



HSS Alumni News

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Unforgettable Memories

Lauren Cool, Sport Management '13

May 19, 2013. The day I will enter the Rike for the last time as an undergraduate student of Otterbein University. I long anticipated for this day to come and now that it is almost here, it almost seems surreal. As any college pre-graduate will say is that they are ready to graduate, but nervous to finally see the end and enter the real world. As I look back on my time here, there are so many opportunities that I have been presented with, some of those never imagined; so many relationships made, and so many unforgettable memories.

I remember the first day I entered the Rike and the first time I met the Health and Sport Science faculty and staff and my advisor, Dr. Walter. I remember telling her my dream to become a sports reporter and her along with others in the department have helped me in trying to reach that goal. Whether it is through opportunities or just advice they would give me everything helps. One of the things about our department that makes it unique is the requirement of internships. By having this as a requirement, it allows us, as students, to gain valuable experience in the field we look to pursue a career in. By being able to put internship experience on a resume, it puts us ahead of the game when it comes time to apply for jobs.

For one of my internships, I interned with Jackets TV, which is apart of the in-house television-broadcasting department of the Columbus Blue Jackets.

Some of the things I was able to do were conduct pre and post game interviews with the players and coaches, put together stories of what the players do on and off the

ice, cover various fan events, as well as cover any other event that might be going on during a game (ex. fan appreciation night, season ticket holder food night etc.).



Since I was little I have always wanted to be a sports reporter and by getting the opportunity to experience what that would be like with the Jackets, it has only exemplified my interests and future goals. Throughout my time with the Blue Jackets I have learned so much and made many contacts that will help further me in my future career and if it wasn't from the help of my advisor I wouldn't have had the experience.

The Health and Sports Sciences Department will not only grant me with a degree in sport management, but also has taught me things way beyond the textbooks. Throughout my journey, I have learned about life and how to handle various situations. I feel that I can speak on behalf of my SMGT 4900 class, that when we first entered Dr. Sullivan's class last spring we came in thinking we were going to learn the last little bit of information about sport managing, but instead we left with knowledge that we couldn't have learned through any other ordinary classroom. Through this, I feel prepared to enter the workforce with much determination and integrity. I know that anyone that goes through the department and/or Otterbein University has been changed for the better. I am not sure what is next for me after I walk out of those doors, but I do know that whatever comes my way I give credit to the institution that has given me the guidance over the past four years. Otterbein has provided me with the tools to succeed in my future endeavors and for that I truly am thankful.



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Inside this issue:

Unforgettable Memories	1
J term in Arizona	2, 3
Message from the Chair	4
New Fitness & Recreation Programming introduced	5
Student Recognition	6
Faculty Recognition	7
5 Cards-Nothing New For HSS	8, 9
A Career in Sport Management	10-11

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J Term in Arizona

By Dr. Kim Fischer



During January 2012, 7 Otterbein students and I spent two weeks exploring the state and national parks in Arizona. Offered for the first time, this J term class, taken as an elective, was titled: Exploring the History and Geology of the National and State Parks of Arizona

We used the Ken Burn's series, *The National Parks: America's Best Idea* in both video and written format, as the "text" for the class. Park service personnel provided insight into the geologic formations that we encountered at many of the places we visited. Students wrote a journal of their experiences, developed a first aid kit specific to the environment to be encountered, studied the history of the national parks, investigated

parks in Ohio, learned to cook tasty, healthy dinners for 8 people, experienced community living in various hostels, became physically more aware of the effects of altitude and hiking long distances, wrote a blog of their individual experiences, and pre- and post-tested their fitness levels.

We spent the first week of the experience in the Tucson area since there are four mountain ranges to find challenging hikes. Sabino Canyon was a favorite site for several hikes (Blackett's Ridge, Seven Falls, and the Phoneline Trail) initially since the goal for the week was to gradually get into hiking shape to hike down/out of the Grand Canyon, the culminating experience of the trip.



On day 6, we "tackled" Ventana Canyon, a 12.4 mile, 4000' elevation change, hike in the Catalina Mountains, to the north of Tucson. I "hinted" that this hike would be challenging and would be a test of their ability to hike the Canyon. At one point on the trail, probably 5 miles up, several of them were sitting on rocks when I approached with another student. They said they just couldn't go on, that it was just too hard, and that they wanted to turn back. As a coach of collegiate teams for 19 years, I am used to giving people the "rah-rah" speech. With a little encouragement, I got them to go to the "Window," the highest point of the trail.

They were a pretty tired, but confident bunch after this 7-hour venture! We ate and slept well that night! The good news...they (and I) were assured that they could "make" the Grand Canyon hike successfully!

