



HSS Alumni News

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Moving Forward and Remembering Where I've Been...

By Mike Ruffing '09



My four years at Otterbein truly cannot be summed up in a few short paragraphs. In fact, my time in the Health and Sport Sciences Department was only three years. After my freshman year I decided to pursue an undergraduate degree in Sport Management instead of Broadcasting. Needless to say, this was my best decision at Otterbein. After multiple meetings and discussions with Dr. Walter and Dr. Sullivan, I was ready to take on the degree. Within the first two years I was introduced to Sport Law, Sociology and Psychology of Sport, Sport Marketing, Sport Finance, and Organizational Principles of Sport Management. By the time I completed these courses, I was able to couple my classroom experience with a few internships in the golf business.

I began with the Northern Ohio PGA as their junior golf assistant tournament director. The following summer I was hired as an intern with the PGA of America, also in their junior golf department. This internship took me all over the country running junior golf events including Maui, Hawaii, Albuquerque, New Mexico, and Boston, Massachusetts. These experiences took me places I could never imagined being and taught me lessons about the sport industry that the classroom cannot. After these internships, I solidified my desire to work in golf event management.

I never would have been able to be successful without the enduring support, guidance, and encouragement of Dr. Walter and Dr. Sullivan. These two professors certainly understand the importance of balancing both the classroom experience as well as the real world internship experience. During my final quarter, Dr. Sullivan, myself, and another Sport Management student completed a research project regarding coaching assessment. We then traveled to Chapel Hill, North Carolina to present our research at the 2009 Scholarly Conference on College Sport. This experience is a prime example of how far HSS professors are willing to go for their students. I encourage anyone to take the step and get involved in any conferences or workshops whenever possible.

My four years at Otterbein provided me more than I could ever imagine. Not only did I learn a lot about the sport industry, I also learned a lot about myself and other people. Dr. Sullivan's discussions regarding leadership, perspective, team building, and ethics will be with me the rest of my life. My next pursuit is a master's degree of Sport Management at Slippery Rock University in Slippery Rock, Pennsylvania. Thanks to my undergraduate experience, I have developed a passion for the sport industry and have gained valuable knowledge of my career path. Although the time flew, I know I would not be where I am today without the help and encouragement from all of the Health and Sport Sciences staff.



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Heath Promotion and Fitness Program Gets Human Performance Lab

By Dr. Kim Fischer

The Department of Health and Sport Sciences has recently purchased sophisticated fitness assessment equipment from Korr Medical Technology, as well as a treadmill and cycle, in order to create a new Human Performance lab which will allow several of our majors to get practical experience doing fitness assessments for a variety of faculty clients. Funding for this equipment was made possible by the Dean's Office special equipment funds.

This laboratory, located in Rike 137, near the weight room, will be utilized by students in several departmental courses including Kinesiology, Exercise Physiology, and Fitness Leadership. The longer-term goal is to develop a faculty and staff fitness program that will also use this fitness assessment equipment.

The interested person can take a VO2 max test that is designed to determine a person's cardiovascular fitness. With this equipment, a person's resting metabolic rate, a measure that can be used in discussion of weight management, can also be assessed.

In the past, a step test has been used to estimate cardiovascular fitness of clients. There has never been an opportunity to test for resting metabolic rate. In addition to these two measures, clients will continue to be measured for blood pressure, resting heart rate, height, weight, girths, flexibility, and muscle fitness. From a fitness assessment, a person can be guided through a safe fitness program that is commensurate with his/her initial fitness level.

Students graduating with majors in Health Promotion and Fitness, Athletic Training, and Health and Physical Education will all benefit from using this state-of-the-art assessment equipment. Student numbers have been increasing in these majors and, in order to ensure preparedness upon the completion of the major especially as this relates to graduate school admittance and securing of top-notch internship placements, students need to know how to determine and interpret VO2 max and RMR results.

(Editors Note: If you are in the area and would like to see the new lab please contact Dr. Fischer).

Students Host Family Fun Night, Dedication at Local Elementary School

Sport Management majors played basketball and other games with students at a Westerville elementary school as a part of a family fun night and *Peaceful Playground* dedication made possible by a grant secured by the school. Dr. Walter's SMGT 392 Special Event Planning classes worked with school officials to provide the staffing for the games at the dedication ceremony.



