

What Students Are Saying About the LPES Program

Through this program my leadership has grown into a position where I feel that I could navigate any professional situation that comes my way. I feel that if it wasn't for this program, I wouldn't be in the position that I am today. I have grown as a leader to the point where I feel comfortable to be a Dean of Students and/or an Athletic Director at a school. This has been a long time professional goal of mine, and it wouldn't have been attainable without this program. **Henry Ruud, High School Teacher and Coach, Cass Lake-Bena Middle/High School, Cass Lake, MN.**

The past two years in the leadership in physical education and sport program have made a drastic impact on me as a strength coach as well as a person. This program has shaped me into a much better leader. I know I am nowhere near, where I can be as a leader. I still have a lot left to learn as a leader, but the courses in this program have helped me understand what I need to do to grow and develop in the future. **Tyler Beckman, Strength and Conditioning Coach, Oral Roberts University, OK.**

In the last year and a half I have become a much more focused person on what I really want out of life. Going through this program has made me realize how much I enjoy the learning process, and it is something that I will continue to do throughout my life. I feel like my brain has "woke up", and I have also read almost 50 books since starting this program in the fall of 2014. I believe continuing the habits that I have created over the last year and a half will help me become a better teacher, father, husband, and friend. I am grateful to NDSU and my professors for giving me the opportunity to grow both as a teacher and a person. **Andrew Fitzgerald, Teacher and Coach Jamestown High School, ND.**

The Leadership in Physical Education and Sport graduate program assisted in providing knowledge I can incorporate into my field of expertise. These courses have been beneficial by helping me become a leader in my profession. I have gained important leadership characteristic by voicing my knowledge and concerns in our PE Department. The knowledge I have received throughout this program has lead the charge in creating a positive dialogue with coworkers and developing a better environment for all students. From the guidance of this program, I have developed a clear vision on short and long term goals I would like to incorporate into my Physical Education Department. I have enjoyed the Leadership in Physical Education and Sport graduate program because it has made me analyze and critique my teaching and coaching. It has also pushed me to be a better educator by making me think outside the box. I am able to apply my extensive knowledge of leadership in teaching and coaching to my colleagues and future students. My future students will get a better me. As for coaching, I have realized it's about children's growth in life lessons that help prepare them for the real world. It's not about winning, it's about creating an enjoyable environment that keeps them active for a life time. **Kalia Capouch, Teacher, Cheney Middle School, West Fargo, ND.**

At first I entered this program with the understanding that this would challenge me in many ways. I did not, however, go into the program with the understanding of how it would increase the passion I already had for the Physical Education/Health and coaching areas. I truly believe that each and every course within this program taught me something new either within my teaching profession and/or coaching position. I was challenged to think outside of the box with different scenarios, prepare myself for legal situations within the teaching and coaching areas, analyze societal sports norms, expand my understanding about student learning of all ages, explore new methods of teaching/coaching and so much more.

Michelle Crary, Teacher and Coach, Kennedy Elementary School and Fargo North High School, ND.

During the last two years of my professional career I have grown exponentially in many aspects. I have become more confident as a leader and in decision making. I can say this achievement is not just a product of my dedication to the program but also a product of my mentors and a comprehensive HNES program with encouraging professors. I am able to systemically approach a situation with confidence to my athletes and workers to follow it wholeheartedly. Without the HNES program at North Dakota State University I know that I would not be the leader I am today. I am by no means at my full potential however I have gained invaluable knowledge in understanding of developmental growth as a leader and educator. This is now a part of me, a part of my identity and I now know how to achieve the potential I want to reach as I continue my personal and professional life.

Andrew Shirek, Head Football Strength and Conditioning Coach, University of Jamestown, ND.

What I enjoyed most about Leadership in Physical Education and Sport was the fact that it delved deep into topics that were barely mentioned in my undergrad. What this graduate study did was that it allowed me to clearly see my faults. Not only that, but it has provided me with the ability and tools to go out and fix the areas that I need to work on. **Jake Maki, football coach Fargo North High School, ND.**

During my three years, I have come to understand how important inquiry and research are to one's growth as an educator and coach. The experiences have provided me with a greater understanding of my content area of physical education and coaching leadership. Within the required courses, I gained a thorough understanding of many aspects of leadership and research related to the teaching and coaching profession. The graduate program has helped me identify my leadership roles and capabilities, provided meaningful insight into leadership qualities and techniques, while creating clearer, evidence-based instruction in the areas of teaching and coaching. **Eric Issendorf, football coach, Concordia College, MN.**

My experiences throughout my graduate program career have been multiple and career changing. These experiences have shown me how I have grown and improved, but also where I still need to improve. The strengths that I developed and used the most during my experiences are hard work, organization, leadership, and critical thinking. This graduate program has given me the ability to grow as a person, professional, and leader. **Kasey Koeplin, Teacher and coach, Gila Ridge High School, AZ.**

Throughout the program I really started to develop my leadership philosophy and sharpen my abilities to think critically and develop serious time management skills. This program has helped me grow; not only as a student, but as a husband, father, football coach, and person in general. **Randy Ellenberger**

This program has really taught me how to become an effective leader. It really made me look at my own personal strengths. I think it's important to know what you are really strong in so that you can lead the best way possible. The program also taught me how to become a great leader. **Andrew Mondry, Principal, Dakota Prairie High School, ND.**

When I entered the Master's program at North Dakota State University, I knew that this is what was in my best interest in order to develop and grow. I came into this program a recent college graduate with an elementary education degree but was still eager to learn more about being a leader and a professional in whichever field I was to pursue. I began my journey with courses in the realm of sports and leadership and it was a great way to start. After being instantly intrigued and excited to learn more, I knew that this was the best choice I could have made to progress my growth as a professional. My path seemed pretty clear at the beginning of my Master's program, I wanted to continue being an intercollegiate basketball coach but now that is not as clear. I want to make an impact on more people than just college basketball players but I also enjoy this profession. This program did not fog up my vision; it gave me skills and knowledge that allow me to widen that vision and give me more options than being an intercollegiate basketball coach. I am thrilled to pursue a career that fits me the best way as a person and professional. **Derek Webb**

I know that I have gained skills from this program that will help me for years to come and fix those weaknesses. Another skill that I have gained from the Leadership in Physical Education and Sport program is knowing what it takes to run a whole organization and actually understand what or who makes it all tick. This will help me as I want to coach and build a program that is cohesive from youth to high school. I have also learned to try and look at everything differently. Many of the research that we read in class, videos that were watched, or presentations from other students brought up many different perspectives that were amazing and made me start to think even deeper into the topic. Plenty of times I ended up searching online for answers that I would be wondering which have lead me to want to find out more. The Leadership in Physical Education and Sport

program has been more than I could ask for as I have gained so much valuable experience and skills that will help me become the teacher and coach that I dream to be. **Jon Pavlicek**
