

OTTERBEN  
UNIVERSITY



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# HSS Departmental Developments Newsletter

Department of Health and Sport Sciences  
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Westerville, OH 43081

Find us on the web at:

[www.otterbein.edu/healthsportssciences](http://www.otterbein.edu/healthsportssciences)

FALL 2014

## Message from the Chair



As I read through the very long list of accomplishments achieved this past year (13-14) by both our faculty and staff as well as our students, I cannot help but smile from ear to ear! I am so proud to be associated with an extremely dedicated staff who work very hard to ensure all our students excel both in and out of the classroom. Our students continue to step up and find ways to not only be involved in their majors, but to also make a difference in the community. It is these combined efforts that have made the Department of Health and Sport Sciences a true "Model Department" at Otterbein. This past year we graduated our first official class of Master of Science in Allied Health Students, we had six students from various majors complete their senior honor's projects, with Rachael Puthoff '14 (Athletic Training) receiving the top Honors Thesis Award at Otterbein, we hosted our first ever and soon to be annual HSS Showcase event, we updated the old dance room by adding a \$30,000 wood floor, fresh paint on all the walls and over \$10,000 of new fitness based equipment to supplement our successful OtterFit program. Outside of the classroom, Sport Management majors designed and implemented a 5k for K-9 Cancer walk/run which raised close to \$20,000 for canine cancer research, the Share-a-Bac-Pac program received a \$25,000 grant from State Farm Insurance to continue its efforts in Westerville, for the fourth straight year the athletic training program won the top research award at our annual state symposium (Ally Smith '14 and Samantha Kelley '14) and the Department began an Adapted Physical Education Endorsement Program, just to name a few highlights. Our students continue to challenge us in so many positive ways and that has truly elevated us into the Model Department role. This fall we welcomed 50+ alumni to our Rike Center 40th Anniversary celebration on homecoming day at which time we unveiled our new office mural that celebrates our department and highlights its history and the many accomplishments of our students. Though we are hoping to continually upgrade the spaces in this building, we feel it is important to take time to remember and celebrate the past 40 years as this is our home where many have walked before us and who paved the way to enable us to be who we are today. Please stop by the office soon to take a look at the mural if you haven't seen it already. We are looking forward to another year filled with successes and encourage you all to get involved in the many opportunities that are available to you. Best- Joan



Health

Promotions Club

Officers for 14-15

President:

Ashley Didingar

Vice President:

Kaylee Cialella

Treasurer:

Kylie Tuchfarber

Secretary:

Kari Shank

All majors are welcome at meetings.

Meetings announced via email and on Otterbein HSS Facebook.

## Health Professions Club By Kailee Cialella

The Health Professions Club has been busy this semester planning an eventful and exciting year. Our club strives to focus and participate in community service, building a professional network, and hosting social activities. We have also been actively fundraising to provide the club with the necessary funds to offer students possible professional development opportunities, such as attending various health related conferences.



For the service goal, the club plans on attending campus service opportunities including: Up Till Dawn and Relay for Life. To fulfill the professional networking goal of the club we hosted a workshop in October about internships, resumes, and graduate schools presented by the Center for Career and Professional Development (CCPD). Information was provided about how to compile a resume, why internships are so important, and various components about applying to graduate school. The CCPD provides numerous resources like developing resumes, finding internships, and having practice interviews. We also plan on having various graduate school representatives and professionals in health related fields come give presentations to the club.

This semester we have been doing a variety of fundraising as well as social events. The club held a fundraiser at Buffalo Wild Wings earlier this semester which was a good way to combine social and fundraising activities. We will be having another fundraiser in November at Buffalo Wild Wings on Polaris Parkway. Additionally we have been selling Otterbein trivets and rally towels at various Otterbein gatherings and sporting events to raise money for the club. The Health Professions Club also plans on hosting a social event at Sky Zone before the end of the semester. Come join HPC, have some fun, and gain professional skills

that will surely be beneficial to your future!



The Health Professions Club representing our department on first Friday. L-R Seth Lloyd, Adam Rubenstein, Ashley Didingar.

## Homecoming 2014

Thanks to all our alumni, current students, community partners and faculty/staff who participated in our Homecoming festivities. We couldn't have asked for better weather or better company!







The Otterbein Club for Athletic Training Students (OCATS) is back at it again this fall! As the close to yet, another great semester at Otterbein is just around the corner, these students have strived to go above and beyond in giving back to their community in addition to maintaining their academic responsibilities. As you may know, OCATS is an organization that enhances the development of athletic training students as future healthcare professionals. With that, they have been tremendously active in providing their skills at both on and off campus service events this Fall.

One event that Otterbein's Athletic Training Students are particularly honored to have been a part of this year is the Columbus Marathon. Each fall these students volunteer their compassion, time and effort to providing acute medical care to those in need of it throughout the race. This marathon being one of the largest in the country, and with over 18,000 runners this year, it is with pride that the Otterbein Athletic Training Program had almost a full participation from its students at this event.

