



HSS Alumni News

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August 2011

A Time for Change

Olivia Roberts, Athletic Training '11



As I look back to this time four years ago, I begin to realize the countless changes that I as well as Otterbein have undergone. To me four years does not seem like a long time, but when I think about the numerous encounters, challenges, and accomplishments I have experienced in that amount of time, it doesn't feel as though all that could occur in just four years, and I can't even imagine how vastly different my life would be without Otterbein.

I remember meeting the Health and Sports Science faculty and staff on new student weekend, not knowing that they would each become a vital instrument in my educational journey. Also, being scared to death that I wouldn't be able to handle athletic training due to my queasiness when it came to blood,

made me doubt my career decision. Clearly I overcame that obstacle as I recently became a certified athletic trainer, and after the first week of classes, I knew I had made the right decision. I recall completing my first clinical observation the first week of class, and walking back to my dorm thinking, "Wow, it's like I am already part of the group." All the students and staff were so friendly, and they encouraged the freshman to get involved in everything, and although I regret not being more involved that first year, it was reassuring to have that invitation. I had never been more excited about school or anything until then.

The changes I underwent while attending Otterbein surprise me still today. Going from simply an average student in high school to making the Dean's List every quarter and winning the Ann Pryogle Award for Scholarship two years in a row was a huge improvement. Also transitioning from a very reserved and quiet person to a person eager to seek out any leadership opportunity available, like OCATS president, was a complete 180 for me. The opportunities presented to me were also unfathomable when I first came to Otterbein; from volunteering at the Columbus Marathon, to the numerous encounters and networking with athletic trainers, physical therapists, physicians, and other health care professionals, to attending professional conferences, to conducting my own experimental research. Without the great support and encouragement from the faculty and staff in the HSS Department, I would have never been presented with these opportunities. Most importantly without the tremendous support from Shelley and the rest of the athletic training staff, I wouldn't have completed such an involved research project which in turn led to my greatest accomplishment at Otterbein, winning the Outstanding Entry Level Student Research Award at the Ohio Athletic Trainers' Association's Annual Symposium.

Not only have I changed over the past four years, but Otterbein has too. I entered my freshman year as a student of Otterbein College, and I graduate with my diploma reading Otterbein University. I have had the opportunity to meet several new staff members and unfortunately see others leave. Most importantly, I get to be a part of a new master's program in allied health, and I get to serve as the first athletic training graduate assistant at Otterbein University. I'd like to think that not only has Otterbein and the Health and Sports Science Department vastly influenced me, but that I have slightly influenced Otterbein and HSS as well.



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Annette Boose, Editor

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Semester Conversion!

Otterbein University will convert to a new semester academic calendar beginning this fall. The campus embraced this opportunity to not only convert our calendar, but also reimagine the Otterbein curriculum. The new calendar will feature two 14-week semesters and a 3-week January term (known as "J-Term"). Fall semester will begin this year on August 29th and end on December 9th with a short October and Thanksgiving break. There will be break for the Holidays from December 16th through January 2. The optional "J" term will run from January 4th through January 26th. Spring semester will be held January 30th through May 17th with a spring break in mid March. For more information please visit: <http://www.otterbein.edu/semester/index.asp>



Departmental Awards 2010-11:

Outstanding Senior Physical Education Award– Jocelyn Hennon (PHED/HLED)

Elmer W. "Bud" Yoest Endowed Award– Kailee Miller (HPF) and Adam Wolfe (SMGT)

Harold C. Martin Endowed Award– Chelsea Mathias (PHED/HLED)

Marilyn E. Day Endowed Award-Sarah Laux (ATHT), Olivia Pierce (ALHL), Oliver Thwaite (SMGT)

Save the Dates!

**Roll Out The Red
Otterbein Homecoming
Sept. 23-24, 2011**

We're rolling out the red carpet for our Young Alumni Award presentation on Friday night, we're rolling out the red t-shirts for a "Red Out" at the Saturday afternoon Football Game vs. Heidelberg, we're making sure you are well-"red" by hosting our alumni authors on-campus in the Courtright Memorial Library, and we're paying homage to the red-carpet walking movie stars with our *Movies Through The Decades* parade theme.

Source: <http://www.otterbein.edu/alumni/index.asp>



Faculty Recognition:

Joan Rocks, of Otterbein University, was recognized by the OATA by receiving the 2011 Service Award. Joan has been with Otterbein for 19 years, spending the past 11 years as the Athletic Training Program Director. Otterbein has 40 sophomores, juniors, and seniors in their program. She is a wonderful professor, director, and mentor to the Otterbein University Community.

