



HSS Alumni News

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OTTERBEIN UNIVERSITY



At Home At Otterbein

Andrea Johnson, Athletic Training '10

Eight days after graduating with the last class of Otterbein College, I began graduate classes at Ohio University studying physical therapy. The forty-four students of my program entered the lab where our class was to be held and quietly found seats at the treatment tables which lined the room. As class began, the professor smirked "Welcome to your first PT class. Go ahead and grab a hospital gown and strip down to your skivvies." We all continued to sit quietly at our seats, so she elaborated "I'm not kidding," and motioned with her hand toward the gowns. After donning our gowns and parading through the building to a classroom with actual tables and chairs, we began our first lecture. We sat and took notes for two hours on levers and arthrokinematic joint motion wearing nothing but hospital gowns, our skivvies, and our sneakers. What had I gotten myself into??

The answer to that question begins four and a half years ago when I was a senior at Big Walnut High School in Sunbury, Ohio. Growing up near Westerville, I repeatedly told my parents that I would not end up at Otterbein College because of its proximity to their house. Entering the spring of my senior year, I had been accepted to a school in Kentucky and was all set to move 5 hours away to start my education as an athletic training student. It wasn't until I attended their orientation that I realized the large school in Kentucky just didn't feel like home. I quickly canceled everything there and sent in the necessary forms to Otterbein. I was familiar with Otterbein's campus, but didn't even have a chance to tour the athletic training facilities or meet the staff before school started!

I was a little worried about the decision I had made during New Student Weekend in 2006 when the first Otterbein football game I saw ended with a brutal score of 14-71. Two years later however, I watched the football team go almost completely undefeated and advance to the playoffs. In addition to watching the football team's success, I was able to travel with the women's soccer team to the NCAA Division III Sweet Sixteen games in Albany, New York during the 2008 season, and I worked with the inaugural Otterbein men's lacrosse team this past spring. Looking back now, I recognize that many endeavors my peers and I pursued at Otterbein started out challenging, but eventually led to great success.

After all is said and done, I can honestly say I wouldn't trade my Otterbein experiences for anything. I can't talk about my time at Otterbein without acknowledging the family-like relationships that formed in the health and sport sciences department. People always talk about the relationships formed with their classmates and professors, which definitely existed within the athletic training department, but the thing that really struck me was the relationships I formed with faculty, staff, and students who I saw simply in passing each day on my way to class or Joan's office.

Con't on page 2

Inside this issue:

At Home at Otterbein	1
At Home at Otterbein (con't)	2
Faculty Updates	2
Alumni Panel Discussion	3
Departmental Awards 2009-10	3
News from Athletic Training	4
OtterFit	5
"Separating Yourself" in Sport Management	5
Congratulations	5
Otterbein College Returns to Its Roots as a University	6
HSS on Facebook	6
Homecoming	6
HSS Annual Recognition	7
Allied Health Perspective	8
Avalon Elementary Kid Fit	8
Message from the Chair	9
Major Recognized	9

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Andrea Johnson, Athletic Training '10 con't

From Annette making sure we turned in athletic training hours on time and driving us to the airport for conferences, to Patti showing me where the fax machine was and how to use it when I needed to fax my CPR card to apply for my Athletic Training Certification, the little things are what I appreciated most. I don't know if other departments on campus have those types of relationships, but I know friends at other schools never had the constant support and consideration of faculty like I experienced. Not only do our faculty and staff encourage us on a daily basis, our alumni are also unparalleled in their dedication to helping the current students become the best they can be. During my freshman year, I had the pleasure of listening to Courtney (Dolphin) Siegel share her experiences as the first Ohio Athletic Trainers' Association (OATA) Student Senator. After hearing her speak at Otterbein, I mustered enough courage to tag along with some of the upper classmen to the OATA Student Symposium where my networking skills received a jumpstart from alumni Nichole Cochran and JR Bonham. Eventually, I followed in Courtney's footsteps and became the OATA student senator from 2008-2010 which allowed me to travel and network with ATCs throughout the state of Ohio as well as Detroit, Michigan; San Antonio, Texas and Ft. Wayne, Indiana. I was also given the opportunity to network and learn from athletic training students across the nation, as well as lobby for our profession with representatives from Pat Tiberi's office, at the foundational iLead conference in Washington, DC in 2009.

