

OTTERBEN  
UNIVERSITY

SPECIAL  
POINTS OF  
INTEREST:

The Sport Management  
Event Management and  
Sport Marketing classes  
participated in a service  
learning project during  
which they planned and  
held a faculty basketball  
game that made \$6000  
for the Make A Wish  
Foundation.

INSIDE THIS  
ISSUE:

Health & Fitness Club	2
Highway to Health	3
Motor Team Workshop	3
HSS Recognition	4/5
Internship Acceptance	6
Emergency Preparedness	7
Make A Wish	8
Sport Management	9
Athletic Training	10
I.S Symposium	11
Accreditation Renewed	11
Cardinal Colloquium	11
Group Fitness & Rec Sports	11

# HSS Departmental Developments Newsletter

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

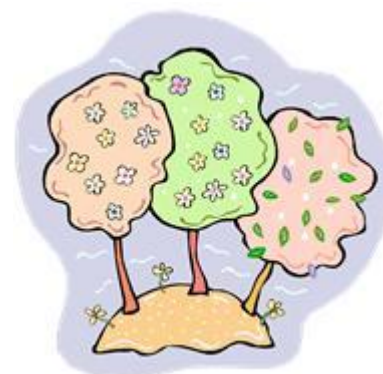
Find us on the web at:

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

SPRING 2013

## Stressed Out Over End of the Semester Deadlines ?

Go for a walk in the woods this spring! It's a great way to relax and get exercise at the same time. Consider taking your camera with you so you can share your adventure on one of the many social media outlets. Take a friend with you, or as a precaution, let someone know where you are going and when you will be back. You really don't have to go far as the bike trail in Westerville just east of campus is teeming with flora and fauna. While you are walking, look for signs of spring such as wildflowers, newborn animals and birds. Vary the times of day that you walk for variety in the natural experience. Some animals are more active at dusk and dawn rather than during the day. While you are walking listen carefully; sometimes sounds can alert you to a possible opportunity to view a living creature. One of my favorite sounds of spring is that of the Spring Peepers. Spring Peepers are small frogs that are rarely seen but are frequently heard in early spring when they are looking for mates. They are often confused with crickets whose sounds are heard in late summer, or early fall. Spring Peepers live near ponds, marshes, streams or temporary sources of water where they lay their eggs. They are nocturnal which means they are active at night. Peepers can be heard in many locales such as Otterbein Lake. Hearing them is a great indication that spring is near. Some inhabitants of the forest aren't recognized by their sounds but by their showy colors. The White Trillium, is Ohio's state wildflower. It is probably one of the most recognizable signs that spring is upon us. This beautiful plant is found in all 88 counties in Ohio and was adopted as Ohio's state wildflower in 1987. Look for trillium (and a whole host of other spring wildflowers) locally along the Westerville bike trail or inside Sharon Woods Metro Park along the woodland trails. In some areas trillium covers the ground like a blanket and is quite stunning. Scan the tree line and notice some of the flowering trees common in early spring. Ones that are easy to identify include the Red Bud, which has small pink flowers nearly covering the tree; the White Flowering Dogwood, it's flower identifiable by five large white sepals that surround the flowers and the Washington Hawthorn, a short scrubby tree that is covered with white flowers and bears lots of thorns on it's branches. These trees, which are native to Ohio, can be seen in many wooded areas of the state. In spring they bring a welcome flush of colorful flowers to the landscape. Enjoy your walk and while you are walking think about how nice it is to be outside getting your exercise on the trail instead of inside on a boring treadmill while watching reruns of some old TV show. **AHB**





The Health and Fitness Club is selling Spirit Towels (\$5) and Otterbein Trivets (\$15) as a fundraiser. Items can be purchased from a member or in the HSS Office-2nd floor, Rike.

## Health & Fitness Club By Calli Studebaker



The end of the semester is quickly approaching and summer is just around the corner. This semester has been full of exciting events happenings around the Health and Sports Science department including those put on by the Health and Fitness Club. The goal of our club is to come together as a department to strengthen our professional development, be involved in community service and provide each other with support.

Throughout the semester we have hosted workshops that were requested at the beginning of the year by students. Our first workshop was put on by Dr. Berkowitz, CAPE, Connie Craigmile, PT and Angi Updyke, OT. Together they presented a motor team presentation that explained how an individual benefits from different kinds of specialists working as a team to help him/her reach their goals. During this workshop students were able to take part in different activities that improve skills of individuals with disabilities.

