Spotlight on Dr. Edie Ellis

Once that program was up and running, I returned to teaching and coaching, and in 1991 I returned to school for my Ph.D. in adult education with a concentration in health. I continued to teach and coach until 1999, when I retired after 32 years. It was time to explore new opportunities, but who knew what the future would hold?

For about six months, I did a variety of "fun" jobs. They included leading historical tours of Richmond, attending counted-cross stitch shows across the U.S., and working at Wild Birds Unlimited. I was told that Virginia Commonwealth University in Richmond needed someone to teach human sexuality, and because of my work with HIV/AIDS I would be a good fit. So one Friday afternoon, I interviewed, only to find out that I was to start teaching the following Monday! Let’s say it was a scramble to put together a syllabus and first lesson plan in two days. I was only about a day ahead of my class the entire semester. At the end of that semester, I was hired as the health educator in residence. Who knew what the future would hold?

In February 2002, I attended a Southern District Convention of the American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD). While there, I had a serendipitous meeting with Dr. Miller from good ole College of Charleston. After speaking with her for just a few minutes, she commented: “Have I got a job for you!” The rest, as they say, is history.

In Roman mythology, Janus was the god of doorways...of openings...of beginnings and endings. He was depicted with two faces, looking in opposite directions. With a January birthday, a lot of years behind me and retirement on the horizon, Janus seemed the perfect segue into my “Spotlight” article.

When I first began teaching in 1967 (Yes, I really am that young!), I knew that I had found my niche. As a rookie teacher, my starting salary was $5,300 a year and we only got paid for the nine months we worked. Teachers were eligible for unemployment during the summer or we worked summer jobs to tide us over. I was the varsity girls’ basketball coach, and my junior varsity coach did not receive a supplement. I decided that was unfair, so after taxes, I would write her a check for one-half of my salary. Every month, I wrote her a check for $5.63! Who knew what the future would hold?

After 14 years of teaching health and physical education at the middle and high school levels, I decided to pursue a master’s degree, while continuing to teach and coach. I earned a Master of Education in Sports Medicine degree, and worked as an assistant high school trainer from 1984-1988. There were no full-time trainers, so we all continued to teach six classes in addition to our roles as trainers. Who knew what the future would hold?

In 1989, I was hired as the Coordinator of HIV/AIDS Education for the Virginia Department of Education. I helped develop and implement that course of study for grades K-12. Once that program was up and running, I returned to teaching and coaching, and in 1991 I returned to school for my Ph.D. in adult education with a concentration in health. I continued to teach and coach until 1999, when I retired after 32 years. It was time to explore new opportunities, but who knew what the future would hold?
Is it possible to assess the impact of a 26-year career of teaching, scholarly activity and service at the College of Charleston? Imagine the people who were helped who then went on to careers in which they helped others – it’s likely an incredible cumulative effect. Students in distress, those needing academic guidance, maybe a pep talk – a little something to keep them moving in the right direction – are now teaching others, serving as positive role models and making a difference.

Dr. Tom Langley will close the book on his 26-year career at the College of Charleston in a few days. His retirement has me thinking… teacher, scholar, department chair and mentor. … Is it possible to assess the cumulative weight of these efforts? Dr. Langley has helped countless students, giving generously of his time, working to make student life around here just a little bit easier, a little bit better. How do you assess the combined influence of these activities?

Tom has also been a great mentor for our faculty, shepherding many into productive and enjoyable careers – to do the same kind of positive work and influence other lives. It’s an incredible “pay it forward” but we as professors don’t always see the direct impact of our work.

As a new chair, I have relied heavily on Tom’s counsel. I have found an excellent and willing mentor in Tom and I value his experience and opinion. He has always been willing to help and answer even my dumbest questions thoughtfully and completely. Thanks for that Tom.

It’s impossible to measure the impact of a lifetime of helping students and mentoring faculty, but the combined effect must be massive. I hope you will take a moment, as I have in this space, to drop Dr. Langley a note to say thanks. Just a quick note to let him know that he helped, and to help him get some idea of the impact he has had in his 26 years at the College.

How do you measure the impact of a 26 year career? You can’t. How do you thank someone for a 26 year career? Profusely.

[Dr. Langley is retiring in May. He will still be teaching part-time for the Department of Health and Human Performance.]

