

Health and Sport Sciences Departmental Developments Spring 2012



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Dr. Braun's Community Health class conducted a health fair last week to get practical program planning skills while providing a valuable community service to our campus.



Our intrepid travelers are back from their J term experience in Arizona which concluded with a hike into the Grand Canyon. You can read about their adventures here: <http://healthsportsiences.blogspot.com/> Look for this course to be offered again in J term of 2013. Photo by Andrew Boose





Health Promotion & Fitness

Reported by Kailee Miller

Spring semester is winding down and summer is quickly approaching! Time has flown by this semester, and so have the past four years for myself! For my last newsletter article I'd like to share a few of my thoughts and appreciation. The past four years at Otterbein have been a wonderful experience as college should be. I am sure most have started to experience change from year to year as you begin to define your character even more. As a student in the Health and Sport Sciences Department I have learned to take advantage of the opportunities, experiences, and resources available to myself, and each one of you. Developing a network, trying new ideas and activities, taking on a challenging project, engaging in community service, and much more are all things that may sound cliché to a college student. We hear this theme of gaining experience all the time, but the truth is, experiences help. They may help you to discover what you like and don't like. They may allow you to develop professional contacts that could provide you with your internship or first job. They may even provide you with an understanding of your passions. I can say this because I hold on to these similar experiences with so much value.

I challenge the Freshman, Sophomore, and Junior students to think about what it is you enjoy about your major. What is an underlying reason you are trying to become a Health Fitness Specialist, Physical Therapist, or Teacher? Find a way to use your talents and strengths. The only person in full control of your abilities is yourself. The faculty and staff of Otterbein are willing and eager to provide you with the resources to excel, you just have to be willing to use them. I want to thank each member of the Health and Sport Sciences Department for their commitment to the students. Your commitment and passion for helping us students is what helps to shape each of us as individuals. On a final note, "Be the change you wish to see in the world," your impact may seem small, but it may be just what one person needed.



Athletic Training

Reported by Rachel Puthoff



It is hard to believe that this school year is winding down to an end. As we wrap up this school year, here are some of the activities OCATS members have been involved in spring semester. Some of the OCATS members were able to get involved with the on-campus program ***Best of Both Worlds***. This program gives the Otterbein students the chance to work with young adults who have a mental or physical handicap as a work-out buddy. This is a great

program for OCATS members because not only are we bettering the community, but we are teaching and reinforcing the importance of exercise in one's life. Along with this, there have been professional meetings on and off campus that students have attended and been able to start networking with other ATC's.



OCATS also hosted the annual Goodwin Cup this year. The Goodwin Cup is a series of competitive activities pertaining to different aspects of athletic training between Otterbein and Capital students. There are still several upcoming events that OCATS members are volunteering for which include the annual ½ City Marathon, the Walk of Dimes, and an event held at COSI. And in week fifteen, the annual OATA Symposium is taking place in Akron where Otterbein has two groups of students presenting their projects. One is presenting their case study and the other group is presenting their senior research project. Good luck to both groups! The OCATS members were once again busy this semester. But most of all we want to congratulate all the graduating seniors and wish the best of luck in the future endeavors. **Way to go Class of 2012!**

Nutrition Minor Added!

The current trend in health care emphasizes wellness and prevention. Adding a nutrition minor to your degree will give you valuable credentials as the demand for nutrition-savvy health professionals is increasing. Learn more about our new Nutrition Minor by visiting our [website](#).



PHED/HLED Chelsea Mathias teaches a student about nutrition. Photo by Holly Ritter



Best of Both World program activities in the Rike Center.

Public Health

Reported by: Robert Braun

Three students will graduate this Spring with a B.A. in Health Education/Concentration in Public Health. Those students are Kailee Miller, Belinda Nelson, and Sheronda Whitner. We wish them luck in their future endeavors as they embark on their chosen careers.



Public Health Education Intern Sheronda Whitner was charged with the task of coordinating Ohio Minority Health Commission Health Fair to kick off Minority Health month (April) as a part of her internship experience. Pictured here with HLED professor Rob Braun and PHED Senior Instructor Patti Wilson and Academic Administrative Assistant Annette Boose. Photo by Ohio Minority Health Commission staff

Health & Physical Education

Reported by: Patti Wilson

The Health and Physical education majors have been very busy this semester! One of the big events is the Mark Twain Family Health and Fitness night which took place on April 18th. The Organization and Management class worked with students from Westerville's Best of Both Worlds program to plan the event. The event is part of Global Youth Service Day being celebrated across the world and was sponsored by a grant from State Farm and Sodexo. Students served on one of four committees, Publicity, Activities, Facilities and Volunteers. Each committee is responsible for a section of the Service-Learning project.

