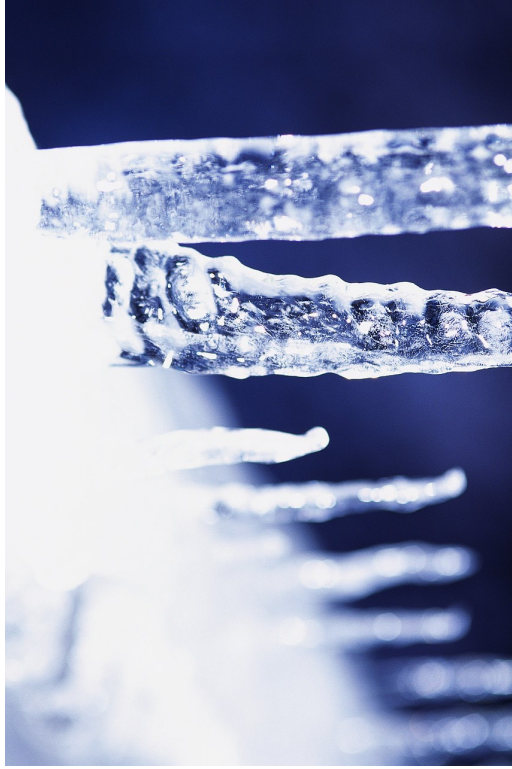


Health and Sport Sciences

Departmental

Developments

Winter 2010



Staff Advisor-Annette Boose

Health Promotion & Fitness

Reported by Kailee Miller



I hope everyone is enjoying the burst of warm weather that we have been experiencing lately. I think it is a great way to finish up Winter Quarter and jump right into Spring Quarter! Before we jump into Spring Quarter though, we have spring break. I am sure many students and professors will be finding their way to somewhere warmer over break, so what does that mean? Operation, get fit for the beach! Many people want to drop some weight, or tone up before they slide into their favorite summer outfit, but one thing to keep in mind is that losing weight is not something that can be quickly done, or else it will quickly be right back with you. Keep in mind that the key to losing weight, or toning up is that it is best done with a combination of healthy eating habits and exercise. One to two pounds per week is considered a healthy weight loss, and is easier to maintain. So why is this? One pound of fat is about 3,500 calories, so if a person were to cut back 500 calories a day for a week, that would equal a pound of fat.

Becoming a healthy weight can be challenging, since many people want to see a quick result. Quick results will come from a diet, but as most of us know, diets can be very hard to maintain forever. Diets are often restrictive, unrealistic, and expensive. Instead of looking for a new diet to go on, try to consider improving your eating habits and adding in physical activity. A great example of some individuals trying this approach are thirteen Otterfit participants (faculty and staff being personal trained by HPF students), and the Weight Management class with Dr. Esselstein (a course for the nutrition minor). This group is currently underway with a new program called Healthy Habits for Life: Your 6 Week Guide to Food and Fitness. This program is not a diet, but a program that gives you the steps to make a healthier lifestyle that is sustainable. One of the first tips that the book gives is to take time for yourself. I cannot stress this point enough. I think it is very easy to get caught up in a busy schedule, but it is so important to find time for yourself. You are just as important as those around you. A few other tips to keep in mind: Avoid the “good food, bad food” mind set and legalize all foods; try to focus on portion sizes, moderation, variety, your hunger (we often eat based off of our emotions), and enjoying the food you are eating; make exercise a part of your life by gradually adding in more (take the stairs instead of the elevator).

Easier said than done, right? It's easy to make up an excuse, and even as an individual in the field of health I sometimes struggle with the same issues. If you cannot think of a reason why you should make your health a top priority, here is one. The 2011 Dietary Guidelines were recently released, and here is what they say, “The most recent data indicate that 72 percent of men and 64 percent of women are overweight or obese, with one-third of adults being obese.” Lets try to slow this trend down by working towards a healthier lifestyle-you are important!

OtterFit

Dr. Kim Fischer and some of our **OtterFit** personal trainers attended The Aerobics and Fitness Association of America's seminar on group resistance training and yoga at the St. James Wellness Center near Chicago.



Athletic Training

Reported by **Olivia Roberts**



Winter quarter has been full of accomplishments for the athletic training students here at Otterbein. To begin the quarter, OCATS held their 3rd annual Game Night in the Freeman Athletic Training Center despite the mild blizzard. This year we had the best turn out yet, where students played Jenga, Euchre, and a thrilling game of Taboo. The club also held their first bowling tournament, and Freshmen Jordan Novotny, Andrew Sutter, and Colin DeBarbrie took home the trophy.

