A letter to students, faculty & graduates from
Tom Langley

Dear friends,

I was asked to write a few things “about myself” for the initial newsletter of the Department of Health and Human Performance. Those of you who know me, know that is difficult for me to do. I have decided to write an open letter to all of you instead.

As I enter my last full-time year at the College, I would like to thank all of you for the “good times.” It has been a wonderful 25 years. I still remember my first student teacher observations (now called “clinical internships”) during my first year and “getting to know Charleston” while I drove to the various cooperating schools. I also remember trying to find a parking space when I returned from those trips. I clearly remember the parking tickets I received for parking where I should not have, when I got exasperated and parked anywhere. That should not be difficult to remember since it just happened yesterday.

The parking situation has not changed much over the 25 years I have been here, but many other things have. The College has almost tripled its size and the department has increased its number of students almost eight times — and we are still growing. In 1984, we had one major with a teaching track and a general track. Today we have two majors, with one of those majors having three concentrations. In 1984, we had seven faculty members and a handful of adjuncts. Today, we have 16 faculty members and 20 adjuncts.

And the changes keep coming. The exercise science faculty and the health promotion faculty are currently developing proposals to change the exercise science and health promotion concentrations to bachelor of science majors. In a recent edition of the Charleston Post and Courier, a wedding announcement of one of our graduates noted that she had graduated from the College with a B.S. degree in Exercise Science. That student was ahead of her time.

I would like to think that over the past 25 years, with 13 1/2 of those years as chair of the department, I had a small part in the growth of the department and the successes experienced by our many graduates. And it would be a small part, because I know the growth of this department and the success of its students is primarily due to the great faculty and the caliber of students we have had and still have. I know every faculty member who is or has ever been in this department puts the education of his/her students ahead of everything. I know some of you students might have thought otherwise during your classes, but I think you would have a difficult time thinking of examples where this was not the case once you realized what the courses were really all about.

I know the faculty members are extremely proud of our graduates. I know we expect great things from them and from those students yet to graduate. We feel you are extensions of us and extensions of this program. This newsletter is the beginning of an attempt to communicate with all of you — graduates, future graduates and faculty (past and present). We hope that you will take this opportunity to stay in touch by letting us know where you are and how you are doing. We really do want to know.

In closing, I would like to again say thanks to all of you for being a part of my life to this point. You have enriched my life and have made me feel that what I do is important. I look forward to continuing that enrichment in the following year and the years to come.

Tom Langley

Salve et Vale
(Be in Good Health and Be Strong)
Walking Distance

Michael G. Flynn, Ph.D.

This is the first edition of Salve et Vale (Be in good health and be strong) — a newsletter intended to inform current students and faculty; and to reconnect with alumni and friends of the Department of Health and Human Performance (formerly Physical Education and Health). It’s new and I am new — having started as department chair January 1, 2009. I have learned a great deal about the College and the department in eight months, but I still have a great deal to learn. Thanks to the faculty, especially Dr. Tom Langley, and students for helping to make my transition easier.

There are several new things in Silcox and several exciting things on the horizon. Those returning to campus may have already noticed a new look in the Silcox foyer — with a new carpet, signage and 10-foot-tall palm trees! As you will read on page four, we also have new, easy to find, spacious department offices — a renovation of the former Top Cat room. Look for an invitation to an open house in the fall to showcase our new space.

Current students will notice a revamped computer room and new student lounge. After conversations with students and faculty during the early days of my employment, it was clear that we needed a place for our students to hang out between classes. We hope you like what we have done with the space. Thanks to Susan and C.J. Rozzi, Michelle Futrell, David Thomas, Tim Scheett and Jerry McClary for their help making the new space look great.

Exciting things on the horizon include the rather arduous process of changing the exercise science and health promotion concentrations to majors. It will take a lot of time and energy, but with 230 students in the exercise science and health promotion concentrations — many going on to graduate school or sitting for certification exams — we see a need to have majors in these areas.

Also on the way are two new theatre style classrooms, a 60-foot by 100-foot exercise deck in the Johnson Center, and new lab space for exercise science, athletic training and teacher education. HHP faculty have been doing outstanding work in a modest facility. These and other facility upgrades will help them achieve even more.

