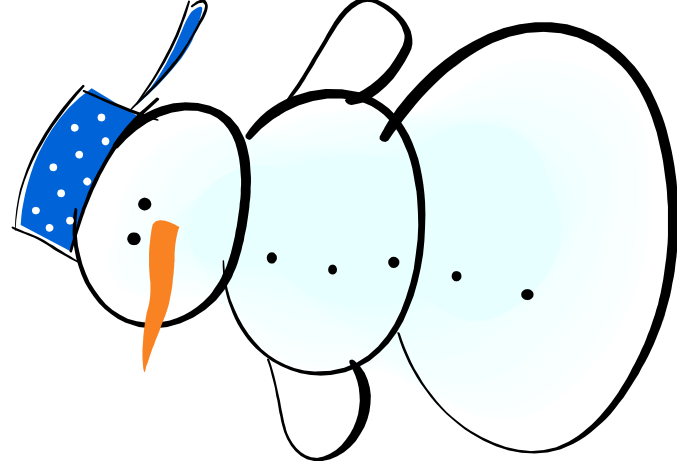


Health and Sport Sciences

Departmental

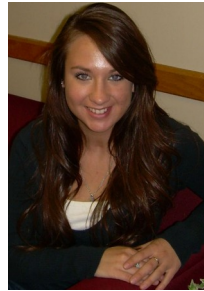
Developments

Winter 2010



# Health Promotion & Fitness

Reported by Laura Greene



## Winter Wellness

You've made it! Half of this school year has already come and gone, and hopefully you are not feeling overwhelmed by all you still want to accomplish the rest of this year. One of the great things about being a Health Promotion and Fitness major is that there are always opportunities to volunteer and get experience within your field of interest. Take advantage of job shadowing, internships, and make the most of your independent job experiences; these opportunities are ones that give you what you put into them, so draw on your skills and put forth your best effort to develop your professional skills and capitalize on the networking for your future. These years are meant to shape you into the best HPF professional and prepare you for the real world, so make the most of it!

To make sure you are on your A-game for the rest of the quarter, it is essential that you stay healthy and help others do the same. Here are some practical tips that will allow you to put your best foot forward by having the best diet to help you along the way:

**Snack Smart:** Small snacks are great additions to your diet that help rev up your metabolism and keep you going all day long. While chips and cookies are convenient, you need to make sure you are getting the proper nutrients to support a healthy body: this means making smart snack choices of foods that are high in nutrient density and lower in caloric content. Grab an apple, granola bar, or some almonds on your way to class....equally convenient with way more power!

**Make your Meals count!** Each meal and throughout the day, you need to make sure you are getting all of nutrients your body needs to support healthy bodily function and immune system. This means getting a VARIETY of food from all the groups, which will give you all the nutrients you need to be your best! Make sure the foods you choose are low in calories with plenty of vitamins and minerals; broccoli, berries, and other fruits and veggies are great winter foods packed with antioxidants to prevent illness and keep you going!

**Get your vitamin D!** With less sunshine out, you have less opportunity to get vitamin D, and that means your mood and immunity are more likely to go down. Get foods rich in Vitamin D such as Fish or Oranges, or take a supplement to avoid the winter blues.

**Guard your gut.** Probiotics, like those found in yogurt, milk, and soy products, strengthen your immune system, and also help decrease the frequency of upper respiratory infection. Digestive track health reflects a healthy body so get plenty of probiotics and fiber to promote a comfortable, healthy gut!

## Allied Health

**Reported by Sarah Warner**

The winter blues are setting in after the holidays and the beginning of the New Year. We all feel sluggish and worn out by the snow and cold. To rid of winter symptoms why not visit the gym and find what type of activities you can become involved.



The Clements Center and Rike offer free weights and machines to help tone and aid with a great cardiovascular workout. Intramurals are on a great start including basketball, Pilates and full body workouts. Pilates and full body workouts take place in the Rike dance room on Monday and Wednesday from 5:15-6:00 and Tuesday and Thursday 5:15-6:00 accordingly. These activities are great opportunities to return to the gym or even to begin an active new year. If the Clements Center and Rike are old news and need a change of scenery, try the Westerville Recreation Center for year-round passes and other classes being offered.

