



HSS
ADVOCATE

FALL 2018

Otterbein University

DEPARTMENT OF HEALTH & SPORT SCIENCES | 140 N CENTER STREET, WESTERVILLE, OH
43081 | WWW.OTTERBEIN.EDU/HSS

Hunger Heros



Otterbein students from ATHT 1000, Introduction to Allied Health Professions, along with Dr. Shelley Payne, organized the 4th annual Westerville Hunger Heroes 5k and 1-mile run which was held this past weekend! Runners and walkers of all levels and ages were invited participate. Funds are raised to help end hunger in Westerville where 36% (4,600) of school age children receive free/reduced lunches! Proceeds were donated to ShareBacAPac, a non-profit organization that is part of W.A.R.M. (Westerville Area Resource Ministry), and the Otterbein University Promise House.

Master of Science in Allied Health (MSAH)



The Hunger Heroes event was a huge success! Not to mention the MSAH team brought home the trophy!!! (JK) But we certainly had a blast. Thanks again to Dr. Shelley Payne and her students for all the hard work they put in to make this an awesome event! SR



The American College of Health Care Executive (ACHE) women's networking breakfast, held at The Point in October, was coordinated by graduate student Nicole Aral who is also our student representative to ACHE.



Left: We currently have three AMAZING students completing their practicums with Ohio Health-all in different areas so they can pursue their individual passions. Stay tuned to the MSAH (Master of Science in Allied Health) Facebook page for more information on what these all-star students are doing!

Students on the Go!



Left: Sport Management students in Dr. Chawansky's Sport Facility Design & Management class toured the athletic facilities at OSU.



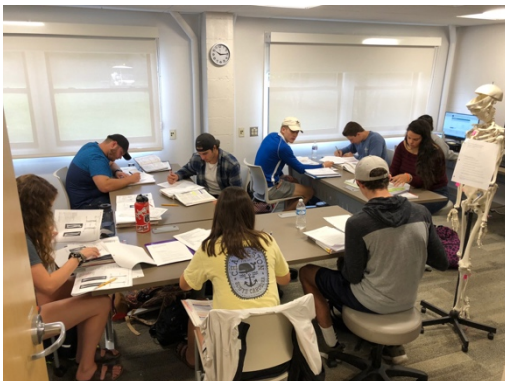
Right: Otterbein Club of Student Athletic Training Students provided medical support at the Columbus Marathon.



Left: Students in our Lifestyle Fitness & Wellness Massage class were introduced to the alternative therapies of Gua sha, acupuncture and cupping today in class. Thank you to Michelle Sauberweig, licensed acupuncturist, for presenting to our class and demonstrating on volunteers.

Make Yourself at Home in HSS

EXSC 1111 Anatomy & lab, Physiology students studying for an exam in computer lab, Movement Science class during and students socializing/studying in lobby before class.



Homecoming

Home is Where the Heart Is photos

Top: HSS in the Homecoming parade with community partners Best of Both Worlds (Westerville City Schools), alumna Katy Witt Leonard & son AJ at the Grove Fest. Middle: Dr. Megan Chawansky, Dr. Kristy McCray & Dr. Joan Rocks after the parade, students representing the Special Olympics Club. Lower Middle: President Comerford & Family, Dr. Payne & members of the Health Professions Club. Bottom: Annette Boose & Dr. Michael Hoggarth- STAND Co-Chairs during half time of the football game celebrating 60% faculty/staff participation to the Otterbein Fund and the stilt walkers announcing the campaign total in front of the campus center.



STAND CAMPAIGN RESULTS!!

Otterbein University has successfully exceeded its \$50 million comprehensive campaign goal, raising \$52,774,180 in the Where We STAND Matters campaign. The campaign publicly launched in September 2014 and has concluded a year ahead of schedule. All total there were more than 10,000 donors from all 50 states. An impressive 4,693 donors made their first gift. Gifts have supported scholarships, research, travel funds, building renovations, a new track and turf, and The Point, to name just a few. Many gifts were made in honor of anniversaries, loved ones and special friends. Other key points of pride include \$17.2 million was donated by corporations, foundations, and civic groups to support student success. \$19.2 million was committed through planned gifts from donors to secure the future of Otterbein. Additionally, Otterbein faculty and staff support for the campaign exceeded 60 percent last fiscal year, a new record for Otterbein. Faculty and staff contributed more than \$3.6 million in gifts and commitments during the campaign. The campaign focused on three funding priorities:

- Access and Affordability: Ensuring Otterbein's excellence is an opportunity that families can afford.
- Building a Model Community: Building a strong foundation of resources to foster innovation, creativity and learning and support for Otterbein's hallmark Five Cardinal Experiences experiential learning program.
- Campus Renewal: Advancing Otterbein's learning experience by enhancing facilities and green spaces.