Also happening this semester was an Adapted Physical Education Workshop organized for the Health and Fitness Club by Colton Hitlan and Health and Physical Education major. The workshop was facilitated by Joy Dietz and Ellen Jacobs, Adapted Physical Education Specialists from the Westerville City Schools.

One other event for all majors was the annual Graduate/Alumni panel where graduates of the Health and Sport Sciences department are asked to come back and share their experiences with our current students. A number of Health and Physical Education graduates are slated to return for the event.



Senior Instructor Patti Wilson works with students to plan Mark Twain Family Health and Fitness Night. Photo by Lynn Maslowski, Westerville City Schools

Sport Management

By Kyle Marler



Senior year. Last semester. Two weeks left. It's hard to believe 3 1/2 years ago I waltzed into Mayne Hall fresh out of high school thinking that I had more to teach the world than vice versa. Now I'm 22 years old and not much has changed other than my age and the housing arrangements.

I'm kidding! . . . so a bit has changed. Sure, I still can't really grow any sort of presentable facial hair, but I came to the realization that I had much to learn from the good Lord and other students/professors.

Over the course of my Ottercareer (there is no limit to the amount of pseudo-words you can make with the prefix Otter) I've had the honor to collaborate with said students and professors. These people cared for me academically, which is their job, so that's expected, but they also cared for me on a personal human level.

I recall early this semester, when I was going through a bit of a senior year "what the heck am I going to do after graduation" moment, going into Dr. Walter's office. I had a couple of different internship opportunities: the first being a pretty typical sport management 'esque internship (not in a bad way) and the second being an atypical internship that was a little outside the realm of sports, but excited my heart a bit more. I was a little afraid of the latter internship because I didn't know if it was "okay" to go outside the box. No faster did I tell her the situation did she tell me to follow my heart, despite my decision potentially being a bit unorthodox for my major. It was an important moment for me because I was reaffirmed that my professors were looking out for me on a human level.

Going further back in the memory bank to last year, I recall my senior level routable discussion course with Dr. Sullivan and other students. I appreciated the class because we talked about something that is being quickly disregarded in the sport management world and really, the world in general...ethics. Do I need to list recent examples? The New Orleans Saints 'bounty' program, the Notre Dame sex scandal, the Baylor basketball recruiting scandal, and the list goes on.

Ethics and sports cannot be separated. Ethics and life can't be separated. That is the most important thing I've learned throughout the program. It doesn't matter if I go into the world and become "unsuccessful" by the world's standards. What does matter is the type of person I am while trying to achieve my goals.

Luckily, by the grace of God, I snagged an internship in Nashville, TN this summer working for a music management program called Elite Talent Agency. I've greatly appreciated the support and flexibility of the program in encouraging me to be myself. I'm not entirely sure what is next after the internship, but if the relationships and values I've gained have taught me anything it is that I will work hard, be consistent no matter what setting I'm in, in relation to my values, and to trust in God every step of the way.

Sport Management professor Dr. Greg Sullivan recently presented a breakout session on Character Building in Athletics at OHSAA Student Leadership Conference. The program was held at Kent State University. Photo courtesy of Harvey Alsten.



Dom Porretta uses a radar gun to help a Blendon Middle schooler see how fast he is able to throw a baseball. Students from Sport Management held a Fun Night at Blendon as a part of their course work.



Allied Health

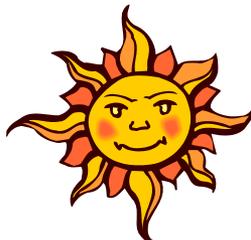
Reported by Calli Studebaker



It's hard to believe the school year is coming to an end. With seniors preparing for graduation and students finishing those final projects and papers, summer is coming fast. Although classes are over and it's time to relax, summer is an excellent time to buff up your resume. Whether it's volunteering, getting an internship or job, there are numerous opportunities available.

This semester I was able to attend the health and sports science job and internship fair held at the campus center and found many volunteer opportunities I hope to pursue for this summer. Some organizations that attended the internship fair include: Susan G. Koman, American Red Cross, After School All-Stars, Westerville Parks and Recreation Department and many more. One organization that I am specifically becoming involved with is the Muscular Dystrophy Association. They hold a week-long camp for kids with muscular dystrophy, where volunteers can be camp counselors. The camp allows for kids who suffer from muscular dystrophy be able to have a fun-filled week full of activities. These activities include swimming, boating, adaptive sports, arts and crafts, campfires and many more. Also this summer, I plan to spend some of my free time coaching the softball team of the Westerville Special Olympics.

