

OTTERBEN
UNIVERSITY

SPECIAL POINTS OF INTEREST:

INSIDE-

CHECK OUT THE
BEFORE AND
AFTER PICTURES
OF OUR NEWLY
REMODELED RIKE
DANCE ROOM!



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HSS Departmental Developments Newsletter

Department of Health and Sport Sciences
160 Center Street
Westerville, OH 43081

Find us on the web at:

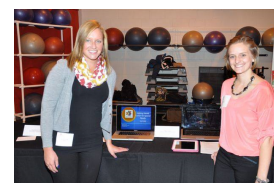
[http://www.otterbein.edu/public/Academics/
Departments/HealthandSportSciences.aspx](http://www.otterbein.edu/public/Academics/Departments/HealthandSportSciences.aspx)

SPRING 2014

1st Annual HSS Showcase Night

Our very successful **1st Annual HSS Showcase Night** was held on April 15th. We had 25 student presentations (31 students presenting) showcasing the research, internships and service learning our majors have completed over the past year. Certified Athletic Trainer and Otterbein alum, David Dziedzicki '10 will gave the keynote address and the following alumni were on hand for networking and Q & A: Andy Berger '06 (HPF), Laura Greene Berger '10 (HPF), Bret Billhardt '08 (SMGT), JR Bonham '03 (ATHT), Annette Boose '94 (L SC), Dave Dziedzicki '10 (ATHT), Tiffany Estes '06 (ATHT), Katy Witt Gast '05 (HPED), Cynthia Rowles Jackson '69 (HPED), Andrea Johnson '10 (ATHT), JP Lococo '12 (SMGT), Melissa Schemmel '01 (HPED), Justin Tatman '07 (ATHT), Sheronda Whitner '12 (HLED-Public Health), Joe Wilkins '00 (ATHT), Adam Wolfe '10 (SMGT).

The newly remodeled Rike Fitness Room was unveiled and special recognition was given to Jane Horn, Cynthia Jackson (retiring for the 2nd time from Otterbein), Academic Affairs (for making the funding possible for the wood floor) and Mr. Vernon Pack (for providing funds that made possible the new stereo system in the fitness room and money for students to travel to professional conferences). In attendance was the HSS faculty/staff, parents and other campus personnel including Dr. Wendy Sherman Heckler.





CONGRATULATIONS
GRADUATES OF THE
CLASS OF 2014.
PLEASE KEEP IN
TOUCH WITH US ON
FACEBOOK OR VIA
EMAIL. WE LOVE
OUR STUDENTS!



Health Professions Club By Calli Studebaker

I

As graduation is quickly approaching, I can't help but look back and reflect on my last four years. Coming into my freshmen year wasn't quite sure about my choice in major and the path I was about to take. Allied Health turned out to be the perfect fit for me and I am grateful to be a part of this department. I knew coming here that I wanted to be involved on campus as much as

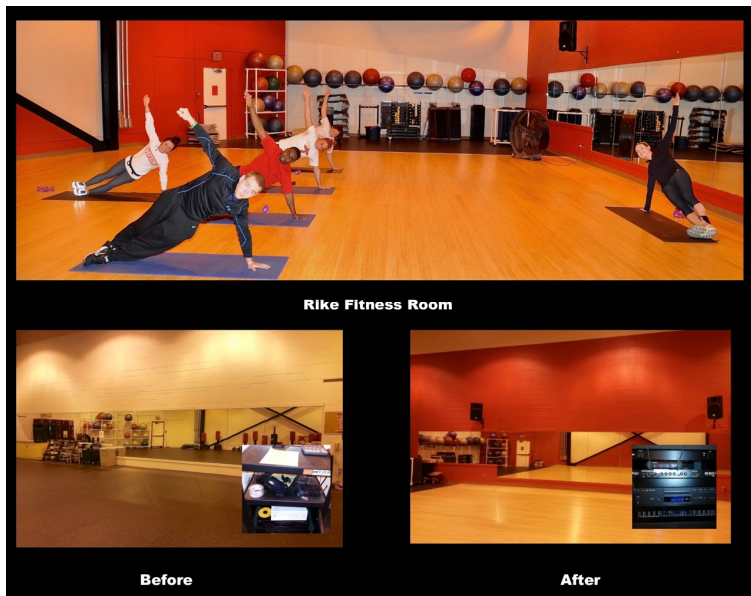
I possible. I remember attending a workshop that the Health and Fitness Club put on and I saw potential in what that group could accomplish. I knew at that point that I wanted to find a way to leave a positive impact on this club and department. With the guidance of my professors, I have accomplished more than I thought possible. The Health and Sports Science Department has been nothing short of exceptional.