Fellowship was not the only accomplishment for OCATS. This year's quizbowl team finished second at the OATA Quizbowl out of 17 ATEPs from the state of Ohio. The team consisted of (junior) Kevin Gallagher, (senior) Brad Muse, and (senior) Olivia Roberts. The team fell only to the defending champion from last year, Wilmington College.

OCATS also obtained several interesting speakers for their monthly meetings this quarter. First our sports medicine fellow, Lawrence Udom, spoke to the group on dermatology and skin pathologies. We also hosted a panel of 6 alumni faculty and students that provided the group with vital information regarding employment, GA positions, and how to be successful in the field of athletic training. The panel consisted of Kelley Newsad, Tiffany Estes, Kevin Stahr, Julie Meadows, Andrea Johnson, and Ric Fail.

Lastly, as the year winds down we are working on discovering several new service projects and hoping for a stellar performance spring quarter at the Otterbein-Capital Athletic Training Olympics to bring the Goodwin Cup back to Otterbein.

Professional Development



Otterbein Athletic Training students finished 2nd out of 25 accredited schools in the Ohio Athletic Trainers Association Annual Quiz Bowl.



PHED majors Jocelyn Hennon and Kirsti King presented an educational session at the OAHPERD convention this past December.

Health & Physical Education

Chelsea Mathias



Winter quarter has been quite busy for the Health and Physical Education students. Many students are out and about in the community working with local schools and here at Otterbein to promote physical activity and healthy habits with programs such as Ultimate You and OtterFit. Currently, we have 7 seniors out student teaching, so the HPE club has slipped under the radar this quarter, but no worries, we'll be back in action this spring planning several professional development activities for the department to participate in. In the mean time, the health and physical education students wish everyone the best with the rest of the quarter, finals, and a safe spring break!

Professional Development Opportunity

Autism Awareness

Event Type: Adult Program

Ages: 18 + up

Date: 4/7/2011

Start Time: 6:30 PM

End Time: 8:00 PM

Description:

Do you have an autistic child in your life? Would you like to know more about this developmental disorder? April is National Autism Awareness Month. Please join Dr. Angela Denny and Kathi Machle of the Autism Society of America - Central Ohio as they discuss the many facets of a autism. A question and answer session will follow. Registration required.

Location: Meeting Room A

Registration Ends: 4/6/2011 at 9:00 PM

Contact: Mindy VanHouten

Contact Number: 882-7277 ext. 2186

Presenter: Angela Denny and Kathi Machle

Status: Openings

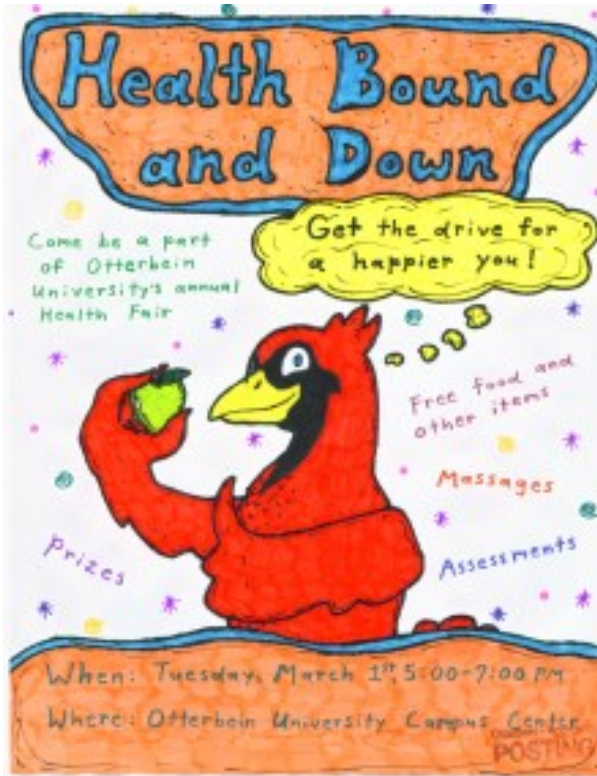


Those interested may register online at the library's Web site (www.westervillelibrary.org) or by calling the Adult Reference Desk at 882-7277 ext. 5004.