The other two presentations were put on by graduate students from The Ohio State University and Ohio University. These workshops provided Otterbein students with information that would give them a better understanding of what it takes to be accepted into graduate school. As an Allied Health major, I plan on attending graduate school to become an Occupational therapist and by talking to students already in graduate school not only improved my application but gave me another resource to ask questions I may have in the future. They are able to provide information such as, what graduate schools look for in applicants, what a typical day is like in graduate school, helpful hints on how to study for the GRE and give you that extra motivation to do well in class. I highly encourage students interested in attending any sort of graduate school attend these workshops.

Next year the Health and Fitness Club is looking to expand and provide students with more opportunities to broaden their learning outside the classroom. With new freshman coming in, sophomores wondering what comes next and juniors preparing for the GRE and graduate school, our club can provide the support and resources students need.

Good luck on finals and congratulations to the seniors for all they have accomplished!



## 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 are enthusiastic about their program *Spring into Fitness* being offered this term to faculty, staff and students!

## Motor Team Workshop Held

Students in the **Health and Fitness Club** attended Motor Team Workshop/Presentation which defined the individual roles and responsibilities of a motor team: Occupational Therapist; Physical Therapist; and Adapted Physical Educator. The three panel presenters Rebecca J. Berkowitz, Ph.D., CAPE (Certified Adapted Physical Educator), Connie Craigmile, PT, Angi Updyke, OTR/L discussed how they collaborate to provide services to a student with an identified disability within a public school and attendees participated in awareness activities.



### Research

Distinction project: Attitudes of college students and same-age public school students with identified disabilities participating in a fitness program on a college campus. Sullivan, AC & **Laux, Sarah**. ~Honors Project Facilitator: **MacKenzie Williams, Rachel Puthoff**, Payne, S.~A reliability examination of the Arch Height Index Measurement System between experienced and inexperienced clinicians. **Colin O'Connor & Ryan Roberts**~Extrinsic factors related to running related injuries in~Marathon-In-Training (MIT) athletes **Addy Passaro**.~ACL Prevention Programs. **Hannah Day**

### Community Service

Jingle Bell Run and The Columbus Marathon medical volunteers-**Otterbein Athletic Training Students**~Up Til Dawn fundraising event: **Otterbein Athletic Training Students**~Rock on the Range - Crew Stadium: **Mike Dattollo, Zac Grieves, Zac Guillozet, Zac Reed**~Lauren's First and Goal: **Nick Bolyard, Mike Dattolo, Zac Grieves**~Cardinals Night Out at the Crew: **Kaila Radekin, Kaitlyn Graham, David Seckel, Kaila Cramer, Lauren Cool, Ashley Mullins, Aaron McPherson, Jake Roszman, Kendel Kellogg**~Share Bac A Pac Coordinator- **Erin Ramey**~Walnut Springs Boys Club coordinator-**Derek Dicke**~OAHPERD student volunteers-**Michael Spatafore, Chad Keith, Mick McVay, Mike Angle, Wesley Owens**~Westerville Parks and Recreation: 2nd Annual Olympic Experience: **Alexa Ley**~Served as a Lacrosse Youth Clinician volunteer~ Lancaster County Day School: **Alex Umble**~Columbus Marathon volunteer: **Rachel Snedegar, Kaila Cramer**~2 Mile Run/Walk Race for HIV/AIDS Awareness: Taylor Lindsey, Kendel Kellogg~Dodgeball for the Cure: **Richie Price**~Buckeye Championships volunteers – Americheer, Westerville, OH: **Cory Wunderle, Taylor Ellis**~Dayton Celtic Festival volunteer: **Kaitlyn Graham**~The Great Ohio Bicycle Adventure volunteer~ Chillicothe, OH: **Derek Milliken**~Turkey Trot 2012 volunteer: **Connor Lucas**~Mannino's Dublin Grand Slam USA: **Marty Dunn, Tom Linder**~LA Fitness: **Jennifer Vermillion**~Grove City HS – Athletic Director: **Joel Laorce**~Alexandria HS – Athletic Director, VB coach: **Kayla Radekin**~Dallas Cowboys – Event Management: **Zack Reed**~Conference Presentations~Best of Both Worlds Workout Buddy Program. Paper presented at the Ohio Association of Physical Education, Recreation, and Dance. Columbus, OH Dec. 2012. Sullivan, A.C., **Hitlan, C., Spatafore, M.**, Berkowitz, R.J., and Becky Hasenberger, Connie Craigmile~Acrosport Sequence Challenges. Paper presented at the Ohio Association of Physical Education, Recreation, and Dance. Columbus, OH Dec. 2012 Sullivan, A.C., **Montoya, J., Hitlan, C., Slone, J., Keith, C. and Martin, C**~Teaching with Your Strengths~Presented at the Ohio Association of Physical Education, Recreation, and Dance. **Kingcade, Aaron & Wilson, P.**~Presentation to the main professional program Ohio Athletic Trainer's Association Annual Symposium titled: "Acute on Chronic Left Ankle Sprain." **Corey Stacy, Abbey Karns, and Daniel Pfeffer**~ Poster Presentation at the Ohio Athletic Trainer's Association Annual Symposium titled~"Increasing Hamstring Flexibility with the Use of Heating Agents." **Kara Butcher and Matt Cantrell**~Free Communications session at the Ohio Athletic Trainer's Association Annual Symposium - **Kara Butcher and Matt Cantrell** title "Peroneal Nerve Entrapment and a Soleus Strain - Case Study





