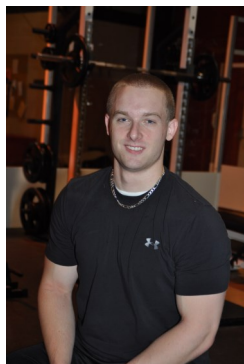




HSS Alumni News

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My Otterbein Experience by Jason MacLean HPF '13

As I look back on my four years at Otterbein, it doesn't seem like it should be over already. It truly is the fastest years of your life. During my time here, I experienced successes, heartbreaks, and accomplishments that I am very proud to have been a part of. When I sit back and realize how much I encountered in just four short years, I begin to understand the type of person that Otterbein has molded me into. I wouldn't have it any other way.

When I first came to Otterbein, I was in a much different place than I am now. I had aspirations of working for the government in the intelligence community, but I learned shortly that a desk job wasn't for me. I always had a passion for sports

but due to an injury I no longer had the opportunity to play, so I knew a career in that field was worth a shot. The second quarter of my freshman year I took a first aid class to fill a credit, and that was where I first learned about the *Health Promotion and Fitness* major. After a couple of days of checking out the program, speaking with my parents, and meeting Dr. Fischer for the first time, I knew this was the right fit. I officially changed my major and have never looked back. As I entered the Department, I didn't know what all my professors would eventually mean to me. They are individuals that truly cared about helping me become the best that I could be. With their help, I soon became interested in learning everything I could about my future career path—the field of strength and conditioning.

Soon after coming to the revelation this was what I was meant to do, I started taking every chance I had to become better and to do whatever it took to put me ahead of the competition. One thing I felt the Department did was set the students up for professional certifications by providing classroom material and hands-on experiences that relate directly to the test material. Two of my proudest accomplishments were graduating with three certifications: NSCA CSCS (National Strength & Conditioning Association Certified Strength and Conditioning Specialist), USAW Sports Performance Coach, and ACSM Certified Personal Trainer. I also had an article published in one of the National Strength & Conditioning journals. In addition to these accomplishments, I completed a strength and conditioning internship at Denison University, traveled to Nashville, TN for the NSCA Coach's Conference, worked as a strength coach at SOAR Fitness Systems, became an integral member of OtterFit (personal training for faculty and staff at Otterbein), and had the chance to network with some of the best minds in the field. I can say with countless gratitude that none of those great career builders would have been possible if it had not been for the Health and Sports Sciences Department and my advisor. Without the tremendous support and guidance of Dr. Fischer, the years definitely may have not happened the way they did.

The next chapter in my life begins this fall at the University of Louisville, where I have been selected as one of the graduate assistants for the exercise physiology department. In addition to this, I will become a strength coach with the sports performance staff working hands-on with some of the best athletes in the country. Without a doubt, my experiences at Otterbein set me up with this chance to continue my education and learn from some of the most respected individuals in our field. As my time in Columbus draws to a close, I realize this has been my home and everyone here has been a part of my family. The guidance from everyone in the Department was what helped me become the best I can be, and hopefully one day I can impact the lives of young students just as the professors here have impacted me. Looking back on the years, I know the department has influenced and left a lasting impact on me. I hope that the same can be said about my contributions to everyone, not just in the Department, but the entire campus community.



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Faculty Basketball Game Benefits *The Make A Wish Foundation*

By Annette Boose

Since semester conversion now allows for additional time in the classroom, it is possible for Dr. Greg Sullivan's Sport Marketing and Dr. Teri Walter's Event Planning classes to plan a major campus event. In this course students learn a variety of planning, organizing, marketing and leadership tactics that challenge them to apply the concepts they have learned in in their class in order to plan a real live event. This provides a valuable service learning opportunity to students and allows them to get practical experience and engage with the community while raising funds for a worthy charitable organization. In 2011 over \$800 in funds were raised for St. Jude's Hospital and in 2012 over \$1,000 was raised for The Make A Wish Foundation. This year's event – a faculty/staff basketball game in the Rike Center on April 25, also benefited The Make A Wish Foundation. This year students were able to raise over \$6,000, which is the cost of making one child's wish come true. Tickets to the event were pre-sold in the campus center and sold at the door the night of the game. Minimum ticket price was \$3. About 25 faculty participants paid \$10 dollars each to play. Throughout the basketball game there were breaks for skills games and challenges that involved audience participants– such as a shooting contest and a hot dog eating contest. There were prizes donated that the students solicited from local businesses and there was also a silent auction. LA Fitness was on hand with a major prize give away package that was awarded during the event and students got a donation from Rita's Italian Ice and sold flavored ice at the concession stand in the Rike lobby. President Krendl coached the white team and Assistant Women's Basketball Coach Diana Noles coached the red team.



