

Health and Sport Science

Departmental

Developments

Fall 2010



Health Promotion & Fitness

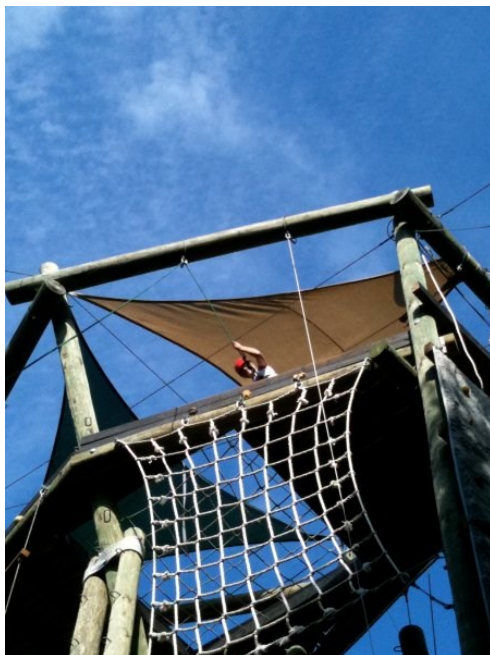
Reported by Kailee Miller



Hello to all new and returning students here in the Health and Sport Sciences Department. If you are new to the major of Health Promotion and Fitness, then we are glad to have you, and if you are returning to this major, then we are glad you are still here! It's amazing that the quarter is already coming to an end when it seems like it has just begun, I guess this goes to show how hard we've all been working! One thing to note that has been going on in our department is that a nutrition minor has slowly been in the process of being created by Dr. Esselstein and other

faculty members. This may be of particular interest to the Health Promotion and Fitness majors, since it would be very common for someone of this field to be approached with nutrition questions. If you have questions about this I am sure you could talk to your advisor. Along with the nutrition minor underway, so is our OtterFit program for this quarter. Students from the Fitness Leadership class have been training different faculty and staff members who are interested in personal training. The OtterFit program is a great example of one way to be involved in the major and to gain more experience in the field. Students are able to apply the knowledge that they have gained thus far in the major and put it to action. This would also be a great experience for those who have a particular interest in getting certified as a personal trainer. Adding credentials to your name will always be valuable for an individual competing in the job world. With this, Amanda Rammelsberg also teaches a Group Fitness Practicum class which helps students learn how to properly instruct and work with a wide variety of people in groups. In this course she guides you through the process of making a group fitness routine that is appropriate for all fitness levels. I have taken this class myself and I think it is very helpful in preparing you to teach group fitness classes and to become a certified instructor. It is very key to start getting involved in this major if you aren't already. Gaining experience, confidence and connections with other people are all very important things that will help set you up to gaining a career after you graduate.

Staff Advisor-Annette Boose



HPF majors in Fitness Leadership (HLED 315) went to Summit Vision Ropes course. Photo by Dr. Kim Fischer



HPF major Lindsay Abbott trains a faculty client who is participating in the OtterFit program.

Athletic Training

Reported by Olivia Roberts



To start the 2010-2011 school year, the athletic training students would first like to welcome the new members to the staff, Justin Tatman and J.T Van Wey. Even prior to the start of classes some students ventured back to Otterbein a few weeks early to begin their fall clinical rotations. Thanks to the great success of many of the fall sports, many students were able to receive a greater experience by learning the requirements for hosting OAC games/meets and by expanding the length of their rotation. We would also like to say congratulations and good luck to all the fall sports.

To begin the academic year OCATS had their much needed Annual Hog Roast after all their hard work during pre-season. There students were able to enjoy fellowship between one another, eat some exquisite food, and partake in the ever fun but competitive cornhole tournament. This year the trophy was passed on to Danny Lynch and Justin Tatman. Congratulations boys!

Also to begin the year a new mentorship program was put into action at the first OCATS meeting. Each quarter various freshmen will be assigned a different upperclassman mentor. In the fall each senior received a group of freshmen with similar professional goals, then in the winter the freshmen will receive junior mentors, and then sophomore mentors in the spring.

In October several students also volunteered at the Columbus Marathon. Otterbein's very own team physician Dr. Darrin Bright organizes the medical volunteers and the athletic training students were more than willing to help him out as a thanks for all he does for us and Otterbein athletics. OCATS had an excellent showing of volunteers at this event this year! Keep it up crew! Another service project OCATS is partaking in is Starfish Nadia. During the fall quarter students will collect or donate various toiletry items to be given to the Starfish Nadia campaign and then in the winter students will help organize and send out packages to children in need. OCATS continues to work on building their leadership, professionalism, and community service as they enter 2011!



Otterbein alum Justin Tatman joins us as an Assistant Athletic Trainer.

JT Van Wey is our new Physical Therapist. Look for him in the FATC.



Athletic Trainers for football at Homecoming.

Health & Physical Education

Chelsea Mathias



Hello from the Health and Physical Education Group! The HPE club has been quite busy this quarter. In early October, we held a social for the department majors, had pizza, and discussed many potential events for the coming quarters. We also helped out with "Get Your Heart in the Game" for the American Heart Association later in the quarter.

