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 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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Spotlight on Bill Barfield

This issue, the Spotlight feature is a different format from the usual. Instead of a biographical essay written by Dr. Barfield, I sat down and interviewed him. NP.

Where did you grow up?
I was born in Tarboro, N.C. Most of my formative years (about ages 5 –16) were spent in Ashe County, N.C., in the small town of Warrenton. I graduated from Ben L. Smith High School in Greensboro.

Where did you go to college (undergrad) and what did you major in?
I started college at Brevard College in N.C., where I was recruited to be a runner. I started playing soccer my freshman year and played four years of college soccer at Brevard and Western Carolina University–Cullowhee (WCU). I remained at WCU after my bachelor’s degree and served as a graduate assistant soccer coach while I worked on my master’s degree. After receiving my master’s degree, I left WCU to teach elementary school in Asheville, N.C., for two years. I then went back to Brevard College to coach and teach. I came to Charleston in 1978 to coach soccer at The Citadel, and coached there from 1978 to 1993.

Where did you go to grad school and what is your Ph.D. in?
In the summer of 1988, I started working on my Ph.D. at Auburn University, Auburn, Ala. I attended for two consecutive summers and established my Alabama residency in 1990. I completed my doctorate in biomechanics in 1993.

What led you to be interested in that field? Did you know as a child this is what you wanted to do? Did you always want to be a professor? If not, what did you want to do?
I thought I would be involved in sports my whole life. When I got to college, I fell in love with soccer and coached for 20 years at the college level. The experience was wonderful and I would not want to change a thing, but I am very pleased to teach and conduct research now.

What is your area of research?
My research interests are varied. Because of my soccer background, my initial interest was in the area of the biomechanics of kicking among elite athletes, both males and females. In the 1990s, I developed an interest in anterior cruciate ligament (ACL) injuries and collected prospective data for several years with some orthopaedic surgeons in Charleston. That collaboration was my segue into working at MUSC in orthopaedic surgery. In the last several years, my research interests have focused on different training technologies (power plate vs. traditional free weights), different shoe types (toning shoes vs. traditional athletic shoes), the effect of training on bone health, the effect of bone mineral density on orthopaedic hardware stability in vitro, the effect of acetalubar fixation surgery on heterotopic ossification risk, the role of prophylaxis on deep venous thrombosis risk, the effect of femoral rotation on preoperative templating in total hip arthroplasty, the use of bone graft substitutes, the biomechanics of periprosthetic fracture fixation, the effect of sports on acute compartment syndrome risk and a couple of prospective studies on the use of different reamer types on pulmonary cytokine production and the efficacy of augmenting a subacromial continuous infusion pump with a preoperative interscalene block in outpatient arthroscopic shoulder surgery.

Can you talk a bit about your relationship with MUSC? Do you teach classes there?
I do not teach at MUSC in the traditional sense. I have had College of Medicine students involved in research projects and I typically give one to two presentations a year on biomechanics, biomaterials and basic statistics to orthopaedic residents.

What are your interests outside of work?
I love to read and run. My reading is varied. Some books are fiction, but my most memorable books are non fiction.

You just became a grandfather again, will you talk about your family?
Toby and I have two daughters, Angie, who has our two grandsons, Cody, 15 1/2 years of age and Cade, 5 years old. Angie had our second granddaughter, Lily Caroline, in March. Carrie, our youngest daughter is the mother to Neelie Grace, born in January.

Any particularly funny/heartwarming/interesting/aful, etc. stories from your years teaching?
I have a million stories about teaching and coaching. I have lived a charmed life. I love my job and College of Charleston students. It is very satisfying when I learn how successful our former students have become and it is very heartwarming to hear from them from time-to-time and to share in their excitement and success.
On Monday, I walked down the block to get a haircut. It seems that the barber’s scissors selectively spared the silver strands of hair at the expense of the weaker brown ones. Along these lines, I am pleased they no longer ask for hair color during driver’s license renewal because I would no longer be able to claim “brown.” I suppose “silver” is better than “absent,” but the recent rush of silver has me reflecting on my silver anniversary, my 25th year as a professor. Ten years at the University of Toledo, 12 years at Purdue University and more than three years at the College of Charleston.