Get out of the house or dorm and prepare yourself for the spring and more outdoor activities to come. Working-out will help relieve stress and get the restlessness out of those legs. You will be ready for a nice run in the sun before you know it!



**Snowman Family  
By Caitlin Renner**

# Athletic Training

Reported by Olivia Roberts



Winter is here and the athletic training students hit the ground running this quarter! First I would like to congratulate Otterbein's Quiz Bowl team for placing 2<sup>nd</sup> in their round at the OATA Annual Quiz Bowl and Andrea Johnson for speaking at the Quiz Bowl on behalf of the GLATA Student Senate. This quarter OCATS is extremely involved with their community service. They participated in WARM: Wendy's Chili Open at the Zoo on February 6<sup>th</sup> 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, and athletic trainer who met a girl named Nadia at an orphanage in Europe, and she began this project to promote awareness and help support Nadia's orphanage. The group also plans to donate time by cleaning at the Ronald McDonald.

OCATS also is starting 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 plan to kick off the program with their 2<sup>nd</sup> annual game night/pizza party event this month.

Lastly, students are excited to host the annual Goodwin Cup against the athletic training students of Capital University. Currently committees are forming to organize the event so that we are fully prepared to bring home the trophy once again! As the quarter starts to come to an end I'd like to tell all the students in the Health and Sports Science Department good luck with finals and keep up the hard work!



## **OATA Annual Quiz Bowl:**

Advisor: Courtney Phillips,  
Olivia Roberts, Kate Weale,  
Michael Townsend, Andrea  
Johnson and Jacqui Williams

## Nutrition Counseling Sessions

By Becca Brunner

We are halfway through Winter Quarter 2010 here at Otterbein College and halfway through this quarter's OtterFit program. I, Becca am providing those who would like it half hour nutrition counseling sessions. I meet with people and discuss proper nutrition and dieting according to the food guide pyramid and work with portion sizing. I will come to your office or we can meet anywhere on campus with a computer! Amy (Szabo) has been implementing a Pilate's class at night which is free, no signup or registration needed. There is also a exercise band class twice a week that is taught by Kristin (Williams).

We now have over fifty faculty and staff members receiving FREE personal training sessions from our Otterbein Health and Sports Sciences students. These people meet twice a week with their student trainer for an hour session where they do workouts and talk about their goals for the week! This is an awesome program that will with student and faculty help will keep on growing and being a success!!



HPF Major **Becca Brunner** gives Staff Council some "Tips for a Healthy Lifestyle" at their February luncheon.

---

**Look for HSS on Facebook!**  
**Click on the following link to become a Fan!**  
<http://www.facebook.com/pages/edit/?id=130303172558#!/pages/Otterbein-College-Department-of-Health-and-Sport-Sciences/130303172558>



## HSS Annual Recognition Night



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!

### ATHLETICS

- 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

### 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



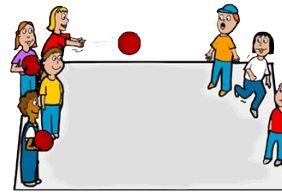


# Health & Physical Education

Reported by Kate Weale



Hello from the Health and Physical Education group! This quarter our HPE club put on a Dodge Ball



tournament to raise funds for the American Heart Association. The event took place on Friday February 5, 2010. A big thanks goes

out to **Beth Ackerman, Laura Gangluff, Matt Wilson, Michael Spatafore, and Lamar Hutchinson!** These students stepped up and helped organize and run this exciting event! There were 5 teams that braved the snow and we were able to raise over \$200.00! Great job students! Also a thank you goes out to Dr. Kiger for braving the (snow) storm and helping the students make this event possible! There will be a Speaker Presentation February 22 from 7:00-8:00 PM in Towers 112. The speaker is Dr. Mike Thomson, and he will be presenting his national speech about "Saving your Sanity in the Classroom." This is an awesome Professional Development opportunity, along with a good learning experience. Hope to see you there! Please check your emails for more information about our next HPE meeting, everyone is invited!



