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 its fullest by being sound in mind and body.

**Spotlight on Susan Balinsky**

Where did you grow up? I was born in Syracuse, N.Y., and moved to Fayetteville, N.Y. (a suburb of Syracuse) the summer I turned six.

Where did you go to college and what did you major in? I attended the State University of New York–Oneonta (SUNY) and majored in Home Economics Education.

Where did you go to grad school and what is your Dr.P.H. in? I completed a year as a non-degree graduate student at SUNY–Cortland to be trained in physical education. Then I attended Indiana University for a master of science degree in physical education. After teaching for several years at both the University of Wisconsin–LaCrosse and Wake Forest University, I earned my Doctor of Public Health (Dr.P.H.) degree at the University of South Carolina. I am also a Certified Health Education Specialist (CHES).

What led you to be interested in that field? And did you always want to be a professor? If not, what did you want to do? My interests evolved over the years. I enjoyed the nutrition aspect of my home economics training, but my heart was always with physical education. I was a member of three college teams (tennis for four years, badminton for three years and basketball for two years). After teaching home economics and psychology for a year at a high school outside of New York City, I made the switch to physical education.

I taught physical activity classes as a graduate assistant at Indiana University and enjoyed working with college students. My first job in physical education was as an instructor/tennis coach at the University of Wisconsin–LaCrosse. I regularly taught a personal health/personal fitness class that incorporated my previous nutrition training. When I decided to return to school for a terminal degree, I turned to physical education.

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Teaching was always a strong career candidate for me. My dad owned his own business. My mom and my aunt (who lived with us) were both teachers, so I had great role models.

When did you come to CofC? I came to the College in 1990.

Can you talk about the new public health degree? How was it different from the old health promotion concentration, etc.? The new interdisciplinary degree in public health has been under discussion for years. With changes in the needs of American society and the anticipated growth in jobs, this is a great degree to obtain. According to the U.S. Bureau of Labor Statistics, 10-year job projections anticipate a 23.8 percentage growth in job openings in this field. The bachelor of science degree will be offered through the Department of Health and Human Performance and the bachelor of arts degree will be offered through the School of Humanities and Social Sciences.

Dr. Deborah Miller is responsible for the creation of this new major. She worked with health educators in our department as well as individuals in the School of Humanities and Social Sciences. Miller worked tirelessly on writing the proposal at the College level, the document for the Commission on Higher Education, as well as the SACS (accreditation) prospectus.

The goals of the public health major include learning to think critically about health issues in a wide variety of contexts; understanding public health as a liberal art and viewing general education courses as they relate to health; and learning to examine health locally, nationally and globally. The public health curriculum has a broader health focus than that of the health promotion concentration.

What kind of job opportunities etc., do you expect students graduating in public health to pursue? Students with this degree can work in nonprofit or for-profit agencies. Depending on whether they earn a B.S. or B.A., graduates can work in the areas of environmental health, biomedical ethics, law, urban studies, health communication, health policy and public health administration. The B.S. in public health is also a pathway to the allied health or medical field and for those interested in becoming a Certified Health Education Specialist.

Other areas for those pursuing advanced training include, but are not limited to, graduate degrees in public health, health administration, business administration and law.

What are your interests outside of work? Gardening and reading

Any particularly funny/heartwarming/interesting/awful, etc., stories from your years teaching? A freshman female in a human sexuality class who asked (out loud in class), “Why do I have an orgasm when I type?”

An overweight student who was so appreciative of the time I took to do the one mile run/walk assessment with him after class. He came back years later and I did not recognize him. He told me that it was the personal concern I had for him that led him to lose a large amount of weight.

I am proud of students who make significant personal behavior changes, such as a losing weight or quitting smoking, as a result of a class that I taught.

Students I’ve had in my Health Promotion (HEAL 325) class e-mail me to say that they have been put in charge of running a health fair as part of their job. They are very grateful to have been part of planning the College health fair in class.
I know we’ve come a long way,  
We’re changing day-to-day,  
But tell me...  
Where do the children play?  
Cat Stephens (aka Yusuf Islam)  
Find it on You Tube at: http://www.youtube.com/watch?v=7a4DCxAi020

As a younger man, I loved the music of Cat Stephens, I still do. My younger brother was also a big fan and being very artistic, painted an enormous replica of the Teaser and the Firecat album cover on the slanted ceiling of his upstairs bedroom. Over 30 years after it was painted, it’s still there. John even got his teenaged daughter involved in a touch-up when they were visiting last summer. When we visit my Mom, she does out the sleeping arrangements – “Let’s put the boys in the Cat Stephens room.”

I am writing about the last line of the song lyric, which Cat Stephens did not likely intend to resonate the way it does for me when I lament about America’s child-free outdoor landscape.

