

**Health and Sport Science
Departmental
Developments
Fall 2009**



Health Promotion & Fitness

Reported by Laura Greene



A big 'Welcome Back' to all our returning majors, and welcome to all the new freshman! It's hard to believe another year is upon us, and fall has already made its mark here on the OC campus. We are already halfway through the first quarter, and hopefully you've taken the opportunity to make a mark in your major and get involved early on! There are plenty of ways to connect with others while gaining professional experience and further exploring your chosen field!

The Health and Physical Education/Health Promotion Club is gearing up for the year, with fun volunteer events, professional development workshops, and convention opportunities. The club is a fantastic resume booster and a great networking opportunity. Be on the lookout for information about joining OAHPERD (Ohio Association for Physical Education, Recreation, and Dance), and take advantage of the professional organization opportunity at a discounted student rate! The State convention is December 3-5 at the Columbus Convention Center, and many students from the department volunteer; it's easy, fun, and a great way to get connected within the major! But no matter what you decide to do this quarter and the rest of the year, just get out there and get involved! Everyone has been hearing about staying healthy, especially with the onset of flu and cold season, and it is extremely important to take care of yourself and protect those around you. It is possible to avoid the sickness sting, and to make it easier, follow these guidelines:

- Eat a well balanced diet with a wide variety of color to ensure you're getting the proper nutrients and antioxidants for ultimate immune system power
- Wash your hands or use antibacterial solution OFTEN, especially after being in public places like the computer labs or store
- Cover your mouth and nose when you cough or sneeze
- Be conscious of who you are sharing drinks or food with
- If you are feeling sick, take time to rest, sanitize things after you use them, drink water, and take vitamins to get over your illness as quickly as possible!

Hopefully everyone has had a successful start to the year, and do not be afraid to step out and make positive changes that will benefit yourself and those around you!

Allied Health

Reported by Sarah Warner

Class, homework, jobs, internships, applications for grad school and whatever else can be put onto the plate. Does anyone else feel like a chicken running around with their head cut off? To make this quarter and year more hectic for everyone I have some advice and more opportunities available for Otterbein's campus to get involved in the pre professional health field.



Advice for one and all...no procrastinating! The allied health major requires a field practicum and a 5-10 credit hour course internship. Myself and others have learned these opportunities require, depending on the location, much time and effort to set up the times and to make sure you, the student, has filled out the paperwork and have had the appropriate medical tests completed to work in the facility. I also want to give a heads up when contacting locations that offer the service you are looking to obtain observation and internship hours with. The call back rate is few and rare. If you want to observe at a specific location you must be confident and follow up with e-mails and phone calls showing your interest and passion for that area of work. Locations can easily be found on the internet and through Ohio State's website, which offers locations that offer certain services with their numbers.

Ok, the lecture is over and now time for getting involved on campus. AED, the National Pre-Med Honorary student organization, had their first meeting this month and wants to become more involved on campus along with welcoming and grabbing the attention of possible future members. It is a great organization for those who are not sure to what their future holds but has some sort of medical or health related field in mind. As the first service project of the year AED has decided to Trick-Or-Treat for cans and to donate them to a local food bank. This will take place on October 31 and all members and non-members will meet at 5:45 in the campus center. Westerville Trick-Or-Treat runs from 6-8pm which is when AED will be scurrying around and collecting canned goods. Wear your Halloween costume and prepare for a good time.

Keep your eyes and ears open for further service projects and of future activities. I wish everyone good luck on the rest of your fall quarter and stay warm! And remember, no procrastinating!