## Sport Management

Reported by Oliver Thwaite



The snow is here and everyone is hard at work awaiting the arrival of spring break. There is activity throughout the Sport Management Department once again. First off, I would like to welcome back Dr. Gregory S. Sullivan who went on sabbatical last fall quarter as he took the position of the Interim Athletic Director at Upper Arlington High School. This coming spring quarter Dr. Teri Walter will also be leaving on sabbatical.

Dr. Walter and three students, Derek Smith, Clayton Clever, and Fredrik Bergstram, from her Special Event Planning class have taken on the responsibility of organizing winter intramurals here on campus. From a participants point of view everything has been run in a very smooth and professional manner. At the very least, Dr. Walter and these three students deserve a thank you for helping to save winter intramurals at Otterbein.

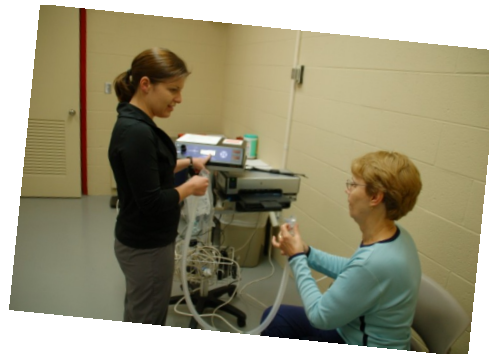
Another sport management class that is getting involved is Dr. Gregory S. Sullivan's Organization and Management course. Every student in this class will be attending the 2010 OPRA Student Conference. The basis of this conference is to help students grow personally and professionally. Attendees will receive tips to creating a stellar résumé, the interviewing process, and job searching skills. They will also learn about available internships, graduate school programs, issues facing Parks and Recreation as well as the highly sought after Certified Park and Recreation Professional Certification.



As always the Otterbein Sport Management Club is looking for fresh ideas to be brought to the table and new members to recruit. This past quarter the Otterbein Sport Management Club went through the process of becoming an official college-wide recognized club. Our goal is to create positive social, service, and professional projects throughout the year. Anyone interested in joining the club or sharing ideas is greatly encouraged to do so. Should any questions arise about the club do not hesitate to contact myself, Otterbein Sport Management Club President, at [Oliver.Thwaite@Otterbein.edu](mailto:Oliver.Thwaite@Otterbein.edu).



## Scenes from OtterFit



**HPF Student Personal Trainers , their clients and Dr. Fischer and Adjunct Professor Brenda Buffington.**

### What You Need to Know: The Basics of Weight Lifting.



#### The Basics

When beginning a weight lifting program, you'll need to know some basic strength training principles. These principles will teach you how to make sure you're using enough weight, determine your sets and repetitions and insure you're always progressing in your workouts.

1. **Overload:** To build muscle, you need to use more resistance than your muscles are used to. This is important because the more you do, the more your body is capable of doing. You should increase your workload in order to continue improving. In plain language, this means you should be lifting **enough weight that you can ONLY complete the desired number of repetitions**. You should be able to finish your last repetition with difficulty but also with good form.
2. **Progression.** You need to increase your intensity regularly. You can do this by increasing the amount of weight lifted, changing your sets/repetitions or the exercises and/or the type of resistance. You can make these changes on a weekly or monthly basis.

1. **Specificity.** This principle means you should train for your goal. If you want to increase your strength, your program should be designed around that goal (e.g., train with heavier weights closer to your 1 RM (1 repetition maximum)). To lose weight, choose a variety of repetition ranges to target different muscle fibers.
2. **Rest and Recovery.** Rest days are just as important as workout days. It is during these rest periods that your muscles grow and change. Make certain you're not working the same muscle groups 2 days in a row.

You always want to keep a few key points in mind:

1. **Always warm up** before you start lifting weights. This helps get your muscles warm and prevent injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.
2. **Lift and lower your weights slowly.** Don't use momentum to lift the weight. If you have to swing to get the weight up, chances are you're using too much weight.
3. **Breathe.** Don't hold your breath and make sure you're using full **range of motion** throughout the movement.
4. **Stand up straight.** Pay attention to your posture and engage your abdominal muscles in every movement you're doing to keep your balance and protect your spine.

### On the Web:

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