



# HSS Alumni News

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## Becoming a Physical Educator

By John-Mark Mocas '08



As I round off the end of my student teaching I began to think back over the last four years to see what I have accomplished. I have been involved in multiple teaching atmospheres during field projects, I have participated in and helped organize community information fairs, I have presented at and attended multiple professional state conferences, I have done multiple volunteer opportunities in the school and community, I have been exposed to a large variety of diverse backgrounds and cultures, I have experienced four years of college soccer, and I have completed over 700 field hours. When I think of the time I spent from beginning as a freshman to ending now it has seemed as a blur, but as I piece together all my experiences I see how much I have been exposed to and accomplished.

Ending my last quarter at Otterbein I was able to cap off a great college career with my student teaching at the great Chapman Elementary in Dublin; which was a great end to a great four years. I feel the tremendous preparation I received from the Otterbein staff is what led to such a great experience. By having all the tools, tricks, and knowledge in my utility belt I was able to coast thru and actually enjoy my time with the students. I had confidence in my teaching from day one to take over a classroom and be successful. I feel that in some schools or other concentrations outside of my department the student teachers are not as prepared for the field work and seem to stress and dread each day with work loads and trying to catch up to the demand. I feel with the great amount of groundwork I received in my core subjects and the large amount of teaching experiences I was able to receive; I was able to focus attention on student learning and enjoy working with the students. I feel my most proud moment during my student teaching was when I was able to adapt and modify my lesson to help a student in a wheel chair succeed at badminton. I think that without the background knowledge in Adaptive Physical Education and the multiple workshops I attended I would have not been able to freely change my lesson to help her succeed and move on without breaking stride.

As I move on into my professional field I feel with all confidence that I have been given all the tools and knowledge to become a great first year teacher. I feel that Otterbein College's Health and Sport Sciences Department has given great guidance, support, and the framework to mold me into a well-prepared teacher. I feel this is due to the staffs' complete dedication and commitment to their students as a person and a future teacher.



## OTTERBEIN COLLEGE

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## News from Athletic Training

by Senior Athletic Training Major Erin Baumann

The 2007-2008 school year was a great year for the Athletic Training Department at Otterbein College. A few volunteer events included helping at the Columbus Marathon and the Cap City Half Marathon in the fall, and in the spring, Live Like a Champion; where athletic training students talked to 8<sup>th</sup> graders about the transition into high school and college and how to maintain a healthy lifestyle. The Athletic Training Department also had a team for the annual Up Til' Dawn event where we raised more than 1,205 dollars for the St. Jude Research Hospital! To finish off the year what would be better than having eleven students from our program at the OATA Symposium to attend the student program that was organized by our very own certified, Brenda Klein. At the symposium, we were able to meet the first Athletic Trainer hired by Otterbein College, Terri Hazucha, who is the mother of our Athletic Training Program. At this symposium, Terri was inducted into the OATA Hall of Fame! We hope to have a great turn out at this year's symposium held at King's Island! Other ideas for this year include continuing our volunteering with the Columbus Marathons, cleaning the Ronald McDonald House, and helping at a food bank during the winter. We also hope to have many students attend meetings such as GCATS and OATA. Have a wonderful holiday and as always, GO CARDS!



Otterbein Athletic Trainers and Athletic Training Students pose for a photo at the OATA convention held in May.



Editor's Note: Erin Baumann has her own moment in the spot light as she and PHED major Anthony Guglielmi are named 1st runners up for Homecoming King & Queen.

## President DeVore to Retire; Suites to be Renamed

As Otterbein President C. Brent DeVore prepares to retire in June 2009 after 25 years of exemplary service to the College, the Board of Trustees has announced that the residence hall currently known as The Suites will be officially named C. Brent DeVore Hall at a dedication ceremony in May 2009. President DeVore has served as Otterbein College since 1984. He previously was president of Davis and Elkins College, vice president of Hiram College and executive director of the Kent State University Foundation. DeVore holds a bachelor of science in journalism from Ohio University and a master's and a doctorate degree from Kent State University.

## Sport Management Makes Campus and Community Contributions

By Teri Walter



The Sport Management Majors Club has been involved in numerous activities over the past year. Students from the club ran concessions for baseball & softball home games. They also ran some of the intramural events and they held a whiffle ball tournament, a corn hole tournament for Susan G. Komen and breast cancer research, a dodge ball tournament, and a ladder golf tournament. Many of the students spent class time visiting facility sites around Columbus- RPAC (Recreation and Physical Activity Center – OSU); Nationwide Arena; and Crew Stadium. Students from some of the majors classes were involved in: The Otterbein College and Walnut Springs Middle School – Shoe Drive & 5 K Walk/Run for One World Running, Avalon Elementary School's Carnival Day, Emerson Elementary & Hanby Elementary School end-of-year Field Days. They also redesigned Avalon Elementary school's 20,000 square foot playground by securing 2 grants (worth \$3,000); obtaining donated materials and sponsorship from Home Depot; and materials from *Peaceful Playgrounds*

Sport Management majors redesigning the Avalon Elementary school playground.

