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Aside from jumping from an airplane, writing about myself may be right up there with one of the hardest things I could ever do, but here's a shot at it! Whether you have taken one of my courses, been an advisee, worked with me on the Laura Griffin Run, been a part of the Physical Education and Health Club, collected BMI data in the schools, had me knock on your hotel room door at a convention or just seen me in the hallways of the department, I do hope that some way I have been able to touch your life in a positive manner. Although I have been told my passion can be “intimidating,” it is all with the goal of making a positive difference, and I am more of a “marshmallow” than people may know!

Stephen Covey’s principles to “live, love, learn and leave a legacy” ring true with me, especially the “leave a legacy” part. In the 28 years I have been at the College, I hope I’ve made a difference in the following ways:

- Expanding the department’s two health courses (when I arrived in 1982) to 15 health courses today;
- Designing a health minor that now has more than 90 enrollees and is growing daily;
- Designing, implementing and supervising an internship experience that has enabled health and human performance students to work at the Department of Health and Environmental Control (DHEC), the Ronald McDonald House, Hope Lodge, Lowcountry AIDS Services, Louie’s Kids, Franke at Seaside Active Living Community, the St. Andrew’s Fitness Center and Gold’s Gym, James Island County Park, the City of Charleston Recreation Department, the Rehabilitation Centers of Charleston, St. Paul Medical Center and all of the local hospitals, and work in areas such as nutrition with registered dietitians, cardiac rehabilitation, physical therapy, occupational therapy, physician’s assistant, speech pathology, and nuclear medicine to name just a few;
- Teaching one of the first freshmen seminar courses along with Dr. Andrew Lewis, and seeing it blossom into the current First-Year Experience for all freshmen, and
- Attending the first retreat in Litchfield, S.C. of female faculty interested in starting a women’s studies program, which started as a minor and has grown into one of our newest majors on campus – women and gender studies.

Without the support of my past chairs, Andrew Lewis and Tom Langley, I would not have been able to teach the Introduction to Women’s Studies course or been a part of the feminist movement on campus. And the support of Mike Flynn, our current chair, both Annette Godow and I continue to teach courses within this program!

In addition, I have also participated in efforts at the local level as a member of the Teen Pregnancy Prevention Council, the Charleston County Medical Society’s School Health Committee and the Charleston County School District’s Health Advisory Committee, which I chair. At the state level, I spent the past 18 months co-chairing the writing team that created the new health and safety education standards for grades K-12. Currently, I am the president of the South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD). We just hosted the Southern District AAHPERD and SCAHPERD convention at the Myrtle Beach Convention Center in early February. As you can see, my professional commitments are to elevate the health profession to new levels in a time when we have never needed it more.

I am passionate about the health profession and thrilled to see the increasing number of students embracing health as their life’s work thank you in advance to each of you! As Maya Angelou said, “Nothing will work unless you do,” and certainly health has never been more work in every individual’s life than it is today.

Although we have accomplished a lot in our department, there is one final goal that I would like to reach before I retire. As our nation struggles with the cost of health care, the epidemic rates of obesity and diabetes and the rising incidences of chronic diseases, we are requesting a degree in public health from the Commission on Higher Education. The degree will position our graduates to assume various roles in public health agencies, worksite wellness programs, health promotion programs, the development of health policies and to respond to threats to the public’s health. Graduates will be better prepared to sit for the CHES (Certified Health Education Specialist) examination their final semester. This certification is becoming increasingly important for entry-level positions in the health field. In addition, we will work in conjunction with the School of Humanities and Social Sciences as coursework within that school lays a strong foundation for the public health field.

To my colleagues, thanks for your untiring patience in working with me to make the department better and cultivating all of our diverse programs. To my students, thank you for the opportunity to be a part of your lives in your quest to better yourselves and others. And to those of you I have yet to touch or will touch along the way, thanks for the opportunity to push the envelope and find ways that we can make a difference every day.

