

Distance Learning in Response to COVID 19: A Student Perspective



BY SYDNEY FOJAS '21 Athletic Training

These past couple of months have been eventful to say the least. I was skeptical that my classes would move to an online platform at first when all the news started pouring in about COVID-19; little did I know how much my world would turn upside down. The transition to online classes created a fair share of difficulties: finding platforms to communicate with my professors and classmates, turning in assignments, learning how to adapt presentations, and more. This change was especially complicated for my major: athletic training. As athletic training students, a good amount of our learning comes from hands on opportunities as we work in the clinic alongside certified athletic trainers. Though the premature end to our clinical rotations provoked frustration and discouragement throughout the program, our professors responded in the best way they could as they consistently asked for our feedback, offered flexibility with assignments, and extended an ear to listen as we all navigated through a confusing period. Amidst all the uncertainty, my professors acted professionally and personally, maintaining the same standard of personable character that I have witnessed in the department the years I have been at Otterbein.

This past fall I received help from my clinical preceptors and professors alike as I applied for the sports medicine athletic training internship at Nationwide Children's Hospital in the summer. I learned about this opportunity through a student who recently graduated from our program. Our program has facilitated an environment for intra-class relationships, so I have stayed in touch with this student. She has become an excellent resource for me as I applied for the internship: helping me with everything from preparing for the interview to writing my cover letter. As I was writing my cover letter, I had trouble encapsulating all that I had gotten to experience at my time in Otterbein. My professors and preceptors have challenged me past what I believed was possible for myself. I started my time at Otterbein a timid student who was hesitant to speak her mind due to fear of making a mistake, I am now writing as president of our program's club (Otterbein Club of Athletic Training Students) and future intern at Nationwide Children's Hospital. Unfortunately, I will not be able to complete this internship in the summer due to COVID-19, but I am hoping to intern there in the fall. I have been able to work alongside my clinical director to make this possible and still receive a well-rounded experience at Otterbein. In the meantime, I have been working at a local dental office getting experience navigating how health care is responding to a global pandemic. This is a historic time and everyone has responded differently. I have learned what it looks like to make decisions that are not always black and white, how to provide patient care as we have interacted with a variety of patient responses from those who do not seem phased to those who are riddled with anxiety, and how to remain adaptable as new information is released daily. In class they always prepare us for worst case scenario, but being in the thick of this historic time has provided me with knowledge that will be invaluable to my life. Though I am not sure what the fall will hold for me at Otterbein, I am excited to get back as soon as possible so I can see my friends, my professors, and get back in the athletic training room to have a strong finish to my senior year.



(L) Sydney Fojas wearing PPE at while working at a dental office this summer and (R) working on a fundraiser for OCATS.

Message from the Chair

BY DR. JOAN ROCKS



Greetings!

I sincerely hope this finds you all healthy and doing well – including your families and all of those near and dear to you. There is no doubt that everyone has been affected in this very surreal and crazy place we are in with COVID-19. Many of us have had to learn very quickly how to reach and teach our students in a 100% remote learning world. Though it was chaotic at first, I am very proud to say that the entire department pulled together and made the second half of spring semester work. Some of us oldies even learned a few new ways to virtually teach – so who says you cannot teach an old dog new tricks. Most importantly, our students handled this situation very well and ended the year on a very high note and managed to still accomplish quite a bit as you will see throughout this newsletter. The old saying -Together we are Better – was solidified and rang true this past semester!

President Comerford and Provost Sherman Heckler did a phenomenal job leading us through the second half of spring semester (we also had a malware attack that shut us down at the start of COVID-19 – so double whammy). They are now leading us through the planning stages to return in the fall. It will be a busy summer but we do plan to re-open as close to normal as possible. Students have been surveyed and they have spoken very clearly that they want to return and they want face to face classes. We will do all we can to help make this happen.

So many have been affected by this pandemic – including some of you. If there is anything we can do to help, please do not hesitate to ask. If you are so inclined and are able to give back, Otterbein has developed a Cardinals Cares: COVID-19 Response Fund to help the many students in need. Please go to: www.otterbein.edu/cardinalscares if you would like to give.

Please take good care and many thanks for all your unwavering support! We are truly very lucky to have such a strong alumni family!!!

Best-Joan

Social Media Links:

We would like to invite you to join us on HSS social media and become a part of our efforts to recruit prospective students. If you are able to like and share our media it helps us to reach a wider audience. It also helps educate potential employers about what students, who graduate from our department have to offer them with regard to professional preparedness.