## Awards/Recognitions 2007-2008

**Amanda Goetz, James Baker, Allison Triplett** were Otterbein College's 2007-2008 selections for the *AAHE Outstanding Undergraduate Health Education Majors of the Year*

**Brandi Luckett, Brad Brookhart, Kevin O'Dell, Kyle McClintock, Allison Triplett, Rachel Massey**, for obtaining *ACSM personal trainer certification*.

**Allison Triplett** for obtaining *AFAA Primary Group Fitness certification*.

**Ryan Eldridge** for *NASPE Physical Educator of the Year*, *OAHPERD Memorial Scholarship Award* recipient and winning a *Jump Rope for Heart Scholarship* awarded by *OAHPERD*.

### Departmental Awards:

**John-Mark Mocas**-Outstanding Senior Physical Education Award

**Kate Weale**-Elmer W. "Bud" Yoest Endowed Award

**Jocelyn Hennon**-Harold C. Martin Endowed Award

**Mike Ruffing** and **Rachel Massey**-Marilyn E. Day Endowed Award

## **The Department of Health and Sport Sciences Adds the Allied Health Major**

By Shelley Payne

The Health and Sport Sciences Department is proud to offer a new major entitled “Allied Health.” This is a major that will enable students to pursue a variety of professions under the Allied Health umbrella. Those professions include but are not limited to: Physical Therapy, Occupational Therapy, Physician Assistant, Cardiac Rehabilitation, Exercise Science and Exercise Rehabilitation. The experiences and courses offered in this major will enable students to become educated on the variety of professions available to them as well as pursue their specific area of interest. In addition to the courses listed, the major also includes a Field Practicum to be taken during the student’s sophomore year. This course is designed to provide students with an opportunity to gain experience with allied health related jobs and settings in which allied health professionals practice, for the purpose of gaining practical “hands-on” experience in settings which might be appropriate for future internship and/or career possibilities. Students will spend 60 hours in on-site observations of allied health care professionals, as well as conducting individual research regarding career paths open under the allied health umbrella. This course will help the student focus on their area of interest so they can pursue their specific allied health area for their senior year internship experience. This year we have placed students at NovaCare facilities, MAX Sports Medicine, and Helping Hands Learning Center in Columbus. One of the students has been able to take some classes to become a tutor for autistic children through contacts made during her Field Practicum. The Allied Health Major takes full advantage of all of Otterbein’s resources and we are able to utilize all the strengths both in and around the Otterbein Community. The College is situated in the ideal location to provide clinical sites, field practicum’s and internship opportunities for the students. Specifically we can provide students a strong liberal arts background with a good mix of multiple science and health based courses to give students a strong foundation on which to build their professional careers.



**Otterbein College's first ever Allied Health class taught by Shelley Payne**

## Message from the Chair

By Dr. Joan Rocks

I would like to extend a big hello to all of you on behalf of the entire Health and Sport Sciences Department! I hope this finds you and your families healthy and doing well! It truly has been another busy year for everyone. First we were able to successfully navigate three national accreditation processes (Athletic Training, Health Education, and Physical Education). All three programs have renewed their national accreditation status and remain strong programs within the Department. The three other majors (Sport Management, Health Promotion and Fitness and Allied Health) are also growing and have become very popular programs. Collectively we have over 350 majors in the Department which equates to over 20% of the undergraduate student body!

The backbone to the strength of our majors is the students. We continually have students make us all look good as we have representatives from all majors participate in multiple professional activities, many professional Department activities and multiple community service activities. Please explore our website to view more details on all that our students are participating in. Likewise, the current faculty and staff continue to lead the College with their involvements in many committees on campus, pursuing community-service projects and playing active roles in their respective professional arenas. I am very proud of the efforts being made on all fronts from both our students and all our faculty and staff.

Upcoming events for this year include starting the first graduate level course in Sport Management. We are planning a graduate level option for a Sport Management Master's concentration in conjunction with the College's MBA program. We are also starting the planning process to convert to a semester system. Beginning in Fall 2011, the College will officially switch to 4-1-4 semester system. This will be quite a change for the College. On semesters – fall term will begin around August 29<sup>th</sup> and go to December 12<sup>th</sup>. We will then have a "J" term where an intensive course structure will be offered during the month of January. The Spring term will begin around February 5<sup>th</sup> and end around May 15<sup>th</sup>. This is big change for the College and it is also a big part of the new Strategic Planning Process. I can honestly say it is really energetic to be a part of this huge new plan. When all the goals are accomplished, Otterbein College will be elevated to a much higher level and soon will be nationally known!

