



HSS Alumni News

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Completing A Chapter

by Tiffany Orcena '07



My time at Otterbein can not easily be summed up. I've wandered about several career paths and been member to various campus organizations and activities. It wasn't until the summer before my junior year that I'd looked upon health as a potential occupational avenue. At that time I set the first of many meetings with Dr. Kim Fischer to discuss my interests and my options. I began classes in the fall of 2005 as a Health Promotion and Fitness major and by year's end I'd finally found my home within the Department of Health and Sport Sciences.

Over the next two years I developed my skills in Anatomy and Kinesiology, Exercise Testing and Prescription, and Program Planning and Evaluation. While this provided me a solid foundation for more advanced learning opportunities, it was that which was offered to me outside of the classroom that led to the development of my abilities as a qualified health professional. The outpouring of support I received from a number of individuals within the department was more than could typically be expected of a college faculty and advisory. It's been because of these individuals that I have been able to hone proficiencies in networking, research and professional conduct, and to them that I owe a great debt of gratitude for helping me establish such high standards of achievement. I am proud to say that it is all of the aforementioned which helped me to attain a summer internship with the esteemed Cooper Fitness Center.

My time at Cooper has been everything one could expect it to be. Dr. Kenneth Cooper, dubbed the "Father of Aerobics" with his coining of the term after the origination of this revered facility in 1968, is just one example of the amazing persons I was granted the opportunity to meet. I've been privileged with working alongside some of the top fitness professionals in the country, who were more than willing to bestow upon me their extraordinary wealth of knowledge. While in Dallas I was truly submerged into the cutting edge of fitness theory and practice, learning about the incredible influence functional movement has had on exercise prescription; earning practice with FreeMotion weights, Kettlebells, and Cardio Wave—the newest addition in cardiovascular machinery; introducing myself to new areas of expertise and prospective certification options that will enhance my marketability as a fitness professional, such as Functional Movement Screening and Muscle Activation Therapy. I can't begin to express what an honor it's been to consider myself a member of the Cooper team, and am thankful to have been granted such a memorable experience to look back on.

So as I complete this chapter in my life, I can say that I'm ready to move on, having received a quality educational experience that will undoubtedly help me to succeed in this industry. I think that as students we often overlook much of the importance in the majority of our coursework. We do, of course, know everything about anything. While I myself will admit to questioning the validity of much of my work with Integrative Studies, looking back at my time in the Department of Health and Sport Sciences I can honestly say there weren't any classes that were a *complete* waste of time, as I'm sure some currently enrolled would beg to differ. Having now been in the "semi-real" world for the past two months, I can assure all that I would not be where I am today had it not been for the help of my "friends" at Otterbein.



OTTERBEIN COLLEGE

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Athletic Training Updates

by Senior Athletic Training Major Justin Tatman
(previously published and edited for space constraints)