Annette Boose '94 was recognized for being an "Above and Beyond" Alumni Cardinal and **Patti Wilson, MS, CHES** received the Citizen Award for Faculty Community Engagement at the annual Celebration of Service in the Campus Center. Congratulations to both!



Best Wishes to **Dr. Capwell and Dr. Kiger** who retired this past year. We would like to thank them both for the outstanding contributions they made to our department during their tenure; we will miss them!

Congratulations to HPES Adjunct Instructor **Michelle Morrison** for being named *Massage Envy's Regional Therapist of the Year*. Michelle was one of 150 therapists in the Columbus Region who were being considered for the award.

Congratulations to **Dr. Teri Walter** for her promotion to Professor, to **Dr. Greg Sullivan** for his promotion to Associate Professor and to **Shelley Payne** for converting from Visiting Faculty to Associate Faculty.

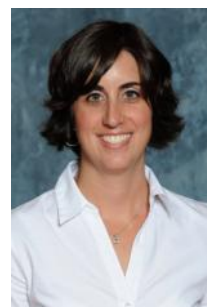
Welcome:

Ann-Catherine Sullivan, PhD., CAPE has been selected to fill the Physical Education position previously occupied by Joy Kiger, who has retired. Ann-Catherine has spent the last eleven years at Saginaw Valley State University as a Professor and Program Coordinator for Physical Education majors and minors. Her area of expertise is Adapted Physical Education and she is also actively involved in NCATE and NASPE, our accrediting bodies. Ann-Catherine also has extensive experience in supervising student teachers as well as teaching at the graduate level.



Robert Braun, MPH, CHES, RRT has been selected to fill the Health Education/Allied Health position previously occupied by Ellen Capwell who has also retired. Robert is currently completing his doctorate degree in Health Education at The University of Toledo. Before pursuing this degree Robert practiced as a Respiratory Therapist and Clinical Resource Therapist as well as served as a Pulmonary Rehabilitation Coordinator. His research is focused on binge drinking (particularly on college campuses), and health disparities within minority populations. He also has a background in program planning and evaluation which will be a core course in the new Master of Science in Allied Health degree, slated to begin no later than the summer of 2012.

Michelle Riegler, MS, will become the Fitness and Recreation Coordinator. She will oversee the OtterFit and Intramural programs. Michelle has extensive experience marketing programs and events and has also helped plan and develop new facilities along with bidding for equipment and maintenance contracts for those facilities. Her certifications include: ACSM Health Fitness Specialist, AFAA Personal Fitness Trainer, NETA Group Exercise Instructor, NETA Pilates Instructor, CycleOps Power Indoor Cycling Instructor, and American Red Cross Water Safety Instructor.



Danielle Kilboy, M.S., ATC has been selected as Assistant Athletic Trainer replacing Courtney McEwan who resigned in order to stay at home with her family (impending arrival). Danielle has a Master of Science in Sports Medicine, and has her Bachelor's Degree in Athletic Trainer, Pre-Physical Therapy from Capital University. She is a certified Clinical Instructor and has a variety of athletic training experience including time with The Columbus Crew and USA U23 Women's National Team.

Sport Management

By Kyle Marler—SMGT



When I see my friend Ashley Payne, a senior Sport Management major, one of the first things she typically says to me is, “I am soooo busy.” (yes, that many o’s were necessary). There’s never an exasperated tone in her voice; just simply a statement of truth that comes with being a senior at an institution that encourages students to go the extra mile.

Senior sport management majors are required to complete an internship which includes 450 hours of on the job experience. Although the experience may seem a bit daunting at first one must look into the benefits of such a requirement, which include invaluable experience, networking opportunities and an opportunity to mature and learn.

This past year, I’ve had the pleasure of being in a senior level course, even though I’m only a junior. I’ve been able to interact with some of the seniors and see, first hand, some of the things I will be going through in less than a year from now. Undoubtedly, what I’ve learned the most is that getting a job after you graduate typically doesn’t just happen. There is hard worked involved. You have to go out and earn it, which is usually done the three years before your senior year. The seniors who have put in the work are getting the recognition they deserve. Senior sport management major, Mark Cramer, landed an internship this summer doing finance for the National Hockey League head offices in New York City. Oliver Thwaite, who is graduating early, is negotiating with the Cleveland Cavalier’s organization for a potential scouting position. And Ashley, who I mentioned earlier, was offered a job teaching kids at a local Columbus YMCA this summer. There are several other seniors who have also put the work in to set themselves up nicely after graduation. It is always nice to see the seniors I’ve lived out my college experience with have success, and to be honest, reassuring as well.



