Spotlight on Dr. Andrew Lewis

Dr. Andrew H. Lewis is an associate professor in the School of Education, Health, and Human Performance (EHHP) Department of Health and Human Performance (formerly known as Physical Education and Health). During his tenure at the College, he has served in the following administrative roles: director of the Office of Professional Development in Education, interim associate dean of EHHP, interim assistant dean for undergraduate studies, and as a department chair for eleven years. Lewis has been involved in various curriculum and facility development projects.

Many of you reading this newsletter will not have taken a course with him during your stay at the College of Charleston, but might know that, from 1991 to 2002, he was the department chair who signed your degree. Others of you who recently left the College will know him as the upper level teacher education course professor and a man having several jobs. One job that he continues to be very active with is the promotion of healthy, active lifestyles and advocacy for the importance of engagement in educational growth. Lewis would like to invite each of you to come home for a visit, and learn more about the many new and exciting events that are taking place in the Department of Health and Human Performance. He feels that known or unknown, as a graduate, we all share the common bond of our outstanding professions.

Lewis’ educational degrees include a BS from Albany State University, an MS from University of Tennessee, and a Ph.D. from The Ohio State University. For the past 26 years, he has been a professor and administrator at the College of Charleston. While serving as department chair, Lewis directed the renovation ($3.3 million) efforts of the Silcox Physical Education Center, chaired the College of Charleston’s Educational Issues subcommittee for Long Range Planning, and served as a member of a committee looking at ways to increase campus diversity.

He currently serves as director of the Office of Professional Development in Education (OPDE) where he facilitates professional development course offerings throughout the state. The OPDE works collaboratively with K-12 schools, school districts and agencies to further the professional growth of their personnel. The OPDE operates as a service component of EHHP and works with over 2,500 teachers and school administrators each year.

Lewis has been instrumental in acquiring funds ($35,000) to support an Advanced Placement Summer Institute to help teachers from around the state develop AP teaching strategies. He has received several departmental scholarships and is very active in the local community. He is currently serving as the vice president for Academic Affairs/Provost Search Committee and is also the chair of the Burke High School Community Outreach Team, a group designed to make linkages between the school and local community members.

A primary goal of Lewis’ is to produce the very best future physical education teachers possible and to offer professional development courses to all counties in South Carolina. Another goal is to improve the performance of public schools, the teachers and the students by offering a variety of professional development opportunities.

Lewis serves on numerous state, district and national professional committees. He is the author of several articles in professional journals. In 2008, he was a candidate for the office of president-elect of his national association (American Alliance for Health, Physical Education, Recreation, and Dance).
As I reflect on my nearly 30 years of work in the area of health and human performance, I am struck by how much things have changed and how far our profession has come. Our faculty is conducting fascinating work on the obesity epidemic, immune system and inflammatory response to exercise, biomechanics of injury prevention, orthopedic surgery techniques, the human as a sexual being, active learning and brain gym and sports nutrition, just to name a few areas. The remarkable breadth and depth of the Department of Health and Human Performance faculty research efforts evoke the retort — framed after an Oldsmobile commercial from several years back — “This is not your parent’s gym department.”

Health and human performance faculty members are competing for federal grants, publishing in prestigious journals, writing books and involving our students in high-quality research. Last year, 15 health and human performance students traveled with their professors to the Southeast American College of Sports Medicine’s annual meeting in Birmingham, Ala. to present their research. In addition, health promotion students put on a world-class health fair and continued their successful jump rope for heart fundraiser. We also had 17 students make poster presentations at the School of Sciences and Mathematics’ poster sessions.

I have worked for 22 years at other universities and one thing has become clear to me after only 10 months at the College of Charleston — we have wonderful students in health and human performance. In fact, we have far too many wonderful students to recognize with our meager list of scholarships, honors and awards. Therefore, one of our department’s priorities is to increase the number of scholarships available to deserving students. The Langley Scholarship is the beginning of this initiative. I ask our alumni to consider a donation to the Langley Scholarship and to know that health and human performance faculty are already contributing to help cement the legacy that Dr. Langley will leave when he retires in May.

The world is changing so fast it is hard to keep in step. Advances in engineering and technology have infiltrated nearly every aspect of our wonderfully, physical-effort-free lives. Garage-door openers, escalators, riding mowers and other labor-saving devices often make the search for the television remote control the most vigorous part of our day. Despite these time and labor-saving luxuries, we work more and our lives are stress-filled and frenetic, such that exercise and healthy behaviors are the exception instead of the rule.

