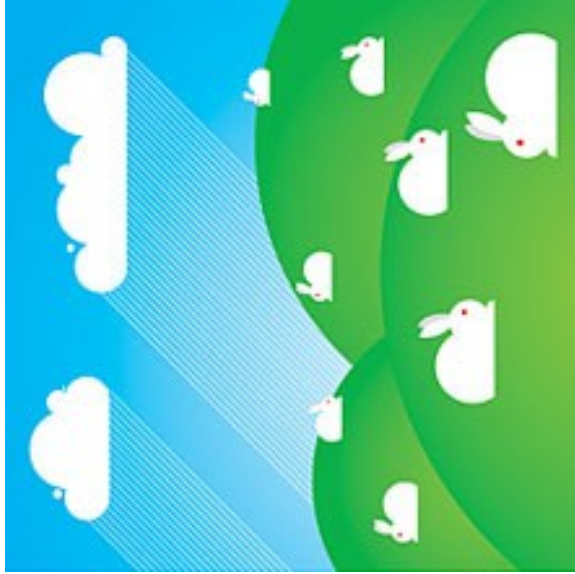


Health and Sport Sciences

Departmental

Developments

Spring 2011



Staff Advisor-Annette Boose

Health Promotion & Fitness

Reported by Kailee Miller



After a long year of hard work draws to an end, I am sure that many will be looking forward to summer break! Summer break is a great time to relax, work, and hopefully a time to accomplish some of those activities that you may have been looking forward to, but with all the fun we cannot forget about exercise! The warm weather brings great opportunities for outdoor fitness activities to keep you moving throughout the summer. Here are some ideas for you to try out: mowing the lawn with a push mower, kayaking, outdoor aerobics class, riding your bike for your commute to work (if close enough), Ultimate Frisbee, walking, hiking, roller-blading, swimming, tennis, yard work, or join an outdoor sports team. These ideas just skim the surface to the many options available for fitness this summer, for more ideas look in your local newspaper, online, or at your local park. Most importantly, do not forget to stay hydrated, especially on the days with extreme heat and outdoor activities. Lastly, have a great summer break! Good luck and congratulations to all the graduating seniors and especially to those from the Health and Sport Sciences Department!



Internships



Meet our OtterFit Interns for spring 2011: Justine, Brie and Lamar. They have been assisting Dr. Fischer with program management, assessing faculty/staff participants for health risks, supervising them toward their fitness goals, and re-assessing for progress at the end of the quarter.



Allied Health major Chris Fyock works with a patient during his clinical internship for Allied Health.

Allied Health majors Meredith and Jenny get practical experience through their internship at Nationwide Children's Hospital.



Athletic Training

Reported by Olivia Roberts



Spring yet again proves to be a busy season for the members of OCATS as several service and professional events quickly filled their calendar. To begin, OCATS participated in the ever-popular annual Goodwin Cup against the ATEP of Capital University where we defeated the Crusaders to bring the trophy back to its rightful home in the FATC. After the victory, several Otterbein students attended the Ohio Athletic Trainers' Association's Annual Symposium in Dayton, Ohio. At the symposium students were able to attend a program of speakers that ranged from a panel of Hall-of-Famers to a sales representative discussing the importance of bidding. Overall it was a worthwhile experience full of essential education and networking opportunities. The same weekend several students volunteered at the Cap City Half Marathon. Here they provided first aid at the finish line to any runner in need. Students also participated again in the Live Like a Champion program where they provide techniques for success to local middle school health classes. Other volunteer activities included cleaning at the Ronald McDonald House, and helping with mass physicals at Dublin Scioto and Dublin Jerome High School. To put an end to a great year, the athletic training students and staff will enjoy the annual end-of-the-year picnic where they fellowship and celebrate all their accomplishments from the past year. Lastly, I'd like to say thanks to everyone for all their hard work and to wish the graduating seniors good luck in all their future endeavors!

Congratulations Graduates!!

Class of 2011



Professional Development



PHED/HLED major Jocelyn Hennon enjoyed a recent trip to San Diego where she attended the American Alliance of Health, Physical Education, Recreation and Dance convention and accepted an award naming her NASPE 2011 Outstanding Major of the Year. Congratulations Jocelyn on your well deserved award.