Facebook: <https://www.facebook.com/HealthyCardinal/>

Instagram: <https://www.instagram.com/otterbeinhss/>

Twitter: <https://twitter.com/HSSOtterbein>

Truth, Racial Healing and Transformation

BY DR. KRISTY MCCRAY

The recent deaths of Black men, such as Ahmaud Arbery and George Floyd, have sparked thousands of protests and demonstrations all over the country in summer 2020. These calls for racial justice and equity in America are not necessarily new, but they are getting louder – and HSS hears their message. #BlackLivesMatter is more than a hashtag or a social media post. It's a movement for institutions and communities – and the people in them – to do more to ensure justice, equity, healing, and safety for Black people. This is relevant to our Westerville community, at Otterbein, and within the Department of Health and Sport Sciences. For more information on how Otterbein is responding to these current events and ensuring that all students, faculty, staff, and alumni know that #BlackLivesMatter, please see the [recent statement from Otterbein president John Comerford](#) and learn more about the university's participation in the Truth, Racial Healing and Transformation (TRHT) program here: <https://www.otterbein.edu/trht/>

Master of Science in Allied Health (MSAH)

BY PAUL LONGENECKER, PROGRAM DIRECTOR



Academic year 2019-20 was another amazing year for the MSAH program. We completed our eighth year and continue to maintain high enrollment throughout the year. We consistently had close to 40 students taking classes and graduated 20 students in May. The recruitment efforts and alumni, student, and community support, appear to be paying off. Part of the recruitment effort included several scholarship opportunities for MSAH students. Alumni scholarships are available for Otterbein undergraduate alumni, and 10 students took advantage of these for the second year. Merit Scholarships were also offered and they are competitive, requiring a GPA of 3.5 to be considered. Eight scholarships were awarded providing a \$250 credit hour discount. A total of 93 credit hours were covered resulting in scholarships of \$23,250. We continued to have students completing practicum experiences in diverse settings including student involvement in the American Summer Institute in Hungary for the third year. We involved students in community activities, including sponsoring two teams for the Hunger Heroes Run in September, supporting an ACHE event in October with Mount Carmel St. Ann, and had numerous students that attended ACHE events. Also, we had numerous MSAH alumni working with students in the classroom and the community.

There are several new names and faces in MSAH for the upcoming year. This includes Farhiya Hirsi (2017 Otterbein Public Health alumni), our new GA Recruiter (taking over for Cassie Oberle) and Bethany Gwinn, our new ACHE student representative. In addition, current HSS faculty member Erica Van Dop, took over July 1st as the MSAH Program Director replacing Paul Longenecker, who continues on as MSAH faculty. As part of our continued work on growing enrollment, public awareness of the MSAH program, and quality of the program, we conducted a thorough evaluation of the program curriculum, learning outcomes and overall fulfillment of the program's mission. The evaluation progress included input from current students, alumni, HSS faculty, and community members. Numerous long-term initiatives were identified and initial changes involved the addition of prerequisite courses to address incoming needs of students in Statistics, Anatomy & Physiology and Nutrition. The new courses kicked off summer 2020. Thanks to those who provided input to this process. The final unplanned activity for the year was taking all spring courses 100% online to deal with the Covid-19 pandemic. With the MSAH hybrid educational model, this was not too painful. Wrapping up practicums and final presentation was the most challenging but everyone's flexibility and creativity made it a huge success. We hope you have a great rest of the summer! Stay safe and healthy. Please keep us informed of your accomplishments so we can share your successes with HSS, the Otterbein Community, and the rest of the world.



For more information on the Master of Science in Allied Health program:

Exercise and Health Science Track

Healthcare Administration Track

Visit us on the [web](#) !

Congratulations



Nadiya Timperman, RD/LD Otterbein University Part-time Teacher of the Year for teaching in the discipline.



Dr. Rob Braun has been named Public Health Educator of the Year for 2019-20 by the Ohio Society for Public Health Education.



Congrats to Dr. Kristy McCray on the publication of the text Handbook of Sexual Assault and Sexual Assault Prevention which includes a chapter that she wrote!



Danielle Kilboy, M.S. Promoted from Interim Head Athletic Trainer to Head Athletic Trainer.

