



HSS Alumni News

Volume 10 Issue 1

August 2014



Becoming a Leader

by Rachael Puthoff ATHT '14

It is hard to believe that my college career at Otterbein is officially over. People really aren't joking when they say these four years fly by fast, so enjoy them while you can. Throughout my four years at Otterbein, I tried to enjoy them to their fullest. I wanted to be involved in as much as I could. By having this mentality, I have gained great leadership experiences.

My leadership roles on campus really began my sophomore year while playing softball. My freshman season, I was very nervous and timid while playing which was strange for me because this was the game that I took control of throughout my entire life. My freshman season was a huge learning year on the field, and I grew from that experience. After that season, I vowed to take control of my playing abilities. From that year, I transformed into a leader. I was the type of leader that led through example on the field. I am a firm believer that one must be able to show what they want through actions before they can ask what they want through words. Following my sophomore year is when I really began to gain confidence in myself as a softball player and as a person.

After my sophomore season, I wanted to extend that leadership role into off the field activities. I joined the Student Athletic Advisory Committee (SAAC) to represent softball and be involved with some decisions made for the athletic department. I ran for officer positions in Otterbein Club of Athletic Training Students (OCATS). Even though I did not obtain a leadership position in OCATS, I did not give up. I wanted to use my leadership abilities in other areas. That is when I decided to apply and was selected for a position in the first ever Ohio Athletic Training Association (OATA) Student Senate. In this role, I was the Central District Representative, and I coordinated donations for the OATA Symposium. This position allowed me to dig deeper into the Athletic Training world learning how committees work to collaborate on professional meetings along with connecting with other Athletic Training students. It opened doors to networking with many incredible individuals who are very passionate about bettering the profession. I am thankful I had been given the opportunity to represent the Central District and Otterbein with this position.

Along with this OATA Student Senator position, I wanted to impact the lives of non-Otterbein students as well. I joined for a year to be a part of the Best of Both Worlds program on campus. In this role, I served as a work out partner for college-aged peers who have a disability. Not only was I overseeing the safety of the lifts, but I stepped into a leadership role acting as a peer mentor for them. Helping and listening to their problems and being someone they can turn to, ask questions, and socialize with one another. This experience was one of the most rewarding and most memorable experiences during my four years.

While being an upperclassman during clinical rotations, I wanted to help the underclassmen understand class material, give advice with study habits, and lead with hard work and dedication towards this profession. I thought about how I wanted my legacy to be when I left Otterbein and worked every day towards leaving that legacy. Finally, my senior year I obtained an OCATS position as the club treasurer. Receiving this position my senior year, I really wanted to be a friendly face and approachable for the underclassman. I did my best to attend all club activities and be in the Athletic Training Room as much as I could to be a leader and good role model for the other Athletic Training students.

During my senior year I also completed my honors research project that examined the relationship between the strength of shoulder musculature and the incidence of injury in female softball pitchers between 15-18 years old. This research project combined two aspects of my life that I am very passionate about: softball and athletic training. Completing this project was one of my proudest accomplishments in my life thus far. On top of completing this project, it was selected for *Honors Thesis Project of the Year Award*. To this day, I am very grateful to have received this honor and to be able to represent the Department of Health and Sports Sciences.

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Becoming a Leader

by Rachael Puthoff ATHT '14

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These are the highlights of how Otterbein has shaped me into the leader I am today. I hope I have impacted the lives of those I've encountered to want to better themselves. I will never forget the way I felt during my freshman year of softball season and that pushes me to always stay true to myself and be confident in who I am and my abilities. I am now fortunate enough to be in Graduate School at Ohio University working to obtain my Doctorate in Physical Therapy. I am one of the few to have been given a graduate assistantship position working in a research lab with one of Ohio University's leading physical therapist researcher. I want to thank everyone at Otterbein, the Department of Health and Sports Sciences, the Athletic Training staff, the Athletic Department, the Softball Program, and all Otterbein's amazing alumni for the impact they have had on my life and their impact on my ability to accept the person I am today. I know I would not be where I am today without the wonderful people at Otterbein. Five years ago I made one of the best decisions of my life to call Otterbein my home. **RP**

Welcome New Faculty

VanDop, Erica

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 Dance/Fitness Room Remodel

The Rike Dance room has been remodeled with a new wood floor and stereo system. Thanks to the Dean's Office and Mr. Vernon Pack for making this possible. A grant from Otterbein's medical insurance provider has enabled us to purchase some new equipment for our faculty/staff OtterFit fitness program as well.