I would like to close with a welcome and an invitation. Welcome to our new faculty members: Dr Anh-Dung Nguyen, Assistant Professor in Exercise Science and Athletic Training; and Dr. Carwyn Sharp, Visiting Assistant Professor in Exercise Science. I also invite you to come back and see us!

Thanks and remember “Everywhere is walking distance, if you have the time” (Steven Wright).

DON'T FORGET!!

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Please Welcome ...

Anh-Dung Nguyen

Dr. Anh-Dung “Yum” Nguyen is an assistant professor in the Department of Health and Human Performance, where he will teach undergraduate courses in the Athletic Training Education Program and will continue to work on his research agenda. Yum recently completed a two-year post doc at the University of North Carolina at Greensboro, where he served as the project coordinator on an NIH (National Institutes of Health) grant investigating the effects of hormone mediated knee laxity on knee stability (NIH #R01-AR53172).

Yum received his B.S. in Physical Education and Sport with an athletic training emphasis from Indiana University of Pennsylvania (1997), M.S. Ed. in Athletic Training at Old Dominion University (2000), and Ph.D. in Sports Medicine at the University of North Carolina at Greensboro (2007). He has been a Board Certified Athletic Trainer since 1998. His primary research interests focus on identifying risk factors associated with lower extremity injury, particularly anterior cruciate ligament (ACL) injury. His current research includes the evaluation of lower extremity alignment and its role in neuromuscular and biomechanical responses during dynamic motion.

Yum’s scholarly work includes several invited presentations at national meetings and international clinical symposia. He has authored or co-authored 15 papers published or in press with refereed journals related to athletic training and sports medicine, two book chapters, and over 25 scientific abstracts presented at annual meetings and clinical symposia. He was a recipient of the National Athletic Trainers’ Association Research and Education Foundation Doctoral Scholarship and has been awarded several grants to develop and encourage undergraduate research. Yum is a member of the National Athletic Trainers’ Association and the American College of Sports Medicine.

Carwyn Sharp

Dr. Carwyn Sharp obtained his Bachelor’s degree in Human Performance Studies from the University of Queensland in Brisbane, Australia, with an interest in optimizing concurrent strength and endurance training methods. During his studies, however, Carwyn became interested in how nutrition modulates adaptations to training and undertook his Master of Science (Exercise Science) at Ball State University, Indiana where he examined the role of amino acids in attenuating skeletal muscle damage with resistance training. He then began his Ph.D. in clinical nutrition at the University of Texas Medical Branch where his work with stable isotope tracers allowed him to explore the molecular mechanisms which underpin skeletal muscle protein synthesis and breakdown in response to exercise, insulin and amino acids. After two years at Rice University’s kinesiology depart-

Please welcome Dr. Nguyen and Dr. Sharp

ment, Carwyn worked at NASA’s Johnson Space Center, Houston, for almost three years as the project scientist for the Exercise Countermeasures Project, where he was involved in various research studies involving exercise prescription and hardware. He is excited to come to the College of Charleston to continue teaching, share his experiences, and explore the interactive effects of nutrition and exercise on athletic performance.
The main office of the Department of Health and Human Performance has a new home on the first floor of the Silcox Building.

Office Manager, Harriet Mazyck, is now located in room 105 of the Silcox Building. Her phone number remains the same, 843.953.5558. Her new fax number is 843.953.3080. Department Chair, Mike Flynn, is located in the inner office in room 105.

Nancy Phelps, the new part-time administrative assistant, is in Harriet’s old office in room 336, Silcox. Her phone number is 843.953.3397, fax 843.953.6757. She works Monday to Friday from 10 a.m. to 2 p.m.

The re-decorated entrance to Silcox, features a new carpet, chairs, study tables and soothing palm trees. Please enjoy it as you pursue your studies with Health and Human Performance.

Announcements

CURRICULUM CHANGES

Starting with the incoming fall 2009 freshmen class, the English 101-102 general education requirement has been replaced by a 4-credit English 110 (Introduction to Academic Writing) requirement. The History Requirement (6 hours—one course in pre-modern history and one course in modern history) may now be fulfilled by two approved courses from the Jewish Studies Program (JWST 210 and JWST 215).