A representative from The Make A Wish Foundation was on campus May 10th to receive a check from the students and to award them with a *Wish-Makers on Campus* Certificate.





Message from the Chair

By Dr. Joan Rocks



Hello to you all and welcome to our annual alumni department update. Much is continuing to happen both in and outside of our department. Students and faculty alike continue to raise the bar on producing a quality and employable graduate, one who is well versed in so much more than just their major. Our accomplishments are based on a strong, energetic and passionate faculty and staff as well as a dedicated and devoted alumni who continue to contribute to all of us in vital ways. So many thanks for all you do and for all your generous help to elevate our department on a consistent basis.

This past year we immersed ourselves in a long-range planning and assessment process to help the University meet the standards for re-accreditation at the national level. Allow me to share with you a few of the many positive outcomes of that process.

First, we re-worked our department's mission statement to better fit who we are today. Our new mission statement is: ***"The Department of Health and Sport Sciences of Otterbein University will prepare students to become competent, self-directed professionals."***

In addition, we identified a set of core values that we consider our main outcome goals for all students. Those values include:

- Accountable
- Collaborative
- Culturally Competent
- Engaged
- Ethical
- Health Conscious
- Professional
- Self-directed
- Socially Responsible
- Balanced healthy lifestyle

One of the most impactful facts the department has had over the past 17 years is a steady increase in student enrollment. In 1996 we had 128 students with four majors. Today we have 314 students with six undergraduate and one graduate major (the graduate program has an additional 23 students). A comprehensive review of all facets of our department revealed a few key successes:

- Significant student growth (145% from 1996 to 2013)
- National recognition and accreditation for five out of six academic programs
- Excellent faculty and staff who deliver innovative curriculums
- Increased faculty scholarly output
- Increased student research production (including receiving state research awards)
- The Department is heavily immersed in Community Service and Professional Development activities.

We provide University support on multiple fronts:

- ◆ HPES activity classes
- ◆ OtterFit faculty and staff programs
- ◆ Fitness and Recreation programming for students
- ◆ Major specific student organizations

Finally, and perhaps most importantly, the data from this comprehensive evaluation process shows that the HSS Department runs at a low cost to the institution, we have high production from our faculty and staff members and we have a high contribution to the University.

I could not be more proud of all our faculty, staff and students have accomplished. Enjoy reading all about that and please stop by and keep us updated on all you are achieving as well! My best to your all for a successful, happy and healthy year. J



Athletic Training By Rachael Puthoff

(compiled from previous publications by Annette Boose)

The Otterbein Cardinals Athletic Training Students (OCATS) have been working hard. One of the first fall (2012) events hosted by OCATS was a "Game Night". This is where the upperclassmen officially meet and play games with the freshman to break the ice and allow friendships and mentorships to begin. Another meet and greet opportunity was the annual Hog Roast where certified athletic trainers and students relax, eat great food, and play games. OCATS members also had the opportunity to attend the Greater Columbus Athletic Training Society (GCATS) Meeting that was held in Dublin, Ohio to learn about Sudden Cardiac Arrest in children and young adults. That gave them the opportunity to meet other professionals in their future career. Not only have students been taking time in their clinical rotation to attend professional meetings, but they have also been dedicating time to give back by volunteering. One of the big community service projects the OCATS members are involved in was the Columbus Marathon. With all the work that Dr. Bright, one of Otterbein's Team Physicians, does for our athletes, we return the favor and volunteer as medical aids at the marathon. This is great experience for the students. The students help out at mile-markers or the finish line with anyone who may need assistance during the race. Another community service the students were involved in was the Jingle Bell Walk/Run where again students help at the finish line. OCATS members attended the bodies COSI Body Exhibit in Columbus. The exhibit was an amazing experience because it added a new aspect of learning and implications towards our studies.

As a part of the Athletic Training Program, students must complete two clinical rotations each year. These rotations include but are not limited to being a student Athletic Trainer for one of Otterbein Sports' teams, being a student intern at a local high school or university, or being an intern at an off-campus clinic such as a physical therapy clinic. Students must put in at least 150 hours at each clinic in order to meet the requirements to graduate. Athletic Training students are very busy with these stipulations on clinical rotations along with having full class schedules as well.