The OAHPERD Convention is quickly approaching and we have several students presenting on December 3rd- Jocelyn Hennon, Kirsti King, Matt Wilson, Beth Ackerman, and Laura Gangluff. All studying Health and Physical Education with teacher licensure, they are doing a presentation that focuses on leadership as a teacher.

Winter quarter, we will be doing a professional workshop on Adapted Fitness with Westerville CAPE Teacher Joy Dietz. Keep a look out in your inbox for messages on behalf of the HPE Club for events and other activities that are coming up!



Micheal Spatafore shows off his gymnastic skills during a field trip to Buckeye Gymnastic for PHED 320 class. Photo by Dr. Teri Walter

Dr. Kiger's Adapted Physical Education class uses wheelchairs as a part of an activity in that class designed to help them understand some of the challenges faced by students who must use wheelchairs for mobility. Photo by Dr. Joy Kiger



Sport Management

Reported by Oliver Thwaite



G'day mates! The winter is fast approaching... or is it? This article is going to have a different twist than my previous articles as I am writing about my experiences from down under, more specifically Sydney, Australia. Adam Wolfe and I are currently spending a semester abroad representing Otterbein's Sport Management Program at the (ICMS) International College of Management Sydney. ICMS is located on the northern beaches of Sydney atop a hill overlooking the Tasman Sea, city of Manly, and the Sydney Harbour. Besides the obvious fact that the scenery is breathtaking, Adam and I decided to attend ICMS because of the distinguished reputation of the school. We are both taking business related courses including business communications, human resources, and business and organizational principles. I am taking an event project class that I have found to be quite rewarding on both a personal and professional level. My group of six is organizing a benefit for a retired professional rugby league player who has just found out he has brain cancer. Not only have I learned the step by step process of how to organize a large event, but I have taken a personal interest in the event as well and therefore I have set up an action plan to have future students continue the benefit in the years to come.



Oliver Thwaite is soaking up some rays and having a great time in Australia in the AustraLearn program.

Sport Management (con't)

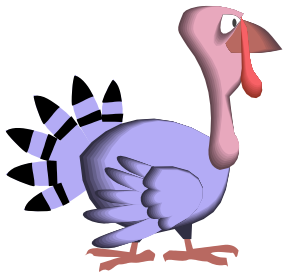
Adam and I both agree that Australia has been awesome so far, but I wanted him to be able to personally tell you about his views of the trip up to this point. Adam stated: "At first I didn't know if it was really worth it to study abroad. Now I know I can say I made one of the best decisions ever. I have experienced so much in just a matter of a couple months from different food, culture, sports, and just everyday living. This experience has changed me forever. Studying abroad not only lets you have fun, but it also makes you find out who you really are and what you want to be. I wake up every day looking out into the ocean, what more could you ask for?"

Personally, I believe that this is a once in a lifetime opportunity. I would recommend any student at the very least look into studying abroad at some point during their academic career as this experience will benefit you not only personally by observing and living in a foreign country, but also professionally as you will meet new people and expand your pool of networking contacts. Since being abroad my eyes have been opened to a new way of life including everyday life and customs as well as a new way of analyzing issues in different perspectives. This is one of the best decisions I have ever made. I will take the knowledge and experience I have obtained here in Australia with me for the rest of my life.

Cheers!

Have a Happy Thanksgiving.

Safe Travels everyone!



Allied Health

Reported by Penni Mitman



Wow! It is already November and Thanksgiving is right around the corner. Fall quarter is coming to an end and it seems like it just starting. The beginning of this year has been great for the Health and Sport Sciences Department and we are very excited to welcome our new Allied Health Majors! I hope all of our new majors have had a great few first weeks here at Otterbein. This fall is special for new students as well as everyone at Otterbein because it is the last start to an academic year on the quarter system. As many of you know Otterbein will be changing to the semester

system next year. With this conversion everyone needs to meet with their advisor about their plan for the rest of their time here at Otterbein. So if any of you haven't met with Shelley Payne, the head of the Allied Health major, get in contact with her and get your schedule set up. As our new students have been plunging into the fall quarter some of our upper classmen are starting to think about life after Otterbein. Many students attended an information session about physical therapy graduate school presented by Walsh University. Physical therapy is just one area of practice students pursue and these representatives were able to shine some light on the application process in general. One important idea discussed was the fact that many graduate schools have information sessions about their individual programs and it is good to attend those first when trying to pick a school. So, if you are looking at going to grad school start early in investigating different programs and find out when they have open houses. In addition the Walsh representative discussed taking the GRE and how to get the ball rolling for the years to come. Overall this fall has been a great start to the 2010-2011 school year. So if you are a freshman just starting to explore or an upperclassman thinking about your future just remember to start early and use your resources and most of all have fun! Good luck with this year!

Congratulations and Best Wishes to the Otterbein Women's Soccer team who advances to the NCAA Sweet 16 playoffs in Iowa this coming weekend.