I know firsthand how difficult it is to start and sustain a regular exercise program — and I work in Silcox gym! These lifestyle challenges will keep our faculty and students engaged in interesting research questions for years to come. We have come a long way, but there is still much left to be done.

Walking Distance

Everywhere is walking distance if you have the time.
—Steven Wright

Michael G. Flynn, Ph.D.
I remember, on the first day of biomechanics, trying to figure out the purpose of the class; it was just physics with different diagrams and names. I asked Prof. Barfield about this, and he went into, what seemed to be, an hour-and-a-half lecture on the mechanics of striking a soccer ball, which really grabbed my attention. Now, years later, I still remember the lessons that he and my other professors taught me; taking a piece of a skill, breaking down the mechanics of it, understanding the anatomy and physiology of the skill and then applying that knowledge to an athlete’s rehabilitation. Right now, I am doing research on injuries in cheerleading for MUSC’s upcoming sports medicine symposium. I am trying to determine the optimal angles of the knee, ankle and hip to land from a jump. Reducing stress on a particular joint is essential for the rehabilitation of these athletes. With the lessons that I learned in kinesiology and biomechanics, anatomy and physiology and even my step-aerobics and yoga classes, I would have less understanding of the mechanics and of what my patients need to accomplish.

After finishing my playing and coaching careers with the men’s soccer team, I attended MUSC and earned a Master of Science in Rehabilitation degree with a Concentration in Physical Therapy. Following graduation, I worked at a small, private clinic until the opportunity arose to join the MUSC sports medicine team at the initial stages of the program. Since returning to MUSC three and one-half years ago, our program has grown exponentially. I have also grown professionally: I have earned my doctorate in physical therapy, presented papers at a number of continuing-education conferences, and have helped return more athletes to competition than I can count.

It all started in 1997 when I made the fateful and important decision to transfer to the College of Charleston. I know that my position today has its roots in the great education and foundation of learning that I acquired while I was a student in the College of Charleston’s Department of Health and Human Performance.

Thoughts from Alumni
Michael J. Barr, PT, DPT, MSR
Class of ’01

“It’s not just about treating the injury; it’s about treating the athlete.” This is the principle that guides what I do on a daily basis. I am currently the sports medicine coordinator and a physical therapist for MUSC Sports Medicine. I treat athletes of all ages and abilities, from professionals to amateurs to high school and youth athletes. One of my many responsibilities is to serve as the team physical therapist for The Charleston Battery professional soccer team, in addition to other local teams.

I transferred to the College of Charleston in 1997 from Washington University in St. Louis, Mo. to pursue more soccer opportunities and to play at a higher level. Looking back, this move was the best personal, educational and professional move I ever could have made. Through the guidance and discipline from coach Ralph Lundy and the education from professors like Bill Barfield, I was provided a base that has catapulted me (with a lot of hard work) to my current role at MUSC.

I remember, on the first day of biomechanics, trying to figure out the purpose of the class; it was just physics with different diagrams and names. I asked Prof. Barfield about this, and he went into, what seemed to be, an hour-and-a-half lecture on the mechanics of striking a soccer ball, which really grabbed my attention. Now, years later, I still remember the lessons that he and my other professors taught me; taking a piece of a skill, breaking down the mechanics of it, understanding the anatomy and physiology of the skill and then applying that knowledge to an athlete’s rehabilitation. Right now, I am doing research on injuries in cheerleading for MUSC’s upcoming sports medicine symposium. I am trying to determine the optimal angles of the knee, ankle and hip to land from a jump. Reducing stress on a particular joint is essential for the rehabilitation of these athletes. Without the lessons that I learned in kinesiology and biomechanics, anatomy and physiology and even my step-aerobics and yoga classes, I would have less understanding of the mechanics and of what my patients need to accomplish.

After finishing my playing and coaching careers with the men’s soccer team, I at-
Jump Rope for Heart—Great Success

The Fall 2009 Jump Rope for Heart fundraiser was held on Friday, October 2 in the Silcox Gym. As most of you know, this event not only raises money for the American Heart Association, but it also raises awareness of heart disease and stroke, our nation’s number one and three killers. In addition, the event shows that exercise can be fun! How long can you jump rope? It can provide a great cardiovascular workout.

This semester’s event raised over $2,000 for the American Heart Association. There was a great turn out of students and faculty with lots of music and rope-jumping action. Another benefit of this event is that the Department of Health and Human Performance can donate gift certificates to local elementary schools to purchase physical education equipment for their students! Midland Park and Mitchell Elementary each received a $100 gift certificate last spring.

