

Otterbein University

## Digital Commons @ Otterbein

---

Masters Theses/Capstone Projects

Student Research & Creative Work

---

8-26-2019

### Abroad View of Wellness

Patrick Kunkel

Otterbein University, [kunkel1@otterbein.edu](mailto:kunkel1@otterbein.edu)

Megan Mills

Otterbein University, [mills2@otterbein.edu](mailto:mills2@otterbein.edu)

Seth Clark

Otterbein University, [clarks@wabash.edu](mailto:clarks@wabash.edu)

Follow this and additional works at: [https://digitalcommons.otterbein.edu/stu\\_master](https://digitalcommons.otterbein.edu/stu_master)



Part of the [Health and Medical Administration Commons](#), [Health Information Technology Commons](#), and the [Higher Education Commons](#)

---

#### Recommended Citation

Kunkel, Patrick; Mills, Megan; and Clark, Seth, "Abroad View of Wellness" (2019). *Masters Theses/Capstone Projects*. 39.

[https://digitalcommons.otterbein.edu/stu\\_master/39](https://digitalcommons.otterbein.edu/stu_master/39)

This Project is brought to you for free and open access by the Student Research & Creative Work at Digital Commons @ Otterbein. It has been accepted for inclusion in Masters Theses/Capstone Projects by an authorized administrator of Digital Commons @ Otterbein. For more information, please contact [digitalcommons07@otterbein.edu](mailto:digitalcommons07@otterbein.edu).



# Abroad View of Wellness

BY SETH CLARK, MEGAN MILLS, PATRICK KUNKEL

# Daily Agenda in Szeged

- ▶ Started the days at the Agora (American Summer Institute) to begin class
- ▶ Around 12 we had lunch at the City Hall with the students
- ▶ After lunch around 2pm we attended an activity with the students where they had to translate Hungarian to English
- ▶ Often had dinner with our hosts followed by a cultural activity

# Things We Taught – Monday

- ▶ Leadership Theories were introduced
  - ▶ Servant Leadership
    - ▶ What is a Servant Leader
    - ▶ Characteristics of Servant Leaders
    - ▶ When Servant Leadership is best



Traditional Leadership



Servant Leadership



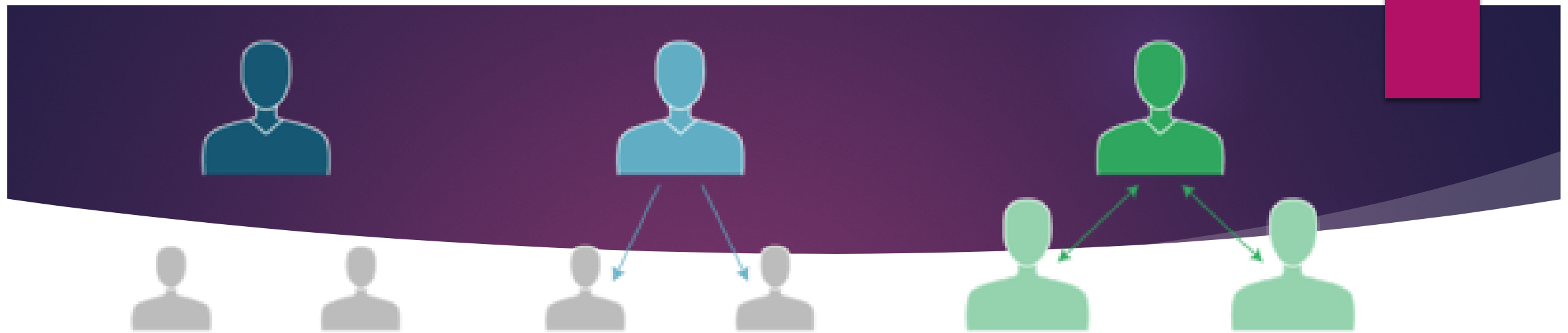
# Monday/ Team Leadership

- ▶ What is team leadership?
  - ▶ Energetic group of people committed to achieving common objectives
- ▶ Characteristics of team leadership
  - ▶ Self-confidence
  - ▶ Decision making skills
  - ▶ Effective communication skills
  - ▶ Courage
  - ▶ Strong Morals
- ▶ Team player styles
  - ▶ Contributor
  - ▶ Collaborator
  - ▶ Communication
  - ▶ Challenger