The Athletic Training Program started the 2006-07 school year with 34 freshmen enrolled in the basic athletic training course. As the program continued to excel with record enrollment, interest from incoming students attracted great students and future athletic trainers. The upper-class students performed their clinical assignments beginning in August '06, and as the fall seasons concluded those students remained committed to providing the best care for their athletes. Several students have extended their Otterbein education to local Ohio Dominican University. The Otterbein Club of Athletic Training Students (OCATS) provided community service and social events for the entire major. Students spent time at the annual Columbus Marathon assisting with first aid. The annual Hog Roast brought fun and flavors for every class within the program during the Halloween weekend. Monthly major meetings during the fall quarter determined upper-class mentorship groups, which provided guidance for the incoming freshman. Athletic training students continued to demonstrate excellent conduct inside and out of the classroom, while signifying commitments to many extracurricular activities that speak to the major's time management prestige. The winter quarter brought more prospects for community service and social gatherings for the athletic training program and Health and Sport Sciences Department. The athletic training program experienced a productive winter which brought the opportunities to explore off campus internships for many of the students on clinical rotations. Included in these settings were high schools, local universities, physical therapy clinics, and physician's offices. Off campus rotations, a requirement of the athletic training program, provided a new perspective on education and the profession of athletic training for all of our students. The annual Ohio Athletic Trainers Association (OATA) quiz bowl provided several upper-class students the opening to meet professionals and peers from across the state. Other winter activities included the annual Super Bowl party. As always, the athletic training program looked for ways to expand and perfect the current program. It is truly a unique major that provides the students and staff an opportunity to voice their concerns, to advance the future of athletic training as a profession and a major at Otterbein College. The Athletic Training major also had an eventful and exciting spring quarter. One of the themes of the major this year has been professionalism. To highlight the students' commitment to that theme, Otterbein students outnumbered all other Ohio colleges and universities at this year's annual Ohio Athletic Trainers Association (OATA) meeting. Otterbein students attended the student program, regular program, and awards banquet where Otterbein head athletic trainer Charles Goodwin was honored with an *Athletic Trainer of the Year* award. Networking and continuing education are staples of athletic training students, and both of those opportunities were obtainable at the OATA meeting. In addition to attending the OATA conference, students participated in several community service activities. The *Live Like A Champion* program, a long time undertaking for the Otterbein Club of Athletic Training Students (OCATS), went off with a bang. Students went to St. Paul's middle school to speak with students about healthy lifestyles, hard work, and building their lives towards a college experience. Also, a group of athletic training majors gathered together on a Sunday afternoon and went to the Ronald McDonald house at Children's hospital to cook a dinner of sloppy-joes for the residents. Students also volunteered their time as First Aiders at the annual Columbus Half Marathon and many students ran in the *Race for the Cure*. All these activities came in addition to completing clinical assignments, classroom work and a plethora of other extra curricular activity. As we prepare to move onto a new school year or future endeavors, the major will join together several more times to enjoy good times and good people. The athletic training major continues to grow and evolve as a premier Health and Sport Sciences major at Otterbein and throughout the state and country. As always, Go Cards!



Abby Stillings with her poster Presentation at 2007 Annual OATA conference.



Otterbein College Athletic Trainers assist at the Columbus Marathon. Jessica Buschmann (left photo) Group-Megan Becker, Kristen Moore, Jessica Buschman, Justin Shepherd, Amanda Hines (top), Tiffany Faust, Ben Moldenhauer, Katie Homan, and Kate Connelly.

Athletic News Briefs

The fencing around the football stadium along with the scoreboard, and visitor's side bleachers are being replaced through a generous alumni donation. Look for those wonderful, much needed, improvements for the upcoming football season.

The soccer field has undergone repairs to the drainage in the one corner and sod was replaced in the repaired area and in front of the goals. Improvements are in the works in regard to the bench area and scorers shed.

Monica McDonald from Mount Union has been hired as Head Women's Volleyball Coach to replace Sharon Sexton who departed after nine years to take a job at Lewis and Clarke College in Oregon.

Men's golf coach, Nate Petry assumes additional duties for women's golf and with assistance from basketball coach and graduate assistant Eric Evans. Go Cards!



Sport Management Events Held



The *SMGT 392 Event Planning* class hosted several events here at Otterbein this past spring including a Wiffleball Tournament and a Corn Hole Tournament, and a field day for students from Emerson Elementary School in Westerville. In addition students from that class volunteered to work Race for the Cure, Walk for MS, the Memorial Golf Tournament and Special Olympics. They also ran the concession stand at all home softball and baseball games to raise funds for the Sport Management Club. Their involvement in these types of activities gives the students a chance to apply the skills and knowledge they have learned in the classroom to real work experiences. Overseeing student participation in these events were Dr. Teri Walter and Dr. Greg Sullivan.

SMGT 392 student hosted a Corn Hole tournament with proceeds going to *Make A Wish Foundation*.

Campus Wellness Initiative Underway

On May 16th the Otterbein College Community participated in the second annual statewide "*Healthy Ohioans Fitness Walk*" which was sponsored by the Governor's Advisory Council on Physical Fitness. Our very own Dr. Lynn Esselstein serves on this council and she suggested that we participate. The College Wellness Initiative collaborated with our department in order to organize and sponsor this event on our campus. Over one hundred participants from Otterbein joined in the fun. Faculty, staff and students walked one mile beginning at 12 noon in front of the Rike Center in order to help the state reach their goal of having one million walkers across the state walk 1 million miles on May 16. The event featured music, drawings and giveaways just for participating. It was a great success. Twelve faculty and staff member from HSS and Athletic were in attendance and along with numerous majors including the Nutrition and Pharmacology class. Additional Wellness opportunities are going to be offered by the college in the upcoming months to promote exercise and healthy lifestyles in an attempt to lower insurance premiums and contribute to the overall well being of the employees.