“Everywhere is walking distance if you have the time.” - Steven Wright
Thoughts from (Soon to Be) Alumni

Matthew Sharman
Class of ’10

My journey through the College Of Charleston is one that is slightly off the beaten path, in that I had a different transition than most. I didn’t grow up in South Carolina, I never knew anyone who attended the College and I had no clue what Croakies were. I am originally from upstate New York, from a town that had no stoplight, and where the cows almost outnumbered the people. So it’s inevitable that I’ve been asked countless times: “How in the world did you end up at the College Of Charleston?”

In high school, I was a small guard in basketball, and a cross country athlete. Although I was very athletically involved in sports, I was never really interested in weight training until after high school. I received a scholarship to Jacksonville University (JU) in Florida, close to my brother who lives in St. Augustine. Jacksonville did not fit well with my personality or interests. I often found myself trying to stay out of trouble and keeping to myself. I ventured into a place where I could get away and have a sense of release – that place was Jacksonville University’s weight room. That is where the seed of fitness, weight training, physical education and nutrition was first planted for me.

Looking back on it, my plan of attack was not very calculated, educated or even safe, but it was certainly enthusiastic. I ate as much as I could, I threw around as much weight as I could and I trained as much as hard as I could. Everything was to excess, everything was focused on growth – on getting big. And I certainly did get big. I looked nothing like the skinny-framed kid I was in high school. I then weighed in at 217 pounds.

In the middle of my second semester at JU, I decided that I wanted to transfer to another institution. A couple of weekends later, my friend asked me if I wanted to go up to Charleston with him. That Sunday driving back to Florida, I knew that Charleston was where I wanted to be.

The College of Charleston was unlike any other college that I had seen. When I first transferred here, I couldn’t tell what buildings belonged to the College and what buildings didn’t. Everything was so seamlessly intertwined. This was the South that I was looking for when I came down after high school and could not find in Florida. This city has identity and this state is a place that people were proud to be from. This city had class, style and a distinctiveness that set it apart from anywhere I had ever been.

The College is the place where the seed of physical education was given an environment to truly blossom and turn me into the person I am today. I will be graduating this spring, and it almost seems too soon to leave as I really enjoyed my time here and the education and relationships and family. He starts his new position on June 21, 2010.

My future plans are to fulfill the three-year contract to the Air Force while pursuing a Masters degree. I hope that will lead to being promoted within the program or to opportunities in the collegiate strength coach circuit. I am not ruling out becoming a physical education instructor after my commitment is finished. I enjoy teaching and the rewards that come with that position.

If I had any advice for freshman or underclassmen who are reading this, it would be to cherish each day at the College Of Charleston and remember that you only have so many more bricks to trip over.

Matt will be heading to Georgia in June after spending some time at home in New York to visit his friends and family. He starts his new position on June 21, 2010.

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### June 2010

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Inaugural “Spot the Dot” half-court basketball tourney

On Sunday March 28, 2010, the Physical Education and Health Club held its inaugural Spot the Dot fundraiser for measles awareness and prevention. The fundraiser was a series of round-robin, 3-on-3, half-court basketball games. Ten teams each paid $6.00 to enter the tournament and played a total of eight games against all opponents.

The Department of Health and Human Performance was ably represented by a faculty-staff team with Michael Flynn, Andrew Lewis, Yum Nguyen and Nancy Phelps (the extra person rotated in so everybody could get a break – we’re not college kids anymore!) They ended the tournament with a 3-3 record and only two jammed fingers (Flynn and Lewis.)

The initiative raised $95, which was given to the American Red Cross Measle Initiative to purchase measles vaccines. One dollar is enough to buy one dose of vaccine for a child.

Be on the lookout for next year’s Spot the Dot tournament, which will feature a different sport. The Physical Health and Education Club plans to feature a different sport during each Spot the Dot.

Many thanks to the faculty and students who participated in the first Spot the Dot tournament.

Puffins- Ben Riedmayer, Kristen Lawrence, Tyler Jones, Kirsten Ruffner
Slackers- Georgia Walker, Brittany Heck, Matt Sharman, Tim Scheet
HHP Faculty- Mike Flynn, Andrew Lewis, Yum Nguyen, Nancy Phelps
Ballers ENT- Charles Staton, Jade Gidron
Shot Caller- Brain Kopulos, Pj, Justin Wright
Tiger Wood’s kids- Ryan Steadly, Henry Dinean, Taylor Hanelshoe, Michael Chrisley
Bitty’s- Alexa Velleco, Christina Bemy, Victoria Jennings, Rachel Hoey
Out in the Woods- Scott Murray, Sean Monahan, Matt Hill

HHP Graduate worked on blimp

T.J. Hamon (Class of ’09) worked as a crew member on this blimp for three months, from October 2009 to early January 2010. His job responsibilities included helping during take-off and landing and pulling duties on the watch shift. During the watch, the ship pressure needed to be monitored at all times.