# Monday

- ▶ Introduce and compare leadership and non-leadership styles
  - ▶ Laissez Faire, Transformational, Transactional
- ▶ **Non-leadership:** Laissez Faire (Let be)
  - ▶ Effective in experienced, hands off, settings
- ▶ **Leadership:**
  - ▶ Transactional: Effective in short-term motivation situations
    - ▶ Back and forth "transactions" with the leader and follower
    - ▶ A leader that promotes with rewards and punishments
  - ▶ Transformational: Effective in long term situations
    - ▶ Idealized Influence
    - ▶ Inspirational Motivation
    - ▶ Intellectual Stimulation
    - ▶ Individualized Consideration



**LAISSEZ-FAIRE**

**TRANSACTIONAL**

**TRANSFORMATIONAL**





# Afternoon activity – Visited old Water Tower of Szeged





# Dinner With JOMBIE and co (Szeged)





# Sightseeing tour in Veszprém



# Tuesday- Mental Wellness and Communication (Seth)

## Keys to Communication

- Uses: Persuasion, Evaluation, Informing, Problem Solving and Motivating

Communication involves two things:

Content- What was said

Relational- What was heard

Can these two things be different? How?

(Coach to player, player to player)



Communication  
**Matters**



# Strategies to Improve Communication

---

- Express Empathy not Sympathy (Shoes of an Athlete)
- Use YOUR Style
- BE POSITIVE
- BE CONSISTENT
- Pick the right time and place to deliver messages (Scolding in front of others)
- Enhance trust to ensure messages are received correctly
- Body Language (Non Verbal Messages)

Strategies to  
Improve  
Communication

# Why Communication Breaks Down

---

- Receiver not paying attention
- Lack of trust
- Differences in socialization or heredity causing misinterpretation
- Differences in mental set or perception
- Embarrassment
- Tendency to tell people what they want to hear

