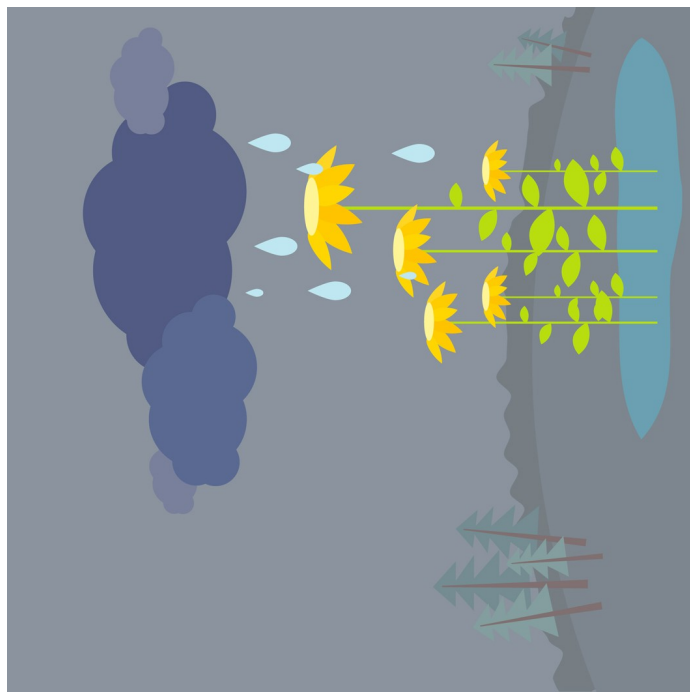


# HSS Departmental Developments Spring 2009



Staff Advisor-Annette Boose

# Health Promotion & Fitness

Reported by Laura Greene



It's hard to believe the 2009 school year is almost complete! As the seniors are working hard to finish up all their requirements and find a job, it's the perfect time for HPF majors to make the most of the summer break! Think outside of making money or just laying around the house (which is not the best option for a HPF major anyway); there are several organizations in the Central Ohio area that are more than willing to have students come shadow and learn

more about what they do. Not only is this a great resume builder, but it will help you decide where to go when it comes to your senior year. At our last Majors Meeting, Professionals Andy Berger, Dr. Kim Fischer, and Amanda Rammelsberg talked with the HPF majors about the opportunities in the field, and the many paths a degree in Health Promotion and Fitness may take you. If there are specific areas you are interested in, take the initiative this summer to seek out job shadows or internships: it may not be for a grade, but the experience is worth it in the end. Public Health Departments, Hospitals, Franchise and Private Gyms, Community Centers, Worksite Fitness Facilities, summer camps, are all great places to start building your professional experience and NETWORKING!

Also coming up at the end of the quarter is the Health and Physical Education Club meeting. On Monday, June 1 @ 2:00pm in the Rike Lounge there will be election of new officers for next year and brainstorming for future activities. You never know who you might meet and what opportunities are out there within the department, so take advantage of the group opportunities!



**Lastly, Have a Fun, Safe,  
Un-Stressful, and ACTIVE  
summer**

## Health Promotion & Fitness (con't)

HPF students James Wells and James Fryer work with Annette Boose and Dr. Kiger as a part of their ...



- ...Exercise
- Programs for Special
- Populations course taught by Brenda Buffington,
- Adjunct Professor.

Why is Tyrone Morgan all smiles? He's got an internship at the Westerville Recreation Center in as a Fitness Assistant.



# Athletic Training

Reported by Erin Baumann



Summer is just around the corner and the Athletic Training Program has not slowed down at all! This spring has been one of our most active quarters yet and with so many accomplishments, the entire program should be celebrating! Another thing to celebrate is that the Otterbein Athletic Training Students beat Capital in the Goodwin Cup Olympics on April 5<sup>th</sup>. We had a great turn-out – over 30 students came to run relays, speed tape, play kickball, dodge ball and cheer on the OC! Great job and a huge thanks to everyone who was involved! 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 will also be cooking this spring! To finish out the quarter we will be having students cook food at the Ronald McDonald House of Central Ohio, where we will be feeding over 160 people!



Shelley Payne physical therapist and licensed Athletic Trainer emphasized knee injury prevention in during a kinesiology class in conjunction with the National Athletic Trainers' Association and American Academy of Orthopaedic Surgeons joint public service education campaign on ACL injuries and girls.



Athletic Trainers  
having fun at the  
Annual  
Goodwin Cup  
competition.



## ATHT continued

This will definitely be a rewarding experience. Another great experience will be May 15<sup>th</sup> and 16<sup>th</sup> as some students will be traveling to King's Island to go the Ohio Athletic Trainers' Association (OATA) Annual Symposium.