Hamon’s tour on the blimp started in Boston at the baseball playoffs. He also travelled to New York, Pennsylvania, North Carolina, Alabama, Mississippi and Florida. In January, the blimp was deflated and Hamon returned home to Charleston.

Hamon just accepted a job with World Fitness in North Charleston. He is a personal trainer. Hamon says that the blimp job was “fun and interesting for a while,” but that it is good to be home!

Spring Jump Rope for Heart was another great success

The spring 2010 Jump Rope for Heart Fundraiser raised a total of $2,561. The two fundraisers (fall 2009 and spring 2010) raised over $4500 for the American Heart Association.

Congratulations and thanks to the 2009-2010 student coordinators Margaret Ling and Christopher Murphy, as well as to the faculty coordinator, Susan Balinsky, for making this such a successful year.
Health and Human Performance at Conferences

At the Southeast Chapter of the American College of Sports Medicine conference in Greenville.

Students at the Southeast Athletic Trainers’ Association College Student Symposium in Atlanta in February.

Physical Education and Health Club members with keynote speaker, Dr. Ann Kulze, at the Southern District Alliance for Health Physical Education Recreation and Dance (SDAHPERD)/South Carolina Alliance for Health Physical Education Recreation and Dance (SCAHPERD) conference in Myrtle Beach, February 2010. The conference theme was “Into the Wind.”

Dr. Shelley Hamill, Winthrop University, Dr. Deb Miller and Dr. Edie Ellis at the SDAHPERD/SCAHPERD convention in recognition of her dedication in promoting and/or advocating health, physical education, recreation and dance practices in South Carolina. The award was presented to her by Dr. Michael Ballard, President of the Southern District AAHPERD.

Deb Miller received the 2010 Honor award at the SDAHPERD/SCDAHPERD convention in recognition of her dedication in promoting and/or advocating health, physical education, recreation and dance practices in South Carolina. The award was presented to her by Dr. Michael Ballard, President of the Southern District AAHPERD.

Dr. Shelley Hamill, Winthrop University, Dr. Deb Miller and Dr. Edie Ellis at the SDAHPERD/SCAHPERD conference in Myrtle Beach wearing the costumes that they used for their workshop entitled “Tactical” Maneuvers for Teaching Human Sexuality. This dynamic trio also presented a four-hour workshop entitled Soar “Into the Wind” with Health.
Notable Achievements

Professor William Barfield had his article “The Effect of Moment Arm Length on High Angled Femoral Neck Fractures (Pauwels’ III)” accepted for publication by the Journal of Biomedical Science and Engineering.

Stephanie Wadsten, Class of ’09, received certification in February, 2010 to teach the FallProof™ program. There are approximately 60 certified instructors in North America. Stephanie works as an exercise specialist with the Franke at Seaside Continuing Care Retirement Community Wellness Center. You can read about the FallProof™ program at http://hhd.fullerton.edu/csa/FallProof/index.htm

On February 17, The School of Education, Health, and Human Performance’s Campus Bammooze team, EMANON (NO NAME backwards), led by Michelle Futrell and Bill Barfield, won the Spirit Award for the second year in a row. Overall, the team placed second behind the School of Business. The Campus Bammooze was started in 2009 by a student from the School of Business as a fundraising initiative. This year’s proceeds were used for the Haiti relief project and to send medical supplies to a school in Africa.

Professor Andrew Lewis received the 2010 Charles D. Henry Award in March from the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). The award was presented at the AAHPERD National Conference in Indianapolis, Ind. The Charles D. Henry Award is awarded to a member who, through distinguished service to the alliance: increases involvement of ethnic minorities in AAHPERD; increases communication with greater numbers of ethnic minority members; and extends meaningful services to AAHPERD ethnic minorities.