Sport Management majors getting practical experience at event planning and fundraising.

Allied Health

By Penni Mitman-ALHL



The 2010-2011 school year was all about change at Otterbein, especially within the Allied Health Department. This fall students pursuing an Allied Health degree will have the choice to obtain a B.S. in Allied Health or a B.A. The Bachelor of Science degree focuses mostly of the core classes in the sciences. This degree is designed for students who are planning on furthering their education in fields such as physical therapy, occupational therapy, or physician assisting. The B.S. degree in Allied Health was the original creation of the major and the B.A. degree will be offered for the first time this year. The Bachelor of Arts degree was created to allow students to explore other health care options that don't need such a large science base. Students interested in speech pathology, exercise science, as well as other types of therapy will greatly benefit from the B.A. side of the Allied Health degree. With a new major, new students and a switch to semesters this fall will definitely be busy for the Allied Health area.

In addition to the exciting changes, the Allied Health major graduated its biggest class this spring. Some of those students will be continuing on to graduate school and I'm sure they will make Otterbein proud. For the new senior class we are all getting ready for our internships and getting out into the real world. This year we will have students in many different settings such as at the hospital, in schools, and outpatient facilities, learning skills for our future careers and making Otterbein proud. Overall this year will be full of adjustments and excitement!



Professor Payne and some of our ALHL students recently participated in Challenge Day at a Westerville Elementary School.

HSS 8th Annual Recognition Night

Allied Health

Westerville City Schools Challenge Day:

Derek Landes
Olivia Pierce
Zack Webster
Nikki Sullivan
Mallory Arnold

Athletic Trainers

National Athletic Trainers Association Quiz Bowl

Participants:

Olivia Roberts
Brad Muse
Kevin Gallagher
Mike Townsend

Attendees:

Brianna Burke
Matt Cantrell
Andrew Mindeck
Jess Yaney
Kara Butcher

Columbus Marathon Volunteer

Taylor Temnick
Kelly Patterson
Olivia Roberts
Brianna Burke
Sara Priest
Caroline Schafer
Kara Butcher
Colin Debarbrie
Jordan Novotny
Andrew Mindeck
Alex Craine
Brad Muse
Kevin Gallagher
Mike Townsend
Kelsie Gorrell

Health Promotion & Fitness

Certifications:

ACSM Certified Strength & Conditioning

John LaCorte

ACSM Certified Personal Trainer

Austin Curbow
Brandon Brookhart
Justine Zilli
Corey Whitmer

USA Sport Performance

Brian Broadwater

ACSM Health Fitness Specialist

Seth Siringer

AFAA Primary Group Fitness Instructor

Kailee Miller

OtterFit Personal Trainers and Group Fitness Instructors

Sarah Bradley
Adam Chow
Meghan Gibson
Austin Curbow
Kendra Dickey
Brandon Brookhart
Josh McCaskey
Julie Macioce
Josh Norris
Lindsay Abbott
Laura Chenos
Kelly Krieger
Paige Boyer
Wes Meadows
Kailee Miller
Lamar Hutchinson
Alyson Sheppard

Physical Education

Jocelyn Hennon

PRAXIS, OAHPERD scholarship, OAHPERD presenter, NASPE major of the year, first PHED major inducted into Kappa Delta Pi Chi Eta (spring 2010)

Passed PRAXIS

Kirsti King
Beth Ackerman
Laura Gangluff

Westerville City School

Challenge Day:

Michelle Herren
Chelsea Mathias
Bobby Wright
Dan Scheaf
Belinda Nelson
Katie Stuckey
Frannie Warren
Carissa Silva
Rocco Pentello

Sport Management

Benefit Stephanie Speilman's Cancer Research

Kodie Roush

Hanby Elementary School Family Fun Festival

Clayton Clever
Zack Housler
Stephan Paullin
Derek Smith

Volunteer for "Last Chance for Boston" marathon road race:

Stephan Paullin

Volunteer for Big Ten Swimming and

Diving Championships

Kodie Roush

Volunteer for Ohio State's Scarlet and Gray Golf Tournament:

Zack Housler

Volunteers for Otterbein's Intramural Basketball League:

