

Health and Sport Sciences Departmental Developments Fall 2011



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Ohio Association of Physical Education, Recreation and Dance Convention Update

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Photo recap of significant events from fall semester

12 Things Happy People Do Differently



Staff Advisor-Annette Boose

Dr. Lynn Esselstein's HLED 2100 Fundamentals of Nutrition class participated in a Team Based Learning activity to discuss the impact of the Dietary Guidelines 2010.



OtterFit personal trainer Stephanie Murphy works with a faculty client in the Clements Recreation Center.





Health Promotion & Fitness

Reported by Kailee Miller

Fall semester is finally coming to an end! Whether you made the transition to start your college career, or made the transition from quarters to semesters these past 15 weeks have been a learning experience.

Transitioning from quarters to semesters has been an experience, but for myself the most valuable learning experience has come with a program called [ShareBacAPac](#).

ShareBacAPac is a program that I am now leading at Otterbein through the Center for Community Engagement that was started by two concerned individuals in the community, one being an alumni of the Health and Sport Sciences Department, Sherry Williamson. This program is a weekend back-pack program that is working to bridge the gap between school weeks, for children at risk for going hungry within the Westerville School District. ShareBacAPac is looking to empower students as individuals, by having food of their own that can be self prepared.

With this project I have had the opportunity to become actively involved with other students in our department, staff members at our University, and several staff members throughout the Westerville school system. I also applied and received a grant for the project, which was a learning experience in itself. As a student leader of this project I have gained a new grasp for community need and engagement. Westerville wasn't even a community that I considered when I thought of hungry children, but this has now opened my eyes to the children and families that need support.

If you're an underclassman or upperclassman it is never too late to begin getting involved in your community. There are plenty of pre-existing programs out there if you are not ready to take on your own. You never know who you will meet or what you will gain by putting yourself out there. Also, if you are interested in this program in any way, please feel free to email me. I would love for this program to be carried on at Otterbein in the future.

Athletic Training

Reported by Rachel Puthoff



As Otterbein's first fall semester winds down to an end, it is a great time to recall the events that have been going on in the Athletic Training Program. OCATS members have been very busy with the service projects and professional events that have been going on through these past fifteen weeks. To begin, we had our annual hog roast mid-October to welcome new freshman and relax with fellow athletic training students and certified athletic trainers. The first service project of the year we had a great turn out of volunteers who

helped with the Columbus Marathon. Students worked as first aiders to any runner who needed help at specific mile-makers or at the finish-line. OCATS members also had the opportunity to help raise money for St. Jude's Children Hospital/Otterbein's Up til Dawn Program. At this event, students sent letters to family members and people they know asking to donate money for kids with cancer. In beginning of December, OCATS also volunteered as crowd control and finish line helpers for the Jingle Bell Run/Walk for Arthritis. Lastly, in December some members helped out with Nellie's Catwalk for Kids where they will be wrapping presents for families who don't have time to wrap gifts due to a child's illness. All these service projects, plus professional meetings have kept the OCATS busy this semester. Lastly, the OCATS would like to wish everyone to have a safe and relaxing holiday break!



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.



Students in Joan Rocks' Athletic Training 2100 class did a hands-on activity in order to learn the origins and insertions of the lower extremities.



Congratulations to PHED/HLED major Michael Spatafore who was elected Homecoming King in October. Way to go Michael!



A grant received by Patti Wilson from State Farm insurance is making it possible for her First Year Seminar class from Otterbein University to work with a class at Emerson Elementary school on discovering their strengths and participating in a service-learning project to combat hunger.



Health & Physical Education

Reported by: Patti Wilson/Annette Boose

OAHPERD Convention 2011 Recap:

Students and faculty from Otterbein attended and presented at the annual OAHPERD convention. This was a great opportunity for students to network with professionals in their chosen field and to get experience with attending and presenting at a professional conference. Ms. Wilson and Dr. Sullivan advised students and helped them prepare for this experience which is an important part of their educational process. Following is a description of the programs presented and a list of those students who attended. Feel free to contact those students to talk with them about this experience and/or contact Ms. Wilson or Dr. Sullivan if you would like to participate next year.