Dr. Kathy Krendl Named 20th President of Otterbein College

Reprinted from @Otterbein

Otterbein College is proud to announce that Dr. Kathy A. Krendl, Executive Vice President and Provost of Ohio University, has agreed to become the College's 20th president. Dr. Krendl will be the first woman to lead Otterbein, a school with a rich history of inclusiveness. Otterbein was one of the first schools to admit women on an equal basis with men, and has admitted women to its full-time academic programs since its founding in 1847. Dr. Krendl will succeed President C. Brent DeVore, who retired at the end of the 2008-09 academic year following 25 years as Otterbein's president. She assumed her role on July 1, 2009.



Dr. Krendl received a BA in English from Lawrence University (Wisconsin), an MA in Journalism from Ohio State University and a PhD in Communication from the University of Michigan. After holding teaching positions at Ohio State, Southern Illinois, and Indiana University, Dr. Krendl joined OU in 1996 as a Professor of Telecommunications and Dean of the University's Scripps College of Communication. In 2004, she was appointed Provost and became responsible for eleven colleges on the OU campus. In 2007, she was promoted to Executive Vice President and Provost.

Congratulations, Dr. Joan Rocks!

Dr. Joan Rocks, HSS department chair and Athletic Training Program director, received the *2009 Master Teacher of the Year Award*, announced at the Academic Honors Convocation, June 3.



Departmental Awards 2008-09:

Kate Weale-Outstanding Senior Physical Education Award

Jocelyn Hennon-Elmer W. "Bud" Yoest Endowed Award

Chelsea Mathias-Harold C. Martin Endowed Award

Andrea Johnson and Laura Greene -Marilyn E. Day Endowed Award

News from Athletic Training

By Athletic Training Major Erin Baumann '09



Last October many of the athletic training students volunteered their day to help the medical staff at the Columbus Marathon. Congratulations were in order to those athletic training students who also ran in the event! The Annual Hog Roast was on October 25th this year as we held our first ever cornhole tournament. Everyone seemed to have a great time surrounded by great people, conversation, games and of course delicious food! At our monthly OCATS meeting at the end of October we had our own program quiz bowl to see which athletic training students will represent Otterbein College in the annual quiz bowl held at The Ohio State University in January.

The OCATS first annual Game Night was held on January 15th. It was a great time spent playing group games, listening to music and eating pizza. Before the activities began, the freshman athletic training students were introduced to an upperclassman who will serve as their mentor for the rest of the academic year. This is a great opportunity for all students involved. It gave incoming freshman an older student in the program to ask questions to or study with, while it supplies the upperclassman with an opportunity to teach the freshman the ins and outs of the Athletic Training Program and college in general. Another great mentorship opportunity our program had this winter was *Live Like a Champion*. We had seven athletic training students visit Genoa Middle School to talk to students about the how to make the transition from middle school to high school easier. This is a great event that our athletic training students are a part of and will hopefully continue to be a part of in the future! The annual quiz bowl was held on January 17th at The Ohio State University. Our starting team was Kate Connelly, Justin Shepherd and Tiffany Faust with Corey DeBarbrie and myself on the bench. While we did not make it to the finals, the Otterbein team did extremely well and all attending staff and students had an informational afternoon filled with guest speakers and athletic training related questions asked during the quiz bowl.

The Otterbein vs. Capital Olympics were held on April 5th! The games were held at Capital this past spring and some of the events included speed-taping, dodgeball, a rehabilitation obstacle course and blindfolded taping! Although these events were tough, the athletic training students decided to hold weekly practices to get us in top performance prior to the big event! The Otterbein Athletic Training Students beat Capital in the Goodwin Cup Olympics on April 5th. We had a great turn-out – over 30 students came to run relays, speed tape, play kickball, dodge ball and cheer on the OC! The athletic training students also volunteered in the Columbus area with the Ohio Rugby Class at the end of April and the Capital City Half Marathon at the beginning of May. In addition to being medical volunteers, speed tapers and professional dodge ballers, the athletic training students also were cooks this spring! To finish out the quarter students cooked food at the Ronald McDonald House of Central Ohio and helped feed over 160 people! In May some students traveled to King's Island to go the Ohio Athletic Trainers' Association (OATA) Annual Symposium. Overall a great year for the Otterbein Athletic Training Students.



