Maryland. B.S. in Physical Education from Towson State University. At the time of this appointment, he was enrolled in the Adult Fitness/Cardiac Rehabilitation M.S. Program at the University of Wisconsin-La Crosse.
- Bolly Wexler From Huntingdon Valley, Pennsylvania. B.S. in Health and Physical Education from Slippery Rock State College. M.S. in Exercise Physiology from Ball State University.
- 1983-1984
- Steve Crouse From Albuquerque, New Mexico. Ph.D. in Exercise Physiology from the University of New Mexico.
- Doug Crowell From Durham, New Hampshire. B.S. in Physical Education from the University of New Hampshire. M.S. in Adult Fitness/Cardiac Rehabilitation from the University of Wisconsin-La Crosse.
- Robert Daley From St. Clairsville, Ohio. Ph.D. in Anatomy from Ohio State University.
- Cindy Kyllö From Hayfield, Minnesota. B.S. in Physical Education from Gustavus Adolphus College. M.S. in Adult Fitness/Cardiac Rehabilitation from the University of Wisconsin-La Crosse.
- Jan Taggart From Sallisaw, Oklahoma. Health/Physical Education from Oklahoma State University.
- 1984-1985
- Jema Allen From Laramie, Wyoming. Undergraduate degree in Secondary Education from the University of Wyoming. Master's degree in Exercise Physiology from the University of Wyoming.
- Martha Stoll From East Lansing, Michigan. B.A. from Alma College. Master's degree in Exercise Physiology from Michigan State University.

Johnathan B
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APPENDIX S

LEHF GRADUATE ASSISTANTS 1975-1978

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1975-1976

- Bob
Conzemius From Owen, Wisconsin. Graduate Assistant in the Anatomy-Physiology and Human Performance Laboratories from September 1, 1975, to June 1, 1976. Undergraduate degree in Psychology from the University of Wisconsin-Eau Claire. At the time of this appointment, he was working towards his graduate degree in Physical Education with an emphasis in Elementary Physical Education.
- Tom
Crapisi From Milwaukee, Wisconsin. Graduate Assistant in the Cardiac Rehabilitation Program and Pathologist's Assistant at La Crosse Lutheran Hospital from July 1, 1975, to July 1, 1976. B.S. in Physical Education from the University of Wisconsin-La Crosse. At the time of this appointment, he was working towards his graduate degree in Physical Education for the Handicapped from the University of Wisconsin-La Crosse.
- Beth
Goebel From Dearborn, Michigan. Graduate Assistant in the Cardiac Rehabilitation Program from August 25, 1975, to August 25, 1976. B.S. in Physical Education from Central Michigan University in Mt. Pleasant, Michigan. At the time of this appointment, she was working toward her graduate degree in Physical Education with an emphasis in Cardiac Rehabilitation from the University of Wisconsin-La Crosse.
- Brenda
Caryn Loube From Silver Spring, Maryland. Graduate Assistant in the Cardiac Rehabilitation Program, ECG Technician at St. Francis Hospital from August 25, 1975, to August 25, 1976. B.S. in Physical Education from Towson State College. At the time of this appointment, she was working toward her graduate degree in Physical Education from the University of Wisconsin-La Crosse.
- Michael
Pionkowski From Wilmette, Illinois. Graduate Assistant in the Cardiac Rehabilitation Program from June 1, 1975, to June 1, 1976. B. S. in Physical Education from Bethany College. At the time of this appointment he was working toward his graduate degree in Elementary Physical Education from the University of Wisconsin-La Crosse.

1976-1977

- Scott
Campbell From Faribault, Minnesota. Two-year appointment. B.A. in Biomedical Science from St. Cloud State University. At the time of this appointment, he was working toward his graduate degree in Community Health at the University of Wisconsin-La Crosse.
- Kelvin
Davies From Redbridge, England. Fourteen-month Appointment. Undergraduate degree in Physical Education from Edge Hill College of Education, Liverpool and Lancaster Universities. At the time of his appointment, he was working toward his graduate degree.
- Robert
Hinshelwood From Dolton, Illinois. Fourteen-month appointment B.S. in Physical Education from the University of Illinois-Chicago Circle. At the time of this appointment, he was working toward his M.S. degree in Physical Education from the University of Wisconsin-La Crosse.
- Susan
McBride From Wilmington, Delaware. Two-year appointment B.S. in Physical Education from Springfield College. At the time of this appointment, she was working toward her M.S. in Community Health Education from the University of Wisconsin-La Crosse.
- Mary Ellen
Schmidley From Green Bay, Wisconsin. Fourteen-month appointment. Undergraduate degrees in Biology, Psychology, and Adapted Physical Education from the University of Wisconsin-Eau Claire and the University of Wisconsin-La Crosse.
- Timothy A.
Strathman From Winnebago, Illinois. Fourteen-month appointment. B.S. in Physical Education with an emphasis in Exercise Science from Kansas State University. At the time of this appointment, he was working toward his M.S. in Physical Education from the University of Wisconsin-La Crosse.

1977-1978

- Scott
Campbell From Faribault, Minnesota. B.A. in Biomedical Science from St. Cloud State University. At the time of this appointment, he was in his second year working toward his M.S. in Community Health Education from the University of Wisconsin-La Crosse.
- Gayle
Cunningham From Chambersburg, Pennsylvania. B.S. in Health and Physical Education from the Pennsylvania State University.
- Anne
Gavic From Spring Valley, Wisconsin. B.S. in Biology from the University of Wisconsin-La Crosse. At the time of this appointment, she was working toward her graduate degree in Physical Education from the University of Wisconsin-La Crosse.
- Lori
Hunt From Montague, Michigan. B.S. in School Health Education from Central Michigan University.
- David
Lee From Melbourne, Australia. B.S. in Physical Education from Footscray Institute of Technology. At the time of this appointment, he was working toward his M.S. in Physical Education at the University of Wisconsin-La Crosse.
- Susan
McBride From Wilmington, Delaware. Undergraduate degree in Physical Education from Springfield College. At the time of this appointment, she was in her second year working toward her graduate degree in Community Health Education from the University of Wisconsin-La Crosse.
- Jack
McNeill From Ridgewood, New Jersey. B.S. in Physical Education and Biology from the University of Wisconsin-Oshkosh. At the time of this appointment, he was working toward his M.S. in Physical Education from the University of Wisconsin-La Crosse.

Kathy
Mullen

From Grosse Ile, Michigan. B.S. in School Health Education from Central Michigan University. At the time of this appointment, she was working toward her M.S. in Health Education from the University of Wisconsin-La Crosse.

James
Nord

From Wilmette, Illinois. B.A. in Physical Education from Tulane University.

Greg
Zeimetz

From Blue Island, Illinois. B.S. in Physical Education and Corrective Therapy from the University of Illinois-Chicago Circle.