Abstracts are due in June 2012 for the December 2012 convention.

Ultimate You: A Project to Introduce Ultimate to the City of Westerville

Patti Wilson, Otterbein University

This presentation will go over how to introduce a new sport to a city through multiple avenues including physical education classes, park and recreation programs, grants and clinics. How one person can make a difference.

Rethinking University APE using the Consultation Model: Following the Lead of K–12 Physical Education Programs.

Ann-Catherine Sullivan, Otterbein Univ.

This session will address the challenges facing Physical Education Teacher Education (PETE) programs charged with preparing candidates with the knowledge, skills, and dispositions to meet the learning needs of a diverse student population, including students with disabilities (NCATE, 2007). The infusion model has been recommended as a means by which institutes of higher education can re-conceptualize teacher preparation so that GPEs feel adequately prepared to help all students learn (DePauw & Goc Karp, 1994).

Helping a University get FIT— One Session at a Time

*Laura Chenos, Kailee Miller, & Jonathan
Busby, Otterbein University*

OtterFit is a year-long program designed to help faculty and staff increase their fitness levels. The program utilizes the services of Health Promotion and Fitness majors as personal trainers. This valuable hands on experience benefits both the students and faculty/staff members. All training sessions are free and take place using on campus facilities. This presentation will provide an overview of how to implement a successful exercise program into your University.

Student Attendees:

Thursday – Joshua Slone, Colton Hitlan, Joey Montoya

Friday - Joshua Slone, Colton Hitlan, Joey Montoya, Laura Chenos, Jonathan Busby, Kailee Miller, Bobby Wright, Dan Scheaf

Recent Alumni Attendees: Chris Gehring, Erica Little, Ryan Eldridge, Josh Price

Sport Management

By Kyle Marler



The great ancient philosopher, Aristotle, once said, “We are what we repeatedly do.”

This semester I’ve routinely engaged in thought provoking discussions in and outside of my SYE Religion and Secular Society class, but I actually read the previous Aristotelian gem in Nicholas Lore’s *The Pathfinder*, a book I’m reading for my independent study with Dr. Sullivan that has given me helpful insight on the art of goal setting and its role in risk taking. In the book Lore challenges to reader to achieve “small” goals every day to help you get to

where you want to be.

In this semester’s article I’d like to acknowledge a couple students who I feel have stepped up to the challenge of getting out of their comfort zones, breaking through complacency, and pushing past the habitual mediocrity that our society often presents us with as alternatives to actually pursuing fulfilling lives.

Senior sport management major, **Becca Devore**, is the first person I thought of when I had the idea to write about students who have impressed me over the past three years so, naturally, I will brag about her first. Becca went to Philadelphia this semester to a learning institute appropriately named, *The Philadelphia Center*. Here she has been pursuing an internship with Comcast Spectacor, a nonprofit charity organization that works in association with the Philadelphia Flyers professional hockey team and the 76ers professional basketball team. The organization puts on several charitable events throughout the year to raise money for local charities in the city. So how might they raise money you ask? They channel the diehard spirit of the Flyers and 76ers fans and auction off signed gear, hold special player appearance events and sell mystery pucks at the games (mystery puck = a wrapped hockey puck signed by a mystery player). One of Becca’s coolest experiences happens when she gets to work with the Flyer’s Wives program. Wives of the players work on a consistent basis to help organize many of the aforementioned events. “I’ve gotten to work with head coach of the Flyers, Peter Laviolette’s, wife and alongside many of the players’ wives. It’s been such a great opportunity getting to meet and serve with them”, said Becca. Not only is Becca involved with her internship, which acts as a full time job with nearly 40 hour work weeks, she also takes two classes at the Philadelphia Center in marketing and social education. “I enjoy the marketing class because we knock out a practical book each week and then discuss it, first, with just the students and then our with our professor’s input”. She also shared about her social education class.

