



REQUIRED Cover Page

## APPLICATION FOR PROFESSIONAL DEVELOPMENT GRANT

**\*\*All applicants please complete this cover page.**

<b>Choose one:</b> <input type="checkbox"/> Creative activity <input type="checkbox"/> Research activity <input checked="" type="checkbox"/> Professional Enhancement activity	<b>Date of Last PDG Award (Semester and Year awarded):</b> <u>Spring 2006</u> <b>Date of ATU Faculty Appointment (Semester and Year):</b> <u>Fall 2003</u>
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1. Project Title: Child Obesity: A Heavy Problem  
2. Name of Principal Investigator/Project Director: Kevin C. Costley  
3. School (abbrev): School of Education 4. Department: Department of Curriculum and Instruction  
5. Campus Mail Address: Tomlinson 104 6. PI/PD Campus Phone: (479) 964-3256  
7. Amount Requested: \$1,218.28 8. Total Cost of Project: \$1,218.28  
9. Does this project involve: 10. Duration of Project: Spring Semester 2007

Yes No

- ☐ ☒ human subjects?  
☐ ☒ animals/animal care facility?  
☐ ☒ radioactive materials?  
☐ ☒ hazardous materials?  
☐ ☒ biological agents or toxins restricted by the USA Patriot Act?  
☐ ☒ copyright or patent potential?  
☐ ☒ utilization of space not currently available to the PI/PD?  
☐ ☒ the purchase of equipment/instrumentation/software currently available to the PI/PD?

**NOTE:** If the answer is "yes" to any of the above questions, the investigator must attach appropriate documentation of approval or justification for use/purchase.

### SIGNATURES

David Bell 11-17-06  
Department Head Date

Steve Sheets 11-17-06  
Dean Date

**This Section to be completed by the Office of Academic Affairs**

PDC Committee Award Recommendation: Yes \_\_\_ No \_\_\_  
PDC Committee Proposal Rank: \_\_\_ of \_\_\_ Total Proposals.  
Recommendation of VPAA: Yes \_\_\_ No \_\_\_  
Recommendation of President: Yes \_\_\_ No \_\_\_  
Award Date: \_\_\_\_\_

# PROPOSED BUDGET

## FACULTY RESEARCH/DEVELOPMENT GRANT

(include budget categories as appropriate)

1. Graduate assistant stipend \$ \_\_\_\_\_  
 Fringe benefits: salary X .0012 \_\_\_\_\_

2. Non-work study stipend \_\_\_\_\_  
 Fringe benefits: salary X .0012 \_\_\_\_\_

3. \*Supplies (please list items to be purchased and estimated price per item including taxes and shipping, if appropriate):

Item No. 1 (e.g., software)	Estimated Price	_____
Item No. 2 (e.g., copying costs)	Estimated Price	_____
Item No. 3	Estimated Price	_____
(additional lines as needed)		

Total estimated supplies \_\_\_\_\_

4. Travel (please list travel expenditures by date and estimated costs):

Travel No. 1	Estimated Price	Airline Ticket	\$ 278.00
Travel No. 2	Estimated Price	Hotel	\$ 520.28
Travel No. 3	Estimated Price	Parking	\$ _____
		Taxi Transportation to and from	\$ 60.00
		Conference Registration Fee	\$ 220.00
		Meals	\$ 140.00
(additional lines as needed)			

Total estimated travel \$1218.28

5. \*Capital Outlay (please list items to be purchased and estimated price per item including taxes and shipping, if appropriate):

Item No. 1	Estimated Price	_____
Item No. 2	Estimated Price	_____
Item No. 3	Estimated Price	_____
(additional lines as needed)		

Total estimated capital outlay

TOTAL PROPOSED BUDGET \$1218.28

\*Items purchased under \$2,500 (including taxes and shipping) are considered supply items. Capital Outlay items are those which cost \$2,500 or more (including taxes and shipping).

Running head: CHILD OBESITY: A HEAVY PROBLEM

**Child Obesity: A Heavy Problem**

**Kevin C. Costley and  
Byra L. Ramsey**

**Arkansas Tech University**

**Presentation for**

**Conference for the Association for Teacher Educators  
2007**

### **ABSTRACT**

The proposed project is research on a very timely subject, "Child Obesity". Two presenters, Dr. Kevin C. Costley and Byra L. Ramsey, will give a national presentation of a research paper titled, "Childhood Obesity: A Heavy Problem". The youth of today are faced with a "big" problem: they are becoming obese. The time of children playing outside all day and staying active has been taken over by the television and video games. In the same sense, the days of sitting down as a family and eating a good, healthy meal have been replaced by the rush to the nearest fast food restaurant. Today's children are tomorrow's future, and the future does not look healthy for both children and adults. Today's adults are yesterday's youth. It is vital that we teach children proper nutrition and teach them how to stay physically fit. Today, there is much emphasis on academic mastery with core classes. With this emphasis on mastery and high stakes testing, children are not getting an adequate amount of physical or health education. Living a healthy lifestyle will not only improve the quantity of life, but also the quality of life. The nation's schools, including schools in Arkansas, must allow more time for daily physical activity, health classes, and helping young children make healthy choices with food. The state of Arkansas already has extended physical education instructional time which will begin in August of 2007. It is now time to address obesity because obesity is a "heavy problem."