Turf & Track Rike

Otterbein University officially breaks ground on the \$2.1 million track and turf project.http://www.otterbeincardinals.com/news/2014/5/16/Gen_0516145720.aspx

Installation has begun on an artificial field turf at Dwight C. Ballenger Field and a brand new track surface on the McVay Track. These improvements will culminate a decade's worth of renovations to the stadium and will be finished prior to Homecoming 2014, when a new era for the Cardinals' athletic programs. This project will truly enhance Memorial Stadium and the competitiveness of the Otterbein Athletics program. Please support future generations of Otterbein Cardinals who will benefit from the opportunities these multi-use surfaces will create by giving to the turf and track fund. Let's continue to create a campus environment that we can be proud to call home! (Otterbein Website)

Departmental Awards:

The Marilyn E. Day Endowed Award

Awarded annually to a full-time student majoring in the department for excellence in scholarship, leadership and service.

2014 recipients - Brandon Strausser and Anthony Wene

Elmer W. "Bud" Yoest '53 Endowed Award

This award is presented to student(s) demonstrating an exceptional commitment to campus leadership and citizenship and preparing for a career in the areas of concentration requiring the Health and Physical Education certificate.

2014 recipients - Kylee Tuchfarber and Erin Ramey

Harold C. Martin '33 Endowed Award

This award is presented to a student whose major field is physical education and who is planning to teach and coach.

2014 recipient - Joseph Montoya

Department Scholarships

Awarded annually to a student currently enrolled and majoring in the HSS department. The selection criteria for this award includes: Significant contributions to the department, professional involvement, cumulative grade point average, and personal achievements related to the student's chosen field of study. Having completed one or more of the Five Cardinal experiences is helpful but not mandatory. Open to full-time returning freshman, sophomores, and juniors.

2014 recipients: Kylee Tuchfarber, Katelyn Barrett, Evelyn Carus, Lydia Barnes, Katherine Cialella, Brandon Strausser, Joseph Montoya

Message from the Chair

By Dr. Joan Rocks



As I read through the very long list of accomplishments achieved this past year 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 (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 and Samantha Kelley) and the Department began an Adapted Physical Education Endorsement Programs, 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. We encourage all of you to follow us on Facebook or better yet, stop in to say hello so we can catch up and stay current on all your life's activities. Please also join us for a 40th Anniversary celebration of the Rike Center on homecoming day. Though we are hoping to continually upgrade this space, 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. More details will follow on this event. For now, I wish you all the best, stay safe and healthy and please keep us updated on all that is happening with you and your family!

Best-

Joan

Alumni Engagement

Thank you to all our alumni who returned to campus to speak in a class or help with a special event. We love our alumni and appreciate your expertise and dedication to this department!

Andy Berger '06 (HPF), Laura Greene Berger '10 (HPF), Bret Billhardt '08 (SMGT), JR Bonham '03 (ATHT), Annette Boose '94, Dave Dziedzicki '10 (ATHT), Tiffany Estes '06 (ATHT), Katy Witt '05 (HPED), Cynthia Rowles Jackson '69 (HPED), Andrea Johnson '10 (ATHT), JP Lococo '12 (SMGT), Rob Rosner '09, Melissa Schemmel '01 (HPED), Justin Tatman '07, Sheronda Whitner '12 (HLED-Public Health), Joe Wilkins '00, Adam Wolfe '10 (SMGT).

Adapted Physical Education Endorsement

Exciting news. Otterbein University's online Adapted Physical Education Endorsement Program has been approved! In order to be admitted into the Adapted Physical Education Endorsement program, applicants must have a license in Physical Education. Applicants must also have a minimum cumulative undergraduate GPA of 2.75. Interested students are required to schedule an interview with Dr. Ann-Catherine Sullivan to review program requirements. The APE program may be completed over the course of 3 terms. Students also have the option to take these classes over a longer period of time, as needed. All four courses will be offered online, however each of the classes has a field component that must be completed as a part of the course. There are a total of 200 hours of field work required. Please note that the APE program is only for teachers who hold a Physical Education license.