## Professional Development

Student senator elected representing Ohio for the Ohio Athletic Trainers Association. **Puthoff, Rachael.** ~Greater Columbus Athletic Trainers Association Meetings - **Otterbein Athletic Trainers**~Otterbein University Recreational Sports Program Assistants: **Jake Roszman, Aaron McPherson, Brianna Burke**~Sport Management High School Visit Day Presentation: **Chelsea Cannon, Aaron McPherson, Chelsea Gilman, Jon Cheyney**~Sport Management Club Officers: **Aaron McPherson, Nick Bolyard, Chelsea Gilman, Kyle Belback, Kaila Cramer, Zac Guillozet** Health & Wellness Club Officers: **Megan Dominik, Elizabeth Cook, Anna Wadlington, Colton Hitlan, Marissa Basar, Sarah Uhlenbrock** ~Westerville Special Olympics Cheerleading Clinic: Sullivan, A.C., and **Stephanie Murphy**~Smoke Free Campus Initiative-**Calli Studebaker, Megan Dominik, Deanna Williamson, Lydie Dorelien, Kylee Tuchfarber**~Athletic Training Club Officers: President - Addy Passaro, Vice President - Sara Priest, Secretary - Abbey Karnes, Treasurer - Jess Yaney, Social/Events Chair - MacKenzie Williams, Sophomore Representatives - Daniel Pfeffer and Lauren Malo~Motor Team Workshop/Presentation sponsored by the Health and Fitness Club ,**Kari Shank, Kaylee Cialella, Derek Dicke, Derek Duncan, Katelyn Barrett, Chelsie Ankrum, Megan Dominik, Calli Studebaker**~HSS newsletter staff, **Callie Studebaker, Kylee Tuchfarber, Rachael Puthoff, Zack Reed, Dom Porretta, Stephanie Murphy**~American Red Cross Lifeguarding, CPR, PR, 1st Aid, epinephrine & asthma inhaler, **Michael Spatafore, Aaron Thompson, Luck Boucher, Lloyd Boy, Aaron Kingcade, Ryan Sigler**~American Red Cross Lifeguarding Instructor Certification, **Caleb Martin**~Attended the 7th Annual Columbus Blue Jackets Career Fair, **Justin Esarey**~Attended Active Shooter Training presented by the Otterbein Police Department. **Jerrin Hill**

## Awards/Recognition

CPR Commendation from City of Marysville. Saved life of golfer who collapsed at golf course where she was working this summer by using skills she learned as an athletic training student. MacKenzie Williams~Saved child's life while using skills she learned as an athletic training student while working as a lifeguard at the city pool in Troy, OH this past summer-**Abby Karnes** ~Team Member of the Month-New York Mets. **Mark Hogan**~Academic All OAC Fall 2012-**Kendel Kellogg (volleyball), Tyler Compton, Zach Guillozet, Aaron Kingcade (football), Kylee Tuchfarber, Jessica Yaney (soccer).**~Ohio Athletic Trainer's Association Special Recognition Award for life saving efforts – **MacKenzie Williams.**~Ohio Athletic Trainer's Association Special Recognition Award for life saving efforts – **Abbey Karnes.**~NASPE Major of the Year, **Aaron Kingcade**~2001 Otterbein grad Tiffany Estes received the 2012 Prism Award for Integrity from her employer, Ohio Health. Tiffany is a Certified Athletic Trainer.