Why  
Communication  
Breaks Down

# Communication Activity

## ACTIVITY: NAVIGATE MINEFIELD

---

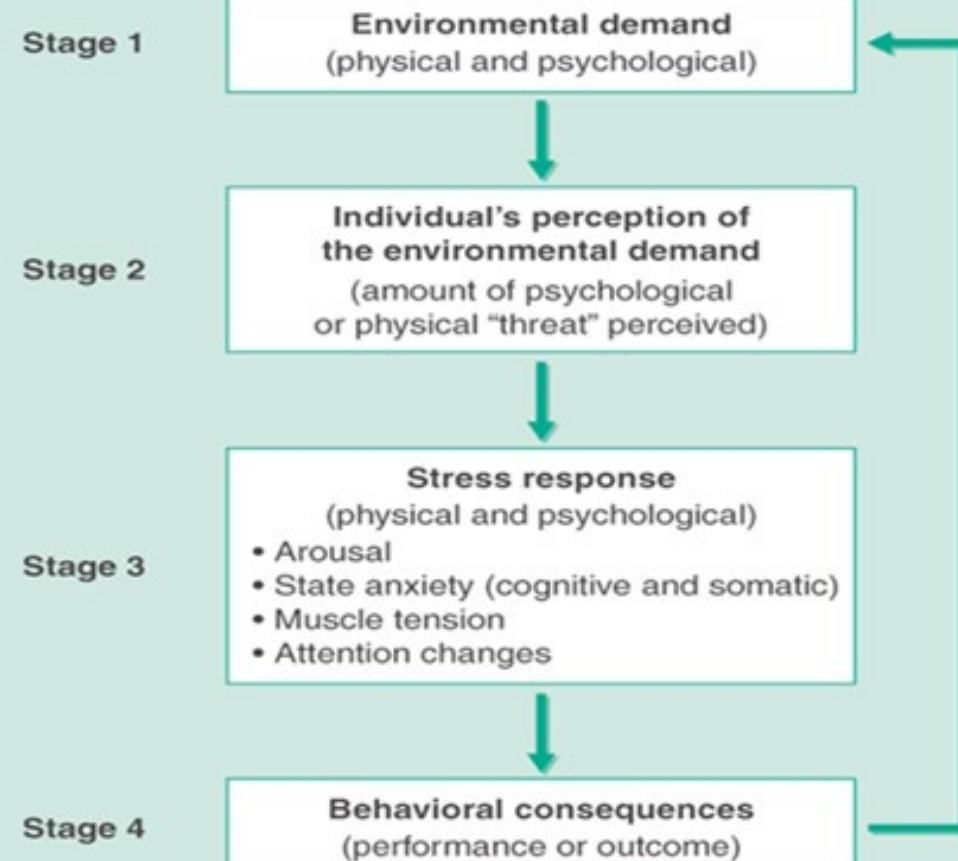
- One person in the group has hands over eyes, there are objects on the ground. Your teammates can use up to two words (Step left, Step Forward) to assist the other across the minefield to safety.
- Think about the keys to communicating AND listening!!



# Moved on to Mental Wellness

- ▶ Introduced Arousal, Stress and Anxiety as concepts
  - ▶ •Arousal – blend of physiological & psychological activity in a person AND the intensity at the moment.
  - ▶ •A negative emotional state that has worry, nervousness, apprehension and associated with activation or arousal of the body  
Cognitive vs Somatic Anxiety
  - ▶ •Stress – occurs when there is a substantial imbalance between the physical & psychological demands placed on an individual and his/her response capability – and under conditions where failure to meet the demand has important consequences.

# Stages of Arousal, Stress and Anxiety



# How to cope with these mental factors when performing

- ▶ •Problem Management: Reduces or eliminates the sources of stress (i.e. planning,>effort, routines, self talk)
- ▶ •Emotion management: Decrease emotional distress and enhance positive well being (i.e. social support, relaxation, positive thinking etc.)

# How coping impacts performance

- ▶ • Problem management strategies help you perform better – research says
- ▶ • Emotional Management strategies help you create a positive mindset but does not guarantee better performance.
- ▶ • Effective Coping help you perform better and occasionally experience flow
- ▶ • Ineffective coping impairs performance
- ▶ • Choking happens when you treat the situation negatively

# My Coping Routine

- ▶ •This is a comprehensive strategy that quickly alleviates anxiety FOR ME
- ▶ Want to Try It?
- ▶ •Start by taking a deep breath and repeat a counterargument – i.e. I may not like this, but I will survive and this will make me a better person (This Free throw is big, but I am prepared for it) or (This exam is important, but I studied hard)
- ▶ •On exhalation, the athlete continues – “so” and then say the physical relaxation cue word – “relax”
- ▶ •The MORE you practice the more EFFECTIVE this can become!!





Activity – Visit the Museum's exhibition in  
Klauzal Square (The Cake) (Szeged)



# Dinner at Árendás family (Szeged)





# Sightseeing tour in Veszprém





# Wednesday – Leadership in Sports/Wellness



## Leadership in SPORTS

- Every team needs a leader. However, there are many different types of team leaders in volleyball. Usually, depending on the personality type, skill level and the ability to bring people together.
- There are 3 different types of leadership in volleyball
  - Tactical
  - Physical
  - Emotional