Allied Health majors have a chance to learn about the Physical Therapy program at Walsh College during a program in the Rike Center.
Photo by Shelley Payne



Shelley Payne, PT, MS, ATC, seen here having some Halloween fun, is now a visiting professor in the Department of Health and Sport Sciences and oversees the Allied Health Program and continues as a practicing Physical Therapist for faculty, staff and students in the Freeman Athletic Training area.

AustraLearn

Reported by Adam Wolfe



Just seems like it was yesterday when I arrived, but when you think about home it seems like months you have been away. Time is flying by here and I just finished up week 6 of class of 13 weeks. Everyone is talking about how the time has passed us by with a quick blink of the eye, and everyone is now starting to think about our lives after Australia. Some of my friends it's there junior or senior years with just a little bit of classes to go before graduation. Others this is it, when they go back home they are looking for a job. When thinking about home, I think about everything that I miss.

Like family, friends, and daily activities that your use to doing. Also I think what is mostly missed for everyone here, is the food. I miss eating pizza every other day, moms chocolate chip cookies, homemade ice cream, chipotle, homemade cooking, and having good snacks to eat. I also miss all the Saturday and Sunday games, where it is just games all day. Then there is Otterbein, I just miss being around everyone especially the baseball guys and you don't realize what you really have until it's not there with you anymore. The same can be said about family and friends even though I have developed many new friends no one can replace the ones at home just like the ones I have developed here. Even though I had given up some things (family, friends, daily activities) I have received much in return in my experiences here.

The classes here are quite a bit different here than back at home. I guess it's pretty common for kids to fail a class where some classes have over ten students that fail and there are typically only 30 kids in the class. The classes are all more hands on and they expect you to do all the readings outside of class. Like for my retail class we didn't even open the book up in class but we had an exam that was a lot of text book material. Right now we are working on setting up our own retail store in groups of threes. We have picked a location in Manly but now we are working on all the details of our Chipotle style restaurant called "Sol Sauce." Also in my retail class we did a fund raiser book sale where we sold used text books back to the students. In this fundraiser we raised over 2,400 dollars for an organization called "The Bear Cottage" where they help sick kids. In my business communications class we have learned the effects of communication and I had to write report on anyone and I picked LeBron James. In a couple weeks I give a presentation to the class about him.

AustraLearn (con't)

Also in my business class we are tested weekly on each chapter and have this one big group project on a company (Woolworths) that we have to break down and relate to every chapter in the book. Then in my last class human resource I have given 3 presentations on human resource topics of different companies of our choice.

Overall I really enjoy all my classes and feel like I'm getting a lot out of them. Every class seems to have lots of group work, which means having to organize meetings, tasks, and learning to handle others that don't work well. All this group work allows me to get a chance to work with Australians, Germans, Asians, Swedish, and Norwegians. I have learned so much about other companies from all over the world having different cultures in my group. I have also realized why for example the NBA and NFL are making such a huge push to go global and try to expand the league. They realize there is lots of money to be made and I believe it. Also I have notice how much more liberal and open the teachers and everyone else is here. For example some of my teachers will curse in class, make sexual references, pick on kids and it's a normal thing to do. Also in one of my classes a group gave a presentation and used a YouTube clip that over 50% of the words were the f-word and it was ok. Back at home we all know none of this would be acceptable. Also while I have been here in Australia I decided to get my RSA (Responsible Serving of Alcohol). I attended a six hour class where I passed a test that allowed me to get my RSA certification. After I received my RSA I applied for the school bar team. I got the job and join the other two Australian bartenders. I work for free but I work for volunteer hours which will go on my transcript when I leave and I already have over 50 hours. I also enjoy working the bar, it's an easy way for me to be able to meet everyone and to be able to take a break from my studies.



Adam Wolfe and Oliver Thwaite enjoy some white water rafting while studying in Australia.

Board of Trustees Reception and Meeting

Reported by Annette Boose

On October 29th faculty who had sabbaticals in the past academic year presented their findings to the Board of Trustees who were in town for the annual Fall Meeting. A reception was held in the Roush Hall gallery. On October 30th our department presented an educational overview of our philosophies and accomplishments to the Board. On hand for the HSS presentation were Department Chair **Dr. Joan Rocks** who did a wonderful job of showcasing our department, our students and our faculty. She was joined by **Annette Boose, Dr. Kim Fischer, Dr. Teri Walter and soon to be Dr. Shelley Payne**. Also HPF majors **Kailee Miller and John LaCorte**; Sport Management majors: **Kevin Witt, Mark Cramer, and Becca DeVore**; Allied Health majors **Penni Mitman and Olivia Pierce** and Athletic Training majors **Kelli Barto, Brad Muse and Addy Passaro**. We are really proud of our students who got up on a cold Saturday morning to attend an 8:30 am meeting and would like to extend a special thank you to them for supporting our department!



Dr. Greg Sullivan discusses his sabbatical with Otterbein President Kathy Krendl. Dr. Sullivan spent fall quarter 2009 at Upper Arlington High school where he served as Interim Athletic Director. Photo by Holly Ritter