Westerville and the greater Columbus area have a pool full of internships and jobs available for college students looking to gain experience. This is a great way to better understand your chosen field of study and build connections. Lastly, the Allied Health Department would like to wish everyone a fun and safe summer break! Good luck on finals and congratulations to the seniors on all of their accomplishments!





Otterbein students, lead by Dr. Shelley Payne, recently participated in a health summit. They discussed their internships and service learning experiences in the health care profession and promoted student cardinal experiences and partnerships with health organizations throughout the community. Community partners, Health Card Table members, and students were present for this event.

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Sport Management Club Meeting!

There has been some student interest in starting up the **Sport Management Club** for next year and participating in professional development opportunities and social activities/events (with the Columbus Blue Jackets, Crew, Clippers, and/or Cranes, for example), and performing community service for local organizations. If you are interested in learning more about the SMGT Club and being a part of it as an officer or member, there will be a **meeting** next **Tuesday, May 8th, 2012 at 8:00pm** in the **Rike Center Lounge**. At this initial meeting, we will discuss the Club itself (past and present) and what plans you might have for its future, etc. Also, if those present are in favor of re-establishing the Club and putting forth the effort it takes to maintain the Club, according to the Club's constitution and by-laws, an election of officers must take place sometime during the Spring term prior to the new academic year. President, Vice President, and Administrative Assistant positions will need to be voted on.

Intern with the Blue Jackets by Lauren Cool

Hi everyone! I am Lauren Cool, a junior broadcasting and sport management major, and for the past year, I have been an intern with the Columbus Blue Jackets. I first want to thank my advisor, Dr. Walter, and the department for allowing me the chance to obtain this internship. It was such an influential experience that has helped me in so many ways.

For the past season, I have interned with JacketsTV, which is a part of the in-house television broadcasting department. Everything that we do is posted onto the Jackets website and can be seen under the multimedia channel. Some of the things we do is 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. When I look back at the past season there are so many great things that I was able to be a part of that I can not just pick one!

One thing that I will always remember is being a part of all the coverage following the announcement that the city of Columbus and the Blue Jackets will host the 2013 All-Star game. After that announcement, I got to interview the NHL Senior VP of Special Events, who was in town scouting different venues to host the All Star festivities. I also got to operate a camera for the live unveiling of the All-Star logo. If you are at all a sports or NHL fan, it was an experience that was once in a lifetime.

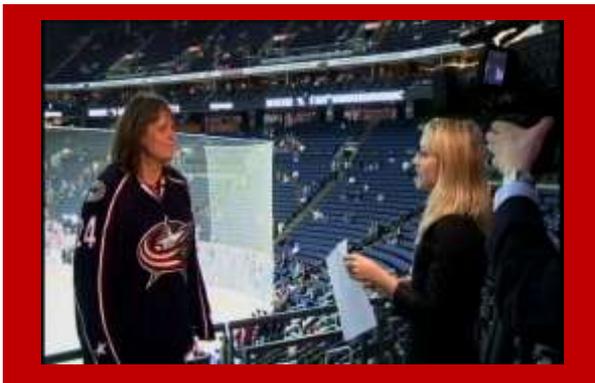
I also liked covering all of the events the players participated in off the ice. All of the players make various appearances and volunteer their time in order to help the community and the Columbus Blue Jackets Foundation. The two stories I really enjoyed doing were the Black-Tie Blue Jackets and the Celebrity Bartending. I got the opportunity to interview the players about their experiences at the events, fans' reaction, and shoot footage of the event itself.



Then I would put the story together and post it on the Jackets website. Being able to see the work you have done posted online and receiving positive feedback from the fans was so rewarding.

Then of course there is the pre and post game interviews that were always fun. Here, I either got the chance to ask the players questions or film the interview. It was a good learning experience by being around other media professionals and seeing what questions they asked depending on the outcome of the game.

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. Within just a few months, I felt a part of the team. I got to know all of my co-workers as well as the players and coaches. We all were a team, competing to make the Jackets the best they could be, which was a great feeling. I got to become a part of the great organization that the Columbus Blue Jackets are, and am so thankful for the opportunity.



Alumni Roundtable

Reported by: [Annette Boose](#)

Alumni, current students and faculty/staff gathered at Old Bag of Nails in Westerville last night for our annual HSS alumni roundtable event. Alumni from 2001-2011, representing all 6 of our majors, were on hand to talk with current students about career options and opportunities. HSS seniors who had internships this spring did mini presentations on their experiences and Dr. Vicki McGillin, Vice President and Provost joined us as well. Thanks to everyone for attending and making this a very successful event.