Thanks to student co-coordinators Margaret Ling and Chris Murphy, as well as the faculty coordinator, Professor Susan Balinsky, for organizing the event.

You are cordially invited

To an Open House for the Department of Health and Human Performance

Tuesday, November 17, 2009
5:00 - 7:00 p.m.
Exercise Deck, Johnson Center 201, 28 George Street

Join us for drinks and hors d’oeuvres to welcome back our alumni and mingle with faculty, staff, seniors and friends!
Racquetball and squash demonstrations will take place.

Please RSVP by Nov. 12, 2009*
health&humanperformance@cofc.edu

Stay to watch the College of Charleston men’s basketball team take on Winthrop at 7:00 p.m. in the Carolina First Arena.
Call 843.953.2632 to purchase tickets for $15 each.
*The first 25 RSVPs will be entered to win a ticket!
Winner will be announced on Nov. 12.
Notable Achievements

Professor Karen Smail was a member of the NCATE/NASPE (National Council for Accreditation of Teacher Education/National Association for Sport & Physical Education) audit team that met in March 2009 to review the accreditation of physical education programs across the country.

Yogi Skip Rector, who has been teaching at the College for 18 years, has just released his first yoga DVD. Skip produced, directed and narrated the DVD. It is called “Release and Relax: A Yoga Floor Series.” The DVD is just over 60 minutes and provides a wonderful exercise, yoga workout. It is geared to beginners and intermediate level practitioners. You can follow along with a student demonstrating the poses and move through them at your own pace.

Johannes Aartun, (Class of '09), presented a research poster entitled “Effect of the Hyperimmune Egg Supplement on Indices of Mood State and Quality of Life” at the 2009 American College of Sports Medicine meeting in Seattle, Wash. Johannes’ research presentation was from his summer of 2008 SURF project mentored by Professor Timothy Scheett.

Professor Timothy 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. He 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 sponsored by both the National Strength and Conditioning Association and the American College of Sports Medicine.

Professor Karen Smail and Professor Andrew Lewis presented their paper “The Role of Homework in Physical Education” at the 2009 National Physical Education Teacher Education (PETE) Conference held October 7-10 in Myrtle Beach, S.C. The presentation focused on research conducted in elementary schools in Charleston County that encouraged students to be active at home. Students were given daily homework assignments that focused on physical fitness indicators. The amount of time the students engaged in physical activity outside of school was tracked using homework logs. Parents were encouraged to be actively engaged in the assignments. The results suggested that students will complete homework in physical education and they do receive fitness benefits from daily activity after school.

Mark Brandenburger, (Class of '98), recently received the 2009 Secondary Physical Education Teacher of the Year award from the Virginia Association for Health, Physical Education, Recreation and Dance (VAHPERD).

Professor Michael G. Flynn was co-author (with M. Markofski of Purdue University) on a paper presented at the International Society of Exercise and Immunology Conference in Tubingen, Germany in September. The paper was entitled: “Inflammatory monocyte (CD14+CD16+) percentage is high in physically inactive adults and highest in obese, inactive adults.”

Wes Knight, (Class of '09) has been selected as a finalist for the United Soccer League’s Rookie of the Year award. Knight signed with the Vancouver Whitecaps, of the USL First Division, in February 2009. He has been named to the league’s Team of the Week three times this season.

Move, Groove and Get Active!

School of Education, Health, and Human Performance introduces program for children with Aspergers/Autism Spectrum

Starting in the fall 2009 semester, Professor Karen Smail along with Professor Maria Manning in special education initiated a program called Move, Groove, and Get Active. This program is a family-centered recreation program for children with Aspergers/Autism Spectrum Disorder (ASD). If you walk by the Stern Center Saturday afternoons, you just might see the program in action. What makes this program unique is that the entire family’s needs are addressed. Children with ASD participate in weight training and swimming. The goal of this experience is to expose them to proper technique and protocols in community recreation settings with the expectation that these skills could transition to opportunities outside of the program. Parents have the opportunity to attend sessions organized by community agencies that focus on local services that are available ranging from recreation to nutrition to therapies or camps. Siblings have a structured time to get together and talk about the issues they experience in the family, community and school. The program will continue through the spring semester. The recreation activity for the spring will be martial arts. Student volunteers from the Departments of Health and Human Performance and Teacher Education have been teamed up with the recreation group or the sibling group to be mentors throughout the program.
The primary mission of the Department of Health and Human Performance, a department of the School of Education, Health, and 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 that 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 e-mail at health&humanperformance@cofc.edu.