Article continued on following page.

Becca also spoke about some of her biggest learning experiences. “Things are different when you have a full time job and prioritizing becomes very important and a much needed skill. Also, networking is essential. It’s about who you know much more than what you know.”

“The other class I’m in is a lot like an Otterbein INST class except we’re actually taking tours in Philly and seeing first hand some of the social issues in a major city. It has been incredibly eye opening. We’ve taken tours through active prisons and in North Philly, the most dangerous part of town.”

Becca would like to give a shout out to her professors Greg Sullivan and Teri Walter for their support and wise teaching over the past 3 and a half years and she hopes Dr. Walter doesn’t hate her for e-mailing her so much.

Senior business major and sport management minor, **J.P. Lococo**, is another stand out dude I wanted to feature in this article. J.P. started his internship with IMG this summer and is still on staff. IMG is an organization that does everything from sponsorship, ticketing and sales to licensing and advertising for major universities across the United States. Basically, large universities, like Ohio State, hire IMG to do said work for them so they can focus on other things. This is IMG’s first year hiring on college interns to help out with responsibilities for OSU. J.P. has helped develop sales pitches for the team and had the opportunity to go on the Buckeye Mobile Tour. When IMG finds a sponsor that wants to represent OSU J.P. and his colleagues will go to the sponsorship site and advertise the school and/or the event the school is putting on. “I’ve been all over the state, Cleveland, Cincinnati, Dayton, even right here in Columbus setting up our booth and interacting with potential clients at our sponsorship site. We don’t just go to sponsorship sites though. Sometimes we advertise for the school at various events. The oddest event we advertised at was a frog jumping competition. There was actually a ton of people there and we had quite a bit of positive interaction with the people.” J.P. noted some of the positives of working with IMG, “I’ve gotten to do a lot of networking and made a lot of good contacts. The Ohio State office is the second largest one in the country so that has naturally been a unique experience. I’ve learned how to really interact with people in a business environment.” J.P. plans to fly to Dallas this weekend as part of a job shadowing experience piece he’s doing through the internship to meet with employees of the Dallas Cowboys professional football organization.

I wish the both of them the best of luck as they continue to do challenging work day to day and define themselves as not only professionals but as people with strong character.