The HLED Exercise Programming For Selected Populations class discussed and did an activity in class last week on Exercise Programming for Women. One of the major objectives of the lesson was to teach these future personal trainers to feel empathy for their clients. Pregnancy is a "special population" and the class was able to "experience" it as they went through a simulation and learned some safe exercises as pregnant clients.

Health & Physical Education

Chelsea Mathias



While everyone else around Otterbein seems to have been counting down the days until the end of the year, HPE majors have been too busy to notice. On top of preparing for the semester transition, students have been helping out and participating in a variety of activities. Several students have been helping Ms. Wilson with an Ultimate Frisbee program and mentoring younger students in the major. Earlier this May, another group of students traveled to Licking County to help with an MRDD Field Day. Most recently, HPE majors, along with a few others from the department, attended a workshop at Otterbein with Dr. Ann-Catherine Sullivan that focused on fitness activities to do with students who struggle due to disabilities.

As the year comes to an end, we would like to wish our graduating Seniors the very best with all of the endeavors that come their way as they transition into their post-graduate life. They've contributed many things to the major and those of us who follow them, and they will be truly missed. For everyone else who is returning next year, enjoy your summer and keep your head up during the semester transition!



Dr. Ann-Catherine Sullivan presented a professional development workshop on Fitness for Students with Disabilities to the Otterbein Health & Fitness Club in the Clements Center. Dr. Sullivan has been hired to replace Dr. Kiger 's who is retiring at the end of the year.

Student Research



In recognition of her exceptional senior research project and presentation, Olivia Roberts was awarded the **“Outstanding Entry Level Student Award”** by the Research Free Communications Committee of the Ohio Athletic Trainers’ Association. Olivia presented her project entitled, **“Inter and Intra-rater reliability for manual muscle testing using a hand-held dynamometer”** at the 2011 Ohio Athletic Trainers’ Association Annual Meeting & Symposium. This project was completed as part of her senior research as an Athletic Training major at Otterbein. Olivia also serves as President of the Otterbein Cardinals Athletic Training Students.

Semester Conversion

As you are probably already aware this is our last quarter before the University converts to a semester system. Please make sure you have met with your advisor to complete an **Individual Advising Plan** to and ensure that you are on track to graduate on time. Information can be found on **OZONE** under the semester conversion tab or in the Center for Student Success on Grove Street (across from the campus center). You have lots of resources available-please take advantage of them.



Sport Management

By Kyle Marler



When I see my friend Ashley Payne, a senior Sport Management major, one of the first things she typically says to me is, “I am soooo busy.” (yes, that many o’s were necessary). There’s never an exasperated tone in her voice; just simply a statement of truth that comes with being a senior at an institution that encourages students to go the extra mile.

Senior sport management majors are required to complete an internship which includes 450 hours of on the job experience. Although the experience may seem a bit daunting at first one must look into the benefits of such a requirement, which include invaluable experience, networking opportunities and an opportunity to mature and learn.

This year, I’ve had the pleasure of being in a senior level course, even though I’m only a junior. I’ve been able to interact with some of the seniors and see, first hand, some of the things I will be going through in less than a year from now. Undoubtedly, what I’ve learned the most is that getting a job after you graduate typically doesn’t just happen. There is hard work involved. You have to go out and earn it, which is usually done the three years before your senior year. The seniors who have put in the work are getting the recognition they deserve. Senior sport management major, Mark Cramer, landed an internship this summer doing finance for the National Hockey League head offices in New York City. Oliver Thwaite, who is graduating early, is negotiating with the Cleveland Cavalier’s organization for a potential scouting position. And Ashley, who I mentioned earlier, was offered a job teaching kids at a local Columbus YMCA this summer. There are several other seniors who have also put the work in to set themselves up nicely after graduation. It is always nice to see the seniors I’ve lived out my college experience with have success, and to be honest, reassuring as well.

