

# HSS Departmental Developments Winter 2009



# Health Promotion & Fitness

Reported by Laura Greene



It has certainly been an eventful winter quarter, and hopefully you have all managed to brave the frigid temperatures and avoid the sicknesses that have plagued the OC campus! None of these things, however, have slowed down the Health and Sport Sciences Department, especially the Health Promotion and Fitness Majors. It's always the opportune

time to be finding ways to expand your professional experience and exposure within the Health field, and build up your resume! Job shadowing, internships, clubs, volunteer activities, even just reading professional publications are all great ways to find out what you love to do and gain more knowledge about the opportunities out there. Don't be afraid to put yourself out there and explore your options...that's what college is for!

The HSS department recently recognized some of these achievements within the department during our *Annual Recognition Night* held during the half time of the men's basketball game, including various awards, professional involvement, outstanding GPA, and community involvement. All students have the opportunity to be recognized, so set goals to be out there for next quarter! (Con't)



**HPF & HLED majors during the annual Health Fair entitled A Shot of Health**

# Cover Letters for Employment

*Your cover letter is the first impression that a potential employer will have of you during the job hunting process. Below are some tips for making a good first impression. Having problems with your cover letter? Stop by the Rike Office and talk to Annette or ask one of your professors to proof your letter 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 your "dream job" and you don't want to blow it.*

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)



Despite the fact that companies consistently demand applicants to submit cover letters along with their resumes, many still believe the cover letter to be nothing but a mild formality. Sometimes they don't bother sending a cover letter at all or just one paragraph notes, quickly belted out with little thought. When you send a poor cover letter, you send the message that you can't get the job done, even when quality is essential. Unless you enjoy sitting around in the house ducking calls from bill collectors, that's not the kind of message you want to send.

## Too short is too bad

Many people send one paragraph, two-or three-sentence throwaway notes in place of real cover letters. Or, they confuse the Cover Letter with a dashed-off note, such as the fax coversheet. A cover letter should have three to four paragraphs, no paragraphs of over six lines long, with the longest one being the middle one or two, and the shortest one being the final, summation paragraph. The idea is to make the document brief and easily readable while still demonstrating a professional, thoughtful

## Poor Grammar and, Misspellings

No one wants to make grammatical or spelling errors but many applicants nevertheless submit cover letters with small and thoughtless, yet **deadly**, errors. Many problems slip through because people have a difficult time seeing the mistakes in their own writing. So ask someone else to proofread the cover letter for you. If that's not possible, read the document aloud, slowly and word by word. Every time you make a correction, read the whole document over again. Writers make many mistakes during the final editing process as they make corrections, particularly with tense and word placements. Spell checks can also be typo insinuations, causing writers to change misspelled words into wrong words, as demonstrated by one cover letter writer who boasted that "Referees are available on request." *Article by Mat Johnson and found online at [http://www.vault.com/nr/main\\_article\\_detail.jsp?article\\_id=18576&cat\\_id=0&ht\\_type=9](http://www.vault.com/nr/main_article_detail.jsp?article_id=18576&cat_id=0&ht_type=9)*

## Health Promotion & Fitness (con't)

For Juniors and Seniors, now is the perfect time to start looking back on the classes and experiences you've had within your Health Promotion and Fitness major, and seek out internships, professional exposure, and what things you really might like to do after graduation. The best thing about our major is that there is an abundance of opportunity to find something you love to do and have fun doing it! Freshman and sophomores, it's never too early to explore your options; experience opportunities you may be interested in, talk to upper classman, and NETWORK! Begin by picking out things you are passionate about now to make the transition into the next few years a lot smoother.

The old "Wellness Club" (the previous HPF club) is on its way to officially being combined with the Health and Physical Education Club. So if you are looking for more ways to get involved and meet great people who share the same interests as you, keep a look out for upcoming meetings and activities within the major! As for the rest of the quarter as you are finishing up final projects and preparing for exams, keep yourselves healthy and sharp by drinking plenty of water, getting the proper vitamins and nutrients, and avoid stressing out by practicing relaxation techniques and some good old R&R!



## Congratulations:

**Dr. Sullivan** along with **Mike Ruffing** and **Emily Wolfe**, submitted an abstract of a paper (Use of the Blake and Mouton Managerial Grid for Coaching Assessment) for presentation at the 2009 Scholarly Conference on College Sport sponsored by the University of North Carolina - Chapel Hill (April 15-18, 2009). The abstract went through a triple blind review process and was accepted for a 30-minute presentation. They will be traveling there this April to present.

# Athletic Training

Reported by Erin Baumann



With cold weather, snow and a full class schedule, winter quarter seems like way more than ten weeks, however, the athletic training department tried to keep both busy and warm despite the Ohio weather. Our first annual Game Night was held on January 15<sup>th</sup>. 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 gives 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 17<sup>th</sup> 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.