The College is also getting ready for a big change in leadership. Our new President will be announced on December 5<sup>th</sup>. This change in leadership along with the aggressive Strategic Planning Process makes Otterbein an exciting place to be!

As we continue to find ways to give our students the best possible education, we not only want to thank you for your continued support but also welcome any thoughts and suggestions you may have for our majors. Your time, comments and efforts to help us grow is greatly appreciated and always welcome. Watching you all emerge into the quality professionals you have become is the best part of this job. Please do not hesitate to stop by or send your thoughts at anytime!

### HSS Faculty Pose for a Yearbook Photo



**Front Row:**

Patti Wilson, Ellen Capwell, Greg Sullivan, Teri Walter,  
Joe Wilkins, Chuck Goodwin

**Back Row:**

Annette Boose, Joy Kiger, Courtney  
Phillips, Joan Rocks,  
Shelley Payne, Brenda Klein, Lynn  
Esselstein, Kim Fischer

## OAHPERD Student Leadership Retreat

By Kate Weale, PHED Major

Many of you may be familiar with the state organization OAHPERD; however you may not be aware that the state organization holds a student leadership retreat. During the last weekend of April I was given the opportunity to attend this retreat. Ryan Eldridge and I were the representatives from Otterbein College. We spent Friday evening through Sunday afternoon at the Athletes in Action headquarters, located in Xenia Ohio. Once we arrived we began meeting the other students. Wright State, Baldwin Wallace, Ohio State, Youngstown State, Bowling Green, Ohio University, Kent State, Miami, and Ashland were all represented. Friday evening we learned more about the retreat expectations, OAHPERD, and what role we would play in the planning of the annual convention. I will be working with student volunteers this year at the convention so if you are interested in volunteering and receiving a discounted registration fee let me know! Saturday was the day I enjoyed most. We spent the morning on low ropes and team building activities. In the afternoon we moved to the High ropes course. I had never done a ropes course before so I was excited! This particular ropes course consisted of a 25 ft level and a 40 ft level. There was lots of encouragement between all of the students while we were up on the ropes course.

Everyone grew during this event by stepping out of their comfort zone. Although I was not as good as Ryan was on the course, I was excited that I was able to go through the 25 ft level as well as going down the zip line and the big swing. Sunday we had more information sessions, such as advocacy and information that would be useful to first year teachers. The new student division vice president was also elected during this time; Heather from Kent State was selected this year. She will serve as VP elect for one year then move on to VP the following year. She will have opportunities to attend OAHPERD meetings as well as national conventions and leadership retreats. I am very grateful for being asked if I was interested in attending this event. Going into the event I was not sure what to expect, however I gained a lot of knowledge, experience, and resources from this retreat. If you have the opportunity to attend this event, or one like it, take the time and do it!



Kate Weale (1st in 1st row) and Ryan Eldridge (4th in 2nd row) with students from other colleges in Ohio who also attended the OAHPERD retreat.

## OAHPERD Convention

By Annette Boose

The annual OAHPERD convention was held in December with our very own Patti Wilson as chair. Dr. Walter and Dr. Kiger also served on the committee and Dr. Capwell made a presentation. Many of our students were involved in volunteer activities and also took part in the Super Games competition. I am happy to report that Otterbein took home the top honor of the golden shoe as winners of the competition. The convention was very enjoyable and informative and gave everyone a chance to make professional contacts as well as visit with old friends.



Matt Wilson, Anthony Guglielmi, Annette Boose, Ryan Eldridge, Dr. Kiger, John -Mark Mocas, Kate Weale and Laura Green. Not pictured: Jocelyn Hennon.

## HSS Website Gets a Facelift!



Please visit the Department of Health and Sport Science website at its new address: <http://www.otterbein.edu/healthsportsiences>. There you will find our newly designed department page.. Please be sure to check out the section on Alumni Profiles where we are featuring our grads. If you would like to be included on the alumni profile page please send me a photo of yourself at your current job and a short article on how you got where you are after graduation.

## Use It to Lose It

Health Program Planning & Evaluations students Jessica Ebright and Becca Brunner, who are both Health Promotion and Fitness majors, designed a Fitness program as part of their coursework. They were interested in working with an adult population and chose the Otterbein College support staff as their target audience. Their program, called *Use it to Lose It*, started with a needs assessment being given to all support staff members to determine each individual's biggest health and fitness concerns. From the needs assessment the students found that the top three concerns of the support staff were exercise, diet, and heart disease. They held two seminars in early November on Nutrition and Exercise. These seminars addressed health issues such as diabetes, heart disease and osteoporosis. Participants received manuals on material that was covered, other giveaways and there was a raffle for those who attended.

Jessica Ebright and Becca Brunner present their *Use It to Lose It* program to staff members.





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