We live in a great neighborhood with many young families, vacant lots, a small lake loaded with fish and great for swimming, but I can walk/jog/run several laps around the neighborhood and rarely see a child outside. Occasionally, I see my neighbor’s son out tossing a football up in the air, but since he is wearing pads and a uniform, I assume he is being schlepped off to football practice as soon as Mom or Dad come down to drive him. Where do the children play?

Seems like we have fallen into a trap where we as adults tend to find fitness activities by joining a gym and our kids can only get fit in front of a coach. What has happened to good old-fashioned play, creativity, the requisite conflict resolution and fun? Why don’t today’s kids kick the can, hide and seek, hospital tag, play ball and argue endlessly without coaches or umpires, or simply run pell-mell the length of the neighborhood, yelling, laughing and unwittingly engaging in obligatory exercise?

I wish this was a story with answers, but I seem to have more questions. It’s clear there are now more interesting things to do inside. I know I am dating myself here, but our TV had three channels and after-school programming was still largely dedicated to soap operas. Our walks home from school and our school bus rides were filled with plans for the after-school game or activity. Our times spent indoors after school were mostly a race to get out of our school clothes and into something we could get dirty and play in until the dinner bell rang. My mom rang a huge cowbell — very embarrassing.

Cable television provides kids with 24-hour cartoons and sports programming. Cell and smart phones provide them with access to the World Wide Web, and their friends via texts, Tweets, Facebook, etc. I know this essay is not going to break the chain of inactivity often created by improved technology, but perhaps we can find creative ways to use technology to make our kids more active? My niece has recently taken to geocaching...using GPS coordinates to hike to remote locations where other geocachers have hidden goodies, prizes or treasures. Why not have neighborhood parents band together, hide the after-school snacks and let the kids use their phones and compete to find them?

Kids generally like family traditions. How about we start a tradition of taking our kids for a short, after-dinner walk? Those who don’t want to walk could . . . do the dishes. For the older kids reading this (college students), start some family traditions of your own. Play a fun, active game (the Internet is loaded with suggestions), or take a family walk after your holiday meals.

There’s an app for that. Find a way to use your cell phone, iPad or laptop to generate more physical activity for your kids or your family. There are some great apps to help you jump-start a weight-loss program, engage in fitness activities or improve nutrition. Activity doesn’t have to make the heart race or stimulate rivulets of sweat to stream down your face, it just has to be active and fun. As leaders in health and human performance it is up to us to find ways to change Cat Stephens’ tune.

Right before I submitted this piece for review, a ray of hope emerged from an unusual place. My brother John, the former Cat Stephens artist, is now a vice president for Disney. His section at Disney has a blog for “Disney Dads” and John sent me an article written by a friend of his who also lamented the barren streets and lack of kids playing. Instead of simply musing, Mike Lanza took action. He and his wife moved into a neighborhood with all the right ingredients and immediately set about creating an atmosphere where neighbors and neighborhood kids would want to gather. They set up picnic tables, barbecue grills, and a playground in their FRONT yard. Eventually a few neighbors bought in and now their block is teeming with kids playing autonomously. Mr. Lanza even wrote a book about it called Playborhoods. Buy a copy and start your own something special. Where do the children play? Apparently in front of your house, if you do a few things to make it happen.
Welcome New Faculty!

**Matt Page** joined the Department of Health and Human Performance in August 2012. Page has a bachelor’s degree in history from the University of Michigan–Ann Arbor, a master’s degree in public policy from the College of William & Mary, Williamsburg, Va., and a doctorate in epidemiology from Emory University, Atlanta.

He is teaching Introduction to Public Health (HEAL 215), Consumer Health Education (HEAL 225) and Biostatistics (HEAL 395).

His research interests include the impact of social and structural factors on the acquisition and progression of infectious diseases, including HIV and other sexually transmitted diseases.

Prior to joining the department, Page worked extensively in the field of health economics. He has developed cost-effectiveness and budget-impact models, formulary dossiers, and other materials for pharmaceutical and medical device companies. In addition, Page has worked in the fields of economic development, agricultural economics and telecommunications research.

Page’s wife, Missy, also recently began work at the College in the Department of Sociology and Anthropology. They live on Johns Island. In his spare time, Page plays softball, repeatedly attempts to get back into running and tries to read books on a wide variety of topics.

**Andrea L. DeMaria** joined the Department of Health and Human Performance in July 2012 as an adjunct professor and officially started her tenure-track position in August 2012. She holds a bachelor of arts degree in behavioral neuroscience from Purdue University, West Lafayette, Ind., a master of science degree in kinesiology (with an emphasis in sport psychology) from the University of North Texas, Denton and a doctorate in health education from Texas A&M University, College Station. DeMaria also completed one year of post-doctoral training at the University of Texas Medical Branch, Galveston with the department of obstetrics and gynecology.