Athletic Training



Welcome back! I am pleased to announce that the Athletic Training Program is kicking off to a great start this fall quarter. Since weeks prior to the start of school as numerous athletic training students re-united to work pre-season camps, the major has been busy as a whole. Several students had many great experiences to share from over the summer, one being Corey DeBarbrie's professional internship with the Cleveland Browns! Congrats Corey! This quarter is also full of many professional and service projects including *Live Like a Champion* where several athletic training students provide testimonies of their success for 8th grade students at Genoa Middle School. Students are also volunteering Sunday, October 18th at the Columbus City Marathon in support of our team physician Dr. Darrin Bright. We also had several students attend this year's first GCATS meeting where they learned about diagnosing, treating, and return to play decisions for concussions and post concussion syndrome. Another exciting act the athletic training students are working on is letter writing to our state of Ohio House Representatives to help pass the bill H.R. 1137 "ATEAM". This important legislation will open many doors for the profession, which would provide certified athletic trainers more rights in the clinic setting by allowing them to bill for their services. The annual *Quiz Bowl* will also be held at our last OCATS meeting on October 29th to determine our representatives for the *OATA Quiz Bowl* this winter. Also to begin the year OCATS had a great turn out at their annual Hog Roast where students and staff showed up to eat, socialize, and participate in the ever so popular and competitive corn hole tournament. Finally, as the quarter winds to an end I want to congratulate and thank all the athletic training students for their hard work and dedication to the program!



**Athletic Training
Students**

Seniors

Juniors



Sophomores

Freshmen



Health & Physical Education

Reported by Kate Weale



Greetings for the PE corner! Hope everyone was able to have a relaxing summer. We are starting off on a busy schedule here in Health and Physical Education (HPE) Club. We have students organizing the following events:

-A PE workshop planned with local professionals on Tuesday November 10th at Annehurst Elementary school.

-Two of our students will be presenting at OAHPERD's state convention this year on Thursday December 3rd at 2:30pm. The topic for the presentation is *Academic Integration into the Gymnasium*. If you are interested in staying with a group of Otterbein students for the convention please let me know and I will get you information. Come help us defend our **Golden Shoe**, won last year in the Supergames competition among college teams.



-Hoops for Heart 3 v 3 basketball tournament
February 5th 5-8 pm

If you are interested in helping with any of these events please let me know! (Kate.Weale@otterbein.edu) Hopefully we will see you there!

Health & Physical Education (con't)

I would like to take a moment and talk about a wonderful experience I had the first weekend of October. I was able to attend the AAHPERD Midwest Student Leadership Conference in Angola, Indiana. I had a blast! I learned a lot about the profession and about myself. I had the opportunity to meet 6 other students from the state of Ohio and about 45 others from the Midwest. If you ever have the opportunity to do anything like this please do! I have created many networking opportunities and possible job opportunities through this. The group of Ohio students are planning on getting together during OAHPERD and I can't wait to see them all again.



Midwest AAHPERD Student Leadership Conference participants.

HSS is on Facebook!!



Students and Alumni from the *Department of Health and Sport Sciences* now have their very own Facebook page. Please join us to stay connected-learn about department news, job opportunities and to keep in touch with each other and faculty. What a great social and networking opportunity this will be and we need you to make it happen.

Check us out at:

<http://www.facebook.com/s.php>

[q=Otterbein+College+Department+of+Health+and+Sport+Sciences&init=quick#/pages/Otterbein-College-Department-of-Health-and-Sport-Sciences/130303172558?ref=search](http://www.facebook.com/s.php?q=Otterbein+College+Department+of+Health+and+Sport+Sciences&init=quick#/pages/Otterbein-College-Department-of-Health-and-Sport-Sciences/130303172558?ref=search)

Just cut and paste the above link into your web browser or if the link doesn't work type *Otterbein College Department of Health and Sport Sciences* into the Facebook search box in the top right hand corner of the FB home page.

Congratulations!

In case you haven't heard-Dr. Joan Rocks, HSS department chair and Athletic Training Program director, received the 2009 Master Teacher of the Year Award announced at the Academic Honors Convocation, June 3.



Sport Management

Reported by Oliver Thwaite



Autumn quarter here at Otterbein College is definitely a busy time of year. The incoming freshman have finally settled down, friends have reunited, and the work has begun. This year the Sport Management Club started off with a bang. Contrary to years prior the club has found many dedicated and enthusiastic students to lead the way this year. The group consists of a variety of freshman through seniors who have brought form back to the club. So far the club has decided to attend a Columbus Blue Jackets hockey game. Prior to the game we will meet with professionals within the front office staff who will speak to the group about what it takes to earn a high ranking position within a professional organization. The trip will be a fun way to come together as a group as well as a great way to branch out and network. We hope to do many great things this year and will keep everyone posted as we conduct events throughout the year.