Have Knowledge Will Share-Faculty Professional Development

- Dr. Walter and Dr. Kiger presented a program entitled “*PETE at Small Colleges: Challenges and Successes*”, at the Physical Education Teachers Education Conference in Long Beach, CA
- Ms. Wilson, along with students DJ Michel and James Baker, presented a program entitled “*Are You Smart Enough for Smart Board*” at the annual Ohio Association of Health, Physical Education, Recreation and Dance convention.
- Dr. Kiger attended The Ohio Motor & Sensory Coalition’s annual conference.
- Ms. Wilson presented a Physical Education workshop for Westerville City Schools physical education teachers as well as a program entitled “*Using Your Strengths in Teaching*” to the Otterbein Student Education Association and a Differentiated Coaching Workshop for Classroom Teachers here on campus for area education professionals.
- Dr. Capwell attended the Society for Public Health Education (SOPHE) convention in Boston and the Ohio Health Educators Institute at Deer Creek State Park as well as the SOPHE Mid Year Conference in Seattle where she presented a SABPAC Training for Site Visitors.
- Dr. Sullivan presented “*Motivation and the Middle School Athlete*” at the annual Ohio Association of Health, Physical Education, Recreation and Dance convention.
- Ms. Brenda Klein attended the National Athletic Training Educators Conference in Dallas and the Sports Medicine Symposium for the Health Care Professional in Cincinnati.
- Dr. Fischer attended the American College of Sports Medicine’s Health and Fitness Summit and Exposition in Dallas and also visited the Cooper Institute (with an intern) and Body Worlds Exhibition.
- Dr. Lynn Esselstein presented a program entitled “*Professional Portfolio Development*” at the Ohio State Dietetic Association’s state conference and also presented the American Dietetic Association’s Professional Portfolio Process to Dietetic Interns at Mount Carmel College of Nursing.
- Mrs. Shelly Payne presented a program entitled “*User Friendly Low Back Evaluation*” at the Ohio Athletic Training conference.
- Mr. Joe Wilkins presented a program entitled “*Mechanics and Injury Prevention in the Throwing Shoulder*” at the Ohio Athletic Training conference.
- Dr. Capwell and Ms. Wilson attended the National AAHPERD convention in Baltimore.



Alumni Survey on the Web

Please visit the Department of Health and Sport Science website at <http://www.otterbein.edu/dept/hpe/> and click on the link entitled Alumni Survey. **If you have not already taken the survey** we encourage you to do so. It only takes a minute or two and your input helps us to continue to make improvements in our programs that will benefit future students.

Message from the Chair

I would like to extend a big hello to all of you on behalf of the entire Health and Sport Sciences Department! It has been another busy year for everyone as we continue to find ways to give our students the best possible education. Thanks to many of you we are able to make that happen. Your time, comments and efforts to help us grow is greatly appreciated and welcome your thoughts at any time. We pride ourselves on being involved in each our students academic plan as well as each students journey from start to end. That is the most enjoyable part of our job – watching you all emerge into the quality professionals you have become!!

As you have probably noticed the most significant change to our department this past year was our new name! We are now the **“Department of Health and Sport Sciences.”** The endeavor to make this change was brought forth to better reflect all the curriculums within our department. As we tossed around several ideas we concluded that the Health, Sport, and Sciences words captured our identity in a much more comprehensive way.