The Health Professions Club has been busy this semester with promoting our club and helping to make a positive difference on campus. We partnered with the new Special Olympics Club with a couple of their events this semester. One of these events includes the "*Spread the Word to End the Word*" campaign. Students signed a banner to pledge to help end the use of the "R" word. It turned out to be a great success with signatures filling the entire banner. The second event we were able to be a part of was the professional development day for the Special Olympics Club members. The students learned many fundamental professional skills such as, public speaking, writing a speech, and how to dress professionally.

As President of the Health and Professions Club for the last two years I am thankful for the experiences it has given me. I have grown as a leader and as a student because of the Club. I hope to continue to see it grow and make a difference for the students of the Health and Sports Science Department. It provides a great opportunity for students to network with each other and professionals.

I know I am prepared for the next chapter in my life because of Otterbein and the faculty that make that possible. I want to congratulate my fellow seniors on graduating and thank the entire faculty for the impact they have had on me! I wish everyone good luck on their finals and future endeavors! Enjoy this experience and take advantage of all the amazing opportunities this University has to offer!

Rike Dance Room Remodel



Funding for a new wood floor for the Rike Dance Room was made available to us by Academic Affairs and a donation from Mr. Vernon Pack enabled us to have a new wall mounted stereo system installed. The Department of Human Resources obtained a grant through Otterbein's medical insurance carrier to fund the purchase of new equipment for the OtterFit faculty and staff personal training program. The new facility and equipment will enable us to enhance and continue to provide fitness opportunities for the entire campus.

Sport Management

SMGT 3920 - Event Planning and Management class hosted 4 major events and 2 community service events this spring:

1) 5k for K-9 Cancer Walk/Run
(for MedVet)

Otterbein University Cross Country Course
Saturday April 26, 2014

2) Tee It Up for Otterbein - Golf Scramble
(for Otterbein's Athletic Department - Turf and Track project)
Little Turtle Golf Club
Sunday, May 4, 2014

3) Faculty/Staff/Students Basketball Game
(for Make-A-Wish Foundation)
Otterbein University Rike Center
Thursday, April 24, 2014

4) Kids Night (for Delaware County Dog Shelter)
Otterbein University Clements Center
Sunday, April 13, 2014

5) Blendon Middle School - Fun Night
Blendon Middle School
Friday, April, 11, 2014

6) Hanby Elementary School - Field Day
Alum Creek Park
Friday, May 2, 2014



My internship for Spring Semester 2014 was completed at Infinity Fitness in Westerville. Infinity Fitness is a private training studio, which runs as a small, local business. As an intern, I took on multiple responsibilities and projects. A particular interest I had was learning more about building a business within the fitness industry. The experience allowed me to see the applicable skills that are needed and used while running a business. I believe that this is an important factor in completing an internship - that is to experience and learn beyond what can be studied in a classroom. While working closely with Infinity's business plan, I was challenged to use my independent ideas for marketing, products, and staying up to date with competing businesses. After this semester, I hope to stay on my toes in order to move forward in the ever-changing fitness industry. To anyone who may be searching for an internship, I hope you may find ways to become a profoundly independent thinker in your chosen field.

5K for K9 Cancer by Annette Boose

Students in Dr. Walter's SMGT 3920 held the first 1st Annual 5K for K9 Cancer Walk/Run in April with proceeds to benefit Med Vet's Charitable Foundation. So far the group has almost doubled their goal of \$10,000 and are just short of the \$20,000 mark. Thanks to everyone who participated, donated, sponsored, and otherwise contributed to make this event the success that it was. Special thanks to Hillary Seif, and Amy Grooms from the Registrar's Office for their extensive work on this project and to Willie Franklin, Director of Instructional Support for serving as MC at the event. Photos by Annette Boose, HSS



Athletic Training by Rachel Puthoff

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It is hard to believe that this is the last semester of my college career at Otterbein. People aren't joking when they say these four years will fly by so 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 doing this I have gained great experiences including leadership roles. My leadership roles on this campus really began my sophomore year while playing softball. My freshman season, I was very nervous and timid while playing softball which was strange because this was the game that I took control of throughout my entire life. My freshman year was a huge learning year on the field, and I grew from that experience. After that season, I wanted 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. My

sophomore year is when I really began to gain confidence in myself as a softball player and as a person. I was able to prove through my actions I am a leader.