DeMaria’s research has focused on female sexual and reproductive health issues. Specifically, she has investigated the association between genital self-image and pubic hair removal, gynecological screening behavior, body image and various sexual behaviors. DeMaria is committed to an interdisciplinary approach to women’s health issues, drawing from both the behavioral and clinical fields. She has had the opportunity to share her work nationally and internationally, including presentations in Prague, Czech Republic and Vienna, Austria. She is an avid contributor to many professional organizations such as the Society for the Scientific Study of Sexuality (SSSS).

DeMaria is originally from Naperville, IL. Within the span of seven weeks, she moved halfway across the country, started her position at the College of Charleston and married her fiancé, Sean Courtney, whom she met while at Texas A&M University. Her motto for the summer has been “go big or go home.” For leisure, DeMaria enjoys running marathons, watching college football (Boiler Up!), playing sports and cooking/entertaining.

**Katie Snyder** joined the Department of Health and Human Performance in August 2012 as a visiting instructor. Prior to this appointment, Snyder was an adjunct in the athletic training education program. Snyder is a certified athletic trainer and has a bachelor of science degree in athletic training from Bridgewater College, Bridgewater, Va. and a master of science degree in health, exercise, and sport science from The Citadel. Snyder is a member of the National Athletic Trainer’s Association (NATA).

Snyder has been at the College for the past four years. In her first two years, she was a graduate assistant. She was also an assistant athletic trainer during the last two years.

Originally from Frederick, Md., Snyder has resided in Charleston, with her dog Jackson, for almost five years. She enjoys spending time outdoors and at the beach as well as the history, great dining and other activities that Charleston has to offer.
At Conferences

Michael Hemphill attended the International Conference on Science, Education and Medicine in Sport (ISCEMIS) in Glasgow, Scotland from July 19-24. ISCEMIS is the official academic conference of the 2012 London Olympic and Paralympic Games.

Hemphill presented two papers at the conference. One was on professional development for teaching personal and social responsibility in physical education; the other was on using case study methods in physical education teacher education.

Tim Scheett attended the American College of Sports Medicine (ACSM) conference in San Francisco in June. At the conference, he participated in a focus group discussing current and future trends and needs for classroom materials covering health, fitness and exercise science.

In July, Scheett also attended the National Strength and Conditioning Association (NSCA) conference in Providence, R.I. He gave a presentation entitled “A volume-based dose response assessment of suspension training workouts in college-aged women.” That study was the result of a capstone in exercise science project. Co-authors included former students Andrew Fortune ’11, Hannah Lund ’11, Barbara Wright ’11, Haley Sayer ’11, Jamie Holler ’11, Brian Monk ’11, Matt Roberts ’11 and Meredith Grief ’11, as well as Wesley Dudgeon, a professor at The Citadel.

Kelann Lobitz graduated from the University of Minnesota–Minneapolis in 2010 with a bachelor of arts degree in speech language hearing sciences. After graduation, Lobit went on a mission trip to Bulgaria where she spent time at different orphanages. Upon her return, she got a job as a lead teacher in the daycare of her church. Last year, she became a pre-kindergarten teacher at KinderCare Learning Center. Through those experiences, she decided to get a Master of Arts in Teaching Special Education at the College. Since she was born in Richmond, Va., it was an easy decision to return to the south and the College of Charleston was a perfect fit.

Robert Hamblin graduated from Bishop England High School in 2006 and from the University of Tennessee in 2010. He has a bachelor of arts degree in audiology.

Earlier this year, he joined the National Guard and completed basic training at Fort Benning, Ga. Hamblin is pursuing a Master of Arts in Teaching Middle Grades Education. In addition to being a graduate student, he also plans to coach a middle school basketball team on Daniel Island this year.

Stephanie Jones received her undergraduate degree in political science from Murray State University, Murray, Ky. Jones just started her first semester at the College and is pursuing a Master of Arts in Teaching Elementary Education.

She moved to Charleston from O’Fallon, Ill., which is located right outside of St. Louis, Mo. Jones says she is looking forward to working in the department this semester.
The REACH (Realizing Educational and Career Hopes) program is designed for college-aged students who have intellectual disabilities, such as autism or Down’s syndrome, who wish to attend college. The students in this program are high functioning and earn a REACH certificate from the College after completing the four-year program. The ultimate goal of the program is to provide these students with a true college experience while teaching them to live independently and develop career related skills. It is an amazing and unique opportunity. Most individuals with intellectual disabilities struggle with the challenges that come with living and working independently. However, through their experiences with REACH, these students grow into mature and productive members of society.