Thank you to everyone who supported the campaign!!!



Photos- Top: confetti streams down on the campaign celebration at the campus center prior to Homecoming, Middle-Annette, Dr. Rocks, Dr. McCray & Dr. Fischer express thanks to donors via a fun photo booth, Bottom-Allied Health major Meggin Kelly (Ed Syguda photo) addresses donors about the impact of their gifts on her Otterbein educational experience at a donor appreciation dinner the evening of Homecoming and Right- a cake bearing the news: We had made Otterbein history at the campaign celebration.



Art and Wellness



Students in EXSC 1800 attended a short lecture, given by artist Don Austin especially for their class, about the connection between the natural environment & wellness, the subject of this his exhibit *Be Well Out Here: A Wellness Journey into The Big Go West*.



Interested in Study Abroad?

Spotlight on Meggin Kelley

Site: Vista Nova Primary School, Physiotherapy Department, Cape Town, South Africa

My role: I chose to complete an internship abroad in *Cape Town, South Africa* where I accumulated 117 hours at my internship site over the course of 6 weeks. By completing my internship over the summer, I incorporated the study abroad experience into my academics as I had always dreamed of, without missing out on any classes or graduate school prerequisites. I traveled from May 2018 – June 2018 to complete my internship through a program called Volunteer Adventure Corps (VAC).

This was a great program who helped to secure my internship site, schedule housing accommodations, and provide me the opportunity to explore the country.

While at Vista Nova, once I demonstrated knowledge from the classroom and confidence in myself, I was permitted to create my own therapy sessions and work one-on-one with students. Vista Nova is a school which educates children with special needs, so I gained experience with Neurological Physical Therapy, which is something I had never experienced prior to this trip.

Learned/Enjoyed: Traveling out of the country allowed me to learn a lot about myself, but also about differences in health care systems. I was pushed outside of my comfort zone experiencing Neurological Physical Therapy, but it was essential to observing all realms of Physical Therapy. Further, I was forced to trust my prior knowledge and express self-confidence to be the most successful intern. This has translated to me being a more confident leader and successful student throughout my remaining studies at Otterbein University.

I enjoyed learning the differences in health care between the United States and South Africa. I was unaware of the responsibility differences possessed between Physiotherapists (SA) and Physical Therapists (USA). Responsibility differences are a direct result of access to healthcare and number of medical professionals.

Further, I enjoyed learning things about myself which I never knew possible. I was unaware that pushing myself outside of my comfort zone would allow me to become more confident in myself. Not only did I experience uncomfortable settings at my internship, but also culture differences living in a different country, alone. The personal growth that I had from studying abroad and completing an internship are reasons I believe that every undergraduate student should pursue similar opportunities!

If you are interested in Study Abroad please talk with your advisor or Michelle Dippold '13, Study Abroad Coordinator in the Center for Student Success at 172 W. Main Street or email studyabroad@otterbein.edu. If funding is a concern there is limited financial assistance available through a competitive application process. There are several different options for study abroad including May term classes, exchange programs, direct enrollment and third-party provider such as the program in which Meggin participated.



18-19 Full Time HSS Faculty/Staff



Front: Annette Boose, Dr. Joan Rocks, Dr. Shelley Payne Back: Dr. Kim Fischer, Erica Van Dop, Paul Longenecker, Dr. Rob Braun, Dr. Kristy McCray, Dr. Teri Walter, Dr. Megan Chawansky NP: Joe Wilkins
Join us on social media at @HSSOtterbein on Twitter, and OtterbeinHSS on Facebook & Instagram.

Comings and Goings

Welcome Otterbein President John Comerford and...

- Dr. Megan Chawansky, Assistant Professor Sport Management
- Brandon Bellman'18, Graduate Assistant for Athletic Training
- Aaron Datillo, M.S., ATC, AT Assistant Athletic Trainer and Clinical Instructor
- Dr. Jennifer Kowalsky, Part Time Faculty, Epidemiology
- Amanda Lusky'18, ATC, MSAH Assistant Athletic Trainer
- Morgan McCool, Graduate Assistant for Athletic Training
- Shelby Reichle, Graduate Assistant, Master of Science in Allied Health



President-Dr. John Comerford

Farewell to Otterbein President Kathy Krendl and...