Personnel Updates

Farewell:

- Morgan McCool, Graduate Assistant for Athletic Training
- Cassie Oberle, Graduate Assistant for Master of Science in Allied Health

Welcome:

- Erica Van Dop - Graduate Director Master of Science in Allied Health (still Exercise Science & Health Promotion faculty as well)
- Danielle Kilboy - Head Athletic Trainer
- Farhiya Hirsi '17- Graduate Assistant, Master of Science in Allied Health
- Asha Wallace, Graduate Assistant for Athletic Training

Keep In Touch



What are you doing post grad? Send your info, photos and other correspondence to otterbeinhss@otterbein.edu or post on social media and tag [@otterbeinhss](https://www.instagram.com/otterbeinhss), [#onlyotterbein](https://www.instagram.com/onlyotterbein) and [#mytopcollege](https://www.instagram.com/mytopcollege)

Congrats to the class of 2020!

Please join us in this [virtual celebration of the HSS senior class of 2020!](#) Seniors-we are so proud of your accomplishments and we wish you all the best in your future endeavors!



Thanks to Campus Facilities for the addition of the bright coloring on the HSS entrance that will help visitors more easily locate us!

Student Award Recipients

•The Marilyn E. Day Endowed Award

Awarded annually to a full-time student majoring in the department for excellence in scholarship, leadership, and service. 2020 recipients - **Kaitlyn McDougal, Caitlyn N. Ryan, Logan R. Nelson**

•Elmer W. "Bud" Yoest '53 Endowed Award

This award is presented to student(s) demonstrating an exceptional commitment to campus leadership and citizenship and preparing for a career in the areas Health and/Fitness & Wellness. 2020 recipients - **Muna Sharif & Sage E. Jenkins**

•Harold C. Martin '33 Endowed Award

This award is presented to a student who is planning to teach and/or coach. 2020 recipient - **Scottie Ethington**

•Col. Joseph E. Pizzi Endowed Scholarship

Awarded annually to a student currently enrolled and majoring in Athletic Training. 2020 recipients - **Myiah Kelley and Rachel Ferguson**

We very much appreciate the support of our donors, who have made a huge impact on our department. Please see page 11 of this newsletter to learn how you can support Otterbein students.

Master of Science in Athletic Training



The Allied Health major at Otterbein University has been designed to expose students to the wide variety of options for study and career opportunities in the health care arena. We have two options for study within this major. Both the BS and BA degrees prepare students in the areas of human movement, human movement dysfunction, evidence-based medicine, and exercise response.

The Bachelor of Science in Allied Health is a course of study that is designed to give students a background deeply rooted within the sciences. This degree is best suited to prepare students for entry into graduate schools in physical therapy, occupational therapy and physician assisting and contains coursework to meet the prerequisites of most graduate programs in health-related fields.

Undergraduate students interested a career in **Athletic Training** will enroll at Otterbein as an Allied Health (BS) undergraduate major with a Pre-Athletic Training Concentration (available starting in Fall 2020). This allows for all Commission on Accreditation of Athletic Training Education (CAATE) required pre-requisite and foundational knowledge courses to be completed before formally applying for admission to the Master of Science in Athletic Training program.

All of the courses listed below are required for formal application in the MSAT program. Please note that all these courses are included in the Bachelor of Science in Allied Health with pre-athletic training concentration (Layout can be seen below).

Required pre-requisites courses for admittance into the MSAT include: Biology, Chemistry, Physics Psychology, Anatomy and Physiology. Required foundation courses for admittance into the MSAT include: Statistics, Epidemiology, Kinesiology, Exercise Physiology, Nutrition, Public Health

All other foundation knowledge-based courses will be offered and infused with the graduate level courses.

<https://otterbein.edu/news/otterbein-offering-new-master-of-science-in-athletic-training/>

Highlights from 2019-20

EXSC 3050, Exercise for Special Populations, students learned about safe and effective physical activity for pregnant and postpartum women during a simulation activity in their class. →



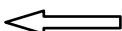
We didn't let little bit of rain dampen our Otterbein Homecoming 2019 spirit. Thanks to our current students, alumni, faculty, staff and Best of Both Worlds Community partners who came out for the parade and helped us represent the Department of Health & Sport Sciences! Our former department chair, Dr. Cynthia Jackson and her husband Ken, both alumni, were on hand for the class of 1969 reunion. *Be sure to watch your email for details on this years Homecoming and Family Weekend, September 25/26.* ←



↗ The Department of Health and Sport Sciences version of First Flight! We loved meeting our first year students in the class of 2023, and their Soar Leaders, and showing them around our facilities.