I am sure my admiration and appreciation will only continue to grow as my time outside of Otterbein accumulates. For now, however, I can only express a huge thank you to the entire Health and Sport Sciences Department of Otterbein College including all of the faculty and staff as well as my fellow students and alumni. With that, I am off to study some forearm, wrist, and hand muscles...wish me luck!

Faculty Updates



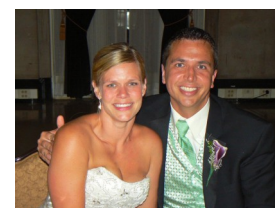
Shelley Payne (pictured left) has been hired as a Visiting Professor for the Department of Health and Sport Sciences. Her office is in Rike 228. She will be overseeing the Allied Health major.



Adjunct Professor **Brenda Buffington** (pictured right) is now wearing two hat's having recently accepted the position as Women's Cross Country Coach.

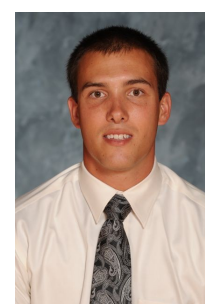
Congratulations to **Brenda Klein Young** and husband Nathan on the birth of their son Jackson in May 2010. Brenda has since resigned to take a part time position which enables her to spend more time with Jackson.

Congratulations to **Courtney Phillips McEwan** (pictured right) and her new husband Jack who were married on July 25, 2010.



Dr. Melissa Thomas (pictured left) has joined our department this upcoming year as an Adjunct Professor in Health

Welcome to **Justin Tatman '07**, (pictured right) who has accepted the position of Assistant Athletic Trainer filling the vacancy left by Brenda Young.



Alumni Panel Discussion 2010

By Annette Boose



Our annual alumni panel discussion was held at Jimmy V's in uptown Westerville on May 25th. Special thanks to alumni **JR Bonham, Courtney Dolphin Siegel, Christian Yount, Ryan Eldridge, Tiffany Orcena, Rachel Massey, Sara Warner and Grant Jamison** for representing our 6 majors. A good time was had by all and current students got a valuable networking opportunity and lot of good advise on becoming a professional. All alumni are invited to participate in this annual event. Drop me a note and I will be sure you get notified of the date in 2011.



Departmental Awards 2009-10:

Outstanding Senior Physical Education Award-Jocelyn Hennon

Elmer W. "Bud" Yoest Endowed Award-Jordan Rausch

Harold C. Martin Endowed Award-Olivia Roberts, Nathan Edick, Rob Axline, Kailee Miller, Penni Mitman

Marilyn E. Day Endowed Award-Jocelyn Hennon, Laura Greene, Kelly Barto, Adam Wolfe, Jenny Knox

News from Athletic Training

Compiled from articles written by Athletic Training Major Olivia Roberts



Fall quarter 2009 was full of many professional and service projects including *Live Like a Champion* where several athletic training students provided testimonies of their success for 8th grade students at Genoa Middle School. Students also volunteered at the Columbus City Marathon in support of team physician Dr. Darrin Bright. Several students attended this year's first GCATS meeting where they learned about diagnosing, treating, and return to play decisions for concussions and post concussion syndrome. Another exciting act the athletic training students worked on was letter writing to the state of Ohio House Representatives to help pass the bill H.R. 1137 "ATEAM". This important legislation, if passed, would open many doors for the profession, which would provide certified athletic trainers more rights in the clinic setting by allowing them to bill for their services. The annual *Quiz Bowl* was held at the last OCATS meeting in October to determine the representatives for the OATA *Quiz Bowl* to be held in winter. Also to begin the year OCATS had a great turn out at their annual Hog Roast where students and staff showed up to eat, socialize, and participate in the ever so popular and competitive corn hole tournament