In closing, in my typical goal oriented fashion, I have set personal goals for the coming year which include playing the guitar more, taking longer walks with my miniature dachshund Heidi, getting more fit, and prioritizing friends and travel. And last, I’d like to share my bumper sticker mission for 2010 with all of you and enlist you in joining me to – Live Life Joyfully!
Walking Distance

It was one of the darker days of my young life. I had recently transferred from a junior college to Bridgewater State College. I didn’t know a soul. To make matters worse, I had a 45-minute commute each way, during a typically bleak New England winter. I was in a foul mood as I slumped into my chair during one of the early sessions of my Philosophy 101 class. The professor seemed to me to be about 100 years old and had us reading *The Velveteen Rabbit* and *The Little Prince*. To be certain, this 22-year-old son of an industrial roofer was having some difficulty grasping how those readings fit into a philosophy class, but it was much more than that. I felt woefully out of place and wasn’t certain that continued education was right for me. However, I must admit the specter of a lifetime spent troweling black tar onto seasonally ice-cold or blazing-hot roofs was a powerful motivator. I was confused, depressed and in no mood to be engaged by an ancient, diminutive philosophy geek questioning, like the Velveteen Rabbit, what it meant to be “real.” I began moving toward the door as the class ended; this antique egghead grabbed me by the elbow, looked into my eyes and asked, “Are you convinced that life can be beautiful?” It took me a few seconds to get over my shock. I shrugged, feigned ambivalence and slouched out of the room. Still, it was a powerful moment. How did he know I was feeling low? Was it that obvious? Long story short, I started to look forward to Philosophy class and Dr. Achilles Joyal. We developed a friendly banter and, perhaps it wasn’t by coincidence, I slowly made the adjustment to my new school. The fact that I remember his unusual name after 27 years tells you it was an influential moment.

I am sure each of you can recall a similar moment when a teacher showed you, in a subtle or not so subtle way, that they cared. Perhaps you received a verbal “slap up-side the head”—a wake-up call of sorts because you weren’t living up to your potential? Maybe it was some great career advice? Some positive feedback on some written work? I remember another occasion when a master’s advisor said, “You have a lot of potential.” I was shocked because this prof was not prone to compliments. “Gee, thanks.” I stuttered. He said, “You didn’t let me finish… but you’re not living up to it!” Yeah, ouch. It was, however, a powerful motivator. Am I the only one who has such a vivid memory of these exchanges or do we as educators have a special power to impact lives or influence others that makes such exchanges unforgettable? I think we have the power, but we don’t always realize it or wield it in the most effective fashion.

If you, as an alumnus of this department, remember such a moment, I bet there is a good chance it was with one of our professors. The names, a litany of potentially life-changing educators: Langley, Lewis, Miller, Godow, Barfield, Balinksy, Barnette, Rozzi, Ellis, Carroll, Futrell, Smail, Scheet, Nguyen and Sharp. Please send me your stories. At your choosing, they can either be printed in a future edition of our newsletter, shared only with the professor in question or kept between you and me! They can be poignant, funny, happy, sad — as long as they are true… send them along. I look forward to reading how one of our faculty impacted your life or career.
Thoughts from Alumni
Class of ’95

I began my journey at the College of Charleston in August of 1991. As a young man, I was excited but nervous moving over 1,000 miles away from the midwest city I grew up in. I was not only preparing for classes, but meeting a whole new team as I was going to swim for the College. It was a complete culture change for me. I remember moving into the then St. Phillips Street dorm, getting in the elevator and having someone ask me if I could “mash” floor three. That was the beginning of my southern experience.

I can honestly say I was never homesick and loved the College from the first moment I arrived there. In fact, I have not returned to the midwest and continue to live in the southeast. The College was perfect for me. I felt an instant bond with the college, my teammates and the city.

I injured my knee as a freshman and saw Marty Travis, the Head Athletic Trainer at the time, in the training room. I was interfered with my treatment and thought I would have to quit the swimming team my senior year in order to complete all my athletic training hours.

There were only a handful of athletic training students at the College, but I have fond memories of the coaches, athletes, instructors and training staff. I was fortunate to have many great experiences as an athletic training student, from working pre-season and post-season New York Knicks basketball camps to being the student athletic trainer under Ralph Lundy when the College had the best soccer team it has had before or since, making it to the NCAA quarterfinals during the 1994 season. These experiences more than prepared me for my career as a Certified Athletic Trainer.

I have been fortunate to excel in the sports medicine field in the years since attending the College of Charleston. I went back to school twice, first for sports massage certification at the Atlanta School of Massage, and then for a physician’s assistant degree at the Medical College of Georgia.

I have been able to use all my skills to help diagnose and treat athletes of all levels. I have been able to continue my love for swimming and work one-on-one with the best athletes in the world. I was also able to travel the United States and Europe when I was selected to be a member of the high-performance team in USA Swimming Sports Medicine and Science Network. (For more information please see http://newstimes.augusta.com/stories/2010/01/06/spo_562025.shtml.)