Becca Devore (Left) during Flyer Wives Charity Event



12 Things Happy People Do Differently

<http://www.marcandangel.com/2011/08/30/12-things->



1. **Express gratitude.** – When you appreciate what you have, what you have appreciates in value. Kinda cool right? So basically, being grateful for the goodness that is already evident in your life will bring you a deeper sense of happiness. And that's without having to go out and buy anything. It makes sense. We're gonna have a hard time ever being happy if we aren't thankful for what we already have.
2. **Cultivate optimism.** – Winners have the ability to manufacture their own optimism. No matter what the situation, the successful diva is the chick who will always find a way to put an optimistic spin on it. She knows failure only as an opportunity to grow and learn a new lesson from life. People who think optimistically see the world as a place packed with endless opportunities, especially in trying times.
3. **Avoid over-thinking and social comparison.** – Comparing yourself to someone else can be poisonous. If we're somehow 'better' than the person that we're comparing ourselves to, it gives us an unhealthy sense of superiority. Our ego inflates – KABOOM – our inner Kanye West comes out! If we're 'worse' than the person that we're comparing ourselves to, we usually discredit the hard work that we've done and dismiss all the progress that we've made. What I've found is that the majority of the time this type of social comparison doesn't stem from a healthy place. If you feel called to compare yourself to something, compare yourself to an older version of yourself.
4. **Practice acts of kindness.** – Performing an act of kindness releases serotonin in your brain. (Serotonin is a substance that has TREMENDOUS health benefits, including making us feel more blissful.) Selflessly helping someone is a super powerful way to feel good inside. What's even cooler about this kindness kick is that not only will you feel better, but so will people watching the act of kindness. How extraordinary is that? Bystanders will be blessed with a release of serotonin just by watching what's going on. A side note is that the job of most anti-depressants is to release more serotonin. Move over Pfizer, kindness is kicking ass and taking names.
5. **Nurture social relationships.** – The happiest people on the planet are the ones who have deep, meaningful relationships. Did you know studies show that people's mortality rates are DOUBLED when they're lonely? WHOA! There's a warm fuzzy feeling that comes from having an active circle of good friends who you can share your experiences with. We feel connected and a part of something more meaningful than our lonesome existence.
6. **Develop strategies for coping.** – How you respond to the 'crapastic' moments is what shapes your character. Sometimes crap happens – it's inevitable. Forrest Gump knows the deal. It can be hard to come up with creative solutions in the moment when manure is making its way up toward the fan. It helps to have healthy strategies for coping pre-rehearsed, on-call, and in your arsenal at your disposal.
7. **Learn to forgive.** – Harboring feelings of hatred is horrible for your well-being. You see, your mind doesn't know the difference between past and present emotion. When you 'hate' someone, and you're continuously thinking about it, those negative emotions are eating away at your immune system. You put yourself in a state of suckerism (technical term) and it stays with you throughout your day.
8. **Increase flow experiences.** – Flow is a state in which it feels like time stands still. It's when you're so focused on what you're doing that you become one with the task. Action and awareness are merged. You're not hungry, sleepy, or emotional. You're just completely engaged in the activity that you're doing. Nothing is distracting you or competing for your focus.
9. **Savor life's joys.** – Deep happiness cannot exist without slowing down to enjoy the joy. It's easy in a world of wild stimuli and omnipresent movement to forget to embrace life's enjoyable experiences. When we neglect to appreciate, we rob the moment of its magic. It's the simple things in life that can be the most rewarding if we remember to fully experience them.
10. **Commit to your goals.** – Being wholeheartedly dedicated to doing something comes fully-equipped with an ineffable force. Magical things start happening when we commit ourselves to doing whatever it takes to get somewhere. When you're fully committed to doing something, you have no choice but to do that thing. Counter-intuitively, having no option – where you can't change your mind – subconsciously makes humans happier because they know part of their purpose.
11. **Practice spirituality.** – When we practice spirituality or religion, we recognize that life is bigger than us. We surrender the silly idea that we are the mightiest thing ever. It enables us to connect to the source of all creation and embrace a connectedness with everything that exists. Some of the most accomplished people I know feel that they're here doing work they're "called to do."
12. **Take care of your body.** – Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy in good shape, then your mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected. Did you know that studies conducted on people who were clinically depressed showed that consistent exercise raises happiness.

Dr. Teri Walter's SMGT 3930 Sport Facility Design and Management class performs facility audit to get practical experience in assessing the good, the bad and ugly of a public assembly facility.



Sport Management majors got a chance to tour Nationwide Area and talk with professionals in the fields of sport marketing, sales, event/guest services and facility operations. Afterward they stayed for the hockey match between the Blue Jackets and the Minnesota Wild.



Allied Health

Reported by Penni Mitman



Welcome to fall semester, that is almost over! This first term as a semester has definitely been a challenge for students and faculty alike in the Allied Health Department. Classes are structured differently and we have to go to them after Thanksgiving. Never fear though, because soon we will be done with finals and HALF way done with the year. This semester is also the first time that our B.A. in Allied Health is an actual major. Many students looking into professions such as occupational therapy or recreational therapy have