During winter quarter 2010 Otterbein's Quiz Bowl team placed 2nd in their round at the OATA Annual Quiz Bowl and Andrea Johnson spoke at the Quiz Bowl on behalf of the GLATA Student Senate. OCATS was extremely involved with their community service and participated in WARM: Wendy's Chili Open at the Zoo in February (despite the miniature blizzard) to help support funding for several charities for children within the community. Students also collected toiletry products and other items to support an organization called *Starfish Nadia*. This organization was designed by Jill Ponzi, an athletic trainer who met a girl named Nadia at an orphanage in Europe, and Jill began this project to promote awareness and help support Nadia's orphanage. The group also donated time by cleaning at the Ronald McDonald. OCATS started their mentorship program for the year where upper class students mentor the freshman on not only how to succeed as athletic training students, but also to help introduce them to the world of Otterbein Athletic Training. They kicked off the program with their 2nd annual game night/pizza party event this month. Lastly, students hosted the annual Goodwin Cup against the athletic training students of Capital University.

Spring quarter 2010 was extremely busy for the athletic training major. The quarter started with students participating in the ever popular *Goodwin Cup* between the athletic training programs of Capital University and Otterbein College. Despite a large amount of ambition, dedication, and motivation, the OCATS team fell to Capital. To combat the defeat, shortly after three senior students were notified of passing their Board of Certification exam for athletic training. Congrats Andrea Johnson, Tyler Congrove, and Corey DeBarbrie! Students also made a terrific showing at the annual OATA *Student Symposium* on May 7th and 8th where they not only represented Otterbein's athletic training education program, but also were able to listen to several presentations about new issues within the profession. Lastly, to wind up the year, several students volunteered at multiple high schools in the area to aid in pre-participation evaluations where their help was greatly appreciated.



OtterFit

Our very own **OtterFit** program was featured on the Otterbein College website during the month of February 2010. To view the article click on this link or paste it into your browser. <http://www.otterbein.edu/profiles/otterfit/>



"Separating Yourself" in Sport Management

By Dr. Greg Sullivan



It is a year for firsts and lasts at Otterbein. The Sport Management major is ready to start its first academic year as Otterbein University and our last year on the quarter system. We realize these are anxious times for everyone but we are confident that we are fully prepared to ease the transition from quarters to semesters for students (and faculty)! We are very excited that we have coaxed former department chair, Dr. Cynthia Jackson to join us again as an adjunct and she will be teaching Sport Law this quarter. We are also very excited to report that we have Sport Management students studying beyond Westerville, Ohio this year with Oliver Thwaite and Adam Wolfe spending the fall quarter in Sydney, Australia. During the winter quarter Oliver will intern through the Philadelphia Center in Philadelphia, Pennsylvania.

Last year was particularly interesting for me as I had the opportunity to serve as the Interim Director of Athletics at Upper Arlington High School. Upper Arlington offers 32 varsity sports and numbers over 1200 athletes. Working at Upper Arlington gave me the opportunity to serve my community and to practice what I preach! It also gave me the opportunity to work with a number of Otterbein students out in the field as they worked with coaches and managed events for the UA athletic department.

As we start the new academic year we will be emphasizing to our Sport Management students the importance of "separating yourselves" from the other Sport Management students with whom you will be competing for jobs in the coming years. As I am sure you heard at Otterbein, the time to separate yourself starts now! This is done through networking, volunteering, internships, traveling abroad, and excelling in the classroom. If you can be of any assistance with any networking, volunteering or internship opportunities please let us know.

Congratulations...

...to the **Otterbein College Health and Physical Education Club** for being recognized for their Outstanding Contributions to Community Service at the Cardinal Leadership Awards on May 19th. (Pictured is club President Kate Weale with the award). Congratulations also go to HLED/PHED major **Jocelyn Hennon** for being inducted into Kappa Delta Pi Chi Eta. She is our first major to be accepted in this national honorary.



Otterbein College Returns to Its Roots as a University

Source: <http://www.otterbein.edu/university/announcement.asp>



OTTERBEIN
UNIVERSITY

The Otterbein College Board of Trustees unanimously voted at its February 6 meeting to change the name of Otterbein College to Otterbein University effective fall 2010. The name reflects the

increasing array of graduate and undergraduate programs offered at Otterbein and its future direction for growth through its strategic planning initiatives.

