

OTTERBEIN  
UNIVERSITY

SPECIAL  
POINTS OF  
INTEREST:

- Class of 2015 will be the first class to strive for an experiential transcript.
- Our department has been actively engaged outside the classroom for many years.
- HSS is committed to developing young professionals.

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HSS

# Departmental Developments

Department of Health and Sport Sciences  
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Find us on the web at:

<http://www.otterbein.edu/public/Academics/Departments/HealthandSportSciences.aspx>

FALL 2012

## The 5 Cards by Patti Wilson

Otterbein's Class of 2015 will be the first class to strive for a new type of transcript that will highlight their involvement and excellence outside the classroom. The 5 Cardinal Experiences (5 CARDS) experiential transcript. The form of the transcript has not been finalized but it will serve as an official record of activities and leadership roles students have taken on while at Otterbein. **The 5 CARDS consist of: Leadership and Citizenship, Undergraduate Research and Creative Works, Global and Intercultural Engagement, Community Engagement, and Internships and Professional Experiences.**

As most of you are aware this is nothing new for the Department of Health and Sport Sciences. The department has been actively involved in these types of activities for a long time and we hope to continue to lead the way. **Some past experiences include:**

### Community Engagement:

Health Fairs, Activity Nights and Field Days with: Whittier Elem., Mark Twain Elem., Hawthorne Elem., Blendon MS, Avalon Elem, Hanby Elem., Longfellow Elem., Emerson Elem., and Genoa MS  
Health Promotion and Fitness community lunch and learns at the Westerville Library.

### Leadership and Citizenship:

Volunteering at numerous local events and fundraising including: Columbus Marathon, Race for the Cure, ShareBacAPac, Arnold Classic, Make-A-Wish Foundation, Paul's Pantry (W.A.R.M.), American Heart Association, and many others Leadership on campus and off including: Orientation Leaders, Resident Assistants, Sorority and Fraternity officers, CPB leaders, Athletic team captains, officers in Professional Organizations, and Campus Club leaders.

### Internships and Professional Experiences:

Internships with: Honda, Nationwide Children's Hospital, OhioHealth, Infinity Fitness, Columbus Blue Jackets, Clippers and Crew, Ohio Department of Health, Urban Active, Ohio State Athletics, Cleveland Browns and Indians, Ohio University Athletics, OrthoNeuro, and many more. Student Teaching Experiences: Westerville, Worthington, Dublin, Big Walnut, Indian Lake, Columbus, Olentangy and all over the state.

### Undergraduate Research and Creative Works:

Students have completed presentations and shared research at the Ohio Athletic Trainers annual conference, The Ohio Association for Health, Physical Education, Recreation and Dance convention, The National Association for Sport Management conference, American College of Sports Medicine conference and a number of other local, state and national conferences.

### Global and Intercultural Engagement:

HSS students have studied abroad and also participated in intercultural events including: Australia, England, Italy, Uganda and Rwanda (just to name a few), and have worked with Somalian students in the local schools. As you can see the HSS department has always had a commitment to making sure our majors have opportunities for experiences outside the classroom that we feel makes them better prepared to meet the challenges they face outside the comfort of the "Quiet Peaceful Village" of Otterbein University.



2012-2013 Health and Fitness Club

- Calli Studebaker - President
- Megan Dominik - Vice President
- Elizabeth Cook-Community Service
- Anna Wadlington - Community Service

The representatives from each major are –  
 Anna Wadlington (Health Education),  
 Colton Hitlan (Health & PE),  
 Marissa Basar (Health Promotion & Fitness),  
 Sarah Uhlenbrock (Allied Health).

The Sport Management Club

This year's Sport Management Club is led by President, Aaron McPherson, with Chelsea Gilman, Vice President; PR Coordinators: Zac Guillozet and Kaila Cramer; and Secretary, Nick Bolyard.

**Health & Fitness Club By Calli Studebaker**



As the end of fall semester is quickly approaching, the Health & Fitness Club is staying busy! There are numerous events, projects, and programs that are going on throughout the department. I would like to take the time to highlight some of the events that we have been involved with recently.