The old Physical Education Department has now evolved into the Department of Health and Human Performance. New facilities have been built, others have been renovated and improved, but the same great experiences and values of the College of Charleston continue. I owe a great deal to the College of Charleston and the outstanding staff of the Department of Health and Human Performance. The core knowledge and experiences I took away from the College allowed me – and many of my classmates – and will allow future students to be happy and successful in their chosen career paths.

Andy lives in Augusta, Ga. with his wife Heather and their 5 year-old son Noah. He is employed as a physician’s assistant, athletic trainer and sports massage therapist at the Augusta Orthopedic and Sports Medicine Associates. They are expecting their second child in August.
Please Welcome our new Graduate Assistants

Cate Martin
Cate grew up in Spartanburg, S.C. She graduated from Spartanburg High School in 2001 and then attended the University of St. Andrews in Scotland, graduating in 2005 with a Master of Arts in English Literature. After university, she lived and worked in New York City in the book publishing business for more than three years. For a majority of that time, she was an assistant literary agent in the Children's Department at McIntosh & Otis, Inc., the second oldest literary agency in New York. She moved to Charleston in July 2008 to save money for an around-the-world trip from February to July of that year. She returned to Charleston in August 2009 and is currently pursuing a Master of Arts in Teaching: Elementary Education degree at the College of Charleston.

Michael Charamella
Mike is from Columbia, Md. The son of an art teacher and a banker, he graduated from James Madison University in 2002. After a short stint in the shipping industry, Michael spent the next five years in construction working as a project manager for an upscale custom builder. Three of the houses that he built were given the Pinnacle Award for building excellence. Michael has traveled extensively in Europe, Asia and South America. He taught English in India and Mexico. These teaching experiences are what inspired him to be involved in education. He is now working on a graduate degree in the School of Education, Health, and Human Performance.

Jump Rope for Heart Receives Award
The Fall 2009 Jump Rope for Heart fundraiser raised the most money of any College participating in the 2008-2009 Jump Rope and Hoops for Heart events in South Carolina. As the department coordinator for the annual fundraiser, Susan Balinsky received a plaque from the American Heart Association.
Notable Achievements

Samantha Kubinski, Class of ’12, has been elected to be included in Who’s Who Among Students in American Universities and Colleges in recognition of outstanding merit and accomplishment.

♦ Marie “Scooter” Barnette was inducted into the College of Charleston volleyball Wall of Fame during Alumni Weekend (Oct. 2-4). The Wall of Fame plaque is located directly outside the Cougars’ locker room. It recognizes the efforts of all the players, coaches, staff and fans who have helped to build the volleyball program to its current status. Barnette was a valued member of the team from 1975-1978.

♦ Professor William Barfield was admitted to the American Orthopaedic Society for Sports Medicine (AOSSM) as an affiliate member. Barfield authored the chapter “Applied Biomechanics” in the American College of Sports Medicine’s ACSM’s Resources for the Personal Trainer, 3rd edition.

♦ Crystal Dowd, class of ’11, was featured in the Winter 2009 “Volunteer Spotlight,” a column in the Charleston County Parks and Recreation Commission newsletter Leisure Line. Crystal was recognized for her volunteering activities with the Charleston County Parks and Recreation Commission.

♦ Professor Mike Flynn was quoted in a Dec. 3, 2009 article “Can exercise help ward off the swine flu?” on the MSNBC website. You can read the complete article at http://www.msnbc.msn.com/id/34225721/ns/health-fitness/

♦ Lyndsey Cash Beasley, Class of ’02, has been selected the District Teacher of the Year in Clover, SC.

♦ Nate Romberger, Class of ’06, received the Teacher of the Year award at Hunley Park Elementary School in Charleston County School District.

♦ Professor Karen Smail and Professor Susan Balinsky presented a paper at the 2010 Southern District Association of the American Alliance for Health, Physical Education, Recreation and Dance entitled “Exergaming” Does Wii Fit Meet Your Needs?

Smail served as an auditor for the 2010 NCATE/NASPE (National Council for Accreditation of Teacher Education/National Association for Sport and Physical Education) accreditation reports for physical education.