# Leadership Styles in Sports

## Tactical Leadership

- Qualities: vision, communication and ability to adapt
  - Vision = analyze what's happening on the court to set a plan
  - Communication = the most **IMPORTANT** thing!
  - Ability to adapt = strategy thinking; like transformation leadership





# Leadership Styles in Sports

## Physical Leadership

- They're in charge of the talent, consistency, and grace under pressure
  - Talent = have to always be competing with any team that comes your way
  - Consistency = can't be having too many mistakes
  - Grace under pressure = have to play hard under pressure



# Leadership Styles in Sports

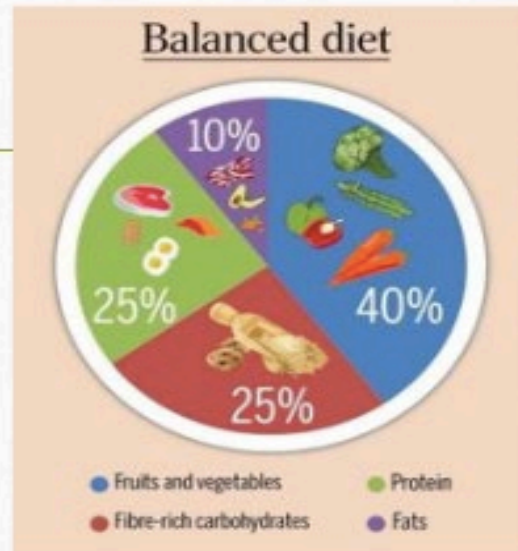


## Emotional Leadership

- An emotional leader is the person on the team who pumps everyone up. They bring a lot of energy and have the right qualities to help the team which involve; the right personality, intuitiveness, and problem-solving skills (relates back to servant leadership from Seth)
  - Personality = inspirational figure who can get the team fired up
  - Intuitiveness = this person knows when to speak up and when to be silent
  - Problem-solving skills = make the right choices when it comes to a big problem



# Nutrition for EVERYONE



## Nutritional facts that most professionals can agree on

- 1. Added Sugar Is a Disaster
- 2. Omega-3 Fats Are Crucial and Most People Don't Get Enough
- 3. There Is No Perfect Diet for Everyone
- 4. Artificial Trans Fats Are Very Unhealthy
- 5. Eating Vegetables Will Improve Your Health
- 6. It Is Critical to Avoid a Vitamin D Deficiency
- 7. Refined Carbohydrates Are Bad for You
- 8. Supplements Can Never Fully Replace Real Foods
- 9. "Diets" Don't Work — a Lifestyle Change Is Necessary
- 10. Unprocessed Food Is Healthiest



# Hydration is Key for a Healthy Lifestyle

## WATER

Keeping hydrated is crucial for health and well-being, but many people do not consume enough fluids each day.

Adult humans are 60 percent water, and our blood is 90 percent water.

There is no universally agreed quantity of water that must be consumed daily.

Water is essential for the kidneys and other bodily functions.

When dehydrated, the skin can become more vulnerable to skin disorders and wrinkling.

Drinking water instead of soda can help with weight loss.

If you don't know if you are dehydrated or not just check your pee if it's not clear then you are dehydrated.

# Mental Wellness



EMOTIONAL



SPIRITUAL



SOCIAL



ENVIRONMENTAL



PHYSICAL



MENTAL





Wednesday Activity - Visit to Lower Town. Seeing the Visitor Centre (Church and the Monastery) (Szeged)



# Dinner at EKO Park (Szeged)



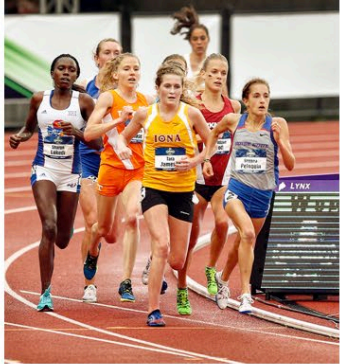


# Lake Balaton





# Thursday Track & Field Leadership



## TRACK EVENTS

- Sprint: 100 m, 200 m, 400 m
- Middle distance track events: 800 m, 1500 m
- Long distance track events: 5000 m, 10,000 m
- Hurdles: 100 m hurdles (women), 110 m hurdles (men), 400 m hurdles, 3000 m steeplechase
- Walks: 20 km walk (road) / 20000 m walk (track)
- Marathon: 26.2 mi