Service Learning



Professor Jeff Demas was the winner of last night's OtterbeinBrain competition held in the campus center. The Sport Marketing class organized this event to raise money for St. Jude's. Thanks to all who participated and attended for making this event a success.



Dr. Capwell's Community Health class presented the annual health fair "Health Bound and Down" in the campus center in March.

Allied Health

Reported by Penni Mitman



Spring quarter is almost over and summer is right around the corner. Even though we are all itching for the sun and being done with classes this quarter is very important in history. This spring marks the last quarter at Otterbein University as we all know that next fall we will be on the semester system. The Allied Health program has seen some exciting changes for next year. Importantly there will now be a choice between a Bachelor in Science degree and a Bachelor in Arts degree for Allied Health. This differentiation allows for more individuals to

pursue the Allied Health field who might not want to go on to specific graduate programs. The new major will open up doors for many current students as well as incoming freshman. This change along with some others is making Otterbein's Allied Health program more versatile and helpful for students with different career goals.

The thrill of summer can be great but many students will also begin worrying about summer jobs. One good tip about summer job hunting is to have your resume ready ahead of time and don't be afraid to put yourself out there. In addition to working this summer it might be a good time to make connections in your field or to observe your future work environment. The more experience you have the better prepared you will be when looking for jobs in the future. These are just some suggestions to get your summer rolling. The Allied Health Department would also like to wish all of our seniors good luck in the future endeavors. Good luck on finals and have a safe summer!



Professionalism Involvement



Senior Athletic Trainers, Olivia, Brad, Mike and Andie (not pictured) presented their research projects last evening. Congrats to all for this accomplishment.

Volunteer Activity



Student Athletic Trainers volunteered at the Columbus Marathon this past weekend providing medical support as needed to race participants.

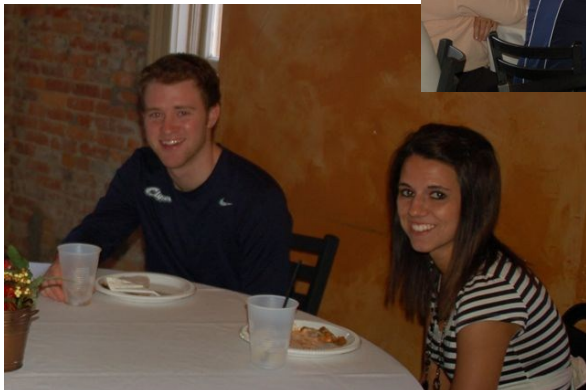
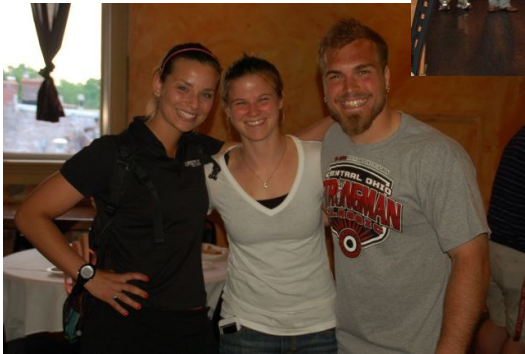
2011 Alumni Roundtable Discussion

We had a great turnout at our Alumni Roundtable event on May 24 at Old Bag of Nails. Nine alumni, 34 students, 12 faculty/staff and Dean Fayne were in attendance.

Special thanks to our alumni who took time out of their busy schedules to attend:

Andy Berger, Laura Greene and Alyson Sheppard (HPF)
Brian Day (SMGT)
Derek Fisher, David Howard, Patience Denz, Christiana Bauer, and Ryan Eldridge (PHED/HLED)





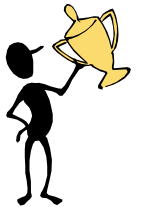
Faculty



Joan Rocks earns Ohio Athletic Trainers' Association 2011 Service Award



Annette Boose '94 was recognized as an "Above and Beyond" Alumni Cardinal and **Patti Wilson, MS** received award Citizen Award for Faculty Community Engagement at the annual Celebration of Service.



Dr. Kiger and **Dr. Capwell** are retiring.

Congratulations and Best Wishes to them!