I highly recommend this event to all of the athletic training students. It is a fantastic learning and networking opportunity that you do not want to miss! Finally, as this is the last newsletter of the year I would like to say good luck to all of the graduating seniors, you will be missed! Good luck on finals and have a safe and relaxing summer - and as always, GO CARDS!

For all of you out there with the paper chains counting down the days until summer has finally arrived, we are almost there. What's on your plate for the summer? The wishful answer would probably be basking in the sun by the beach with a cold beverage in hand. Sorry to burst some bubbles but this will not be the case for the majority. Summer does not have to be a drab when staying in Ohio (where rumor has it we only have around 72 sunny days per year). On a more positive and realistic note, instead of sleeping your day away get out in the community, work and help others while learning more about your health field of interest and making this a memorable summer.



As the school year comes to an end the campus is buzzing of summer time plans and jobs. This past month the HSS Department held a roundtable informational meeting. The meeting was held in the Campus Center and presented upcoming graduate students who are approaching the work field and graduates who have found their areas of interest and are currently involved in their health professions. The presenters were open to discussion and answered questions students in their health field had about any topic. This meeting was a great opportunity to have any uncertainties answered and overall an informative event. Now what does this have to do with summer you ask? Becoming informed and interested in certain health fields gives more opportunities in the summer and also creates bonds to those in specific fields that can recommend jobs, volunteer and leadership opportunities to take part in.

These opportunities may not sound to be the remedies to make a wet and wild summer but you would be surprised at the opportunities that arise when taking risks and doing something out of character and out of the norm. Take a job where you have interest, volunteer in the community and become a leader for others to look up. These are not only good for resumes but can be fun! Those who have seen "Yes Man" starring Jim Carrey, don't be afraid to put yourself out there this summer and say yes to everything. Or almost everything...



# Health & Physical Education

Reported by Kate Weale



Greeting from the PE corner! Some of the students within our department recently participated in an Alumni Round table event sponsored by the HSS Department. This event was very informative and a great networking opportunity. I would like to thank Patience Denz and Mo Ross for taking time out and coming to talk with us. Patience and Mo are both Health and Physical Educators and are currently teaching at the elementary level. As current students we were able to gain knowledge about a variety of information. Patience and Mo both reflected on their paths to becoming educators, they gave tips for student teaching, taking the Praxis; both talked about creating a curriculum, and gave tips for first year teachers. These two alumni presented a great opportunity to ask questions to people who were once in our position, if you are ever given the opportunity to attend an event such as this I would highly suggest it! As far as the HPE club goes we are about to submit a proposal for the OAHPERD convention in December, if you are interested in helping with the presentation please contact me at [kate.weale@otterbein.edu](mailto:kate.weale@otterbein.edu). . The next Health and Physical education club meeting will take place Monday June 1st at 2:00pm. Please try to attend because we will be voting for next year's office positions Good luck to our graduating seniors and keep in touch to let us know how the job searching goes. :-) Have a fun and safe summer!

The next Health and Physical education club meeting will take place Monday June 1st at 2:00pm. in the Rike Lounge. Please try to attend because we will be voting for next year's office positions



PHED majors Laura Gangluff and Beth Ackerman and ATHT major Amanda Benson assist the HSS department by staffing our display and talking with prospective students during visit day on May 9, 2009.



Alumni from our majors came to campus on April 28th and participated in roundtable discussion groups. Thanks to all of our current students who participated and 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 (HPP).



# Sport Management

Reported by Oliver Thwaite



With spring in the air and summer just around the corner students are getting antsy to get outside and play. The Otterbein College Sport Management Club is helping students at Otterbein do just that! After our first meeting of the year we decided that we would try to get students involved by playing different games throughout the remainder of the spring quarter. We have organized different activities ranging from corn hole to basketball. Our mission for doing these various types of activities is to create excitement and spread knowledge of the Sport Management Club. We hope that by doing such activities that we may show prospective members of the club what a great opportunity it is to be involved with the club.

The goal of the Sport Management Club is to provide professional, social, and service projects within the community. The club provides opportunities to tour different facilities and help others, all the while giving you the pieces to become a more experienced person. The club is open to everyone attending Otterbein. We are hoping to attract some new faces throughout the remainder of the year and plan to start off strong this fall!



Sport Management majors Rubin Cadena, and David Ebright along with Physical Education majors Mike Spatafore and Mike Angle, play basketball 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 class worked with school officials to provide the staffing for the games at the dedication ceremony.