Derek Smith
Clayton Clever

HSS Department

Department Newsletter Staff

Penni Mitman
Oliver Thwaite
Chelsea Mathias
Kailee Miller

GPA

Achmoody Micah
Axline Robert
Banks Jamelia
Bosson Megan
Brookhart Brandon
Burke Brianna
Chow Adam

Coleman Patrick

Cool Lauren

Cramer Kaila

DeVaughn Kristen

Devore Rebecca

Edick Nathan

Fox Sarah

Guillozet Zachary

Hennon Jocelyn

Honnold Scott

Hornyak Abigail

Kennedy Nicole

Kingcade Aaron

Knox Jennifer

LaCorte John

Landes Derek

Laux Sarah

Whitney Rebecca

Williams Mackenzie

Yaney Jessica

GPA (con't)

Linder Thomas
Mathias Chelsea
Matsumoto Evan
McCool Margaret
Miller Kailee
Miller Preston
Mitman Penelope
Montgomery Kelly
Moomaw Gregory
Novotny Jordan
Overholt Marki
Pautsch Andrea
Pierce Olivia
Priest Sara
Puthoff Rachael
Ridge Meredith
Roberts Olivia
Russell Lindsey
Sharbaugh Sarah
Stefanik John
Stuckey Katherine
Sullivan Keith
Sutter Andrew
Trine Brooke
Troyer Jasmine
Underwood Connor
Weaver Erin
Wenger Kelly

National Anthem: Athletic Training major-Ryan Roberts

28 students recognized at our first ever recognition night in **2004**

137 recognized at the 8th annual recognition night; February 9 , 2011 (see list on previous page)



Above: Students, HSS Faculty, President Krendl and Dean Fayne pose for a group photo at the event.



Above: HLED major Belinda Nelson and her mother enjoy a healthy snack at the reception afterward. **Right:** Dean Fayne, Professor Payne and students Olivia Pierce (ALHL) and Kailee Miller (HPF) pose for a photo.

Below: Professor Buffington along with HPF majors John LaCorte and Cory Whitmer line up in the lobby of the Rike prior to recognition.



Discovering Your Strengths

By Patti Wilson

When you think of the word *Strength* you imagine how much weight you can lift or push, but did you know *Strengths* are actually a combination of your talents and skills. Strengths are things like: Positivity, Adaptability, Responsibility, and Woo (winning others over). According to the Gallup organization there are 34 Signature Themes or Strengths that can be identified through a 120 question survey. The survey identifies your Top 5 Strengths and gives you an explanation of how these strengths can be tapped into for academics, career and leadership development.

For the past 4 years the Health and Physical Education majors have been taking the survey in their Organization and Management class and this year the Athletic Training and Health Promotion and Fitness majors will be joining them. Some activities the students do is read about how to utilize their specific strengths in teaching, how their strengths influence their leadership style, and how to use their strengths to increase their academic success.

Some ways students have been able to use the knowledge about their strengths has been through job interviewing, writing cover letters for job applications, information used by professors to write letters of recommendations and scholarship letters. Many students have commented that they knew they had these attributes but never had a name for them. It all of the sudden made sense to them way they say and did things a certain way and others did them differently. They quickly realized that you need people with all kinds of Strengths to make the "team" better.

"Using Strengthsfinder has provided me with a new life perspective. This program has given me the opportunity to understand what influences the decisions I make, and what makes me the person that I am. In knowing the components of my strengths, I can be at ease with the fact that I am using my talents in every way possible, all while drowning out my weaknesses." Bobby Wright

The opportunity to use Strengthsfinder during my experience at Otterbein was great. It helped me discover strengths I didn't realize I had and highlight my strengths that are more noticeable and determine who I am. My strengths are Achiever, Belief, Learner, Positivity, and Woo. As a result of using the Strengthsfinder, I had more confidence in my teaching and it made me appreciate more who I am. I used my strengths to determine the teaching styles and strategies to use. I plan to continue to use my strengths in my new teaching position at Lima West Middle School.

If you want to learn more about strengths go to www.strengthsquest.com or get the book StrengthsQuest or contact Patti Wilson at pwilson@otterbein.edu



Kirsti King during student teaching at Olentangy schools.

Updates in Health Promotion and Fitness

By Dr. Kim Fischer

Last school year was nine months to prepare for change. With the start of the 2011-12 academic year, we will be initiating all those planned changes. There have been curricular changes and faculty changes and new equipment purchased to “play” with. A strong class of Health Promotion and Fitness majors graduated and we look forward to the arrival of new first year majors.