## Alumni Engagement

Warm Kid's Program assessment **Sheronda Whitner & Belinda Nelson**, Braun, R~City of Westerville Mayoral Proclamation - National Hunger Month - September 2012, ShareBacAPac. Wilson, P & **Sherry Williamson.**~Guest speakers in PHED 4000 - **Missy Schemmel Craft, Patience Denz Bowman, Kristi King**~Athletic Training Preceptor Meeting-**Tatman, Justin, Wilkins, Joe, Hazucha, Terri, Rose, Steve, Dahdah, Karissa and Diedzicki, Dave, Bohman, JR, Swaney, Carol & Troyer, Chris**~**Jerry Tackett & David Howard** (New Albany Middle School) hosted students teachers in PE & HE~**Kirsti King, Patience Denz Bowman, and Missy Schemmel** Craft hosted PHED 4000 students in fall of 2012~Article in the April 17th, 2013 Corbin News Journal/Whitley Republican for using Technology in the physical education classroom. **Taylor Temnick**, ATC '12 Graduate Assistant Athletic Trainer, University of the Cumberland~Alumni **Derek Landes (PA) and Zach Webster (PT)** returned to campus today to speak in Dr. Shelley Paynes HLED 3670 class. They are enrolled 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!



## Health Promotion & Fitness by Stephanie Murphy

### Internship Acceptance in Colorado

Opportunities can arrive at unexpected times. Junior Health Promotion and Fitness majors **Madison Bowling** and **Sarah Fox** recently received news that they are accepted to intern at the U.S. Air Force Academy in Colorado Springs, Colorado come Spring 2014. This is one of the many options that ambitious Otterbein students may choose when searching for an internship to enrich their major field experience. At the academy, it is a priority for the cadets to be in tip-top shape. As Health Promotion and Fitness students, Madison and Sarah will be working with various testing techniques used in exercise physiology labs. Having the knowledge to perform tests in exercise physiology will serve as an advantage for them post-graduation. Sarah hopes to become more confident in her skills with testing and research within the field of health and fitness.

Although Colorado is clear across the country, the students can ensure they will have support from former Otterbein University Adjunct Professor Dr. Buffington, who now holds a position at the Air Force Academy. They also plan to push each other, both academically and physically in the academy's exalted weight room. From a student's perspective, it may be difficult to leave behind their prior commitments in order to relocate for an entire semester, but the benefits of opportunity to grow through education and networking seem to always outweigh the disadvantages. When asked about what she would like to accomplish during the semester, Madison responded that she would like *"to absorb absolutely everything I can out of this experience. These are the best of the best, so I'm ecstatic that they are taking us under their wings."*

The HSS department and the Otterbein community are ready to cheer on Madison and Sarah throughout their journeys, and wish them the best of luck.

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



(left) **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!

## Emergency Preparedness



The Otterbein University Police Department stays up-to-date with the most current research on the best available responses to critical incidents in a college setting. The most important thing any student, faculty, or staff member can remember is that pre-planning is essential. While no two situations are the same, the appropriate response to these situations may be very similar and easy to implement.

### **What can you do to be prepared?**

Familiarize yourself with each critical incident presented on this page, including important telephone numbers, general guidelines, and other support information.

- ◆ Speak to your fellow students or colleagues about critical incidents before they occur.
- ◆ Ask yourself, "What would I do if...?"
- ◆ Prepare and practice a game plan should you ever need to use it during a critical incident.
- ◆ Visit the websites for the Federal Emergency Management Agency (FEMA), American Red Cross and Ohio Emergency Management Agency (OEMA)
- ◆ Become familiar with Otterbein's emergency notification system, Cardinal Red Alert Sign up for it on your Banner account by updating your contact information preference.

Should you have any questions, comments, or concerns regarding this information, or if you would like specialized critical incident training, please contact the Otterbein University Police Department at (614) 823-1222.

- ◆ Familiarize yourself with the locations of Emergency Telephones on campus. They are identified with blue lights.
- ◆ Consider signing up for an Active Shooter Training or Self Defense class offered by the campus police to learn what to do in case of an emergency.

Source: <http://www.otterbein.edu/public/CampusLife/HealthAndSafety/Police/emergency-preparedness.aspx>



# Make A Wish Fundraiser

Thank you to everyone  
who supported this endeavor !