One project that a small group of students are taking on, along with Dr. Braun (HLED) and Michelle Riegler (Fitness & Recreation Coordinator), is making Otterbein's campus smoke free. We feel as future health care professionals that it is important to make Otterbein a healthier environment. This will be a tedious project that needs the support of the entire Health and Sports Science Department to help make possible. We have already started this process and hope to have all the steps completed by the end of this school year.

A fellow Allied Health major Sarah Laux, along with Dr. Ann Catherine Sullivan and Dr. Shelley Payne, is also currently working on a research project involving the Best of Both Worlds students and their workout buddies. The purpose of this study is to provide insight into the attitudes of college-age students, and the Best of Both Worlds public school students, toward participation in a college campus fitness program. Sarah is hoping to have the results completed by the spring.

An exciting and new event that took place on campus this fall was the HeartChase event. Many HSS majors, and other Otterbein students and faculty, participated in the first annual HeartChase event on October 27<sup>th</sup>. We were able to raise over \$1,400 for the American Heart Association while competing in games similar to the popular TV shows "The Amazing Race" and "Minute to Win it." It was a fun, creative way to raise awareness as well as funds. Teams raced around campus playing challenging games while trying to add up as many points as possible along the way. The winning team was Team Payne which consisted of Shelby Smith, Kayle Quinter, Maggie McCool and Sarah Laux. I wish everyone good luck on finals and I hope you all have a wonderful break!



**HeartChase participants**  
 Photo by Dr. Shelley Payne



**Health and Fitness Club Members**  
 Photo courtesy of Calli Studebaker

## Athletic Training by Rachel Puthoff



First of all, the Otterbein Cardinals Athletic Training Students (OCATS) would like to welcome everyone back for another semester, and welcome the new freshman to the Otterbein Community. Once again, OCATS members have been working hard and staying busy this fall semester. One of the first 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 is the annual Hog Roast where certified athletic trainers and students relax, eat great food, and play games. OCATS members have also had the opportunity to attend the Greater Columbus Athletic Training Society (GCATS) Meeting that was held in Dublin this fall to learn about Sudden Cardiac Arrest in children and young adults. It's also a way to meet other professionals in our future career. Not only have these students been taking time in their clinical rotation and attending professional meetings, but they have been dedicating time to give back by volunteering. One of the big community service projects the OCATS members are involved in is the Columbus Marathon. With all the work that Dr. Bright, one of Otterbein's Team Physician, does for our athletes, we return the favor and volunteer as medical aids at the marathon. This is great experience for the students. Each year we have a great turn out of individuals who attend. 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 will be involved in at the beginning of December is the Jingle Bell Walk/Run where again students help at the finish line. A new event OCATS members want to attend this semester is the COSI Body Exhibit in Columbus. This would be an amazing experience for OCATS members because it will add a new aspect of learning and implications towards our studies. As this semester winds down, we hope everyone has a great fall semester and a safe holiday break!!

## Welcome



**Paul Longenecker,**  
**Faculty; Allied Health Graduate Program**

**Amanda Sampsel,**  
**Graduate Assistant for Athletic Training.**



## Recognition

### Mackenzie Williams

On June 22, Mackenzie was working at the Darby Creek Golf Course when a patron had a heart attack. Mackenzie, an Athletic Training major, performed life saving CPR on the man. She was later honored with a proclamation by the Mayor of Marysville and the City Council “for her selfless act of heroism”.

### Rachael Puthoff

Congratulations to Rachael Puthoff who is this years student senator representing Ohio for the Ohio Athletic Trainers Association

### Mark Hogan

SMGT major Mark Hogan '12 had an internship with the New York Mets this past summer where he worked in ticketing as single game sales representative. He received the Team Member of the Month Award for September for outstanding customer service and 100% effort. Mark has since accepted a full time job with the Mets and was on campus recently sharing his experiences with students in Dr. Walter and Dr. Sullivan’s SMGT courses.