The coursework in Health Promotion and Fitness continues to get stronger with the new semester curriculum. Not only is there more practical experience in the internship (525 hours compared to 300 in the quarters), but the sophomore practicum experience has been expanded to include an additional 75 hours in the field. A semester long class in Exercise Testing and Prescription has been added to give increased exposure and practice with a wider variety of tests and test protocols.

Last spring, a bioimpedance unit was purchased to assess body composition. This compliments the metabolic cart purchased three years ago that is used to measure VO_2 and resting metabolic rates. In addition, Dartfish video technology software was purchased for use in the Kinesiology classes to analyze sport skills, everyday tasks, weight training techniques, etc.

Dr. Ellen Capwell has retired to spend more time with her grandchildren. She will be missed for her expertise, professionalism, and knowledge of health education that she provided so many graduates of this program. Andy Berger, an Otterbein alum and owner of Infinity Fitness of Westerville, will be teaching the Strength and Conditioning class for the first time this fall. This class was formerly taught by Joe Wilkins who has accepted additional responsibilities in the athletic training area. Brenda Buffington continues to add to her teaching load with the semester curriculum. She will be teaching Professional Perspectives and Technology in Health Promotion and Fitness, Organization and Management in HPF, Exercise for Selected Populations, and a section of Exercise Physiology for the Athletic Training and Allied Health majors. I will be enjoying my teaching load that will include both of the Anatomy and Physiology classes, the Exercise Physiology class for the HPF majors, and Kinesiology for the allied health, health and physical education, and HPF majors.

More Health Promotion and Fitness majors are getting professional certifications in group exercise, personal training, and strength and conditioning than ever before. Many HPF graduates are choosing to enter a graduate program immediately after their four years and are having considerable success in securing assistantships to fund their schooling. Numbers of majors in Health Promotion and Fitness are increasing, either through first time students declaring the major initially or those who find a home after changing from another major. There are currently over 50 HPF majors at Otterbein.

We are confident we are “on the right track” in regard to this major at Otterbein BUT we always love your input and suggestions for improvement. We would also enjoy hearing about your post-Otterbein experience. If you are ever in the area, please stop into the Department. Send us an email and let us know what you are doing.

Have a TERRIFIC year!

Dr. Fischer and HPF students traveled to Chicago this past year to take certification classes.



Board of Trustees Meeting

Last fall faculty who had sabbaticals in the past academic year presented their findings to the Board of Trustees who were in town for the annual Fall Meeting. A reception was held in the Roush Hall gallery. During that same weekend our department was invited to present an educational overview of our philosophies and accomplishments to the Board. On hand for the HSS presentation were Department Chair **Dr. Joan Rocks** who did a wonderful job of showcasing our department, our students and our faculty. She was joined by **Annette Boose, Dr. Kim Fischer, Dr. Teri Walter and Shelley Payne**. Also HPF majors **Kailee Miller and John LaCorte**; Sport Management majors: **Kevin Witt, Mark Cramer, and Becca DeVore**; Allied Health majors **Penni Mitman and Olivia Pierce** and Athletic Training majors **Kelli Barto, Brad Muse and Addy Passaro**. We are proud of our department and we think it showed during our presentation.



Dr. Greg Sullivan discusses his sabbatical with Otterbein President Kathy Krendl. Dr. Sullivan spent fall quarter 2009 at Upper Arlington High school where he served as Interim Athletic Director. Photo by Holly Ritter

HSS on Facebook!

Our page has moved to reflect the name change to University. The “old” College page will be gone soon! Please like us at:

<http://www.facebook.com/home.php#!/pages/Otterbein-University-Department-of-Health-and-Sport-Sciences/131954693551947>

Liking our new page will enable you to continue to see what’s happening in our area and have access to job postings and networking opportunities.

Message from the Chair

By Dr. Joan Rocks



Hello and welcome to the start of a new and exciting year!! As we attempt to jump into the actual semester schedule we are excited to put in place six new and innovative curriculums. The faculty and staff have worked hard over the past two plus years to redesign and develop curriculums that not only will invigorate our current students but will challenge them all too new heights! I cannot wait to see the outcome of how these changes will enhance their educational and experiential processes. As we continue to grow, so does the department's participation in community service activities as well as student research projects. We are happy to report that the majority of our 300 majors partake in both of these activities on a regular basis as can be seen in the list of students we highlight at our annual Recognition Night. Many are also pursuing leadership roles both on and off campus that help their professional careers as well as bring positive attention to our department! All of these efforts continue to make me feel like a very proud member of a unique and caring organization!!