### **PURPOSE/OBJECTIVES**

The purpose is to bring up and promote awareness of the most recent research confronting childhood obesity and the necessity of implementing proactive, pre-service teacher training in this much neglected area. The published information will be included in Arkansas Tech University's "Children and Families in a Diverse Society" course. We believe that "obesity" is a diversity too. It is our goal to integrate this information as a common thread throughout several pre-service courses.

### **SIGNIFICANCE/NEED**

Although research has been conducted by the presenters, this project is a **“professional enhancement project.”** The research will inspire other faculty members in the School of Education, specifically early childhood professors, to implement and integrate some type of lesson plans in various courses in our curriculum. The research shows that healthy children are often better learners in core academic subjects. There is great significance in cautiously and gently confronting a once “taboo subject” for fear of offending overweight people. Teachers should be advocates for all children to achieve healthy lifestyles, including teachers themselves. This content should also inspire faculty members of ATU to make more conscious responsible choices when it comes to food intake and exercise output.

### **PROCESS FOR ATTAINMENT OF OBJECTIVES/GOALS**

The presenters will present pertinent research/information and participate in a round table discussion at the National conference of the Association of Teacher Educators in San Diego, in February of 2007. The paper will be presented on the dangers of childhood obesity. Attendees will receive a “manual in progress” that will be incorporated in one or more Arkansas Tech University courses during the fall semester of 2007. A focus will target how the regular classroom teacher can include this topic in the regular classroom and not leave this topic the sole responsibility of physical education teachers. Attendees will be encouraged to ask questions and give supporting opinions. It is the presenters’ hope that a lively, vigorous discussion on this current issue will evolve.

### **DISSEMINATION OF RESULTS**

As stated previously, results from the research will be disseminated in early childhood classes at Arkansas Tech University. The research paper will be submitted to a refereed Kansas state journal with an audience of primarily university professors. The eventual goal is to publish a reprint of this article in a classroom teacher journal.

**\*\*see resume attached**

**Kevin C. Costley, Ph.D.**  
**Assistant Professor of Early Childhood Education**  
**Arkansas Tech University**  
kevin.costley@atu.edu Office – 479-964-3256

### **Education and Certifications**

Ph.D. Kansas State University (1982)	Curriculum and Instruction <u>Supporting Areas</u> – Psychology Gifted Education
M.S. Pittsburg State University (1978)	Elementary Teaching <u>Supporting Area</u> – Psychology
M.A. Pittsburg State University (2000)	Music <u>Emphasis</u> – Piano Pedagogy/Literature
B.S. Missouri Southern State University (1975)	Elementary Education English Certification – Grades 7-12

### **Professional Experience**

2003-Present	Arkansas Tech University, Assistant Professor of Early Childhood Education
2000-2003	R-VIII Missouri Schools – First Grade/Early Literacy Specialist
1996-2000	Messenger College (Joplin, MO) – Head of Music Department/
1995- 2003	Adjunct Instructor – Missouri Southern State University Education and Psychology Courses
1982-1994	Pinocchio Preschool – Co-Director and Director of Music
1986 – 1990	Adjunct Instructor – Pittsburg State University Gifted and Creative Education
1995-2002	Missouri Southern State University – Adjunct Instructor Special Education and Psychology
1976-1977	R-I Missouri Schools – Remedial Language Arts Instructor

### **Faculty and/or Administrative Load**

ECED 3172: Guiding Young Children I  
 ECED 3053: Children and Families in a Diverse Society  
 ECED 3043: Developmentally Appropriate Practice  
 ECED 3262: Diagnosis and Assessment of Young Children II

SEED 2002: Introduction to Secondary Education  
\*Campus-Based Supervisor for Interns (Student Teachers)

### **Other Faculty Assignments**

Co-sponsor for SNEA

### **Current Professional and Academic Memberships**

Phi Delta Kappa (Vice President for Programs, Vice President for Membership)  
Association for Childhood Education International  
National Association for Educating Young Children  
Arkansas Early Childhood Association  
American College of Musicians (The National Piano Playing Auditions)

### **Current Professional Assignments and Activities**

Humans Relations Committee  
Pathwise Mentor/Trainer Training Sessions  
ATU Interdisciplinary Curriculum Committee  
Dean's Symposium of Arkansas,  
Appeals Committee of the Teacher Education Council  
Academic Grade Grievance Committee

### **Publications**

"Attitudes of Southeast Kansas Public School Superintendents toward The Gifted and Programs for the Gifted (1992, Dissertation)  
"A Study to Determine the Attitudes and Insights of National Guild Chairmen Toward Piano Performance and Adjudication (2000, Thesis)  
"A Glance at Early Childhood Creativity (1998, Early Childhood Monographs)  
"Adjudication: That Vital Part of Piano Performance (1999, Piano Guild Notes)  
"Why Do We Have Theories?" (2006, Eric Clearinghouse)  
"Revisiting Problem Solving with Gifted Students: The Teacher Makes the Difference (2006, Eric Clearinghouse)

### **Creative Publications**

Exclusive contract writer for the FJH Music Company (Fort Lauderdale, Florida)  
--Multiple child piano solos and collections in print, in the editing process, and scheduled for national and international publication