On tap this year we will explore a new undergraduate major – “Allied Health” as well as potential Master’s level programs. The Allied Health major will be a pre-physical therapy, pre-occupational therapy and pre-exercise science major that will prepare students wanting to pursue these degrees in graduate school. Potential graduate level programs will include Sport Management and Allied Health. These two areas of emphasis are in line with the College’s new Strategic Plan as well as with our department goals of meeting the education needs of all our students. In addition to those projects, and as you will read in each section of this newsletter, all majors are busy with departmental activities, community service projects and being involved with many activities on campus. 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 our faculty and staff. There is definitely no moss that grows under our feet in this department and that is what I love the most! We are doers and we hope your input into our growth processes will help keep us moving on our positive path forward!! Please stay in touch and stop by when you are in the neighborhood J

Awards/Recognitions 2006-2007

Justin Rush (PHED/HLED) received a Jump Rope for Heart Scholarship.

Tiffany Orcena (HPF) and John Mark Mocas PHED/HLED) have been selected as by the American Association of Health Educators (AAHE) as Otterbein College’s 2006-07 Outstanding Undergraduate Health Education majors.

Andy Horvath (SPRT) won an American Association for Health, Physical Education, Recreation and Dance (AAHPERD) Award for Outstanding Sport Management Student of the Year.

DJ Michel (PHED/HLED) was named Outstanding Student Teacher of the Year by the Otterbein Education Department.

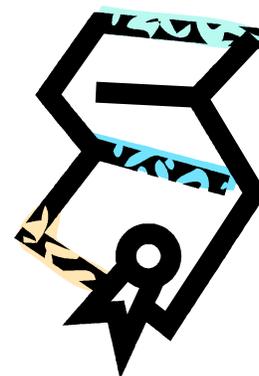
Departmental Academic Award Recipients 2006-2007

Robert Balawajder –Outstanding Senior Physical Education Award

John-Mark Mocas-Elmer W. “Bud” Yoest Endowed Award

Anthony Guglielmi-Harold C. Martin Endowed Award

Justin Tatman and Brian Day-Marilyn E. Day Endowed Award



Service Learning: A Win Win Experience

The *HLED 380 Organization and Management* class participated in a cooperative project with 3rd graders at Hawthorne Elementary School in Westerville this past winter quarter. The nine week program had Otterbein College students teaching lessons and working with classroom advisory groups to plan an activity night project for the whole school. Each class also had classroom leaders who served as liaisons for the college student leaders. Students helped plan, implement, and evaluate the program which culminated in Mustang Muscle Mania Family Activity Night and Movement and Math classroom activities.

Hawthorne 3rd grade students were able to see a project from beginning to end. They were able to learn how to work collaboratively to complete a large scale project. They were also able to express how leadership is important in projects such as this one. Hawthorne Mustang Muscle Mania was held in March with over 150 attendees including parents, students, teachers, and other staff of Hawthorne Elementary. Then on March 28, 3rd grade students got a chance to visit the Otterbein College campus and participate in activities in the Clements and Rike Center.



We Want to Hear From You!

We are always glad to hear from our graduates and would love to know where you are working and what you are doing otherwise in your lives. It is also helpful for you to contact us with address changes and email updates so we can keep in touch. Please email updates to [Annette Boose-aharting@otterbein.edu](mailto:Annette.Boose-aharting@otterbein.edu) with this information.



Departmental Name Change



The Department of Health and Sport Sciences is very excited to announce its new name (Formerly the Department of Health and Physical Education). The new name encompasses all of the academic offerings in the department and creates a higher level of inclusiveness for faculty and students alike. The “Health” component relates directly to the Health Education, Physical Education, and Health Promotion and Fitness majors. The “Sport Sciences” component relates directly to the Athletic Training major as well as the Sport Management major. The new name also allows the department to plan for future majors and changes that can be easily incorporated under the more accurate and now current department name.

Looking good...

All the bulletin boards in the Rike Center have been redesigned thanks to HPF major Laura Greene. If you are on campus check them out in Rike 201, 206, the office lobby, and two in the main lobby-one for recognition (conference presenting and attendance, awards, future plans) and one for showcasing all the great things that our students are involved with (coursework, community service, student teaching, internships). We also got new carpet in the Rike classrooms and upstairs hallway. We are excited about these updates which have helped to refresh the look of our building.



Senior Reception





Otterbein College

Department of Health and Sport Sciences

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Westerville, OH 43081