Dr. Joan Rocks, along with Athletic training students Andrea Johnson and Jess Buschmann, attended the Athletic Training Educators Conference in Washington, D.C.

Message from the Chair

By Dr. Joan Rocks



I have heard the saying many times that the only constant in life is *change* and that surely is the case here at Otterbein! We have a new President, a new aggressive Strategic Plan and we are continuing to adjust to steady growth in our Department! Collectively this has made for an exciting time to be at OC! As our Department numbers continue to increase so does the challenge to meet the needs of all our students. The initiatives we have instituted Department wise have included increased research opportunities, higher level internship placements and an increased active role in each major's respective area of study. These efforts have resulted in multiple research presentations at several conferences, many student leaders have stepped up to help form and solidify new and existing student clubs, and the faculty, staff and students are engaged to help keep the positive light of our Department shine very brightly! Please take a moment to view our website to remain current on all our activities! Annette Boose has also started a Department Face Book page so become a "fan" of the Department and keep up with all that is happening! I have never been more proud to be a part of an organization than I am right now! Thanks to you all for your continued support and have a wonderful, safe and healthy year!



The Otterbein College Athletic Training Student Club (OCATS) under the director of advisor Courtney Phillips, ATC, MS, volunteered as a part of the medical support team during the Capital City Half Marathon held May 2 in downtown Columbus. Twenty students, our two team physicians and Courtney represented Otterbein.



The Otterbein College Athletic Training Student Club (OCATS) celebrate their victory over Capital at the annual Goodwin Cup Olympics! Look closely and you will see Chuck Goodwin's (he's in the orange shirt) mug on the tee shirts worn by the students.

Alumni Share Experiences with Students

Alumni from our majors came back to campus on April 28 and participated in roundtable discussion groups to provide insight into their respective profession's and answer questions from our majors. Thanks to our alumni for giving back to the department and making this event a success. Alumni included: JR Bonham (ATHT), Mo Ross and Patience Denz (PHED/HLED), Mary Siembda (HLED-Public Health), Andy Berger and Amanda Rammelsberg (HPF).



A Shot of Health

Health Education students, under the direction of Dr. Capwell, coordinated the Annual Health Fair "A Shot of Health" during winter quarter. Students worked together to bring in a variety of health exhibits from local agencies in order to provide an educational experience for the



Join Us 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:

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...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.

Homecoming

Mark your calendars for Homecoming Weekend 2009, October 23-24. You won't want to miss the inauguration of our 20th president, Dr. Kathy Krendl and the varsity football match up against OAC rival, Capital. For details please visit: <http://www.otterbein.edu/alumni/>



Allied Health Perspective

By Allied Health Major Sarah Warner



The 2008 fall quarter brought about many changes for those interested in the medical field. As you may recall from last years alumni newsletter, the Department of Health and Sport Sciences has added "Allied Health" as a major to its many degrees offered. Those from a variety of majors have joined together to share a common love of helping others, learning about the

human body and components. This also gives students the opportunity to work towards a more focused degree relating to future hopes, dreams and anticipations. Led by Shelley Payne, PT, HLED 365 is a beginning class to unite and blend basic ideas related to the medical field. This enables every student to collaborate, learn from one another and have a fresh start no matter the difference in his or her learning career. Another course required for the "Allied Health" major is HLED 290, a field practicum requiring 60 hours of shadowing or volunteer experience at two medical facilities of the student's choice depending on their area of interest. This gives excellent first hand experience and a better understanding of the occupation and duties involved.

From personal experience, I will say the "Allied Health" major has greatly affected and impacted my life. This may seem extreme or over the edge but honestly, I have found a hidden passion, which I'm sure is also true for many others involved in this major. The best way to learn where you seem to have a knack is through observing and experience. Through this observing, many key concepts and techniques from the lecture come into action, a great method for learning for all of you visual learners out there. The field practicum allows for involvement, ideas and even job opportunities and future volunteering hours. Jobs such as ABA instructors (applied behavioral analysis); part-time assistance and those along the lines of home care or child care bombard these areas where fieldwork is done. Get your feet wet and have fun! The "Allied Health" major is off to an awesome start with enthusiastic students bringing a more specified and different aspect of the medical field to the table.

Shelley Payne, PT discusses career planning with Allied Health majors during February meeting.





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