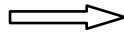


The Otterbein Epsilon Rho chapter of Eta Sigma Gamma (our National Health Ed Honorary) initiated 4 new members- Karissa McGinnis, Priscilla Williams, Nydia Velazquez, & Shirley McCullough. Please welcome them - we are so excited to have them as active members!

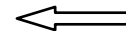


Highlights from 2019-20

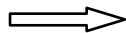
Thanks to Graham and Cassidy at Ohio State Sustain for helping HSS Sport Management students learn about zero waste game-day at the Shoe! We're excited to think through this at Otterbein. #GreenSports



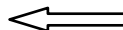
Students in Dr. Payne's Movement Science class got total immersion into learning how to use Hudl technology to analyze motion in patients/athletes. And students in Athletic Training 1000 lab got hands on experience and learned the correct procedures for taping as a prevention and treatment for athletic injuries.



Dr. Rob Braun & alumna Mariah Nevels took the Our World board game (developed by Rob & alumni) to teach about the social determinants of Health Disparities, & other health issues faced on a daily basis, to the Health Systems & Planning Department at Franklin County Public Health.



Journal reflections in Sport sociology – as a writing intensive class, they engage in smaller, informal writing exercises, like in-class journal reflections, as well as out-of-class papers. Gotta flex those writing muscles in a variety of ways! Loving the new décor in our Rike classrooms too.



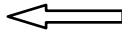
Highlights from 2019-20



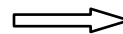
Thanks to all sponsors, participants & race support personnel who made the 5th annual Hunger Heroes 5K, a huge success. Over \$2900 was raised for Westerville Warm and the Promise House by students in Dr. Shelley Paynes class. Sponsors included: BMI Federal Credit Union, MSAH Otterbein, Rising Moon Custom Apparel, System7, Panera & Whits!



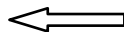
A shout out to our Athletic Training students who made it to the final round of the Ohio ATA annual Quiz Bowl. What a great professional development/networking experience this was for all of our students that attended. Joe Wilkins, Advisor



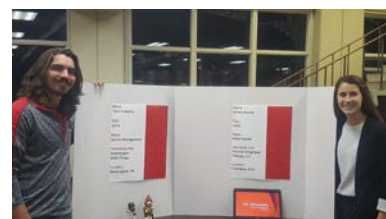
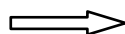
Kwame J.A. Agyemang, PhD recently discussed activism, among other topics, with a student-athlete book club that Dr. Kristy McCray co-facilitated this past year!



Our Public Health Education students recently conducted a Sexual Health Fair to raise awareness of health issues faced by college students.



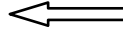
HSS majors Tyler and Kenzie attended the Peer to Peer Internship Fair to share their experiences with the rest of our Otterbein campus.

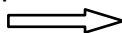


Highlights from 2019-20





A Toss for Hunger cornhole tournament was hosted by Dr. Walters class with proceeds benefitting The Promise House at Otterbein University.



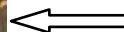
Athletic Training students from Otterbein volunteered as medical support for the Cap City Marathon. This service learning opportunity affords them the opportunity to work with a doctor from Ohio Health hand experience what it's like to support a large community event. 

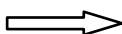


HSS Otterbein students & Professor Kristy McCray attended a Sports Society compliance event on amateurism in college sport for a panel discussion featuring historians and scholars like Professor Blackistone and attorney Ricky Volante. 

Many thanks to our Otterbein alumni and other allied health professionals for being on hand at the combined OCATS & HPC club meeting for a panel discussion, advice and Q & A about their career paths. 



Public Health Education alumni & students met at Jimmy V's in Uptown Westerville for a social/networking event. Thanks to all for attending this 3rd annual panel discussion featuring grads Natalie-Columbus Urban League, Paul Ithenya- Union Co Health, & Farhiya Hirsi -Nationwide Children's Hospital. 

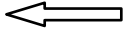
Thanks to the Columbus Blue Jackets for the opportunity for our students to tour facilities, network with team professionals, and catch a game this fall. We had a great time and learned a lot about how a professional hockey team operates. 