PHED 5000 Sport and Recreation for Individuals with Disabilities (4)

PHED 5500 Adapted Physical Education Assessment & Program Planning (4)

PHED 6000 Field Experience and Seminar in Adapted Physical Education (3)

PHED 6500 Field Experience and Seminar in Adapted Physical Education Lab (1)

Homecoming 2014- There's No Place Like HOME-coming

Can you believe the Rike Center is 40 years old! We will be celebrating during Homecoming this year with a reception and tours to look at what is still the same and what changes have been made over the years. Come join us in the Rike Center for this wonderful celebration from 12:30 pm—1:30 pm after the parade. **Save the Date -- September 20th.** Hope to see lots of alumni from over the years!



Twitter

Follow us on Twitter for the latest and greatest <https://twitter.com/HSSOtterbein>



Master's in Allied Health

Six MSAH students conducted oral presentations of their practicum and thesis projects. All are part of the first MSAH class of 8 students graduating on May 17. In attendance were faculty advisors and faculty, site supervisors, other MSAH students and professional colleagues. For more information on the MSAH graduate degree please visit their website at: http://www.otterbein.edu/public/TheGraduateSchool/master_science_health.aspx

Photos in this edition: Archives, Boose, Braun, Fischer, Payne, Syguda

Athletic Training Students at Columbus Marathon:

The Otterbein Athletic Training were on hand at the Columbus Marathon again this year providing medical support to the runners. This is a great community service/networking opportunity that our students have each year that allows them to get some great hands on experience with athletes who range from beginning marathoners to advanced in their experience levels.



Ohio Association of Health, Physical Education, Recreation & Dance Conference (OAHPERD)

Students and faculty from our department presented at the annual OAHPERD conference on the following topics and also won the "Golden Shoe" award in the university games competition:

Redesigning the Middle School Physical Education Curriculum P. Wilson & Students, Otterbein University
Explore the redesign of Middle School physical education curriculum. Resources, activities, assessments and lesson ideas will be shared and demonstrated. (OAHPERD convention)

Using Sport Education Model in Summer Camp J. Montoya & A. Sullivan, Otterbein University
Learn how to teach and modify different aspects of a children's summer camp with the use of the Sport Education Model. The presentation will touch on organizing seasons, managing teams and the roles, goal setting (individually and within a team), achieving behavioral objectives, and dealing with a moderate weekly turnover rate. (OAHPERD convention)

Attitudes of college students and same-age public school students with identified disabilities participating in a fitness program on a college campus. Research Poster presented at the OAHPERD 2013 Convention in Kalahari, OH by: Sarah Laux, Dr. Ann-Catherine Sullivan, and Dr. Robert Braun; Otterbein University

Hula Hooping Around □ 2013 OAHPERD Annual Convention Kalahari Resorts, Sandusky, Ohio December 6, 2013. Otterbein University Presenters: Evan Jackson, Chad Keith, Caleb Martin, Jonathan McClenathan, Brina Sturgeon, Marcus Willis.

Newsworthy



Health Educators Institute

Dr. Braun Rob Braun along with ALHL students Calli Studebaker and Megan Dominik presented at the Health Educators Institute (HEI) held at Salt Fork State Park this past week. HEI conference attendance gives students a chance to meet professionals in their chosen field and gain experience in making presentations.

American College of Sport Medicine National Conference

HPF majors Madison Bowling, Sarah Fox, Jenna Meny, Stephanie Murphy with faculty, Dr. Kim Fischer, Erica VanDop, Michelle Riegler attended the ACSM National Conference in Atlanta.



Honors

Our HSS majors celebrated receiving their medal at the Honors Awards Banquet last evening. This is the culminating event that follows their four year honors program. Honors students have a specific honors class that they take each year. Out of the 26 honors students at Otterbein this year-5 of them are from our department. Not pictured Rachael Puthoff who is the starting shortstop on the softball team and had an away game. Thanks Dr.Rob Braun for the photo. Congrats ladies! Proud of you!