Alumni—please let us know what you’re up to and stay in touch with your colleagues. Send us an e-mail (or mail us a letter) telling us your name, year of graduation, degree, what you’re up to now and what is new and exciting in your life. Emails may be sent to health&humanperformance@cofc.edu
The Langley Scholarship

Many students have had the opportunity to be taught by Dr. Tom Langley. His wit, combined with his passion for health and human performance, makes students want to go to class and inspires them to move forward in the profession. In an effort to provide more scholarships for students and honor Dr. Langley’s 25 years of service to the College of Charleston, a scholarship fund has been created in his honor. Dr. Langley will officially retire in the spring of 2010, and the first scholarship will be awarded in the fall of 2010.

Our goal is to establish an endowed scholarship that will provide assistance to a deserving student seeking a degree in Physical Education and/or Athletic Training in order to pursue a health or exercise related profession. **We need your help to make this goal a reality!**

Please help us reach our goal to endow the scholarship, so that we can award it annually to a deserving student and honor the great service and contributions of Dr. Langley. You will be recognized in an upcoming newsletter.

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Support the Thomas D. Langley Scholarship

Name ___________________________________________________

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Method of Payment

1. I made an online payment at [http://www.cofc.edu/giving/howtomakeagift/index.php](http://www.cofc.edu/giving/howtomakeagift/index.php) (designation—Thomas D. Langley Scholarship)

2. My check is enclosed (payable to the College of Charleston Foundation)

3. Call 843.953.8050 to pay by credit card over the phone or to arrange payment installment options.

4. My credit card information is enclosed.

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Card Number _________________________________________________

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School of Education, Health, and Human Performance
College of Charleston, 66 George St., Charleston, SC 29424
Thoughts from Alumni

Craig Tangeman
Class of ’91

The author Thomas Wolfe wrote “You Can’t Go Home Again.” The phrase also appears in the “Muru of Galad” in “The Homecoming” by Jane Woods. While we all have that special image in our memory from times gone by, once we try to return it’s never exactly as we remember. Some say it’s not because the place changes, but because we change; that’s not the case for the College of Charleston. When I think back to my days there (18 years ago seems so recent), I have many memories indelibly marked in my mind. We all remember that special afternoon in May on the cistern, but there are so many more: friends you may or may not be connected with any longer, special professors or classes that made a difference or simply the beauty and tranquility of the campus on a Sunday morning.

I feel very lucky to have gone to the College. It was the effort of Roger Hinds and Otto German that made it possible. Roger, the former head athletic trainer ‘recruited’ me to school after I attended a summer camp for high school students interested in athletic training. The program consisted of a few students and a small closet called the “Training Room.” While scholastic aptitude was a requirement, it certainly was not as competitive to gain admission as it is today. The average entering freshman G.P.A. this year is about 3.5 with an average SAT score of 1220. I assure you, I had neither. Roger is now the Director of Sports Medicine for the New York Knicks. I am quite certain he and Otto German, class of 1973, an admissions counselor and now Director of NCAA Compliance at the College, worked a back-room deal to get me into school so he would have some help with the training program’s team coverage in the fall of 1987.

I’m being kind when I say the facilities at the school were modest. While the F. Mitchell Johnson Center was fairly new, the infrastructure supporting the Department of Physical Education in the School of Education was not. The physiology lab only had a treadmill, EKG, and spirometer that were hand-me-downs from places unknown. The hydrostatic weighing tank was a rudimentary construction of 2 x 4’s, a pool liner, and a swing seat. While he would never admit it, I believe Dr. Richard Godson got the scale from a meat-packing plant. The weight room and other exercise facilities were places where students, faculty and staff and athletes all competed for time and equipment. Students Tom Carroll, Lee Runyon and Carry Martorelli were the intramural staff under the supervision of Max Kennedy. We all found a way to make it work to our advantage, and professors found a way to make the programs successful. Tom Langley, Andrew Lewis and Deb Miller provided direction, support and many laughs. I could go on and on about those experiences and I bet you could too.