A lot can happen in 25 years...and a lot has happened. The changes that have taken place in the field of health and human performance have been incredible. Some 31 years ago, when I finished my B.S., there was a fairly narrow range of career options, but even back in 1981 you could sense that the times were a changing, and that the growth had begun. Still, people were confused when you told them you had a degree in exercise science. When I started my doctorate in exercise physiology, I repeatedly and patiently responded to my mother’s “What is it that you are studying again?,” so she could relay the news to relatives that I was not studying to be a trainer for the Boston Celtics. I also recall that it was desperately difficult to convince my in-laws that I was progressing toward a productive career and not holding their daughter/niece/sister hostage in Muncie, Indiana.

These days, students come to orientation and tell me they want to be surgeons, dentists, physical therapists, physician’s assistants or go to graduate school in health or an exercise science related discipline. The career paths are not particularly new for students studying in our field, what’s new is the dramatic increase in numbers and the numbers of students finding us during their first year at the College.

In August we unveil two new majors — exercise science and public health. In documents we submitted to the South Carolina Commission on Higher Education, we projected five-year growth for the programs. However, our projections appear to have been woefully inept as we have already exceeded the five year projection before the majors have become official. It’s exciting, and a little scary, to have such enthusiasm for our new offerings, another sign that our field is gaining recognition ... like when Mom calls and says, “I saw someone on television who I think is doing the same thing you do.” Yes, even Mom is catching on. A lot has happened in 25 years and I really like the trend.

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Walking Distance
Mining Silver
Michael G. Flynn, Ph.D.

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

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Welcome New Faculty!

Michael Hemphill joined the department of Health and Human Performance in January 2012 as a visiting assistant professor. Hemphill has a bachelor’s degree in sport management from Wingate University, Wingate, N.C., and a doctorate in sport pedagogy from Purdue University, West Lafayette, Ind. He is also active in professional associations such as the American Alliance for Health, Physical Education, Recreation and Dance and the International Association of Physical Education in Higher Education.

Hemphill’s research has focused on teaching responsibility through physical activity and the professional development of physical educators. He enjoys conducting this research and sharing it at professional meetings. Prior to joining the College, Hemphill worked on a three year physical education reform grant in Lafayette, Indiana.

Hemphill is originally from Brevard, N.C., which is known by some as the “land of waterfalls.” The city claims to have over 250 waterfalls within its boundaries. During his free time, he enjoys playing basketball and watching sports. He is looking forward to exploring the Charleston area beaches, restaurants, and parks this spring and summer!
Many of the students from the department attended the SCAHPERD conference in November. Front, l to r: Layla Neal, Beverly Snow, Kelsy Shea, Tobias Plowden (reclining), Crystal Osuji, Lenise Bennett, Crystal Waters, Delonta Jones. Middle, l to r: Lindsey Myers, Anna Walker, unidentified, Bridget Sibson, Cole Dawley. Back, l to r: Suzanne Turner, Julia Vaughn, Ross Tooley, Caulen Leary, Michele Burton, Darrel Vanbeek, Chris Taylor, Monica Brown, Priscilla Jamison, Jimmy Holton.

Faculty members Deb Miller, Karen Small and Scooter Barnette at the SCAHPERD conference in November.

At Conferences

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Yum Nguyen and Susan Rozzi, athletic training faculty, and several recent graduates attended and presented at the National Athletic Trainers’ Association (NATA) conference in New Orleans in June 2011. Former graduates presenting were Carrie Slye ’11, Gina Parisi ’11, Thomas Callans ’10, Monica Lopes ’10 and Athena DeAngelis ’10. Syle’s presentation was an award finalist at the conference.

The presentations included:

“Does Lower Extremity Alignment Predict Hip and Knee Kinematics During a Single Leg Landing?” Slye, Nguyen, Parisi, Michelle C. Boling (University of North Florida, Jacksonville), and Rozzi.


“Validity of the Single Leg Triple Hop as a Clinical Predictor of Neuromuscular Function at the Hip” Nguyen, Callans, Lopes, DeAngelis, Boling.

“Reliability of Various Methods for Assessment of Static Lower Extremity Alignment” Emily Hartley (University of North Florida, Jacksonville), Boling, Nguyen, Slye, Parisi.

In February, 21 athletic training majors attended the South Carolina Athletic Trainers’ Association (SCATA) annual college athletic training student workshop at the University of South Carolina.