## Sport Management by Dom Porretta

The Otterbein Sport Management program has done something extremely special for the second year in a row. The program, once again, put on the Otterbein Faculty Basketball Game benefiting the Make-A-Wish Foundation this past April.

In 2012, the first-year event was a success, raising an admirable \$1,500 for the charity to help make a terminally ill child's dream come true. However, this year's version raised an astounding \$5,500, which is just shy of the amount (\$6000) required to fully fund one child's dream. Funds were raised through ticket sales, donations, and a silent auction featuring items donated from local businesses and organizations. Members of the event planning course put on the game, including in-game promotions and festivities, while members of the sport marketing course took care of the business aspects, such as sponsorships.

I am set to graduate in May and will receive my Bachelor of Arts in Journalism with a minor in Sport Management and it is the events like this that made my time as a part of the program memorable. I know without a doubt that I will utilize the skills and knowledge I acquired during my time in the sport management program this fall as I begin the Master of Business Administration program at The Ohio State University's Fisher College of Business. Even as other careers outside of the sport industry begin to appeal to me, my time in the sport management program will be extremely beneficial because it taught me more than just sport—it taught me the skills required to be a successful manager in any industry.

Also, I am proud to announce that Dr. Greg Sullivan was recently nominated for Otterbein's Teacher of the Year award and was honored to be able to write in support of his nomination. Instructors like Dr. Sullivan are what make the program topnotch. He personally became my mentor as I began to navigate the unfamiliar landscape that is graduate school and post-graduate work, since he shared similar life values, earned his MBA, as well, and worked for years in the private sector on Wall Street before pursuing his career in higher education. When you combine the instructors I have benefited from, the students I have worked with, and the events I have been a part of, my time in the sport management program has been an incredible one and I am very thankful to have had the opportunity.

**Editors Note:** At the time of publication it was expected that the goal of \$6,000 was **met** due to donations that came in after the game was held.

## Athletic Training by Rachel Puthoff

PAGE 10



With spring here and summer quickly approaching us, it is hard to believe that another school year is winding down. The Otterbein Cardinals Athletic Training Society (OCATS) members are involved in many activities which include daily class work, clinical rotations, community service, professional meetings, and more. As a part of 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, our OCATS program strongly encourages all its members to volunteer and give back to the community. One of the community service events students were involved with this semester was working wrestling tournaments at local high schools by providing first aid to the athletes. With March being National Athletic Training Month, our club really pushed to do random acts of kindness throughout this month to promote Athletic Training. Some ways we accomplished this was 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 with is during the first weekend of May, students will volunteer at the Cap City Half Marathon by providing any aid to the runners crossing the finish line. These are just a couple of the volunteer activities that OCATS members participated in this semester.

OCATS also have had number of professional meetings throughout this semester. 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 held in January in which some students attended the Annual Quiz Bowl. At the meeting, each Athletic Training Program across the state have three of their students compete in the quiz bowl. Lastly, another huge professional event that OCATS members have the opportunity to participate in is the Annual May Symposium. At this symposium, members will listen to many presentations and be able to enhance their knowledge on certain topics. This is another chance for students to network with other professionals. Along with this, Otterbein will have several students presenting at this meeting, so the OCATS would like to wish them good luck! Again, this is a great experience for students to be able to present case studies and research projects to other medical professionals.

This sums up the activities for OCATS this semester. I would like to wish everyone good luck on their finals. I would also like to take the time to congratulate all graduating seniors and wish them luck with all their future endeavors!! And last but not least, everyone have a fun and relaxing summer break!



### **2013 Athletic Training Quiz Bowl Participants:**

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

## I.S. Symposium



Otterbein hosted Executive Director Brendon Tuohey of Peace Players International for the IS Symposium. Our very own **Dr. Greg Sullivan** has served on the global advisory board for Peace Players for the past twelve years and was instrumental in arranging Brendon's visit.

## 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.



## 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.**



## Group Fitness & Rec Sports



A big THANKS to our students taught the Group Fitness Classes and who ran the evening portion of our Rec Sports Program.

Group Fitness Instructors: **Stephanie Murphy, Angi Orders, Adrienne Miller, & Allie**

Rec Sports Program (pictured): **Kyle Bellback, Danielle Smalley, Mariah Reitz and Aaron Mc Pherson**