It was not all hiking in Tucson. We visited the Desert Botanical Museum and the Pima Air Museum where all the military planes are kept. The "graveyard" of planes is a sight in and of itself. Without me, the students spent a short Friday night "out on the town" as they explored the establishments around the University of Arizona. I enjoyed much needed "down" time!

Our next stay was in Phoenix. On the drive north via I-10, we stopped again at Picacho Peak State Park for a quick 3 mile round trip, 1780' elevation change hike. When we had arrived in Phoenix 7 days earlier, we had "attempted" this hike while driving south to Tucson. Needless to say, the outcome wasn't positive! It was a good thing that we had to turn around before getting to the peak because people were really winded, unsure of their footing, and complaining that they never thought the hiking would be so difficult. I was afraid I was going to "lose them" on the first day!



When we arrived at the Phoenix International Hostel on Saturday, everyone pitched in and we made chicken corn chowder soup, a big salad, and complimented it with bread. The food was a hit!!!

That Sunday, we took an off day from hiking and drove out to Apache Junction, east of the city. Apacheland Days, a local festival, was taking place so we spent some time there and at the "recreated" western town of Goldfield just down the road.

The highlight was taking the Apache Trail north out of town as far as Fish Creek Hill. The trail was built during Teddy Roosevelt's administration and is an engineering "marvel." Although it seemed like the van was hanging on the edge of many a rock face, we all enjoyed the incredible scenery (when it was okay to look) of this part of Arizona.

After our two days exploring parts of Phoenix, we headed north to Sedona. Everyone that goes to Arizona is likely encouraged to visit the red rock of this town. Prior to checking into our hotel, we made stops at the little town of Jerome and then stopped at the Montezuma's Castle National Monument.

We had two very different hikes in the Sedona area. The first was up/down Bear Mountain, a 5 mile round trip but 1800' elevation change. On the way to Flagstaff in Oak Creek Canyon, we hiked West Fork Trail where we encountered plenty of ice and therefore, slippery conditions along the route. Several of us took "nose dives" attempting to cross the 11 streams along the 6.4 mile path.

Flagstaff, located 70 miles south of the entrance to Grand Canyon National Park (South Rim), was the point of entry and exit for this final hiking adventure. We stayed at the Grand Canyon International Hostel, a large old structure with many an interesting person from all parts of the country and world. The temperatures in mid-January were extremely abnormal, in the 50's and 60's, and with no evidence of snow. A person in the outfitters' store told me they had had record snowfalls in recent years and that Flagstaff was the second coldest city in the country. Not so much in January 2012!

No one in our group was particularly unhappy that there weren't snowy or cold conditions to contend with. The day we traveled down the South Kaibab Trail (7 miles, drop of about 4000') into the Canyon was memorable for the beauty of the rock, the temperate conditions, and the fact that the Colorado River at the bottom was inviting to students who chose to wade in! Our overnight at Phantom Ranch was unforgettable for the warmth, the ample food (we definitely took advantage of this!), and the lack of cell service or wireless connection (yippee!).



After a comfortable night bunking in the Phantom Ranch cabins, we started our return hike at about 7:30 a.m. Most people return to the South Rim via the Bright Angel Trail. This 9 mile, 4000' up trail provides an entirely different experience than hiking the South Kaibab. When I was about half way up this trail, having just left Indian Garden, I came up behind a couple who were slowly making their way to the top. As I often will do, I engaged this husband and wife team in conversation! I marveled in the fact that they were both in their 70's and hiking the Canyon to celebrate their 50th wedding anniversary! How inspirational is that?!

After about 4.5 hours, we were all congregated at the top. Most of us had spent time sitting next to the fire in the Bright Angel Lodge awaiting the return of others. A park ranger inquired about our group and proceeded to tell us that only 1% of the half a million yearly visitors to the Grand Canyon had done what we had done! According to him, most people just look out over the panorama of the Canyon. Some hike a mile or so down the Bright Angel Trail. FEW hike in and out, as we had! Needless to say, we were all pretty happy with our accomplishment!

Although there were moments when I wanted to scream in exasperation about something occurring on this trip, I was pretty impressed by the camaraderie and teamwork that developed within our small group over the two weeks. I was pleased how favorably we represented Otterbein University.



The plan is to offer this experience again this coming January 2013. My desire is to have a larger group of students than the initial seven. This was an experience that allowed students who had not flown in an airplane to do so. Some students had not been away from home for two weeks. None of them had stayed in a hostel before. I'm guessing that few of them had experience cooking their meals on a daily basis. None of them had physically challenged themselves like they did on this trip. So, although there wasn't a lot of "book" experience occurring on this trip – we learned about ourselves and being a part of a group reaching for a common goal!