### Aaron Kingcade

Congrats to PHED/HLED major Aaron Kingcade-Ohio Athletic Conference “Scholar Athlete of the Month” for September.

Have recognition news you would like to share? Please email it to Annette-aharting@otterbein.edu or stop by the Rike Center Office and give me the details! We are proud of our students and their accomplishments!



**HPF students study the ear in Anatomy & Physiology**



**Welcome Freshman Class of 2016 !**



**Athletic Training students in lab.**



## Sport Management by Zach Reed

Fresh out of high school in 2007, I made up my mind about becoming an Electrical Engineer. I made this decision, because I wanted to follow in my step father's footsteps. My step father lost his battle with lung cancer back in April of 2005. With my first semester of college coming around the corner, I was accepted to Columbus State Community College with the idea of taking my general education requirements and then transferring to a four-year institution. After several semesters have passed, my patience for becoming an engineer was dwindling. I no longer had the interest of going into that field of choice. I remember it like it was yesterday. Every morning I get up early to watch SportsCenter in order to get my daily fix of the news that was unfolding around the world of sports. My mother so happened to be in the next room and was overhearing the show. I watch SportsCenter every morning like it is a ritual. She said to me, "you are an undecided college student, when you enjoy learning and watching sports. Your major is practically starring you right in the face." I began my research on finding majors that involved sports and narrowed down accredited schools that offered a Sport Management Program, thus I found Otterbein University. I transferred to Otterbein University from Columbus State in 2010 and enrolled into the Sport Management Program and continued to further my education with taking a minor in Business Administration. Dr. Teri Walter, my academic advisor, asked me if I had a certain area I would like to pursue within the sports industry. The experience I've had working closely with customers and working in a fast pace environment lead me to decide that I wanted to be involved in Event Planning. In September of 2011, I started my internship with the Columbus Crew, a Major League Soccer franchise, and began to learn the routines and experiences working within the sports industry. While working with the Crew, I had every opportunity a college student could ask for. I was able to work closely with the staff of the front office, help out with game day operations, event planning and execution, increasing ticket sales and interacting with season ticket holders. You name it, I did it. The most memorable moment while working with the Columbus Crew was being involved with the operations of Rock on the Range 2012. I learned first-hand the knowledge, leadership and commitment it takes to execute such an important event. During the preparation of Rock on the Range, I helped out with converting Crew Stadium, America's First Soccer Specific Stadium, into a three-day rock festival. When I watched these conversions unfold in front of me, I have solidified that going into Event Planning was my calling. That weekend, my job was known as a "runner." My responsibility was when a representative or band member needed anything, my job was to make sure they got it, no questions asked. Not only working Rock on the Range solidified that Event Planning was what I wanted to pursue, but working during Major League Soccer matches also helped make my decision. I finished my internship with the Columbus Crew in late June 2012 and began my transition into a senior in college. Today, I will be leaving in December to work with the Dallas Cowboys for five days. I will be working closely with their event management team with events going on during my visit in Dallas. These experiences are definitely a once-in-a-lifetime opportunity and I am grateful that they have been presented to me. For those that are looking to follow a career in sports, my advice to you is don't hesitate to network and get your name out. It will help you in the long run and give you opportunities you never even imagined were possible. Taking advantage of the references around you will also help increase your chances of becoming successful in your field of study. We don't always have the ability to direct the wind, but we have the capability of adjusting our sails in the direction towards success.



As Allied Health students at Otterbein University prepare for graduate school in Physician Assisting, Occupational Therapy, and Physical Therapy they need to ensure they are pursuing the correct field. In order to do so students go through a progression of experiences to help them to determine what route would be the best for them.