- Anthony Bartko, Graduate Assistant for Athletic Training
- Dr. Erin Baumann, Assistant Professor, Allied Health
- David Frederick, Graduate Assistant, Master of Science in Allied Health
- Patti Wilson, Instructor, Health Education



Dr. Megan Chawansky

Fair Play

Fair Play: Sexual Violence Prevention for Athletes began this fall with student-athletes from the football, women's tennis, women's golf, and softball teams. The program was awarded \$9,447 in funding from the Ohio Department of Higher Education (ODHE) as part of ODHE's Strengthening Partnerships to Change the Campus Culture grant. *Fair Play was developed by Kristy McCray, Ph.D., an Otterbein assistant professor in sport management and a former rape crisis center director.* Dr. McCray's program focuses on student-athletes as some research indicates that male student-athletes are more likely to be perpetrators of sexual assaults. "Fair Play was created because many athletes are leaders on their campuses and in their communities," said Dr. McCray. "While research shows that some male athletes may be at higher rates for perpetrating sexual assault, we know that the vast majority of athletes are good students who want to help keep their fellow teammates, students, and community members safe. Fair Play teaches athletes to understand sexual assault, consent, and rape culture in sports, and gives them tools and skills to intervene and stop sexual violence before it happens." Otterbein will collaborate with the Sexual Assault Response Network of Central Ohio (SARNCO) to administer Fair Play, which was first piloted during the university's 2017-18 winter break. Approximately 65 athletes from women's and men's basketball and wrestling participated in the program last year. Following the pilot program, participants reported having a better understanding of what constitutes consent, that sexual assault can happen to anyone, and how to identify and stop the spread of rape culture. Additionally, students reported increased knowledge and ability to engage in bystander intervention, which is aimed at preventing violence before it happens. Fall 2018 program participants will include 50+ players from the Otterbein Cardinals football team and athletes from the women's golf, tennis and softball teams. The student-athletes will participate in a step-by-step, 10-hour curriculum that emphasizes four key topics: sexual assault, consent and rape culture in sports; healthy sex education; gender and sexuality; and bystander intervention.



Club Leadership & News

The following clubs are open to all students. Contact an executive board member for meeting schedule and information

Health Professions Club:

Andrew Cade-President
Holly Bernhold-Vice President
Evan Huggins-Treasurer
Meggin Kelley-Secretary
Priscilla Puddoc-Community Service Chair
Evan Kennaley-Career & Professional Development Coordinator
Colton Miles-Historian and Social Media

Eta Sigma Gamma:

Tonia Dunson-Dillard-President
Brooke Stephen-Vice President
Myriam Milor-Treasurer
Mariah Nevels-Secretary
Ashleigh Thornton-Alumni Rep.

Sport Management Club:

Hannah Lawrentz-President
Gabrielle Johnson-Vice President
Cayla McNeil-Treasurer
Alyson McAdams -Secretary
Abby Smoot-Public Relations

Special Olympics Club:

Hannah Lawrentz-President
Cassidy Nicol-VP
Jesse Chirdon- Treasurer
Makayla Sutter- Secretary
Bella Shivley- Marketing Chairperson
Zane Ronau- Public Relations Chairperson

Open to Athletic Training majors:

Otterbein Club of Athletic Training Students (OCATS):

The executive board members are:

Madi Schott - President
Mandy Daniel - Vice President
Nikki Campbell-Muriente - Treasurer
Chad Karnes - Secretary
Abbie Scholz - Historian
Miranda Haas - Professional Development and Community Service Chair
Julia Karas - Sophomore Representative
Sydney Fojas - Sophomore Representative

FORBES My Top College Contest

Otterbein has once again **WON** the medium school category in the Forbes *My Top College* social media contest and placed 3rd overall. The contest, which ran from the 2nd week of June to 2nd week of August, had schools from all over the U. S. competing against each other around a number of topics such as favorite professor and clubs on campus to see which school had the highest number of media posts on the topic using the hashtag #mytopcollege. Our department definitely impacted the outcome in a positive way so thank you to everyone who participated!

Any time we can get positive press for our University it helps to enhance and retain the value of our Otterbein degree so show your Otterbein spirit and pride any time you have the opportunity!

The Top 10 Winners of the #MyTopCollege contest are:

1. California State University, Fullerton
2. California State University, Long Beach
3. Otterbein University
4. Sweet Briar College
5. Widener University



hb_nicole18 @hb_nicole18 · Aug 6

Otterbein has changed my life by guiding me in exploring my future career options to finding what I love. I'm so excited to go to school to become a developmental physical therapist and am thankful for all the guidance Otterbein has given me along the way @otterbein#mytopcollege



Laura Berger @theGreeneBerger · Aug 8

Hiking with my family in the UP. Met my husband @Otterbein and we have our future cardinal with us...definitely life changing! #MyTopCollege



Eta Sigma Gamma @OtterbeinESG · Aug 7

Our annual community health fair @Otterbein teaches students how to plan an event, solicit participation from outside agencies, and market the event to the community. #Mytopcollege



Lusky @amanda_lusky · Jul 31

I have accepted a full-time position to stay @Otterbein as an Athletic Trainer! Thank you everyone for the continued opportunities. I'm excited to be back 😊 #GoCards

#MyTopCollege