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 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 for the position in the first ever Ohio Athletic Training Association (OATA) Student Senate. In this role, I am the Central District Representative, and I coordinate donations for the OATA Symposium. This position has allowed me to dig deeper into the Athletic Training world learning about how committees work to collaborate professional meetings along with trying to connect with other Athletic Training students to really bring what the students want to our meetings. It has opened doors to networking with many incredible individuals who are very passionate about bettering the profession. I am glad I have been given the opportunity to represent the Central District and Otterbein for 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 acted 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. During this process, we became friends and to this day we still remain friends. This experience has been a very rewarding and one of my most memorable experiences during my four years.

As 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 want 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 under classman to look up to. I do my best to attend all club activities and be in the Athletic Training Room as much as I can to be a leader and good role model for the other Athletic Training students. Leading through example has been my motto to enhance this program.

These are the highlights of how Otterbein has shaped me into the leader I am today, and I hope I have impacted 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 want to thank everyone at Otterbein for the impact they have had on my life and my ability to accept the person I am. I want to congratulate all of my fellow classmates who are graduating. And I want to leave all the underclassman with one question, what legacy do you want to leave behind?

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.

(right) Dr. Shelley Payne presented **Self-Directed Learning Readiness and Academic Motivation Development** in Undergraduate Health Professions Students at the International Self-Directed Learning Symposium in Coco Beach, Florida today. Our faculty members present at numerous conferences throughout the year and are highly regarded in their respective fields thereby adding even more value to your Otterbein educational experience!



(left) Students in Mrs. Erica Van Dop class presented Health Promotion and Fitness programming to residents of a local nursing home. Opportunities such as this allow our students to gain real life experience and make a community connection.

(right) Students in Dr. Joan Rocks' ATHT 1600 Basic Athletic Training lab today were instructed on and practicing the proper techniques for taping injuries, fitting helmets, shoes and leg braces.



(right) 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.



(left) Students in HLED 3800 taught by Patti Wilson, Charles Goodwin, and Erica Van Dop participated in team building activities led by Kim Boggs, Otterbein Master's in Nursing alumni '08, Manager of Nursing Excellence at Grant Medical Center.



(right) Health Opportunities Fair was held in the campus center and there were a lot of great displays and representatives from local organizations where health professionals might obtain jobs.



(below) Dr. Kim Fischer, Erica Van Dop, Michelle Riegler and some of our HPF majors attended the American College of Sport Medicine Health and Fitness Summit and Expo in Atlanta, GA. This is a huge event and they are getting a wealth of information on the most current topics in the health and fitness field.



(above) HLED 3800 students organized and implemented a Health and Activity Night for Mark Twain Elementary students and their families. The event had 15 rooms with fitness activities and a health fair with a variety of health information presentations. This project was part of the HLED 3800 Organization and Management class in the Leadership for Self and Others DYAD.



(below) 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. This always popular event featured student exhibits and community organizations, games, raffles and prizes.



(above) Public Health majors in Dr. Braun's class traveled to the Columbus Public Health Department for the Health Advisory Board Committee meeting to view a special presentation on Infant Mortality

Recreation & Fitness Update by Michelle Riegler



Rec Sports-Offered for the first half of the spring semester before spring break, the volleyball league saw 6 teams compete with a total of 45 players participating. 5-on-5 basketball continues to be the most popular Rec Sports league with 13 teams playing in the second half of the spring semester with a total of 105 players. The number of teams went up by three from last year. Aaron McPherson continued his role as the Rec Sports Supervisor overseeing the leagues and supervising the Rec Sports Workers with Kyle Belback working as his assistant. Eight other students worked as scorekeepers and officials with a few additional students volunteering as officials for 5-on-5 basketball.

Group Fitness-For J-Term 2014, two group fitness classes were offered: Zumba at 6:30pm on Monday and Yoga at 7:30pm on Wednesday. There were two snow days during the class session but there were still a total of 62 participants in the 4 classes that were offered.

Spring 2014 attendance stood at 657 participants for 67 classes through the end of week 12 of the semester. Classes offered were Yoga, Zumba, Pilates, Muscle Madness, Upper Body Blast, and Lower Body Blast. Stephanie Murphy and Natasha Natraj, both HPF majors, once again worked as group fitness instructors along with two additional students. A four-class session of Yoga was added at the request of several faculty and staff members and took place at 12:00pm on Fridays taught by Stephanie.

Noteworthy con't



Otterbein University Director of Athletics, Dawn Mamula Stewart '98 and Rob Rosner SMT '09 (former Compliance Supervisor for The Ohio State University) spoke to Dr. Cynthia Jackson's '69 Sport Law and Governance class today about compliance and how it differs between Division I and III schools.



A disoriented wild turkey came knocking on the Rike Center doors last week. He was looking for an admission counselor so he could enroll in the *Get Me Outta Here Before Thanksgiving* program.