♦ On Dec. 2, 2009 the following students presented their PEHD 433 (Research Design and Analysis) research projects. They will be carrying out the projects in PEHD 498 (Capstone Experience in Exercise Science):

  “Examining Differences in Hip Strength Measures Controlling Joint Motions During a Dynamic Activity” – Athena DeAngelis, Michelle Glyph, Rachel Hulett, Dr. Nguyen (mentor)

  “Comparison of the STAR Excursion Balance Test and the Single Leg Triple Hop Test as Valid Measures of Lower Extremity Strength” – Thomas Callans, Sawyer Langston, Monica Lopes, Dr. Nguyen (mentor)

  “Comparison of Nutritional Intake Between College Athletes and College Students” – Lindsay Davis, Clay Duplantis, Dave Thomas, Dr. Sharp (mentor)


  “The Effectiveness of TRX and Nutritional Instruction on a High School Special Education Class” – Megan Flanagan, Kathryn Phillips, Kara Trachtenberg, Esther Wills, Dr. Smail (mentor)

  “The Anti-Inflammatory Effects of Exercise and Diet” – Porsha Malin, Dr. Flynn (mentor)

  “HHP Alumni Survey” – Gabe Compston, Sarah DuPont, Brooke Kotcella, Amber Mead, Sara Pежler, Ashley Vickers, Dr. Barfield (mentor)

  “Evaluating the Use of the Nike + iPod System as a Motivational Tool for Beginning an Exercise Program” – Austin Ruedrich, Dr. Miller (mentor)

  “Assessment of TRX Suspension Training in College-Aged Females” – Trey Gore, Brittany Heck, Carrie Luhn, Michelle Schecker, Georgia Walker, Jessica Ziker, Dr. Scheett (mentor)

Support the Department of Health and Human Performance

Help us continue to provide the education and training needed to produce leaders, educators, pioneers, advocates and mentors in the fields of health promotion, exercise science, athletic training, physical education and all-around health and wellness. Now, more than ever, we need bright, interested individuals who will help bring an end to the health and obesity crisis in America. But we need your support to make that happen. Please make a tax deductible donation to the Department of Health and Human Performance (if you donate directly to the College of Charleston, please note that you want your donation earmarked for this department). Contact Bridget B. Price (priceb@cofc.edu, 843.953.8050) and let her know that you are interested in making a donation to this department.
Dr. NiCole Keith visits department

NiCole Keith, professor at Indiana University/Purdue University, Indianapolis and board member of the American College of Sports Medicine, came to the College of Charleston in January to speak about her exciting program PARC (Physically Active Residential Communities).

On Thursday January 21, she met for a question and answer session about the PARC program with faculty from the department. That evening she also met with about 55 interested majors in the department to talk about the benefits of joining ACSM (American College of Sports Medicine). ACSM has named 2010 as the “Year of the Student” and to show its support, each student who attended the talk received a free ACSM membership. The next day, she gave a college-wide talk about the PARC program and its relevance and potential for success in Charleston.

The PARC program is a physical activity and health promotion program aimed at public housing community residents. The services to the residents are delivered by college students (seemingly a natural fit for all of our majors since promoting healthy lifestyles pulls from exercise science, health promotion, athletic training and physical education).

Department faculty will begin discussions with representatives from the College and Charleston community about the potential for initiating a similar type program in Charleston. This program would provide a great service to community members as well as a living-learning environment for health and human performance students.

Students and alumni presented abstracts at SEACSM

Five students from the Department of Health and Human Performance had their abstracts accepted for presentation at the 2010 Southeast American College of Sports Medicine (SEACSM) conference, and one student presented a poster at the conference. SEACSM was held February 11-13, 2010 in Greenville, S.C. (see more about the conference at http://www.seacsm.org/annualmeeting.html). Professors Bill Barfield, Tim Scheett and instructor Tom Carroll worked with these students to write and submit their abstracts – several of which came from the students’ senior capstone research projects completed during the spring 2009 semester. Other abstracts were written from data collected in the human performance laboratory and one abstract was from a SURF (Summer Undergraduate Research with Faculty) grant conducted this past summer.

The presentations were:

“The Effects of Static Stretching on Jump Characteristics in Female Collegiate Volleyball Players” Rebecca Golding (presenter), Whitney Frail, Adriane Gant, Kelly Gayman, Emily Jackson, Tyler Logothetis, Erin Lovelace, Wesley Dudgeon and Timothy Scheett. (2009 capstone project – Dudgeon and Scheett mentors)


“The Effect Of Group Exercise On Postpartum Body Composition” Maggie Bacon (presenter), Tom Carroll and William R. Barfield mentors

The poster presentation was:

“Body Composition, Aerobic Power And Ventilatory Threshold In Collegiate Cross Country Runners” Julie Brauer (presenter), Tom Carroll and William Barfield mentors
Meet our Adjuncts - Jody Ruff

There’s just something about Jody Ruff that keeps her classrooms full and her students’ faces permanently fixed with smiles. You could chalk it up to that old Je ne sais quoi factor, but there are many reasons that she’s so popular and her classes always fill up quickly – her enthusiasm, passion and love for her students are just a few of them.