Image=autismpuzzleproject.com

Service Learning-Annual Health Fair

Tuesday March 1, 5-7 pm in the Campus Center



Sport Management

Reported by Oliver Thwaite



The beginning of winter quarter this year was colder than ever! At least it was for Adam Wolfe and myself as we recently returned from summer in Australia. I found studying abroad in Australia a once in a lifetime opportunity that I was so glad to be able to experience. The memories, skills and knowledge that I came back with have already helped me to grow both personally and professionally. Adam recounted his experience in Australia by describing his time abroad in one word “priceless” and I agree with him one-hundred percent.

The following are Adam’s thoughts about his four months overseas: “Looking back at my study abroad experience in Australia brings back many wonderful memories. Studying abroad enabled me to break out of my comfort zone and experience much more than I have ever imagined. There I experience skydiving, feeding kangaroos, holding a snake, swimming with sharks at the Great Barrier Reef as well as a completely different lifestyle. After my time in Australia it has really opened my eyes about the whole world and different cultures. Putting yourself in unknown territory is scary at first, but really makes you grow as a person individually. After leaving Australia I just didn’t leave with over-weight baggage, I left with much more than I ever thought Australia had to offer anyone. Sure it’s just memories now, but looking back there is no doubt in my mind I would do it again in a heartbeat.” I know Adam would agree with me in saying that it was one of the best things we have ever been a part of. I strongly encourage everyone, at very minimum, to think about studying abroad because believe me when I say that the reward is well worth the risk. If you are thinking of studying abroad stop over to the Center for International Education & Global Engagement and talk with Dr. Thomas Ahrens or Chris Musick, both of whom helped me make my trip a possibility.



PHED Major Jocelyn Hennon was the recipient of a prestigious OAHPERD Memorial Scholarship at this years convention. Congratulations Jocelyn!!

Sport Management

Sport Management Associate Professor, Dr. Teri Walter's SMGT 180: Professional Perspectives in Sport Management class has taken a new approach to learning. Dr. Walter's hands-on approach to learning has enhanced this Sport Management course. Instead of simulating an event as was done in previous years, this winter's class is organizing events at Blendon Middle School. This course continues to offer the same high level of educational knowledge however the real life experience is a great new integrated idea by Teri Walter. This fits right into the mindset of the Sport Management Department and Otterbein that experience plus knowledge will result in success.

Study Abroad

Australearn



We're On Facebook!

Become a Fan:

<http://www.facebook.com/#!/pages/Otterbein-College-Department-of-Health-and-Sport-Sciences/130303172558>

Allied Health

Reported by Penni Mitman



Hello Winter! Despite the ice covered sidewalks and below freezing temperatures the Allied Health program has not stopped working this quarter. This quarter was very exciting for the program as several of our students were able to participate in a community service organization on January 25th 2010. The national program called "Challenge Day" took place at Westerville City Schools.

The program was an all day event and our students went to the school and helped mentor some of the high school students with difficult topics like racism, isolation, and bullying. All together we had five students participate along with faculty member Shelley Payne. The day overall was very rewarding for our students and the Westerville high school students. This is just one of the community service opportunities that the Allied Health program has taken advantage of this far in the year and we are hoping for a few more. The Allied Health program continues to grow and this is one way that we can get our program out in the community and help those around us.

In addition this quarter has been a big transition to getting everyone's schedules worked out for the semester conversion. But I think with the hard work of our wonderful advisors we are just about ready for scheduling in Spring Quarter. Along with the closure of Winter quarter I want to remind everyone to work hard and don't be afraid to ask for help. Finals will be done before we know it and then it is Spring Break! Good Luck with the rest of the quarter!

Out and About in the Community



Professor Payne and some of our ALHL students recently participated in Challenge Day at a Westerville Elementary School.



Brandon and Meghan from Organization & Management of Health Promotion and Fitness presented their Lunch and Learn topic: New Year; New You. The class, taught by Brenda Buffington, did an entire series of Lunch and Learns for the campus during winter quarter as part of a service learning project.