- Mackenzie Williams – “The Y-Balance Test as a Predictor of Injury Occurrence in Marathon-In-training Athletes” with Shelley Payne
- Margaret McCool – “The Benefits of recreational Backpacking Programs on the Growth and Development of Adolescents” With Shelley Payne
- Rachael Puthoff – “Correlation of Muscular Strength of the External Rotators, Internal Rotators, and Biceps Brachii to Risk of Upper Extremity Injury in Fast-Pitch Softball Pitchers” - With Shelley Payne
- Jerrin Hill – “Assessing Trends of Ohio Residents with Diabetes by Socioeconomic Status and Individual Demographics” with Rob Braun
- Abbey Horynak – “Comparison of VO2Max in Cross-Trainer and Non-Cross Trained College Endurance Runners” with Joan Rocks

Congratulations...

to Rachael Puthoff- winner of the 2014 Honors Thesis Project Award across all departments.



Cardinal Colloquium

The following HSS majors presented their research at the annual Cardinal Colloquium:

- MacKenzie Williams, Research: Y-Balance Test As A Predictor Of Injury Occurrence In Marathon-In-Training Program
- Ally Smith & Sam Kelley, Research: Glenohumeral Internal Rotation Deficit In Division III Baseball Pitchers
- Sarah Laux, Distinction Project: Attitudes of college students and same age public school students with identified disabilities participating in a fitness program on a college campus
- John LaCorte, MSAH Thesis: Effects of Weighted Baseballs on Throwing Velocity
- Abbey Karns & Collin DeBarbrie, Research: The Effects of Various Stretching Techniques on Vertical Jump Performance

Kudos Our very own Dr. Shelley Payne was this year's Director of Undergraduate Research and planned the Annual Cardinal Colloquium, which was a huge success.



News-worthy

Ohio Athletic Trainers Association Conference

The following Athletic Training majors presented their research and received awards at the OATA annual meeting:

- 1st place for Undergraduate Research Ally Smith & Sam Kelley Research: Glenohumeral Internal Rotation Deficit In Division Iii Baseball Pitchers With The Effectiveness of a Varied Sleeper Stretch Protocol
- 2nd place for Undergraduate Research, MacKenzie Williams Research: Y-Balance Test As A Predictor Of Injury Occurrence In Marathon-In Training Program.



Congratulations...

to our very own Certified Athletic Trainer Joe Wilkins for being named the Center for Career and Professional Development's - Internship Supervisor of the Year! Joe was recognized at CCPD's Peer to Peer Internship event. Great job, Joe!

Congratulations! The NCAA Postgraduate Scholarship Committee has awarded a \$7,500 scholarship to Rachael Puthoff '14 for part-time or full-time postgraduate study at a university or professional school. This award stands as a significant honor for Rachael and Otterbein University as it is a extremely competitive application process.



HLED 1400 & 2300- Annual Health Fair

Students in Dr. Braun's HLED 1400 Individual and Community Health and HLED 2400 Health Issues classes presented "For the Health of It" health fair in the campus center today. This always popular event featured student exhibits and community organizations, games, raffles and prizes.



Newsworthy



OtterFit Personal Trainers

Our OtterFit personal trainers are hard at work helping their faculty clients improve their fitness and getting real life experience and building their resumes at the same time.



Annual HSS Showcase Night:

Our 1st annual HSS Showcase was held in the newly remodeled Rike Dance/Fitness room this past spring. David Dziedzicki '10, Head Athletic Trainer at Worthington Kilbourne High School, and recipient of the 2013 Prism Award for Compassion for Neighborhood Care from OhioHealth was our keynote speaker. Thirty-one students from across all majors were on hand to showcase their internships and research. HSS Faculty and alumni were there to network and visit with the students about their posters. We had a really nice time and plan to make this an annual event. Everyone is welcome to attend and we hope to see you there next spring! Special thanks to Dr. Wendy Sherman Heckler, Associate VPAA and Dean of University Programs and our alumni for attending.



Newsworthy

SMGT 3920 Event Planning

Students in Dr. Walter's event planning class this spring were busy raising money for charitable organizations and getting hands on learning experience at the same time while they conducted the following:

- 5k for K-9 Cancer Walk/Run \$20,000 raised for MedVet Charitable Foundation
- Faculty/Staff/Students Basketball Game for Make-A-Wish Foundation Otterbein University Rike Center
- Kids Night (for Delaware County Dog Shelter) Otterbein University Clements Center
- Blendon Middle School - Fun Night Blendon Middle School





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