## FIELD EVENTS

- Jumps: long jump, triple jump, high jump, pole vault
- Throws: shot put, discus, hammer, javelin

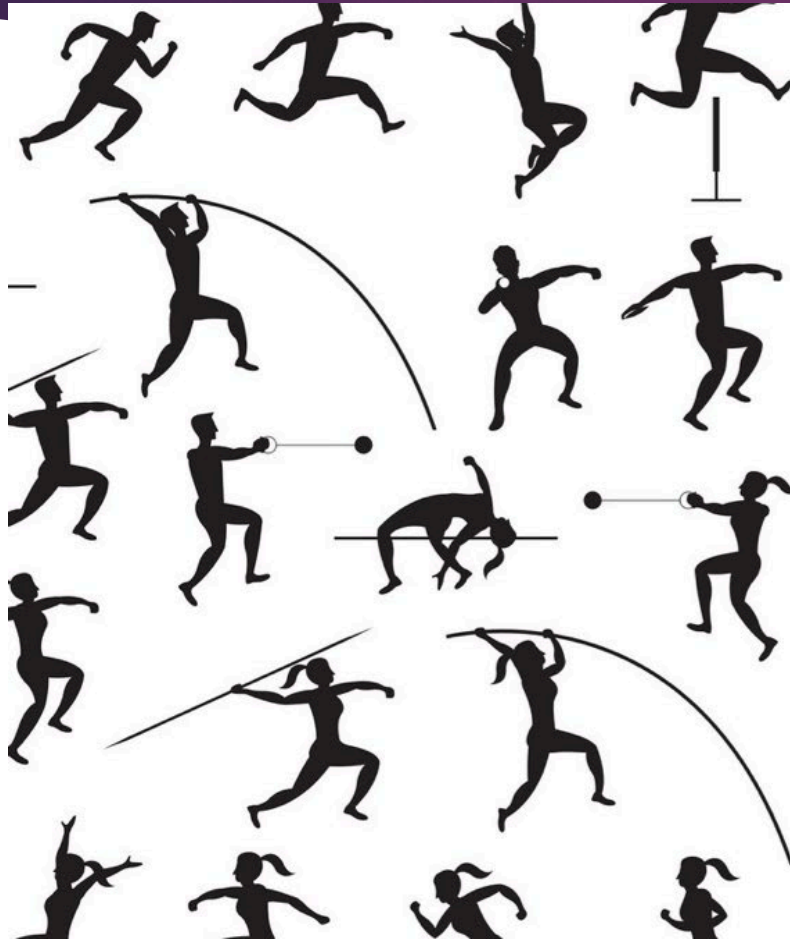
## ALSO

- Decathletes
- Heptathletes





# Thursday Track & Field



## LEADERSHIP

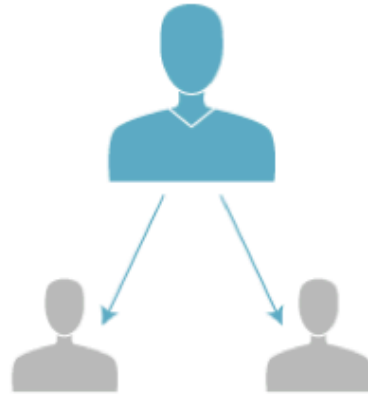
- Wide range of athletes
- Social Dynamics of the team as a whole can be difficult
- Types of Athletes to Coach/Support
  - Different Runners
- Transformational or Transactional approach?