Highlights from 2019-20



Worthington Parks & Rec Indoor Triathlon MSAH volunteers - Mitch Stotler, Bethany Gwinn, Melissa Lerch, John Groeber & Program Director Paul Longenecker. MSAH participants - Caroline Hanson who won her age group.



International Sport Film Festival of Ohio- @ISFFOHIO, had their launch party spring semester but unfortunately the event could not take place due to the COVID pandemic. Look for it to be back in spring '21. →



Tony Bishop, in his new role as the Robert Schuman Fellow in the European Parliament at the European Parliament Plenary Session in Strasbourg, France.



Public Health Nutrition & Sustainability class filled bags for WARM to provide supplemental nutrition for food insecure Westerville children in grades K-12. Nadiya Timperman's students put together 250 + bags which is enough to feed students for 1 week.



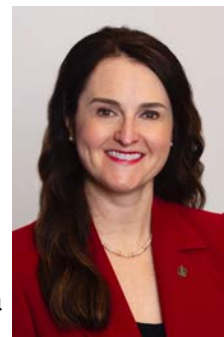
Allied Health students in Dr. Simons class PechaKucha presentations in their holiday attire instead of business casual. A fun twist on learning this important presentation skill.



Dr. Kristy McCray along with our Otterbein students who attended and participated in the Black Student Athlete Summit in Texas.

Supporting Otterbein via an Endowed Scholarship

BY KATHLEEN BONTE, EXECUTIVE DIRECTOR, DEVELOPMENT



What is an Endowed Scholarship?

Many alumni and friends of Otterbein have helped students through the years by setting up scholarships. When starting a scholarship fund, there are many things to take into consideration – the key is to know whether you want to help a student once or set up a scholarship that is more permanent.

If you decide to help a student once, it is pretty straight forward. You decide the amount of money you would like to donate. All the money you donate goes directly to funding the scholarship for students. One new option for this year is the Otterbein Fund Scholarship Program, which is a total of \$7,000 or \$10,000 over four years.

An endowed scholarship works differently and is a bit more complex.

Endowed Scholarships

If you would like to create a fund that will provide scholarships to students for years, an endowed scholarship can be a great option. An endowed scholarship requires you to donate a significant gift. For Otterbein currently that minimum amount is \$25,000. Donors can do that at once or they can split it up into as many as five years or \$5,000 a year for five years. The gifts could be made by check, credit card or appreciated stock. If this is something you're able to do, your money will help a greater number of students because the fund becomes a permanent part of the University.

When you give an endowed fund, the university doesn't use your gift to award students with scholarships. Instead, your gift is invested. The interest earned from your invested gift is used to fund scholarships.

Whereas a regular scholarship is a one-time thing, an endowed scholarship keeps producing income. This is how your endowment can fund scholarships for years.

How Does an Endowment Fund Work?

If an endowed scholarship sounds interesting, you will have to make several decisions. Otterbein decides how the funds will be managed, yet the donors get to decide how the money will be used.

For starters, you can choose the name of the fund. If the fund is in memory of somebody, you can name it after that person.

Another thing you will need to decide are the qualifications or criteria for students to receive the scholarship.

Do you want to award the scholarship to students who demonstrate financial assistance? Or is it more important to you that the money goes to students studying a particular major?

The Development team at Otterbein can help with these and other decisions. Once you decide on the details of your fund, you will have to sign a gift agreement. This legal contract will include important details of your fund. These are things like the amount, name, and purpose of the endowed scholarship.

Why Choose an Endowed Scholarship?

There are several reasons why you may wish to set up an endowed scholarship. Some benefits to setting up an endowed scholarship include

- The obvious benefit of helping many students get a college education. College is expensive and a great number of students aren't able to afford the high costs on their own.
- Another benefit is recognition for you and/or your family. It's a big honor to donate such a fund. Otterbein is very grateful for the support of its endowment donors. Giving at this level usually qualifies the donor to be a part of our donor recognition society named for Dean Joanne Van Sant.
- For those who itemize their tax returns, creating an endowment fund could also offer tax benefits.
- Because the endowment lives on in perpetuity, the annual report can be passed down through the generations of your family so that children, grandchildren, etc., can feel a part of something important and lasting.

If you have the ability, creating an endowed scholarship can benefit a large number of students for many years. To learn more, please reach out to Kathleen Bonte, Executive Director, Development at kbonte@otterbein.edu or (740) 590-6069.