I hope to see many of you at Homecoming September 23rd and 24th. If you are unable to make that weekend please feel free to stop by and let us know how you are doing!



Red-y for Homecoming. Hope to see you there!

2011 Alumni Roundtable Discussion

We had a great turnout at our Alumni Roundtable event on May 24 at Old Bag of Nails. Nine alumni, 34 students, 12 faculty/staff and Dean Fayne were in attendance.

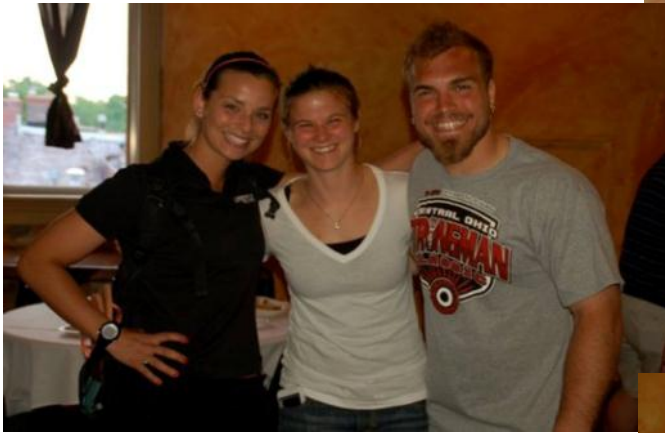
Special thanks to our alumni who took time out of their busy schedules to attend:

Andy Berger, Laura Greene and Alyson Sheppard (HPF)

Brian Day (SMGT)

Derek Fisher, David Howard, Patience Denz, Christiana Yount Bauer, and Ryan Eldridge (PHED/HLED)





The Five Cardinal Experiences

By Annette Boose

At Otterbein we prioritize opportunities for hands on, experiential learning. You'll hear everyone talking about our Five Cardinal Experiences, named not only for our Cardinal mascot, but also for the ordinates of the compass, which is intended to guide your unique journey at Otterbein.

The Five Cardinal Experiences include:

- Community Engagement
- Global Engagement and Intercultural Experiences
- Undergraduate Research and Creative Work
- Internships and Professional Experience
- Leadership and Citizenship

Each are designed as opportunities throughout your four years for you to practice intensive hands on work that will shape you not only for your future career but for life as an informed and engaged member of our global society. You'll be able to jump in during your first quarter with community engagement, then during your time at Otterbein, plan for global opportunities abroad, develop a research project in your area of interest, engage in an internship to prepare you for your professional life and at the end look back at your development as both a leader and engaged citizen as you take advantage of the many opportunities available throughout the curriculum.

Source: <http://www.otterbein.edu/5cardinalexperiences/>

Undergraduate Research and Creative Work



In recognition of her exceptional senior research project and presentation, Olivia Roberts was awarded the **"Outstanding Entry Level Student Award"** by the Research Free Communications Committee of the Ohio Athletic Trainers' Association. Olivia presented her project entitled, **"Inter and Intra-rater reliability for manual muscle testing using a hand-held dynamometer"** at the 2011 Ohio Athletic Trainers' Association Annual Meeting & Symposium.

Global Engagement and Intercultural Experiences



Sport Management Major Adam Wolfe traveled to Sydney, Australia where he took classes, which included experiential components at the International College of Management. Students raised awareness and funds for local charitable organizations as well.

Leadership and Citizenship



PHED/HLED major Jocelyn Hennon enjoyed a recent trip to San Diego where she attended the American Alliance of Health, Physical Education, Recreation and Dance convention and accepted an award naming her NASPE 2011 Outstanding Major of the Year.



The HLED Exercise Programming For Selected Populations class discussed and did an activity in class on Exercise Programming for Women. One of the major objectives of the lesson was to teach these future personal trainers to feel empathy for their clients. Pregnancy is a "special population" and the class was able to "experience" it as they went through a simulation and learned some safe exercises as "pregnant" clients.

Community Engagement



Professor Jeff Demas was the winner the OtterbeinBrain competition held in the campus center. The Sport Marketing class organized this event to raise awareness and funds for St. Jude's.

Internships and Professional Experience



Dr. Capwell's Community Health class presented the annual health fair "Health Bound and Down" in the campus center. This event gives them a wealth of experience in the areas of health program planning and evaluation



Allied Health majors Meredith and Jenny got practical experience through their internship at Nationwide Children's Hospital.



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