Anyone is allowed to join the club and if there are any questions regarding the Sport Management Club feel free to email me personally at:

Oliver.Thwaite@Otterbein.edu.

We hope to see you at the next meeting!

Human Performance Lab

By Dr. Kim Fischer

The Department of Health and Sport Sciences has recently purchased sophisticated fitness assessment equipment from Korr Medical Technology, as well as a treadmill and cycle, in order to create a new Human Performance lab which will allow several of our majors to get practical experience doing fitness assessments for a variety of faculty clients. Funding for this equipment was made possible by the Dean's Office special equipment funds.

This laboratory, located in the Rike Center, will be utilized by students in several departmental courses including Kinesiology, Exercise Physiology, and Fitness Leadership. The longer-term goal is to develop a faculty and staff fitness program that will also use this fitness assessment equipment.

The interested person can take a VO₂ max test that is designed to determine a person's cardiovascular fitness. With this equipment, a person's resting metabolic rate, a measure that can be used in discussion of weight management, can also be assessed.

In the past, a step test has been used to estimate cardiovascular fitness of clients. There has never been an opportunity to test for resting metabolic rate. In addition to these two measures, clients will continue to be measured for blood pressure, resting heart rate, height, weight, girths, flexibility, and muscle fitness. From a fitness assessment, a person can be guided through a safe fitness program that is commensurate with his/her initial fitness level.

Students graduating with majors in Health Promotion and Fitness, Athletic Training, and Health and Physical Education will all benefit from using this state-of-the-art assessment equipment. Student numbers have been increasing in these majors and, in order to ensure preparedness upon the completion of the major especially as this relates to graduate school admittance and securing of top-notch internship placements, students need to know how to determine and interpret VO₂ max and RMR results.

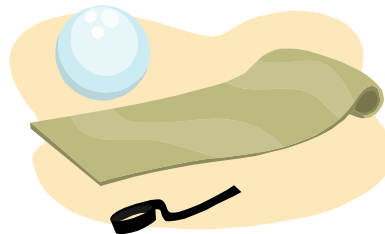


Otterfit

By Jenna Madama, Intern



You may have noticed some of the Health Promotion and Fitness students training people in the Clements Center and/or Rike Center recently. This is part of the OtterFit Health and Fitness program that is now being offered to all faculty and staff members here at Otterbein. This program gives Health Promotion and Fitness majors the opportunity to personal train as part of the Fitness Leadership class taught by Kim Fischer, Ph.D., CSCS. Over the summer, the program received a great response with sixty staff and faculty members signing up to participate. They each completed client intake forms, went through a physical fitness assessment, and committed to at least two 60 minute training sessions per week. Each participant will again go through a physical fitness assessment at the conclusion of the fall quarter to see the progress that they have made. While many of the participants are working one on one with a student, there are also circuit training sessions available Monday – Thursday evenings from 5:15-6:15pm for those who can't make it in until after work hours. Along with personal training, the OtterFit program offers Yoga and informational Lunch and Learn presentations as well. Jenna Madama, a senior Health Promotion and Fitness major, is involved in the program as an intern so you may see her frequently either leading Yoga classes, presenting over the lunch hour, conducting fitness assessments in the Human Performance Lab, or personal training clients. The program is proving to be a success as the staff and faculty are learning about the importance of daily physical activity and how to use the work out equipment in the Clements and Rike Centers. It's a win-win scenario for everyone involved!



Homecoming

Please consider supporting the *Department of Health and Sport Sciences* homecoming candidates.

Lamar Hutchinson will be representing the **PE Club** and **Amanda Pizzi** will be representing the **OCATS Club**. **Both candidates are active in our department and we feel they would make fine representatives to the campus community.**

Voting, in past years, has been on line and via email so keep an eye on the intranet and your email during the week of October 19th for information on voting so you can participate in the process.