Now the school has a new name, The School of Education, Health, and Human Performance (EHHP). The Athletic Training program is a degree track with a structured, academically accredited curriculum that continues to support the success of the athletic programs. The facilities are updated with the newest equipment and classrooms are technically advanced showcases. The programs at EHHP have grown under Dr. Fran Welch’s leadership and a new department chair of Health and Human Performance, Dr. Michael Flynn, has arrived. There are 15 full-time faculty members including our own Tom Carroll as Lab director and Michele Groves Futrell as senior instructor in athletic training. The school boasts a low student-faculty ratio of 13:1 and an average class size of 20. That’s one of the many things that make it special.

The College is a special place to all of us. A long-running joke asks what is the most common phrase uttered by a liberal arts graduate..."Would you like fries with that?" But this liberal arts school, our liberal arts school, provided all of us a foundation for success. I personally have never worked in the food and beverage industry let alone a fast-food joint. I have, however, worked for professional sports organizations and Olympic teams, provided emergency care and surgery at local Charleston hospitals. I have started businesses, led development, and directed improved patient processes and outcomes in 18 hospital systems across the United States and Europe, and exceeded not only the expectations of many of my professors, but my own as well. All thanks to my College of Charleston experience.

While it is certainly true you can’t go home again to the College you remember, I invite you to return to the school, learn about the growth, success and direction of the Department of Health and Human Performance and when you think about what the school means to you — think about how you can give back so others can have the same (or perhaps a better) experience than you had.

Craig Tangeman is a 1991 graduate of the School of Health and Human Performance. He is with Wellspring, a Huron Consulting Group practice. As a director with Wellspring he is responsible for implementing performance improvement solutions for hospitals, health systems and academic medical centers. He resides in Charleston with his wife Cayce (class of 1997) and daughter Anna Leigh.
Notable Achievements

Tom Carroll was promoted to Senior Instructor in the Department of Health and Human Performance April 2009.

Dr. Karen Smail’s article titled “Resistance Training for Individuals with Intellectual Disabilities” was published in the Journal of Clinical Kinesiology 63(2) 7-11.


Dr. Tim Scheett chaired the NSCA-ACSM Symposium: “Resistance Training for the Management and/or Treatment of Chronic Diseases/Disorders” at the 2009 American College of Sports Medicine meeting in Seattle, WA. Dr. Scheett also gave a presentation entitled “Alterations in Metabolic Syndrome Risk Factors with Resistance Training and Dietary Interventions” as part of the symposium. The symposium was jointly sponsored by both the National Strength and Conditioning Association and the American College of Sports Medicine.

Dr. William Barfield, Tom Carroll and two former students, Elisabeth Boland and Dan Boland, had an article entitled “Comparison of the Power Plate and Free Weight Exercises on Upper Body Muscle Endurance in Young Athletes” published in the International Journal of Exercise Science, 2(3), article 7 (pp.215-222). You can read the article at http://digitalcommons.wku.edu/ijes/vol2/iss3/7/.

D. David Thomas was awarded and completed a 2009 Summer Undergraduate Research with Faculty (SURF) grant entitled "Effect of a Carbohydrate-restricted Diet with and without Resistance Training on Immune Function and Indices of Health". David was mentored through the project by Dr. Tim Scheett.

The School of Education, Health and Human Performance 2009 Teacher-Scholar awards recognizing excellence in teaching and scholarship were awarded to Dr. Susan Rozzi (Senior Faculty Teacher-Scholar award) and Dr. Karen Smail (Junior Faculty Teacher-Scholar award).

Samantha Fay, Class of 2007, was recently promoted to Wellness Operations Manager at Wellness Coalition America. She will manage the Wellness Ops team and ensure that clients receive superior service.

One of the two new lecture rooms in the F. Mitchell Johnson Physical Education Center. These rooms will be ready to use in mid-September.
The primary mission of the Department of Health & Human Performance, a department of the School of Education, Health & Human Performance at the College of Charleston, is the academic preparation of students interested in exercise studies and health promotion. Our philosophy is the Greek ideal of a sound mind in a sound body. Accordingly we offer a curriculum which attends to the whole person. If you are interested in finding out more about the department, the degrees offered, etc., please contact us at 843.953.5558 or email at healthhumanperformance@cofc.edu.

Please donate to the Langley Scholarship and show your support for Professor Langley and our students. Go to http://www.cofc.edu/giving/howtomakeagift/index.php (designation—Thomas D. Langley Scholarship).