During the workshop, these students attended small group sessions on therapeutic modalities, hydrotherapy training, kinesiotaping and other athletic training topics. Additionally, the students observed knee surgery via a live feed from a nearby hospital operating room while also seeing firsthand a physician dissect a prospected knee joint. To wrap up this incredible workshop, three of our seniors ably represented the College in an all-colleges quiz bowl competition. Professors Michelle Futrell and Susan Rozzi both conducted a session at the workshop and Futrell designed and ran the entire quiz bowl competition.

As a follow-up to the workshop, five of the athletic training majors brought their knowledge and skills to the South Carolina Athletic Trainers’ Association annual high school athletic training student workshop. At the workshop, the students conducted a session on ankle joint examination for over 150 high school students. When not conducting their sessions, the students had a chance to share information with the high school students about the College of Charleston, the Department of Health and Human Performance and pursuing a major in athletic training.


Bill Barfield, Mike Flynn, Tim Scheett and three students, Margaret Hayes ’13, Olivia Crabtree’14 and Kenni Bowling ’11, attended the 40th annual Southeast American College of Sports Medicine conference held in Jacksonville, Fla., in February.

Barfield, Nguyen and alumni Shannon Hardester ’11, Kristen Keene ’11, Ashley Conrad ’11 and Marc DiFronzo ’11 co-authored a poster on “Identifying Lower Extremity Kinematic and Kinetic Differences Among Footwear Conditions During a Walking Task: A Descriptive Study.”

Barfield and Hayes, along with MUSC faculty members Phillip Coker, Kristin Calandra, Kathy Johnson and Joseph Calandra, gave a podium presentation on “Comparison of Immature Porcine and Human Bone Mineral Density: Immature Porcine Knees may be an Inappropriate Specimen for Graft Pull-Out Testing.”

Scheett, along with colleagues from USC-Aiken, Auburn University, University of North Florida and Barry University, Miami, presented a symposium on “Exercise Science Education: Promoting Student Engagement.” Scheett’s talk was “Involving Undergraduate Students in Research.” Despite the 8:00 a.m. time slot, the symposium was presented to a near-capacity audience.

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In the exercise physiology lab, room 115, hangs a map of the United States. Over the map hangs a sign that asks, “Where will exercise science take you?” Whenever I see this map, it brings a smile to my face as I begin to recall the journey that my exercise science degree has taken me on.

It was not that long ago that I graduated from State University of New York (SUNY) Albany with a bachelor’s degree in English and a minor in education. During my time at SUNY Albany, I knew that I wanted to pursue a career as a strength and conditioning coach, but because they lacked any majors in physical education, human performance, physiology, etc., I knew I would have to pursue that degree upon completion of my bachelor’s in another discipline.

I spoke to my strength coach at SUNY Albany. Though he said I could start work for him immediately, he advised me to obtain my master’s in exercise physiology, as the degree would give me more opportunities for jobs in the future. We sat down together and looked at potential graduate schools, and it was then that I decided to attend Florida International University (FIU), Miami. The program at FIU appealed to me most because the classes were science based, but rooted in practical application. The head of the department was a former University of Miami strength coach and I figured, “who better to learn from than someone wearing a College World Series ring on one hand and a bowl ring on the other?”

I worked my tail off at FIU and after graduation, took a job as a minor league strength coach with the Minnesota Twins. I was assigned to be the strength coach of their High Class A affiliate. It was a fantastic experience working with future major league baseball players and was my first chance to apply what I had learned during my master’s degree to real-life situations.

After a season in the minor leagues, I took a job as an exercise physiologist at a hospital in South Florida. My sole reason for taking the job was the work hours. I worked at the hospital from 5:45 a.m. to 2:15 p.m. every day, and then went over to the local high school where I trained the football, baseball and wrestling teams in the afternoon. During this time, I was constantly applying for jobs at the collegiate level (that was the level I always wanted to work at). My break finally came when I was offered a job as a strength coach at James Madison University, Harrisonburg, Va. It was a break with some trade-offs because my hospital job had fantastic pay, hours and benefits, but James Madison gave me the chance to fulfill my dream of working at the college level.

I loved working at James Madison, I even met my wife there, but after two years, I applied and was offered the job of strength and conditioning coordinator at the Olympic Training Center in Chula Vista, Calif.

The Olympic Training Center was my dream job. I was exposed to the best athletes in the world, using the latest training, testing, nutrition and recovery techniques. Even though my experience there was fantastic, there was something about the college atmosphere that I was missing. In 2009 I applied for and was offered the job as the Director of Sports Performance here at the College of Charleston. It was the best decision I have ever made.