"The alignment plan was first discussed in our strategic planning process in 2007," said Chairman of the Board Tom C. Morrison. "We realized that by all classifications, we were a university by offering undergraduate, liberal arts, professional studies and graduate programs, including a pending doctoral program. Over the past few years, we've gathered input and feedback on making the transition and embracing our future growth."

Otterbein, founded in 1847 as Otterbein University of Ohio by the United Brethren Church, transitioned from university to college in 1917 as its leaders wanted "to call the school by its right name." At the time its programs were focused exclusively on undergraduate liberal arts. The cornerstone of Otterbein University still remains embedded in the front of Towers Hall built in 1872 on Grove Street.

"Otterbein has the diversity of academic programs that define a university and has made enhancements to the academic structure by adding three schools, including the Graduate School," said President Kathy A. Krendl. "The alignment of our name and our mission communicates to national and international audiences that we are a comprehensive institution. Our integrative studies curriculum, award-winning community service opportunities, and study abroad programs are identifiers that distinguish Otterbein."....



HSS on Facebook!

Students and Alumni from the *Department of Health and Sport Sciences* now have their very own Facebook page. Please join us to stay connected-learn about department news, job opportunities and to keep in touch with each other and faculty. What a great social and networking opportunity this will be and we need you to make it happen.

Check us out at:

<http://www.facebook.com/s.php>

q=Otterbein+College+Department+of+Health+and+Sport+Sciences&init=quick#/pages/Otterbein-College-Department-of-Health-and-Sport-Sciences/130303172558?ref=search Just cut and paste the above link into your web browser or if the link doesn't work type *Otterbein College Department of Health and Sport Sciences* into the Facebook search box in the top right hand corner of the FB home page.

***Note-At some point in the future the we will be transitioning to a new page reflecting the University name change.**



Homecoming

Mark your calendars for ***Forever Tan & Cardinal*** Homecoming Weekend 2010, October 23-24. You won't want to miss it. For details please visit: <http://www.otterbein.edu/alumni/>



Annual HSS Recognition

One hundred and one students from the HSS Department were recognized for their contributions to the department in the areas listed below at our 6th annual recognition night held on February 10, 2010 during half time of the Men's Basketball game. On hand to congratulate our students this year were the HSS faculty and staff along with Dean Fayne and President Krendl. Congratulations to those recognized for a job well done!



ATHT

- Live Like A Champion
- National Athletic Trainers Association Quiz Bowl
- Columbus Marathon volunteer

PHED/HLED

- SuperGames Volunteer
- Attending Physical Best- Best Practices
- Attending OAHPERD
- Presenting at OAHPERD
- Attending AAHPERD Student Leadership Conference
- OAHPERD Memorial Scholarship Winner
- NASPE Physical Education Major of the Year
- For passing PRAXIS II PE/HE
- Assisting at the Physical Best Workshop for Cincinnati teachers



President Krendl and Dean Fayne join the Department of HSS for recognition night in the Rike Center.

SMGT

- Attending and presenting at Scholarly Conference on College Sport in Chapel Hill, North Carolina
- For participating in Sport Management Service Learning Projects

HPF

- Conducting Programs and Personal Training for the OtterFit Program
- Presenting a Nutrition Program to Alumni & Staff Council
- HSS Newsletter staff

ALL

- GPA 3.7 & Above

Allied Health Perspective

By Allied Health Major Penni Mitman



As the 2010 school year came to an end the Allied Health program has seen great progress. This year we had one student graduate in December, and two students graduate in the spring with Allied Health degrees. Each year the program grows and is becoming more and more popular. To date within the Allied Health program there are students looking at pursuing jobs in Physical Therapy, Occupational Therapy, Physician Assistant, and Speech Pathology, along with a few others. The classes designed in the major allow for a wide variety of interests and goals. As the University begins to change to semesters these classes will be combined and looked at closely to fit the needs of the Allied Health students in their future goals.

