

Health & Physical Education

Reported by Kate Weale

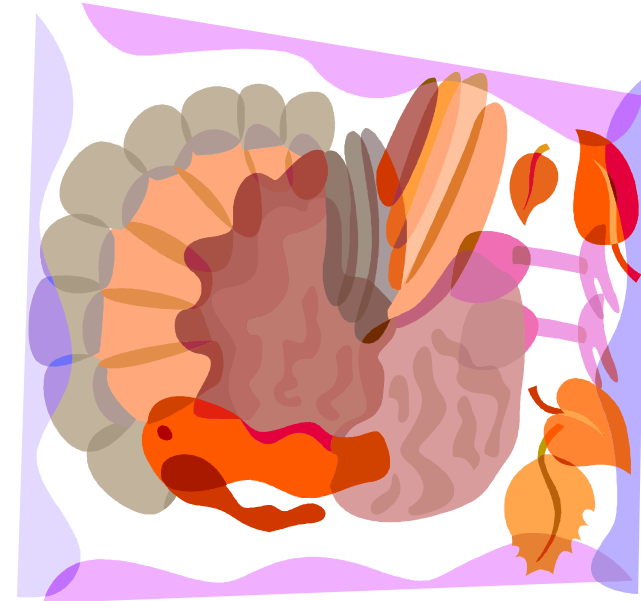


Greetings from the Physical Education corner! There is a lot going on in our department currently. Ryan Eldridge (president) and I (vice president) are heading up the new Health and Physical Education Club. With Ryan's leadership the club is going to be pretty active this year. The club has been holding meetings for members but we are always looking for new members. Some of the activities for the rest of the year include workshops, socials, Jump Rope

for Heart, and Hoops for Heart. One event that we are really looking forward to is the Ohio Association for Health Physical Education Recreation and Dance (OAHPERD) state convention. The convention will take place December 3rd-5th in downtown Columbus. This will be my first year attending the convention but I am really looking forward to it! We are going as an Otterbein group, so if you are interested please contact either one of us! There will be many great ideas for upcoming students; as well as great networking opportunities. If you have the opportunity to attend I would highly suggest it! Please keep your eye out for information about our Jump Rope for Heart and Hoops for Heart activities. We will be having a 3 on 3 tournament during winter quarter. Please also keep your eye out for information about our next Health and Physical Education club meeting. Hope to see you there!



HLED 310 Alcohol, Tobacco and Drug class poses for a photo prior to the Alcohol Awareness event in the campus center.



HSS Departmental
Developments
Fall 2008

Dates to Remember

- **OHAHPERD Annual Convention-Dec. 3-5, 2008**
Department Majors meeting will be held in January. Please watch for details in your email.
- **Entering Freshman who have not set up their e-portfolios need to do so. This is mandatory. Please contact Annette in the HSS office to make an appointment in January when you get back from the break .**
- **HSS Sportswear orders will be taken from January 5-23. Forms can be picked up in the HSS office on the 2nd floor of the Rike.**
- **Annual HSS Student Recognition Night will be held February 18, 2009 during half time of the Men's Basketball game.**



Congratulations to **Anthony Guglielmi** and **Erin Baumann** for being elected first runners up in the Homecoming King and Queen contest.

Allied Health

Reported by Sarah Warner



The 2008 fall quarter has brought about many changes for those interested in the medical field. Otterbein has recently added “Allied Health” as a major to its many degrees offered. Those from a variety of majors have joined together to share a common love of helping others, learning about the human body and components. This also gives students the opportunity to work towards a more focused degree relating to future hopes, dreams and anticipations. Led by Shelley Payne, PT, HLED 365 is a beginning class to unite and blend basic ideas related to the medical field. This enables every student to collaborate, learn from one another and have a fresh start no matter the difference in his or her learning career. Another course required for the “Allied Health” major is HLED 290, a field practicum requiring 60 hours of shadowing or volunteer experience at two medical facilities of the student’s choice depending on their area of interest. This gives excellent first hand experience and a better understanding of the occupation and duties involved.

From personal experience, I will say the “Allied Health” major has greatly affected and impacted my life. This may seem extreme or over the edge but honestly, I have found a hidden passion, which I’m sure is also true for many others involved in this major. The best way to learn where you seem to have a knack is through observing and experience. Through this observing, many key concepts and techniques from the lecture come into action, a great method for learning for all of you visual learners out there. The field practicum allows for involvement, ideas and even job opportunities and future volunteering hours. Jobs such as ABA instructors (applied behavioral analysis); part-time assistance and those along the lines of home care or child care bombard these areas where fieldwork is done. Get your feet wet and have fun! The “Allied Health” major is off to an awesome start with enthusiastic students bringing a more specified and different aspect of the medical field to the table.



Shelley Payne and students from the very first Allied Health class at Otterbein College.

Athletic Training

Reported by Erin Baumann



Wow, it is the end of fall quarter already and even though it is getting colder outside, the athletic training department is just getting warmed up! On October 19th, many of our students volunteered their Sunday to help the medical staff at the Columbus Marathon. And congratulations to those athletic training students who ran! The Hog Roast was on October 25th this year as we held our first ever cornhole tournament. Everyone

seemed to have a great time surrounded by great people, conversation, games and of course delicious food! At our monthly meeting at the end of October, we had our own program quiz bowl to see which athletic training students will represent Otterbein College in the annual quiz bowl held at The Ohio State University in January. Make sure you check back in the winter issue of the Health and Sport Sciences article to find out how Otterbein did! Good luck to those that will participate! Have a wonderful and relaxing break and as always, GO CARDS!



**Joan Rocks and the Athletic Trainers
for Women's Soccer.**

Health Promotion & Fitness



It has once again been a busy yet eventful fall quarter here in the Health and Sport Sciences' department. Welcome to the new freshman Health Promotion and Fitness Majors; we are so excited to have you in our department! Whether you are a freshman or sophomore looking for ways to get connected and get more involved within the major, or a junior/senior hoping to expand your experience and build up your resume, there are plenty of opportunities to take advantage of! The OAHPERD convention is at the Columbus Convention Center December 3-5, and if you are a member of OAHPERD you can go for a discounted student rate, and if you're not a member, you should join! The convention is a great way to expand your professionalism and really get a feel for the industry, gain valuable knowledge by attending both interactive and information based seminars, and connect with other college students both from Otterbein and around Ohio. (Plus it looks GREAT on a resume). You can sign up by going to <http://www.ohahperd.org>. There will be several students from the department going so make plans to be there! Another exciting happening within Health Promotion and Fitness is the merger with the Health and Physical Education club. Instead of having a HPF majors Wellness Club, we will be teaming up with the HPE club, giving us more opportunities to take part in activities throughout the year while connecting with other students in the department. We are very excited to make a big successful club, so feel free to join in the activities and keep your eyes open for event e-mails, or contact Ryan Eldridge for more info! Dr. Capwell's Health Program Planning and Evaluation class has been working on developing and implementing health promotion programs throughout the community. HPF majors Becca Brunner and Jessica Ebright designed a Fitness program with Otterbein's support staff members in mind. The program is called *Use it or Lose it*; they started with needs assessment where they identified the top 3 health concerns among OC staff: Exercise, Diet, and Heart Disease. They held two seminars, one on Nutrition and the other on Exercise, addressing issues such as Diabetes, Heart Disease, Eating Habits, and Osteoporosis. Other groups are working with Sports Pals, Norwich Elementary (nutrition program), and kids fitness. So follow their lead and promote Health and Wellness both on and off campus...Represent your Major!



**Jessica Ebright &
Becca Brunner
prepare to speak to
staff members**