Lewis also won the College’s 2010 Excellence in Collegiate Education and Leadership (ExCEl) Award for the School of Education, Health, and Human Performance on March 30, 2010. The ExCEl program honors students, faculty, staff, community groups and/or individuals for promoting diversity and excellence at the College.

Larry “Bucky” Buchanan, Class of ’08, was featured in the March 20, 2010 “People” section of the Charleston Post and Courier for his work as the Program Director for Louie’s Kids. Louie’s Kids is a local nonprofit program that works with underprivileged and disadvantaged children who are overweight or obese. You can read the entire article at http://www.postandcourier.com/news/2010/mar/20/sports-give-man-discipline-to-help-louies-kids/

Kenni Bowling, Class of ’11, has been accepted in ACSM’s (American College of Sports Medicine) Leadership and Diversity Training Program for 2010-2011. The program mentors and retains minority members of ACSM by offering three different levels of participation (level one for undergraduate students, level two for graduate students and level three for those with terminal degrees). The program requires membership involvement in ACSM meetings (regional and national) and committees, pursuit of ACSM professional presentations, publications, and fellowship. The program also provides mentors to participants at each level and provides participants with funding to perform the necessary steps to remain involved with ACSM from student member to ACSM Fellowship.

Ronnie Smith, a former student in the department, has been accepted into MUSC’s cardiac perfusions program.

Kara Trachtenberg, Class of ’10, has been accepted to the University of St. Augustine (Fla.) in a dual program leading to a master of science degree in occupational therapy and a doctor of physical therapy degree.

Julie Brier, Class of ’09, has been accepted to Oregon State University to pursue a master of science degree in physical activity and health.

Rebecca Golding, Class of ’09, has been accepted to Hampton University (Va.) to pursue a doctor of physical therapy degree.

Jane Lucas, Class of ’07, has been accepted to MUSC to pursue a doctor of physical therapy degree.

Tom Carroll (seen below) won the Post and Courier’s Game, Set, Rock! John McEnroe Look-Alike contest at the 2010 Family Circle Cup.
Spring 2010 Health Fair—Great Success

The 16th annual Health Fair sponsored by professor Susan Balinsky’s HEAL 325, Worksite Health Promotion class was held on Wednesday March 24, 2010. Approximately 300 students, faculty and staff participated in the fair, which hosted such diverse booths as DHEC, Earth Fare and a registered dietician. There was plenty of free food, free chair massages and great entertainment provided by Jody Ruff’s aerobics students, the College of Charleston Belly Dancing Club and members of Campus Recreation Services’ Zumba fitness group.
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.

PrimeTime Fitness has introduced a scholarship program for college and high school students who "demonstrate dedication to the health and fitness of themselves and/or others." They will be awarding three $500 scholarships each year.

For more information and to apply, please see http://finaid.cofc.edu/forms/PrimetimeFitness.pdf

TRX Director of Research visits PEHD 438

Chris Frankel, Director of Research for Fitness Anywhere, makers of the TRX® guest lectured in professor Timothy Scheett's PEHD 438, Advanced Topics in Resistance Training and Conditioning class. The TRX® is a relatively new exercise device that uses an individual's own body weight as the resistance in an unstable environment. Students in the class received a tutorial on the underlying physics that control how the TRX® works. Following the tutorial, Frankel put the students through a series of exercises demonstrating the principles of instability and core activation. Students then began working with the TRX® to see how it can be used to induce the proper sequence of muscle activations during a wide variety of exercises. Frankel ended the class by showing the students sport-specific exercises the TRX® can mimic and that may be used to improve athletes’ forms and techniques. The lecture was a great hands-on learning experience for the students and several left the class asking about attending a TRX® certification course.

Note - The TRX® has been used for the senior capstone in exercise science group research projects over the past two years. Frankel was on campus to meet with Scheett to discuss additional future research projects using the TRX®.
**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, salus (“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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Editor: Mike Flynn, Department Chair  
Co-editor: Nancy Phelps, Administrative Assistant  
Contributors: Susan Balinsky, Bill Barfield, Scooter Barnette, Tom Beck, Tom Carroll, Edie Ellis, Mike Flynn, T.J. Hamon, Andrew Lewis, Deborah Miller, Nancy Phelps, Tim Scheett, Matthew Sharman and Karen Smail

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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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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 healthhumanperformance@cofc.edu.

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Kendra Burwick and Emily Webb help set up for the 32nd Annual Cooper River Bridge Run.