Although we did have a great winter quarter, it is now time for the athletic training students to focus on a very important event happening early this spring. The Otterbein vs. Capital Olympics are on April 5<sup>th</sup>! The games will be held at Capital this year and some events include speed-taping, dodgeball, a rehabilitation obstacle course and blindfolded taping! Although these events will be tough, the athletic training students decided to hold weekly practices starting next week to get us in top performance for the big event! Congratulations to all students who were recognized during half time at the Men's Basketball game on February 18<sup>th</sup> and keep up the good work! Have a great spring break and as always, GO CARDS!



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

## A Shot of Health-Annual Health Fair



# Photo Gallery



## Allied Health

Reported by Sarah Warner



It is winter quarter and spring break is near. Warm weather is approaching ...or we hope -and for seniors graduation is forthcoming. For all Allied Health majors, classes are in full swing and there is no breathing room in the schedule. I don't know about everyone else but whew! There is a lot to do!

On Wednesday February 18<sup>th</sup> Shelley Payne, PT and Dr. Joan Rocks held a meeting for all Allied Health majors. It was extremely informative discussing the new major, the classes involved, and internships and practicum to be completed before graduating. Several students described their past experiences with the new allied health classes involved in the major. Shelley and Joan were able to answer several questions and any concerns students had regarding the curriculum. This also enabled the students to talk and discuss with one another and become familiar with the faces of their fellow Allied Health colleagues. I encourage one and all to become familiar with those around them. Students in the classroom and labs are incredible for encouragement, study partners and support. Share ideas and study time together making your time at Otterbein a worthwhile experience. I also encourage others to become familiar with the Allied Health staff and those met during practical and internship opportunities. These upper level and experienced mentors are informative and also help to make the college journey a less stressful one.

If you are looking for this type of help and support feel free to contact any of the HSS staff. They are more than willing to aid students. I have already had much help from those in the department and the therapists I have met during the practical experience. They have answered questions and have been there to direct me on the right path. In the middle of this hustle and bustle don't forget to get your picture taken for I.D. badges for the practicum and internships. This can be done in the main office of the campus center where Cardinal Card pictures are taken. Good luck completing the quarter and have a good break!

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



# Health & Physical Education

Reported by Kate Weale



Greetings from the PE Corner!

The Health and Physical Education club has been hard at work the past couple months. Since the last Department Newsletter there was a group of students that attended the OAHPERD state convention in December and a group of students that raised money for the American Heart Association. At the OAHPERD convention we were able to attend workshops of interest and network current and future Health and Physical educators.

At this year's convention a group of 6 students representing Otterbein was able to bring home "the golden shoe." The golden shoe is the "trophy" for the college or university that wins the student competition at the convention. The Otterbein group went undefeated in the six events! With the win each student will receive free registration to next year's convention. We will need more team members next year as some of our representatives will be out in the work force. Mark your calendars J

The first week of February the Health and Physical Education Club put on a 3 v 3 Co-Ed Basketball tournament. There was an entry fee of \$20, which then was donated to the American Heart Association. The tournament consisted of 10 teams that participate in a five different rounds of 10 minute games, and then the top four teams participated in a final. Team Chambers was announced the winners and received gift cards to the Otterbein Bookstore and Chipotle. Thank you to all of our teams and volunteers that participated and helped us raise over \$200 for the American Heart Association! The club then asked for donations at one of the Men's Basketball home games and will be able to make a donation of just over \$300 to the organization. Keep your eyes out for information regarding a workshop that the Health and Physical Education Club will be putting on!



"Golden Shoe" winners along with Dr. Kiger and Annette Boose

# Sport Management

Reported by Oliver Thwaite



The Otterbein College Sport Management Club seemed to have diminished as most of last year's leaders were seniors that are no longer attending Otterbein. We are currently looking for energetic, creative students that could help give this club a great name and install new ideas to be carried out. We would love to resurrect this club and with your support and suggestions we could make this a reality. The goal of the club is to allow students to plan professional, social, and service projects throughout the year. Not only will you gain knowledge and experience but you will be helping others in need. What a great opportunity!

The Sport Management Club would also be a great resume builder as you could show prospective employers your ability to plan events and work facilities. This club is open to any student attending Otterbein College. Past activities have included attending a college fair at Nationwide Arena, running concession stands, assisting with intramural sports, organizing a 5-K memorial run and corn hole tournament, as well as many other fun events. If anyone is interested in joining or simply learning more about the Otterbein College Sports Management Club, meet in the Rike Center lounge on Tuesday, April 7 at 7:30. We will be providing pizza and refreshments! Remember, anyone on campus can attend and join the club. We hope to see you there!



SPRT major Kyle Godsell interviews a local Athletic Director as part of a class requirement.