# Transformational Leadership



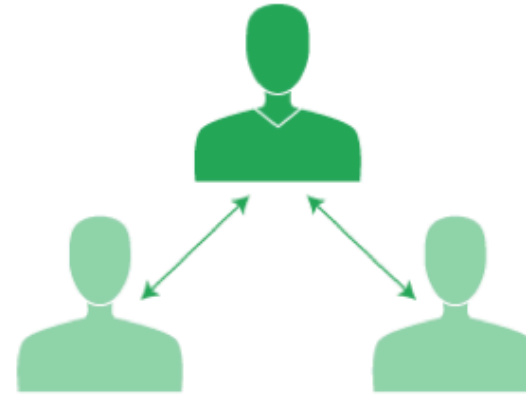
**LAISSEZ-FAIRE**

- Not effective in Track and Field
- Ex. Olympic Track and Field team



**TRANSACTIONAL**

- Coaches can be transactional
- Good performance in Track and Field comes from a lot of training/build up



**TRANSFORMATIONAL**

- Because it's a lot of build-up, transformational is more effective.
- Good at balancing short-term vision and long-term goals
- Experience building strong coalitions and establishing mutual trust
- Focuses on a greater shared purpose



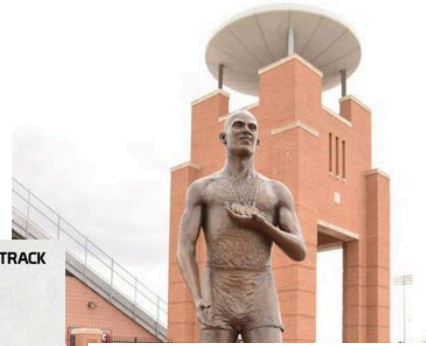
# 4 I's



# Culture

## TRACK IN THE UNITED STATES

- Jesse Owens
  - Famous Alumni of The Ohio State University
  - Four gold medals at the 1936 Olympic games in Berlin, Germany
  - Owens discredited Hitler's theory that German "Aryan" people were the dominant race
  - Nick Gray breaks Jesse Owens 80 year-old 100m record



## TRACK IN THE UNITED STATES

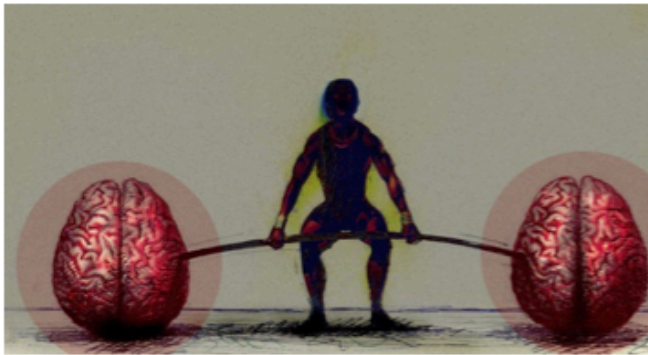
- University of Oregon's Hayward Field
  - Famous Alumni Steve Prefontaine





# Track & Field

## HEALTH AND WELLNESS



- Track and Field is a physically and mentally taxing sport
- Mental fitness
  - Successful Track and Field athletes maintain high self-efficacy
  - Highly motivated
  - Proactive
- Athletes must gain and maintain high physical fitness
  - Distance runners are lean and have high aerobic endurance
  - Sprinters are powerfully built strong and explosive
  - Jumpers are strong and explosive
  - Pole Vaulters are explosive with great upper body strength
  - Throwers have great strength and explosive



# Track & Field

## MENTAL TOUGHNESS



- Distance races get difficult
- Lactic acid build up in legs often discourage runners
- Races get long
- Practice becoming comfortable in uncomfortable situations
- Bob Kempainen Puking During the 1996 Olympic Marathon Trials
- Dave Wottle