On top of these commitments, the OCATS program strongly encourages all its members to volunteer and give back to the community. One of the community service events that students volunteered for this past semester was working wrestling tournaments at local high schools to provide first aid to the athletes. Since March is National Athletic Training Month, the club really pushed to do random acts of kindness throughout that month to promote Athletic Training. Some ways we accomplished this were by helping run a blood drive on campus, passing out free Gatorade to students, and collecting canned goods to give to WARM. Another community service event we are involved in during the first weekend of May, was the Cap City Half Marathon; providing aid to the runners crossing the finish line.

OCATS have also had a number of professional meetings throughout this year. Each month there is a Greater Columbus Athletic Training Society (GCATS) meeting that certified athletic trainers from around the Columbus area and students can attend to learn about a new topic, network with future employers, and develop as a medical professional. Another event was our Annual Quiz Bowl in which each Athletic Training Program across the state has three of their students compete. Lastly, another huge professional event that OCATS members had the opportunity to participate in was the Annual May Symposium. At this symposium, members listened to many presentations and were able to enhance their knowledge on many topics. This was another chance for students to network with other professionals. Also, this is a great experience for students to be able to present case studies and research projects to other medical professionals.



2013 Athletic Training Quiz Bowl Participants:

Addy Passaro, Sara Priest, Matt Cantrell, MacKenzie Williams, Rachael Puthoff, Kara Butcher.

Student Recognition:

- NASPE Major of the Year, **Aaron Kingcade '13**
- Ohio Health 2012 Prism Award for Integrity, **Tiffany Estes '01**
- Alpha Lambda Delta & Phi Eta Sigma Initiates: **Katelyn Barrett, Ashley Didinger, Abigail Gompers, Lillian Grace, Brooke Jones, Mariah Reitz, Brandon Strausser, Jordan Shell, Colleen Whalen, Robert Watts**
- Leadership Award-Outstanding Contributions to Professional Development-**Addy Passaro**
- Leadership Award-Vernon Pack Award-**Erin Ramey**
- Leadership Award-Citizen Award-**Sherry Williamson**
- Exceptional Research in the Undergraduate Student Division of the Ohio Athletic Trainers Association Poster presentation "Peroneal Nerve Entrapment and a Soleus Strain" **Matt Cantrell & Kara Butcher (pictured right)**



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.

2013 recipients - Aaron McPherson, Preston Miller, Stephanie Murphy, Sarah Uhlenbrock

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.

2013 recipients - Katherine Cialella, 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.

2013 recipient - Josh Slone

Departmental 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. Open to full-time returning freshman, sophomores, and juniors.



2013 recipients: Kylee Tuchfarber, Katelyn Barrett, Callie Studebaker, Sarah Laux, Rachel Puthoff, Jordon Novotny, Brandon Strausser

New Allied Health Graduate Program

By Dr. Paul Longenecker



In Fall 2013, the Department of Health and Sport Sciences (HSS) kicked off its first graduate level degree program offering a Master of Science in Allied Health (MSAH). The focus of the degree is to help allied health professionals build on their undergraduate degree and enhance their ability to think critically, collect and analyze data, and utilize relevant information technologies. The MSAH degree has three distinct study tracks that can be taken: Post-professional Athletic Training, Health and Wellness and Allied Health Care Administration. As identified by Dr. Joan Rocks, HHS Chair and MSAH Director, "In developing the degree we targeted specific needs that had been identified by allied health professionals. In creating the three tracks, we addressed professional skill sets not currently being met by other higher education institutions".

In the MSAH degree program, students can complete the graduate requirements in a one to two year period with the first two MSAH graduates completing their course work in August 2013. Depending on the track, course completion requirements involve taking 10-12 classes including a two semester thesis or advanced practicum.

A key component of the MSAH program's first year of existence has involved hiring additional faculty to help address targeted program needs, refining core courses and developing relationships with community health providers to maximize the educational experience.

For alumni to learn more about the MSAH program, contact the Office of Graduate Studies at 614-823-3210 or visit the program website at www.otterbein.edu/MSAH. We look forward to seeing Otterbein alumni in the program.

Homecoming 2013-Cardy's Rockin' Homecoming

Save the Dates! Sept. 20-21, 2013.