Edie Cusack is the director and founder of the REACH program. I met Cusack through my position as a personal trainer and we immediately connected. She was easy to talk to and fun to work with. After a few sessions, Cusack told me about her position at the College as the director of the REACH program. She has 18 years of experience working in special education and it had always been her dream to give young adults with intellectual disabilities the opportunity to attend college and lead independent and productive lives.

Cusack was aware of my experience working with children with autism. From the beginning of the program, she had been interested in incorporating a health and fitness component into REACH. Cusack wanted the students to become more involved in physical activity and more knowledgeable about nutrition. I had just finished my service with AmeriCorps and was ready to start something new. When she offered me a position as the health and fitness coordinator of REACH, I was flattered and excited to accept.

When I first started with REACH, I met with Cusack and the rest of the staff, attended one of the classes that she teaches in the program and introduced myself to the students. To my surprise, the students were all very interested in exercising and eager to know more about nutrition. I started planning days to exercise with students one-on-one or in small groups.

Soon after that first meeting, I started exercising with the students at the East Shore Athletic Club. I met the students at their house on Coming Street, where all the REACH freshmen live together with graduate assistants and traditional students, and we went together to the club. They were all eager to learn and had great attitudes about exercising. They usually told me how much better they felt after exercising, which was very rewarding to hear. Despite some minor resistance to the new schedule of exercise and nutrition counseling, most students appeared to enjoy the sessions.

The REACH program is growing quickly with 10 to 11 new students added each year. We realized we needed to find a way the new students, along with the sophomores and juniors, could continue with a supervised exercise program. Cusack and I thought that could be accomplished by using fitness mentors. I quickly realized the REACH program and the Department of Health and Human Performance (HEHP) could collaborate. I approached Drs. Scheett and Flynn about working together and they both agreed immediately to the partnership.

While working with Scheett and Flynn, we decided majors in the department could be fitness mentors with the REACH students. Majors in the department are knowledgeable about exercise and interested in working with special populations. It would be a win-win situation: the REACH students would have a healthy routine throughout the week and the majors in HEHP would get experience working with a variety of populations.

In addition to exercising, we also wanted the REACH students to learn how to eat healthily and make smart food choices. To help with that goal, I contacted the program coordinator for the dietetic interns at the Medical University of South Carolina who was very interested in a collaboration. This year, dietetic interns from MUSC will be working one-on-one with the REACH students to teach them how to eat healthily and make smart food choices. The information will be especially beneficial to the freshmen, most of whom are away from home for the first time.

I am eager to see this wonderful program continue to grow this year. The addition of the health and fitness portion to the REACH program is going to be very beneficial to these students. I am so honored to be involved with REACH and am truly happy there is a fitness and health program at the college level available to individuals with intellectual disabilities.
News & Notes

Johannes Aartun ’09 received a master of science in applied physiology from the University of South Carolina. He recently accepted a position with MUSC’s College of Dental Medicine in the core microscopy facility.

Andrew Fortune ’11 has been hired as a research coordinator with MUSC’s locomotor energetics and assessment laboratory.

(Dennison) David Thomas ’10 received a master of science in exercise physiology from The Florida State University, Tallahassee. His master thesis was entitled “The effects of pre- and post-exercise consumption of multi-ingredient performance supplements on cardiovascular health and body composition in trained men after six weeks of resistance training.”

Larry “Bucky” Buchanan ’08 defended his thesis, “Mouthpiece use reduces serum cortisol during and after acute exercise,” in July and received his master of science in health, exercise, and sport science from The Citadel in August. Dr. Scheett was an external member of his thesis committee.

Bill Barfield had the following articles published in MUSC Orthopaedic Journal, volume XV, issue 1, 2012:


And:


Olivia Thompson is a partner with Susan Johnson of MUSC on a grant entitled “policy adoption and implementation of tobacco-free schools, colleges and universities in Charleston County.” Thompson will lead policy evaluation for the project.

Thompson is also the recipient of a $120,000 Boeing grant to pilot a farm-to-school initiative. The pilot is being implemented at Mitchell and Hunley Park elementary schools.

The project will be expanded from two to six schools during the 2013-14 academic year.

Nicholas “Nick” Hipko ’10 was accepted to the graduate certificate program in strength and conditioning at Armstrong Atlantic State University, Savannah.

Shannon Hardester ’11 has accepted a position as a graduate research assistant at Salisbury University, Md. She previously worked there as a graduate teaching assistant.

Georgia Walker ’10 has been accepted to the graduate program in exercise science at the University of Southeastern Louisiana, Hammond. She will also be working as a paid intern with Matt Powell, director of sports performance. Powell was previously the assistant director for sports performance at the College.

Hannah Lund ’11 has been hired as the health and fitness coordinator for the College’s REACH program.