As an Allied Health major myself I have been able to benefit from the unique classes in this program. This past fall I completed a mini internship in the HLED 290 class. This class is a field practicum class that allows students to observe at two different locations. The goal of the observation is to see what avenue within the allied health field students want to pursue. Being interested in Physical Therapy, I observed at an outpatient facility and a nursing home. Both of these locations allowed me to experience the amazing feeling of helping others and achieve their goals in life. Along with helping others I spent time with practicing Physical Therapist and learned about their struggles and enjoyments within the job. This internship taught me a lot about enjoying your work and how wonderful it is to see satisfaction in others. Not only myself but many of my colleagues have had wonderful experiences in their field practicum. In addition this class allows us to communicate with Shelley Payne, the head of the Allied Health major, and get information on possible graduate schools.

My experience in this program has been overwhelmingly positive. In addition to class work and observation, this spring we will have the opportunity to help the community with a community service project. This is just one more added bonus to the program. As the years go by the Allied Health program will continue to grow and become an intriguing aspect to Otterbein University!



Avalon Elementary Kid Fit Night

By Patti Willson, MS

Students in Ms. Wilson's PHED 380, PHED 330 and PHED 480 and HLED 250 classes were involved in a Service-Learning Project funded by a Grant from United HealthCare. Students worked with 4th and 5th graders to plan and implement a school wide *Health and Activity Night*. It was attended by over 100 Avalon students and family members. A few of the activities included. Alphabet Activities – Use your knowledge of letters to complete fun fitness challenges. Balloon and Bean Bag Activities – Use balloons and bean bags to work out math problems, improve your multiplication skills, and have fun! Dance, Dance, Dance – Come and show your dance moves and learn how to move to the rhythm of some popular song. Over 25 Avalon students and 50 Health and Physical Education and Early Childhood majors participated in planning the event. The department hopes to make this an annual event.



Lizzy Flynn and Kirsti King



Cory Ratai and Mike Angle

Message from the Chair

By Dr. Joan Rocks



Hello everyone! I sincerely hope this finds you, all those around you and close to you doing well. As we look forward to the beginning of a new year I would like to stop and reflect for a moment on this past year. As you can see from how large the “Alumni News” has become – your department has amassed many accomplishments! Each year I am continually amazed at all our students are doing to not only help themselves but also elevate our department to a much higher level. One of many highlights this past year was the Health and Physical Education Club receiving the *Cardinal Leadership Award for Community Service involvement*. In addition, I am very happy to report that **every** major is actively involved in many community service activities, thus giving back to Westerville and Columbus in very special and meaningful ways. For all that our current and former students continue to achieve I would like to sincerely thank you for each and every effort. I am not only proud to be a member of this department - I am honored!

There is no doubt we are heading into a year of exciting change. As all the signage across campus is converted to “University” we continue to prepare for semester conversion, which is one short year away. We are also in the initial planning stages of developing a Masters Degree in Allied Health. Our hope is to have that in place in 2-3 years. Coupled with all that, our current six majors continue to add options for students to receive valuable credentials to their resumes, thus making them very marketable upon graduation! Our other exciting program – “OtterFit” directed by Dr. Kim Fischer and her Health Promotion and Fitness Majors also continues to expand in positive ways. OtterFit not only offers faculty and staff the opportunity for a complete fitness assessment, it takes this information and develops an individual specific fitness program for each participant. Overall more than 100 faculty and staff have taken advantage of this wonderful opportunity to become fit!

As we gear up to begin our final year on quarters, we are eager to welcome close to a hundred new students to our department, making us the third largest department on campus. We are all anxious to begin another year that holds much promise from its current students as well as all our new students. I can honestly say that the leadership of the University has us all going in the right direction and all are making significant differences across campus to enhance Otterbein on all fronts! As always, if you are in the neighborhood please stop by. And remember to check us out on Facebook!

HPF Major Recognized by National Strength and Conditioning Association

The National Strength and Conditioning Association has officially recognized Otterbein University’s Department of Health and Sport Sciences, Health Promotion and Fitness major (HPF) for the strength and conditioning component of the major. The strength and conditioning option enables students to secure a vital and marketable certification. With this recognition the HPF major will now be recognized nationally as a leader in preparing students for this professional credential. Congratulations to Dr. Kim Fischer for her efforts in obtaining this important designation for the department.





Otterbein University

Department of Health and Sport Sciences

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