Message from the Chair

By Dr. Joan Rocks



Hello!! I hope this finds all going well for you and your families! As we begin a new year it is always helpful to take a few minutes to reflect on all we accomplished during the past 2011-12 academic year. I believe our biggest accomplishment was successfully navigating a new semester schedule with minimal hic-ups. Our students were not overly thrilled with a longer semester during the fall, but once spring started and they realized there were only two start-up periods (versus three) and they are saw the term would be completed by May 11th – the semester process started to take off. As instructors, we really were able to maximize learning and incorporate some unique and different pedagogies, which enhanced the entire learning process.

We also launched our new Masters in Allied Health this past summer. Additionally, we were able to secure a new faculty line for this degree. Dr. Paul Longenecker will begin his tenure with us in January. If anyone is interested in pursuing an advanced degree in the areas of Health and Wellness, Allied Health Administration or Post-Professional Athletic training, give us a call.

Our department once again housed a “Teacher of the Year” Award recipient. Dr. Shelley Payne received the “New Teacher of the Year” award for her extraordinary efforts in the classroom. We are lucky to have quality instructors in every topic area and now the rest of campus is realizing that as well! Dr. Payne along with Dr. Rob Braun and Dr. Brenda Buffington successfully defended their dissertations to receive their doctorate degrees! That is a huge feat and again is a testament to the drive and expertise we have on staff.

On top of all of that our students continued to excel in and out of the classroom. They increased their efforts with their student research, community service and leadership opportunities. I firmly believe we are developing a quality product. That has manifested itself in a high employment rate as well as students leaving here with full resumes. 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 J



New Fitness & Recreation Programming Introduced

By Michelle Riegler, M.S.



The 2011-2012 academic year marked the first year for Michelle Riegler in the position of Fitness and Recreation Coordinator. This position was created in order to serve the fitness and recreation needs of Otterbein's faculty, staff, and students. As part of her duties, Michelle helped continue the OtterFit faculty program developed by Dr. Kim Fischer. The program served 62 clients in the fall semester and 57 clients in the spring semester. There were 33 student trainers used over the course of both semesters to serve the needs of the clients.

Michelle was also responsible for overseeing the Group Fitness classes that are offered free of charge to all Otterbein students, faculty, and staff. Ninety classes were offered over the course of 12 weeks in the fall semester with a total of 452 participants. During the spring semester, 114 classes were offered over a 13-week time frame with a total of 1015 participants which was a 125% increase in attendance from the previous semester. Class types consisted of Yoga, Pilates, Boot Camp, Zumba, and strength training. The instructors for these classes were mainly Health Promotion and Fitness students from the Health and Sport Sciences Department.

In addition to OtterFit and Group Fitness, Michelle is responsible for Rec Sports, formerly known as Intramurals. Four sports were offered in the fall with 73 students participating in flag football, Ultimate Frisbee, or volleyball. 5-on-5 basketball was the most popular sport in the spring semester with 88 students, both male and female, making up the 11 teams who participated. Students from the Sport Management major were used to help run the Rec Sports activities.



Like Otterbein University Fitness & Recreation on Facebook!

<https://www.facebook.com/pages/Otterbein-University-Fitness-Recreation/291608204199105>

Student Recognition:

Ohio Athletic Trainers Association Student Research Award

Congratulations to Jenny Ruano and Kevin Gallagher who received the 2012 Ohio Athletic Trainers Association Outstanding Student Research Award on their research project “Comparison of the Triple Hop for Distance and the Y-Balance Test in Healthy Collegiate Division III Male and Female Athletes”.



American Association for Health Education

Kaliese Miller-
Outstanding Health Educator

SODEX Grant

Congratulations to HPF major Kailee Miller who received a \$500 SODEX grant for a project she is working on in conjunction with The Center for Community Engagement on combating childhood hunger.

Departmental Awards:

Outstanding Senior Physical Education Award– 2012 recipient - *Luke Boucher*

Elmer W. “Bud” Yoest Endowed Award– 2012 recipients - *Chelsie Ankrum, Colin DeBarbrie*

Harold C. Martin Endowed Award– 2012 recipient - *Derek Dicke*

Marilyn E. Day Endowed Award-2012 recipients - *Lauren Cool, Adelyn Passaro, Shelby Smith, Jessica Yaney*



Departmental Updates:

A Nutrition minor has been added to the curriculum.

The Office of Graduate studies now offers an Allied Health Master’s program through our department. Please call 614-823-3210 for more information.

Faculty Recognition:

Carter G. Woodson Faculty/Staff Award

The Otterbein University African American Student Union presented the Carter G. Woodson Faculty/Staff Award to Dr. Rob Braun at the Black Baccalaureate Ceremony May 11th, 2012. This award recognizes a faculty or staff member who has served as a mentor and advocate for African American students. Congratulations to Dr. Braun.