Highlights include:

- ◆ Homecoming Parade with a brand new route!
- ◆ Grove St. Music Festival featuring alumni and student performers!
- ◆ Otterbein Master Plan Display and President's Update
- ◆ Football Game, Men's & Women's Soccer Games
- ◆ Nursing Alumni Reunion Activities & Open House
- ◆ Psychology Alumni Reunion & Open House
- ◆ Class of 1988 Reunion Activities
- ◆ Alumni Cheerleader & Mascot Reunion
- ◆ Orientation Leader Alumni & Student Gathering
- ◆ Class of 2013 Zero Year Reunion
- ◆ OAC Champion Athletic Reunions for Men's Soccer 1987 & 1997, Women's Tennis 2003, Men's and Women's Golf 2003 & 2008
- ◆ Young Alumni Awards Ceremony
- ◆ Harambee Magazine Re-Launch Party
- ◆ Quiz & Quill Alumni & Student Reading
- ◆ Homecoming 5K St. Jude Fundraiser
- ◆ College Prep for Parents and Students
- ◆ Job Search Strategies Class



Leadership Retreat



Brandon Strausser, HPF major and Chad Keith, ATHT and HPE major attended Ohio Association of Health, Physical Education, Recreation and Dance (OAHPERD) Student Leadership retreat at the Kalahari Resort in Sandusky, Ohio. Professional development opportunities such as this give our students a chance to hone their leadership skills and network with other young professionals in their field. (left)

Congratulations

Congratulations to Dr. Joan Rocks and Senior Instructor Patti Wilson, MS, CHES for being recognized this past year for 20 years of service at Otterbein! (right)



Alumni Visit



Alumni **Derek Landes (PA)** and **Zach Webster (PT)** returned to campus to speak in **Dr. Shelley Payne's** HLED 3670 class. They are enrolled in graduate programs and were here to talk to current majors about their application process and the graduate school experience. It's always nice to have our grads back for a visit! (left)

Highway to Health



Students in **Dr. Braun's** Community Health class organized and presented this years annual Health Fair-*Highway to Health* in the campus center. Participants were able to visit a variety of health related exhibits and win prizes for attending.

Pictured: Erica Van Dop and her students were enthusiastic about their program *Spring into Fitness* that was offered spring term to faculty, staff and students! (left)

Accreditation Renewed

Since 2010 our Health Promotion and Fitness major has been accredited by the National Strength and Conditioning Association (NSCA) for its strength and conditioning component of the major. Our program is one of only five schools in Ohio recognized as an Education Recognition Program in Strength and Conditioning by the NSCA. Thanks to **Dr. Fischer** for her work on renewing this credential. (right)



Allied Health

Dr. Shelley Payne instructs Allied Health majors in her Movement Science class on thermotherapy and cryotherapy procedures in the clinical setting. (right)



Cardinal Colloquium

Kudos to our students who presented their research at the Cardinal Colloquium. Pictured is Advisor **Shelley Payne**, **Meredith Ridge**, **Addy Passaro**, **Jordon Novotny**, **Brianna Burke**, and Alumni **Kelly Sims Newsad '03**.(left)



Newsworthy

OAHPERD Convention

HLED/PHED majors attended the Ohio Association of Physical Education, Recreation and Dance's annual convention. Students, along with **Dr. Ann-Catherine Sullivan** and **Patti Wilson** presented in educational/research sessions and the students later competed in a Super Games contest. Held annually, the contest is an athletic competition between university teams that attend, and our students won the **"Golden Shoe"** for the second year in a row. Stop by to see it on display in the Rike Center office! (left)



HSS Student Club Report

By: Annette Boose

The Health and Fitness Club has grown under the direction of Patti Wilson from an informal organization to a group that is officially recognized on campus. The club has officers and holds regular meetings throughout the academic year. They focus on professional development, community service and social activities. Over the past three years they have had an annual guest speaker for professional development. They have also participated in some community service activities. Presently they are doing a fundraiser selling both spirit towels and Otterbein trivets in order to raise money to be able to pay speakers for more professional development activities and fund activities such as participation in the Ohio Association of Physical Education, Recreation and Dance Leadership Retreat for student majors. Rob Braun is this year's advisor. Find them on Facebook under **Otterbein University Health and Fitness Club**.



The Otterbein Club of Athletic Training

Students (OCATS) is currently advised by Certified Athletic Trainer Danielle Kilboy and exists for professional development and includes both a community service and a social component. Students in this club are required to attend monthly meetings and participate in a percentage of activities as dictated by our professional accrediting organization, CAATE. The club recently started a mentorship program in which upperclassmen are assigned a freshman to mentor throughout their first year. Find them on Facebook under **Otterbein Club of Athletic Training Students (OCATS)**