Ruff, an adjunct instructor with the Department of Health and Human Performance, has been at the College for over 28 years, since she started with the continuing education department in 1982. She has been an adjunct instructor for the past 20 years, and has enjoyed every minute of that time.

Ruff grew up in Berkley Heights, N.J., and has been active all her life. She was a cheerleader and dancer all through high school and college. After she married Brian, her high school sweetheart who attended the Citadel, they moved to Charleston and settled here permanently. Ruff received her bachelor of arts degree in elementary education from Moravian College in Bethlehem, Penn. and got her master of science degree in health, exercise and sports science from The Citadel. She is also a certified aerobics instructor.

Ruff lives her philosophy of the importance of regular workouts and healthy living. In her classes, she would like to show students that exercising can be fun so they learn to make it a natural part of their whole lives. She hopes that by passing on her philosophy through the enthusiasm and passion that she communicates in her classes she will help eliminate obesity “one person at a time through exercise and healthy eating.”

Adapted from the article “Stepping up to make a difference” by Stewart Mann and Lindsey Shindler. See the complete article at http://spinner.cofc.edu/~facfocus/Fall2009Articles/JodyRuffArticle.html

Marathon Course offered for the first time at the College

Nancy R. Phelps

Billing it as the course with the “toughest final exam on campus,” department chair Mike (Mick to those in the course) Flynn brought his popular “Exercise Physiology and Marathon Training” course to the College. Flynn taught the course for five years while he was at Purdue University.

The offering has been just as popular in Charleston as it was in West Lafayette, Ind., with more than 60 students submitting applications to fill about 35 slots. The successful candidates were chosen not for their proven speed or past marathon participation, but based on evidence of a solid base of running and their determination and drive to complete a marathon.

The course has a lecture and lab component. The lecture portion covers marathon history and training strategies, the physiology of endurance sports and sports nutrition, etc. Labs are often taken up by training runs, but also involve various physiological and biomechanical measurements and tests.

Students are expected to train at least four days per week with one long run each week. Running everyday without taking any rest days, however, is grounds for being asked to withdraw from the course. That may sound harsh, but Flynn’s goal is to get as many students to the marathon starting line as possible (as he says “if I get you to the starting line, you’ll find a way to finish”). To get to the starting line, students must stay injury-free. The best way to stay injury-free is to give your body time to rejuvenate and adapt to the demands placed upon it by the training.

Like most other three-credit courses, this course has quizzes, exams and a research paper, but the final exam for this course will be participation in the Nashville, Tenn. Country Music Marathon on April 24. Students won’t be graded on their finishing times, but on their participation in the event. Those who are injured are still required to attend the marathon – to cheer on their classmates and to get some idea of what a marathon is all about.

Nancy is currently auditing the course and hopes to complete the marathon in a vertical position.
**Salve et Vale**, (“Be in good health and be strong”) is the newsletter of the College of Charleston’s Department of Health and Human Performance in the School of Education, Health, and Human Performance, which is solely responsible for its content. The title Salve et Vale consists of two verbs that an ancient Roman would use first to greet someone and then to bid that person farewell. When put into action, these two verbs achieve the states named by the two Latin nouns, *sála* (“good health”) and *valetudo* (“soundness of body”). The sentiments expressed in the title of this newsletter therefore encompass the ideals we hope to impart in our department. That is, we welcome you and call upon you to be in good health and well prepared to live life to its fullest by being sound in mind and body.

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**SCHOOL OF EDUCATION, HEALTH, AND HUMAN PERFORMANCE**

**DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE**

Michael G. Flynn—Department Chair
Harriet Mazyck—Office Manager
Nancy Phelps—Administrative Assistant

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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](http://www.cofc.edu/giving/howtomakeagift/index.php) (designation—Thomas D. Langley Scholarship)

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Mark your calendars for the 16th annual Health Fair!

When: Wednesday, March 24, 2010
10:00 a.m. to 2:00 p.m.

Where: Silcox Center Gymnasium (Silcox 215)

What: Various health screenings and testings (not cholesterol), representatives from health/wellness campus organizations, representatives from health/wellness community organizations, registered dietician, chiropractor, representatives from East Shore Athletic Club, free massages!, free food!, raffle prizes—FUN AND EDUCATION FOR ALL!