Dr. Walter's SMGT 392  
Event Management Class is  
involved in the following



Assisting with Walnut Springs Middle School's 2nd annual 5K walk/run race to benefit Heinzerling Foundation.	Done
Pointview Elementary School Walk-a-Thon	Done
Pointview Elementary School Family Night and	
Peaceful Playground Dedication	Done
Assisting with the Susan G. Komen Columbus Race for a Cure	Done
Otterbein College Basketball Jam Session and Skills Competition	May 19
Community Dodgeball Tournament	May 31
Assisting with the Memorial Golf Tournament	May 19-24
Hanby Elementary School Field Day	May 29
Hanby Elementary School Family Activity Night	May 29
Emerson Elementary School Field Day	June 2
Pointview Elementary School Field Day	June 3
Assisting with Otterbein College Recreation and Intramural sports/activities	spring all quarter
Assisting with Columbus Crew pre-game/event events	all quarter
Assisting with Columbus Blue Jackets special events	all quarter

# Resumes

Your resume is the one of the first impressions that a potential employer will have of you during the job hunting process. *Last quarter we discussed cover letters which are probably the very first thing an employer will see.* Below are some tips for writing an effective resume. Need help with your resume? Stop by the Rike Office and talk to Annette or ask one of your professors to proof your resume and provide input. Better yet why not take advantage of the OC Center for Career Planning? You are paying for it with your tuition dollars. Their experts can look over your cover letter, resume and even conduct a mock interview. You may only have once chance at to make a good first impression so do so.

The Otterbein College Center for Career Planning is located on the corner of Grove and Home Streets, directly across the street from Mayne Hall. Look for the "Center for Career Planning" sign by the entrance.

Regular Office Hours: 8:30am-Noon; 1:00pm-5:00pm M-F Summer Office Hours: 8:30am-Noon; 1:00pm-4:00pm M-F (mid June-early September)

Having a well written, effective resume at one's disposal is an excellent tool in today's ever changing job market. A strong resume may be the sole difference in getting a call for an interview or simply having your resume tossed into the proposed employer's sludge pile.

While no two resumes will look the same, there are certain commonalities in all good resumes. Almost every resume should include the following headings or sections: *objective, education, work experience, and activities and or certifications.*

Under the "Objective" heading, the job seeker offers his or her goal of acquiring a certain position. Don't be afraid to state a bold objective. After looking at your name, the objective is oftentimes the next thing employers read.

Here are two examples:

Weak Objective: It is my goal to obtain a sales management job.

Powerful Objective: As someone with an extensive background in pharmaceutical sales, my objective is to obtain a sales management position which would allow me to share my sales experiences and train the next generation of top pharmaceutical salesmen.

The good example is certainly much more extensive than the bad example. Please note that the objective is to be ideally stated in one sentence. In short, try to catch the employer's attention in one sentence in the objective section. If you need an additional sentence, then feel free to use one; but remember, you are trying to grab an employer's attention with a short, crisply written message.

For college students just entering the job world, you should probably list your "Education" section directly after stating your objective. Stress your high marks here, if you have them. Also, be sure to include your extra-curricular involvement in clubs, sports teams, and such similar campus organizations. Make certain you include your part-time and summer employment you had during your college years. Employers want to know that you weren't just loafing around during your off time. It will impress them if you worked to pay your way through college. Stress this fact and let them know that you were able to study, hold down a job, and pay your bills during college. For more information check out: [www.wisegeek.com](http://www.wisegeek.com)

# Sport Management Conference Report

Contributed by Emily Wolfe

Mike Ruffing and I attended the 2009 Scholarly Conference on College Sport on April 15-18, 2009 in UNC-Chapel Hill, NC. The conference was a three day event and took place in the Friday Center. We heard well known speakers, discussion boards, round table discussions, poster presentation, and oral presentations from professionals in the sporting industry. The main reason we went was because the research project we had been working on with Dr. Sullivan, was selected (in a triple blind peer review) as a 30-min oral presentation in the main conference program. On Friday Mike and I, along with Dr. Sullivan, presented our research project titled, "*The Blake Mouton Leadership Grid: An Assessment Tool for Athletic Administrators*".

Presenting this project was a great experience and also, a wonderful learning experience for both of us. We got to practice talking in front of people and also, learned a lot about grad school and what the future could hold for us. We met many great contacts to keep in touch with and they all have very helpful advice to give us. We had many people tell us that we gave a good presentation and that it was a good project. We also had a grad student come up to us and say that he had never done anything like that and thought *we were way ahead of the game for doing a project like this as undergraduates*.

I would encourage anyone who has an opportunity to work on a research project to do so and if anyone has the opportunity to travel to any conferences, they are a great way to get your self out there in this competitive industry.



Mike and Emily take a short break from the conference to pose for this photo.

Editors Note: Mike and Emily applied for and were granted some funds toward this trip from the *HSS Denz Scholarship* and from the *Otterbein Student Research Fund*.



# Everyone Invited~ HSS Senior Reception~ June 3rd



Come say goodbye to our **2009** grads and wish them well.  
12 noon– 1pm in the Rike Lounge.

Refreshments will be served!



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.



10,000 steps a day to stay healthy.