Best New Teacher

Congratulations to Dr. Shelley Payne, for being awarded Best New Teacher at the Academic Awards Convocation.

Ph.D's

Congratulations to Dr. Shelley Payne, D.H.S. (Allied Health) and Dr. Rob Braun, Ph.D (Health) who recently received their doctorate degrees.

Athletic Directors Award

Congratulations to the Otterbein University Athletic Training Staff and the Team Physicians who received the Athletic Directors Award in a presentation before the Homecoming football game last October.



Welcome New Faculty:



Paul Longenecker, Faculty; Allied Health Graduate Program

Amanda Sampsel, Graduate Assistant for Athletic Training.



The 5 Cards-Nothing New for The Department of Health and Sport Sciences

By Patti Wilson, MS, Senior Instructor

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**
- 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.

As we continue to strive to help our students become better citizens it would be great if alumni were willing to share their experiences from the past by contacting Annette Harting Boose, aharting@otterbein.edu with stories and pictures we can share on our Facebook page and website. Also if your company or organization offers opportunities in any of the 5 CARDS for our current majors please contact Annette with that information.

Be on the lookout early next year for information about our first annual Health and Sport Science Celebration of Excellence where current students will highlight some of their Otterbein experiences. We would love to have some alumni come back and greet our current students and swap stories.

A Career in Sport Management

By Dr. Teri Walter



Turn your love of sports into a career as a Sport Manager! You're not just a fan. You don't just sit and watch the game; you become a part of it. You cheer and yell and know exactly what's happening on the field or on the court. It isn't a team or a player that you love, but the sport itself. You want to get in on the action but not by playing...**you want to get to know the business behind sports.**

The Sport Management (SMGT) major at Otterbein does just that. It allows our students to participate in the exciting world of sports and entertainment from a business standpoint. It looks at the process of management (planning, organizing, staffing, communicating, decision making, reporting, facilitating, and evaluating) within an organization whose primary goal is to provide sport (entertainment) and recreation-related activities, products, services, and facilities that meet the needs of participants, spectators, and sponsors.

The sport industry has grown fast and Otterbein's SMGT program recognizes varied career opportunities in this multi-billion dollar industry including employment in professional, collegiate and interscholastic sports; marketing, public relations, facility and arena management, team operations; sponsorships, recreation and athletic administration, law, sales, coaching, event planning, and many more!

In order for our students to become marketable and gain employment in the sports industry, networking and hands-on experiences through practicums and internships are essential. Students collaborate with faculty advisors and site supervisors to create structured, yet individualized learning plans that ensure meaningful experiences in the workplace. Otterbein students have interned with the Columbus Blue Jackets, Philadelphia Eagles, NASCAR, PGA, Cleveland Cavaliers, Special Olympics, Disney Wide World of Sports Complex, IMG, The Ohio State University, Muirfield Country Club, and Dick's Sporting Goods, to name a few.

Another way to gain experience and network with professionals is by being a member of the Sport Management Club. This revitalized Club is a student-run organization dedicated to enhancing the professional development of future Sport Managers. While education is a vital ingredient to achieving success, the Sport Management Club provides its members with intentional hands-on extracurricular opportunities for:

1. community engagement through service learning projects and volunteerism at local schools and organizations;
2. leadership and citizenship through planning and hosting events, fundraising for local charities, holding an office in campus organizations, and volunteering at numerous special events;
3. exploring sport facilities and organizations through field trips; and
4. attending social gatherings and networking with professionals/listening to guest speakers from a variety of sport and recreation organizations.

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.

Scheduled activities for this coming year are:

1. outings (that include networking with sport professionals and facility tour) with the Columbus Blue Jackets and Columbus Crew in the Fall
2. outings with the Columbus Clippers and Cincinnati Reds in the Spring
3. running Otterbein's two Recreational Sport programs: 1) students, and 2) faculty-staff-Administrators
4. volunteering at the Arnold's Fitness Expo, Memorial Golf Tournament, Komen's Race for the Cure, Columbus Marathon, Westerville Special Olympics, and others
5. assisting Otterbein's Athletic Department with facility and event management
6. conducting fundraisers (and planning special events) for the Sport Management Club and Make-a-Wish Foundation



The Sport Management Club got a chance to network with sport professionals at a Blue Jackets game.



Dr. Greg Sullivan recently presented Cathy DeLucca, Development Officer for Make a Wish Foundation, with the proceeds- over \$1,000 from the fundraising efforts made by his SMGT 3850 Event Planning class. Students in this course get practical experience by developing a sporting event and inviting the Otterbein community to participate.



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