### Way to lead, OCATS!

This year the OCATS are proud to announce their partnership with the Student-Athlete Advisory Committee (SAAC). SAAC is an organization that is used to enhance the total student-athlete experience by promoting opportunity for all student-athletes; protecting student-athlete welfare; and fostering a positive student-athlete image, while maintaining the tenants of the Division III philosophy. With this, it is of great importance to the OCATS that they support their athlete's mission and to obtain healthy and professional relationships, as a way to promote community togetherness with all athletic teams here at Otterbein. Most recently, SAAC and fellow members of OCATS partnered to raise awareness about the dangers of alcohol consumption on campus. The slogan was "1 per hour, if at all". Athletes from all athletic teams and athletic training students wore this slogan on a t-shirt throughout the week and gathered for a social event over "mocktails" while the Chief of the Otterbein Police Department, Larry Banaszak, spoke about the issue. OCATS is excited to do future service events with SAAC and hopes to continue to build more positive relationships within the Otterbein Community!

Coming up, is our annual fundraiser that will be held at City BBQ this year on Monday, November 3<sup>rd</sup>. It will be going on all day and for both dine-in and carry-out orders. 25% of each individual purchase that is made in honor OCATS will be donated back to the organization. All proceeds will allow the students to continue to participate in a number of educational opportunities and service events. We hope to see you there!

Now that we are in the home-stretch of the 2014 Fall Semester, on behalf of OCATS, I would like to encourage you to finish strong and in the wise words of Joan Rocks, "It is the investments that you put into your bank of knowledge that allows it to grow".

Stay classy, Otterbein and GO CARDS!

## Current Faculty/Staff



L-R Dr. Braun, Dr. G Sullivan, Ms. Bohan, (PT), Dr. AC Sullivan, Dr. Longenecker, Dr. Rocks, Annette Boose, Michelle Riegler, Dr. Fischer, Dr. Payne, Mrs. VanDop

## Follow Us On Twitter

Follow us on Twitter-<https://twitter.com/HSSOtterbein>

## Welcome New Faculty

### VanDop, Erica Instructor

M.S. Kinesiology and Health, Purdue University

B.S. Wheaton College

Area of Specialization: Community Based Health Promotion, Individual and Group Fitness, Corporate Health and Wellness



### Baumann, Dr. Erin '09, Adjunct Faculty

B.S. Athletic Training, Otterbein University

P.T. MGH Institute of Health

D.P.T. Clinical Doctorate in Physical Therapy MGH Institute of Health Professions

Area of Specialization: Allied Health, Athletic Training, Physical Therapy



### Broadwater, Brian, CSCS '13, Adjunct Faculty

B.A. Otterbein University

Area of Specialization: Strength & Conditioning

### Timperman, Nadiya, MS, MPH, RD, LD, Adjunct Faculty

B.S. Education: Dietetics & Nutrition, University of Dayton

M.S. Nutrition, University of Tennessee

M.S. Public Health, University of Tennessee

Area of Specialization: Nutrition



## Goodbye

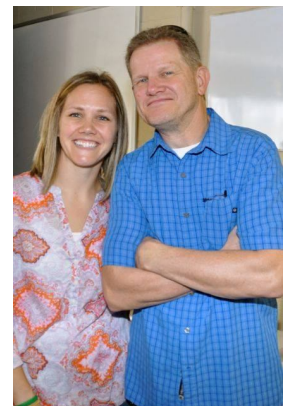
Retiring for the second time: **Dr. Cynthia Jackson '69** and former HSS Department Chair. A big thank you to Cynthia for all that she has done for this department since 1997.

**Justin Tatman '07**, Assistant Athletic Trainer-Leaving to take the position of Clinical Education Coordinator at Miami University of Florida. Congrats to Justin.

## Rike 40th Anniversary Celebration

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What an amazing gathering of alumni, friends, faculty emeriti, current faculty, staff and administrators in the Rike Center on September 20th for our 40th Anniversary celebration and unveiling of our new office mural. Everyone had a great time visiting, reminiscing, and touring the facility. A special thanks to our current students who came out to help with giving tours and greeting our alumni. HSS Stands with Otterbein!







We love our Alumni!



To start the 2014-15 academic year, Otterbein University kicked off a \$50 million Comprehensive Campaign to support Investing in Campus Renewal, Building a Model Community and Guaranteeing Access and Affordability Initiatives. Donations to the university's Annual Campaign will help support these efforts.

As a Model Department, the faculty and staff of the Department of Health and Sport Sciences brainstormed ideas on how they could show their support of the campaign. To help energize the campaign efforts, a challenge was created within the department to achieve a goal of 100% participation in giving to the Annual Campaign by full-time faculty and staff. Within three days, 94% participation was achieved, which included part-time faculty who heard about the challenge. Based on the great success of the challenge, HSS faculty and staff created a video and challenged the Department of Nursing and Athletic Department to match or exceed their efforts. The video was shown at the September 17th Senate meeting.

Since the HSS Annual Campaign video challenge was launched, Nursing accepted the challenge and challenged the Department of Biology and Graduate Office. The Graduate Office accepted the challenge and challenged Academic Affairs. Biology accepted and challenged the Departments of Chemistry and Education.