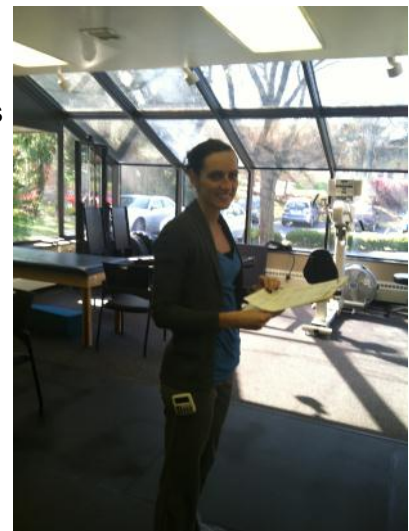
The tiered experience begins in a student's first year at Otterbein with a hands on, service learning project. The students choose between Best of Both Worlds and ShareBacAPac. Best of Both Worlds is a program where students work out with and help special needs students from a Westerville transition program. ShareBacAPac is a program where students put together and provide healthy meals for elementary school children in

Westerville who are on free and reduced lunch for the weekend. I participated in and I am still currently involved with Best of Both Worlds which has been helpful because I am always learning and becoming closer to the students. For me the program was a great learning tool, a great experience, and I believe an overall rewarding as well as beneficial program. Dr. Shelley Payne explains that Best of Both Worlds is for Allied Health students to gain experience of working with special needs students and learning that one can work with these students if they never have before. She explains that ShareBacAPac is for students interested in nutrition to gain experience and knowledge in this field.

The second year of the student's undergraduate career consists of a field practicum where students job shadow two different professionals from the careers they are interested in. Dr. Payne explains that field practicum allows students to ensure they are in the right field. Also, I believe that this will ensure that I love what I am going into and ensure I will be able to do this job on a daily basis. Lastly, in the student's fourth year they participate in a senior internship. Dr. Payne believes that this internship is a great resource for employment as well as for reference letters for graduate school. Working and gaining knowledge with hands on experience allows students to network themselves into the work place which may lead to long term relationships after graduate school for future employment opportunities or enables the student to branch out to similar fields that they may have never been exposed to.

The progressive experience at Otterbein is a great tool that enables students to be prepared for the next step in their chosen careers. As the students progress through the series they gain more and more responsibility as well as knowledge. I am working toward setting up my field practicum during January Term with a couple of physician assistants and I look forward to every minute of my experience.

**Nicole Sullivan on site at her Allied Health internship.  
Photo by Dr. Shelley Payne**





The Sport Management Club stepped up this fall under the leadership of Aaron McPherson in order to help run the Rec Sports leagues and events. Other members of the club who served as Rec Sports Workers were Kyle Belback, Tyler Rose, and Ashley Diding. Sports offered for the fall 2012 semester were flag football, volleyball, and 3-on-3 basketball. The leagues started the week of September 17 continuing with regular season play until November 8 with playoffs taking place November 12-15. Flag football and 3-on-3 basketball attracted two teams each and volleyball had four registered teams. The total number of students involved in all three sports was 108 at its peak. The Rec Sports staff is currently working on new programming for J-Term and spring semester.

Group fitness classes resumed this fall with nine classes per week consisting of the following formats: Pilates, Core & More, Relaxation Yoga, Abs Blast, Zumba, Power Yoga, and Boot Camp. Three work study students, including two Health Promotion and Fitness majors, are the instructors. At the end of week nine this semester, 681 participants had attended. The classes are offered free of charge to all Otterbein faculty, staff, administrators, and students.



OtterFit's free personal training program attracted 52 clients to be trained by 16 students from Dr. Buffington's Exercise for Selected Populations class. The program has received approval to initiate a fee-based version in order to serve Otterbein students who wish to employ a certified personal trainer either for the whole semester or for a certain number of sessions. The paid option will also be available to faculty, staff, and administrators who wish to be trained by an upperclassman who has already completed their class requirements for the OtterFit program.

### Homecoming 2012

Thanks to all our students, faculty and Best of Both Worlds participants for representing our department in the Homecoming parade on September 22nd.



Photo by A.Wilson

*"Homecoming 2012-The Cardy Party was a huge success and a great way to connect with former classmates"*  
Annette Boose

'94

Visit us on the web at:

<http://www.otterbein.edu/public/CampusLife/StudentLife/FitnessandRecreation.aspx>