HSS 8th Annual Recognition Night

Allied Health

Westerville City School

Challenge Day:

Derek Landes
Olivia Pierce
Zack Webster
Nikki Sullivan
Mallory Arnold

Athletic Trainers

National Athletic Trainers

Association Quiz Bowl

Participants:

Olivia Roberts
Brad Muse
Kevin Gallagher
Mike Townsend

Attendees:

Brianna Burke
Matt Cantrell
Andrew Mindeck

Jess Yaney

Kara Butcher

Columbus Marathon Volunteer

Taylor Temnick
Kelly Patterson
Olivia Roberts
Brianna Burke
Sara Priest
Caroline Schafer
Kara Butcher
Colin Debarbrie
Jordan Novotny
Andrew Mindeck

Alex Craine

Brad Muse

Kevin Gallagher

Mike Townsend

Kelsie Gorrell

Health Promotion & Fitness

Certifications:

ACSM Certified Strength &

Conditioning

John LaCorte

ACSM Certified Personal

Trainer

Austin Curbow
Brandon Brookhart
Justine Zilli
Corey Whitmer

USA Sport Performance

Brian Broadwater

ACSM Health Fitness Specialist

Seth Siringir

AFAA Primary Group Fitness

Instructor

Kailee Miller

National Anthem: Athletic

Training major-Ryan Roberts

OtterFit Personal Trainers and

Group Fitness Instructors

Sarah Bradley
Adam Chow
Meghan Gibson
Austin Curbow
Kendra Dickey
Brandon Brookhart
Josh McCaskey
Julie Macioce
Josh Norris
Lindsay Abbott
Laura Chenos
Kelly Krieger
Paige Boyer
Wes Meadows
Kailee Miller
Lamar Hutchinson
Alyson Sheppard

Physical Education

Jocelyn Hennon
PRAXIS, OAHPERD
scholarship, OAHPERD
presenter, NASPE major of the
year, first PHED major inducted
into Kappa Delta Pi Chi Eta
(spring 2010)

PRAXIS

Kirsti King

Beth Ackerman

Honnold Scott

Laura Gangluff

Westerville City School

Challenge Day:

Michelle Herren

Chelsea Mathias

Bobby Wright

Dan Scheaf

Belinda Nelson

Katie Stuckey

Frannie Warren

Carissa Silva

Rocco Pentello

Sport Management

Benefit Stephanie Spielman's

Cancer Research

Kodie Roush

Hanby Elementary School

Family Fun Festival

Clayton Clever

Zack Housler

Stephan Paullin

Derek Smith

Volunteer for "Last Chance for

Boston" marathon road race:

Stephan Paullin

Volunteer for Big Ten

Swimming and Diving

Championships

Kodie Roush

Volunteer for Ohio State's

Scarlet and Gray Golf

Tournament:

Zack Housler

Volunteers for Otterbein's

Intramural Basketball

League:

Derek Smith

Clayton Clever

HSS Department

Department Newsletter

Staff

Penni Mitman

Oliver Thwait

Chelsea Mathias

Kaliece Miller

GPA

Achmoody Micah

Axline Robert

Banks Jamelia

Bosson Megan

Brookhart Brandon

Burke Brianna

Chow Adam

Coleman Patrick

Cool Lauren

Cramer Kaila

DeVaughn Kristen

Devore Rebecca

Edick Nathan

Fox Sarah

Guillozet Zachary

Hennon Jocelyn

Honnold Scott

Hornyak Abigail

Kennedy Nicole

Kingcade Aaron

Knox Jennifer

LaCorte John

Landes Derek

Laux Sarah

Linder Thomas

Mathias Chelsea

Matsumoto Evan

McCool Margaret

Miller Kailee

Miller Preston

Mitman Penelope

Montgomery Kelly

Moomaw Gregory

Novotny Jordan

Overholt Marki

Pautsch Andrea

Pierce Olivia

Priest Sara

Puthoff Rachael

Ridge Meredith

Roberts Olivia

Russell Lindsey

Sharbaugh Sarah

Stefanik John

Stuckey Katherine

Sullivan Keith

Sutter Andrew

Trine Brooke

Troyer Jasmine

Underwood Connor

Weaver Erin

Department of Health and Sport Sciences Recognition Night

28 students recognized at our first ever recognition night in 2004

137 recognized at the 8th annual recognition night; February 9, 2011 (see list on previous page)



Below: Professor Buffington along with HPF majors John LaCorte and Cory Whitmer line up in the lobby of the Rike prior to recognition.

Above: Students, HSS Faculty, President Krendl and Dean Fayne pose for a group photo at the event.



Above: HLED major Belinda Nelson and her mother enjoy a healthy snack at the reception afterward. **Right:** Dean Fayne, Professor Payne and students Olivia Pierce (ALHL) and Kailee Miller (HPF) pose for a photo.