**We are hoping our current students in HSS will accept the challenge and encourage other majors, alumni and family and friends to do so as well. Let's show everyone how much HSS ROCKS!**

Please [click here to give to our Annual Fund.](#)





Allied Health Master's  
Candidate Alicia Anderson  
detailing her practicum  
experience in front of an  
audience.



Tiffany Estes after successfully defending her thesis  
(with Dr. Paul Longenecker).

## Allied Health Graduate Program

By Dr. Paul Longenecker



In Fall 2014, the Masters of Science in Allied Health (MSAH) program in the Department of Health and Sport Sciences passed its second anniversary as a graduate program at Otterbein and had its first graduating class in May. A total of eight students completed the requirements for receiving their MSAH degree. Of the eight graduates, six completed the Health and Wellness track with one graduate each in the Post-professional Athletic Training and Allied Health Care Administration tracks. Of the graduates, four had received their undergraduate degrees from Otterbein. As Dr. Joan Rocks, HHS chair and MSAH Director, stated "we are so excited to have our first group of MSAH alumni and to make things even better, we have record enrollment for Fall 2014".

In the MSAH degree program, students can complete the graduate requirements in a one to two year period. Depending on the track, course completion requirements involve taking 10-12 classes including a two semester thesis or advanced practicum. The present time over thirty community health providers, have had a MSAH students working with their organization or agreed to be site for thesis or practicum.

For information on the MSAH program, contact Dr. Rocks at 614-823-3528 the Office of Graduate Studies at 614-823-3210 or visit the program website at [www.otterbein.edu/MSAH](http://www.otterbein.edu/MSAH).



The first half of the fall semester saw 364 students take part in 38 classes offered through the group fitness program. Class formats offered were Zumba, TurboKick, Muscle Madness, and Rep 'N Step which is a circuit class combining cardiovascular moves and strength training exercises.

Otterbein Health Promotion and Fitness students had the opportunity to take a two-day yoga teacher training workshop through NETA (National Exercise Trainers Association) in November. This will be the first time such training has been hosted on campus and will help to expand the offerings of the group fitness program. There will be additional continuing education workshops and certifications hosted in the coming months as well.

Rec Sports continued to draw on the popularity of volleyball with a record 11 teams for a total of 103 participants in the first fall session. The winning team, Kiss My Ace, successfully defended their Fall 2013 AND Spring 2014 title as league champions with four out of the five players being part of the other two titles. Indoor Soccer and Dodgeball are being offered in session two of the fall semester.

This fall marked the inaugural season for Otterbein's Club Hockey team. They will play against club teams from other schools such as Wittenberg University, Denison University, and Xavier University. There are currently 15 players on the roster with head coaching duties performed by Shawn Gilbert from the Office of Admission and Brian Hilliard as the Assistant Coach. Thanks to their generous sponsors, the team was able to raise over \$4,000 towards their general fund. After the first four games, team has a record of 2-2, including a shootout win over Wittenberg, who earned a bid to the national tournament last season.

## The Strengths Perspective by Patti Wilson, MS



This semester I am spending my sabbatical away from campus studying what some of the most successful Strengths-Based universities are doing to ensure students become successful students, leaders and eventually engaged alumni.

I have been very involved over the past few years in introducing StrengthsQuest (an online survey) to many students, faculty and staff on Otterbein's campus including students in my FYS class, DYAD class, student organization leaders, department faculty and administrative staff. My desired outcome is to make Otterbein a Strengths-Based Institution.

So far on my sabbatical I have discovered a few specific elements that lead to a Strengths-Based Institution.

Developing a Strengths Perspective: The best universities go far beyond the initial delivery of the StrengthsQuest survey and 1 time debriefing session. Universities offer a full range of programming including – One on One counseling, Workshops on topics like Strengths-Based Career Planning, Strengths-Based Academic Planning, Strengths-Based Leadership, Strengths-Based Interviewing, and Strengths-Based Teaching to name a few.

A comprehensive Strengths outreach – StrengthsQuest is offered to all students, faculty, staff, and administrators so that the university develops a common "Strengths Language". This common language leads to better interactions between all members of campus. They share a common bond (and many of the same Strengths)

A student centered mentoring program – Most university programs have at their core a Student Strengths Ambassador program. Students serve as mentors to other students and lead Strengths discussions and workshops on campus allowing them to put into practice their own personal strengths.

These critical items help make a campus truly Strengths-Based. So far on my sabbatical I have seen myself relying on my personal strengths over and over again. My strengths are: Positivity, Developer, Arranger, Adaptability and Empathy. I have met some truly amazing faculty and been re-energized by their passion about Strengths and their commitment to their students. I have also met some equally amazing students whose passion for Strengths has enabled them to excel in the classroom, in personal relationships and campus leadership. I believe in this goal to become a Model Community Otterbein is well situated for a Strengths-Based campus transformation. If you want to find out more about Strengths feel free to contact me ([pwilson@otterbein.edu](mailto:pwilson@otterbein.edu)) or go to [www.strengthsquest.com](http://www.strengthsquest.com).

Alumni – if your employer uses the Strengthsfinder survey please let me know, I would love to discuss it further with you.