switched to this type of major and it is working out great. The B.A. allows them to take not as many science classes and focus on the type of health care work they would like to pursue. All around the B.A. and B.S. both offer a great education for the Allied Health students at Otterbein; especially in the field of internships. Each senior Allied Health major must complete a large internship in their final year at Otterbein. Along with the internship they must also research a topic that relates to their field of choice and present the information they found. This year on November, 29th 2011 the seniors from HLED 4902 presented their internship experiences to advisor Shelley Payne and the junior Allied Health class. In the group there were students who interned in hospitals, schools, and outpatient facility. Among these different sites the students spent at least 126 hours observing and performing any tasks required of them. I personally was able to complete my internship with a school Physical Therapist and it was one of the most rewarding experiences I have ever had. I learned so much about how school therapy worked and about the needs of all different kinds of children. The internship experience seemed to be very positive from all of my peers who presented their research as well. So, underclassman definitely be thinking about where you would like to do your internship and look forward to a great opportunity. I wish everyone good luck on finals and I hope you all have a wonderful break!

Healthy Habits for Life: Shop Smart. Student presenters in Weight Management Programs class taught program participants tips on healthful grocery shopping.



HLED 3050 Exercise Programming for Special Populations class participated in a lab to experience what it is like to have asthma; they are studying exercise programming for people with asthma.





*Mark Your Calendars for Recognition Night
Wednesday February 1, 2012 during half-time of the Otterbein
Men's Basketball Game.*

*Students who are nominated by their professors will be notified
in December and recognized for significant contributions that
they have made to the HSS department and the University during
the recognition event.*

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Sciences/131954693551947](https://www.facebook.com/#!/pages/Otterbein-University-Department-of-Health-and-Sport-Sciences/131954693551947)*



CONGRATULATIONS...

*...to Shelley Payne who is now Dr.
Shelley Payne as of October 2011.
Shelley oversees the Allied Health
major within our department.*



Welcome

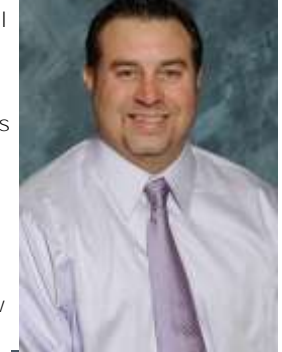
Michelle Riegler, MS, Fitness and Recreation Coordinator. She oversees the OtterFit and Fitness & Recreation programs. Michelle has extensive experience marketing programs and events and has also helped plan and develop new facilities along with bidding for equipment and maintenance contracts for those facilities. Her certifications include: ACSM Health Fitness Specialist, AFAA Personal Fitness Trainer, NETA Group Exercise Instructor, NETA Pilates Instructor, CycleOps Power Indoor Cycling Instructor, and American Red Cross Water Safety Instructor.



Ann-Catherine Sullivan, PhD., CAPE has been selected to fill the Physical Education position previously occupied by Joy Kiger, who has retired. Ann-Catherine has spent the last eleven years at Saginaw Valley State University as a Professor and Program Coordinator for Physical Education majors and minors. Her area of expertise is Adapted Physical Education and she is also actively involved in NCATE and NASPE, our accrediting bodies. Ann Catherine also has extensive experience in supervising student teachers as well as teaching at the graduate level.



Robert Braun, MPH, CHES, RRT has been selected to fill the Health Education/Allied Health position previously occupied by Ellen Capwell who has also retired. Robert is currently completing his doctorate degree in Health Education at The University of Toledo. Before pursuing this degree Robert practiced as a Respiratory Therapist and Clinical Resource Therapist as well as served as a Pulmonary Rehabilitation Coordinator. His research is focused on binge drinking (particularly on college campuses), and health disparities within minority populations. He also has a background in program planning and evaluation which will be a core course in the new Master of Science in Allied Health degree, slated to begin no later than the summer of 2012.



Danielle Kilboy, M.S., ATC has been selected as Assistant Athletic Trainer replacing Courtney McEwan who resigned in order to stay at home with her family (impending arrival). Danielle has a Master of Science in **Sports Medicine, and has her Bachelor's Degree in Athletic Trainer, Pre-Physical Therapy** from Capital University. She is a certified Clinical Instructor and has a variety of athletic training experience including time with The Columbus Crew and USA U23 Women's National Team.