Every day I wake up and try to do more for the athletes here at the College. Whether it’s writing training programs, learning about the newest recovery techniques and how I can apply them here or advising our athletes about proper nutrition, I want them to get better every day. I bring that knowledge and passion with me to the classroom as well. I want to give the students in the Department of Health and Human Performance the benefit of my experience and hope that it helps to prepare them for their future careers.
Senior Social 2012

Alex Mims, Jordan Kennedy, Erin Kennedy, Whitney Eakin

Sara Johnson, Katie Scardo, Jennings Moody, Chelsea Lee Wiles, Katelyn Cogswell, Delonta Jones

Anthony Gomes, Kerr Wargelnin, Justin Rapalha

Delonta Jones and Crystal Osujo

Melanie Baker, Kendall Figa
Sam Stokes ’12 was selected as an honorable mention member of the 2011 all-academic sailing team. The all-academic team recognizes collegiate sailors who have achieved excellence in national and inter-conference competition at the highest academic level for the 2010–11 academic school year. A nominated sailor must have a minimum of a 3.5 cumulative grade point average (on a 4.0 scale), junior or senior academic standing and they must be a key starter or reserve on a school’s sailing team. Each school is allowed three nominations.

Yum Nguyen has been selected by The Journal of Athletic Training as the first runner-up for the annual unsolicited Kenneth L. Knight Award for the Outstanding Research Manuscript. Nguyen’s research focused on anterior cruciate ligament (ACL) injuries and he and his co-authors determined that someone with stronger hip muscles may be less likely to go into positions that would injure their ACL. Additionally, the way the legs are anatomically positioned may also contribute to positions that injure the ACL. This research was originally published in the June 2011 issue of The Journal of Athletic Training.

He is currently collecting data from a large sample of teen athletes in several Charleston area high schools. Nguyen is working with research teams from the University of North Florida and the University of Connecticut to annually assess lower extremity alignment, body composition, strength and dynamic movement patterns, to identify specific factors that are associated with ACL injury in a large teen population.

Ellen Paige Way ’11 was accepted into the accelerated bachelor’s of science in nursing program at MUSC.

Tim Scheett received his recertification with distinction as a certified strength and conditioning specialist from the National Strength and Conditioning Association. The award was based on recognition of his extraordinary achievement in continuing education activities and for contributions to the strength and conditioning profession.

Jefferson Rabe ’12, Whitney Earkin ’12, Jamar Brown ’12, Danny Conley ’12, Kendra Gardner ’12, Megan Roach ’12, Sara Vermouth ’12, Kelsey Hines ’12, Christina Bellin ’12 and Jenny Hunnicutt ’12 passed the Board of Certification examination to become certified athletic trainers.

Tony “TJ” Hamon ’09 was accepted into the cardiovascular perfusion program at MUSC.

Bill Barfield had his article “A Biomechanical Comparison of Periprosthetic Fracture Fixation in Normal and Osteoporotic Cadaveric Bone” published in The Journal of Arthroplasty, vol. 27, issue 5, pages 783-788. You may read the article at https://dx.doi.org/10.1016/j.arth.2011.08.019

Matt LePine ’06 climbed Mt. Kilimanjaro, Tanzania in December. LePine is pictured at the top with his wife, Laura. LePine is currently employed by Science Applications International Corporation (SAIC) and is stationed in Qatar.

Lisa Hanano ’07, has been accepted into the University of Colorado–Denver landscape architecture program. Hanano is interested in “green roofing”, i.e., growing gardens on roof tops in urban areas.

Lauren Ghelardini ’12 (biochemistry with a minor in health) will be attending Columbia University, N.Y. to pursue a master of science in public health for health policy and management.

Kiley Thompson ’12 has been admitted into the vascular perfusionist training program at MUSC. She was the youngest person interviewed this year.

Jimmy McCloskey ’12 has been accepted to the doctor of physical therapy program at Lynchburg College, Va.

Michelle Schecker ’10 has been accepted to the physical assistant program at Barry University, Fla.

Let us hear from you! Send your news, updates, ideas for stories, etc., to flynnmg@cofc.edu.

Upcoming Dates
*May 11 – EHHHP awards ceremony
*May 12 – Commencement
*May 14 – First day Maymester
*June 4 – First day Summer I
*July 9 – First day Summer II
*August 21 – First day, fall 2012