The Sport Management Club has undergone some changes in the past 3 years, going from almost defunct, due lack of interest, to being revitalized into a new club with a small but solid core group of membership. In the past few years several of our student majors recognized the benefit that a vital Sport Management Club could have in terms of professional development and

networking and requested to revive the club. This group, with Dr. Teri Walter as their advisor, reformed, elected officials and held meetings to decide on activities and events that that would aid in their professional growth. Although the club is still struggling a bit due to low numbers in attendance at meetings, they have managed to hold two well attended professional development opportunities; one with the Columbus Blue Jackets in 2011-12 and Campus Night with the Crew in 2012-13. This past year they have taken a step toward increasing their club's financial stability by starting a fundraising effort selling Adrian's Army tee shirts at the home basketball game with proceeds going into the club account. Focus at this time is on recruiting new members and organizing some additional professional development and community service activities. **Find them on Facebook under Otterbein University Sport Management.**



The Special Olympics Club began in spring semester of 2013 for the purpose of community engagement, professional development and social activities. Dr. Ann-Catherine Sullivan is the current advisor and completed the necessary paperwork to make it an official Otterbein Club. Currently there 50 plus members from a variety of majors and including faculty/staff. The club has held two meetings this spring and have elected a board. Participants are coaching teams in Westerville Special Olympics and they have held one "Fan in the Stands" where club members attend an event to cheer on participants. The club is currently focusing on a fundraiser for the group by selling Special Olympic tee shirts to club members in order to raise some start-up funds. **Find them on Facebook under Otterbein Special Olympics**

We love hearing from our alumni! Please send updates regarding jobs, marriages, births, new address etc. to :

Annette Boose aharting@otterbein.edu or call me at 614-823-3528.



PROVIDING HEALTHY SNACKS TO CHILDREN WHO, DUE TO UNFORSEEN FAMILY CIRCUMSTANCES ARE AT RISK OF HUNGER ON NON-SCHOOL DAYS WHEN FREE SCHOOL MEAL PROGRAMS ARE NOT AVAILABLE.

Share Bac A Pac is a program that provides support to the children of the Westerville City Schools. In 2011 after doing some research, Brandy and I learned that there were approximately 4290 or 32% of Westerville students on the free/reduced school meal program and there are probably more students who, for some reason may fall through the cracks! Unfortunately school meal programs are only available Monday - Friday. Our mission is to bridge this gap and provide food for kids that are at risk of hunger on the weekends, so that students are ready to learn on Monday.

It is known that kids who are hungry or do not have proper nutrition may not perform well in school. They may not be able to achieve the academic level that they are capable of, can have discipline problems or engage in aggressive behavior, have chronic health problems, or lack energy and enthusiasm for school.

We approached school guidance counselors and asked them to identify students who have a need for food, and with parental permission, every Friday we deliver a bag of food to the school to be placed in the students back pack. We strive to provide shelf stable, nutritious, and kid friendly foods as much as possible within our budget. Two times a year we receive donated dental supplies from local dentists to distribute well. This past school year 2012-13, we provided a total of 2260 bags of food or approximately 68 students every Friday in 16 of 22 Westerville schools. Our goal is to be able to offer food to ANY student in the Westerville school district at risk of hunger on the weekends, regardless if they are on the free/reduced meal plan or not. However, to accomplish this we need funding.

We work closely with Otterbein University and Westerville City School students, who have written for and received a couple of grant \$ for us. We have had a table at Westerville's 4th Friday events and a couple of bazaars where we sold craft items and received \$ donations. We are constantly brainstorming on ways in which to raise funds, and are open to ideas. Last year through the efforts of many we were able to have enough funds to meet the needs of the students that we who had our commitment for meals.

Share Bac A Pac also serves as a volunteer outlet to our students. We have had help with the weekly packing of the food, delivery every Friday, set up public informational displays, inventory of food on hand and other administrative work that needs done. When student groups come in to help pack we teach about hunger in our community, how they can help, as well as nutritional choices that they can make for themselves.

Our biggest need is funds as we look to beginning the 2013-14 school year this August. It cost about \$5.00 per bag of food. We would welcome any suggestions, donations, or any other help that someone would like to give. We do accept food donations and will provide a list of foods upon request. **Share Bac A Pac founders:** Sherry Williamson & Brandy Wampler. **Contact:** sharebacapac@yahoo.com
Find them on Facebook under Westervillesharebacapac

Welcome New Faculty



- ◆ Erica Van Dop, MS Adjunct Faculty HPF (left)
- ◆ Jessica Buschmann, MS, RD, LD Adjunct Faculty Nutrition (top right) (alumni)
- ◆ Angelo Lamatrice, PT -Physical Therapist (bottom right)
- ◆ Kim Tackett– Adjunct Faculty Nutrition
- ◆ Mike Fraina– Adjunct Faculty Sport Management
- ◆ Joe Matovich– Adjunct Faculty Health Promotion & Fitness (alumni)





Otterbein University

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