[https://www.runnerspace.com/video.php?video\\_id=57408](https://www.runnerspace.com/video.php?video_id=57408)

[Dave Wottle 72 Olympics](#)

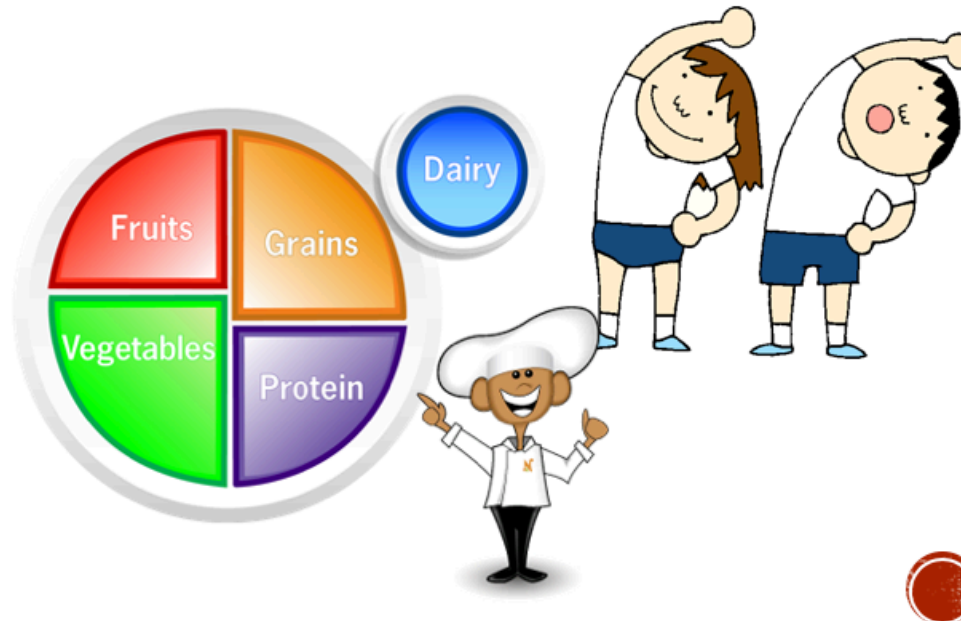


# Last slide before "Myrtl Routine" activity

## **THE "LITTLE THINGS"**

"Doing the little things  
can make a BIG difference."  
—Yogi Berra

- Myrtl Routine
  - Gets its name from focuses on your "hip girdle".
  - All the exercises either strengthen or help provide a greater range of motion in this area.
- Core
- Communicating with coaches
- Supporting teammates
- Nutrition
  - Well rounded meals and LOTS of water
  - Vitamins & Minerals
- Rest and recuperation
  - Getting good sleep
  - Taking easy days EASY
  - Cross training
    - Ex. Swimming, Biking



# Practice Weeks vs Race Weeks



- **Workout early on in week**
- **Easy day**
- **Prerace run with strides**
- **Nutrition**
  - **Lots of water**
  - **Carbs days out from race to fill energy stores**
  - **Protein day before to fill energy stores**
  - **Carbs burned first, protein and fat storage take over after**



# Uniqueness in Coaching & Racing

- Coaching
  - Many Events
  - Many Athletes
  - Different motivations
- Very cut and dry, no flukes
  - Races, jumps, throws



## **Championship racing**

Tactical

Not always the fastest win

Matt Centrowitz 2016 Rio  
Olympics



## **Rabbiting races**

Encourages faster races



# Thursday Afternoon Szeged Zoo





# Summer Language Camp





# Friday Students Day

- ▶ Morning Activity – Students Choice
- ▶ Szeged
  - ▶ Dance Dance Revolution
  - ▶ Soccer warmup drills
- ▶ Veszprém
  - ▶ Stretching







Soccer warmup



# Presentation on Smoking in Hungary





Students relate their interests to leadership, health, and wellness

