

COLLEGE of CHARLESTON

DEPARTMENT OF
HEALTH AND HUMAN
PERFORMANCE

Salve et Vale

Volume 2, Issue 1

Be in Good Health and Be Strong

October/November 2010

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We want to hear from you! If you have news, updates, ideas for stories, etc., please contact us at <mailto:flynnmg@cofc.edu>.

Spotlight on Dr. Annette Godow



This fall marks the beginning of my 35th year teaching at the College of Charleston. On July 11, 1976, I arrived in Charleston at the age of 29. That spring was the first year of the Spoleto Festival, a major event and

something I consider as fundamental in the revival of Charleston as a beautiful and historic city. The festival has also contributed to the College's evolution into a highly regarded and well-respected institution of higher learning. I have witnessed many positive changes during 34 years of teaching here. I now begin my final academic year at the College as I plan to retire in August, 2011.

I grew up in Chicago, Il. and pursued my undergraduate and graduate education at the University of Illinois at Urbana-Champaign, earning my doctoral degree in clinical psychology in 1974. The topic of my final doctoral paper was "Female sexual unresponsiveness: contributory factors and treatment strategies." Early in my life, I found myself fascinated with the subject of human sexuality - sexual development, sex education, sex-related problems and sex therapy. During my four years working at Illinois State University at Normal, as a staff counselor in the counseling center and an assistant professor in the psychology department, I introduced a new sexuality course to the psychology department curriculum. While working at Illinois State, I attended two week-long postgraduate sex therapy workshops at the Masters and Johnson Institute in St. Louis, Mo. taught by Masters, Johnson and their staff. In 1976, I became a certified sex therapist through the American Association of Sex Educators, Counselors and Therapists (AASECT) and I continue to maintain my certification.

In addition to teaching courses in human sexuality, I have also had the pleasure of teaching a first-year seminar course entitled "An Introduction to Liberal Arts and Sciences Education" and "Introduction to Women's and Gender Studies" for the Women's and Gender's Studies Program. For 19 summers, I taught either "Psychology of Gender" or "Global Issues: Overpopulation, Environmental Degradation and Gender Issues" in the Governor's School of South Carolina at the College.

Along with teaching, I have a part-time private practice as a licensed clinical psychologist and certified sex therapist. I conduct psychotherapy with individuals and couples dealing with sex-related concerns as well as other common psychological issues and problems. I have found that my two professional activities, teaching and therapy, are synergistic. My knowledge, understanding and insights into human sexual function and dysfunction are enhanced and deepened by my involvement in both.

I have also written two books. The first, *Human Sexuality*, was a 650-page college text published in 1982 and used at the College for about four years. Recently, I completed the second book. In it, I tried to summarize the most important things I learned from teaching human sexuality and conducting sex therapy for 36 years. The 400-page manuscript is being edited with the help of Cate Martin, a graduate student at the College.

I close with a nod to my colleagues in the Department of Health and Human Performance. You have been supportive, helpful and informative in all the right ways. You are encouraging, praising, challenging and all-around really good people, both as colleagues and friends.

It has been a great pleasure to teach at the College of Charleston. I have benefitted greatly by being a member of the College community. I want to stress my commitment to and appreciation of a liberal arts and sciences education and my belief in its value and power to make human beings more humane and civil. In 1920, H.G. Wells said: "Human history becomes more and more a race between education and catastrophe," (*The Outline of History*). The statement is, in my opinion, no less true today.

I believe that the courses I taught at the College promote the general goals of a liberal arts and sciences education: how to reason logically, how to think critically, how to communicate effectively, how to appreciate and respect the complexities, subtleties, variability and diversity of human beings, at the individual level as well as at the societal and cultural levels, how to encourage tolerance and empathy, how to manage the delicate balance between freedom and equality, how to analyze problems and develop strategies for finding solutions, and how to make the world better, locally as well as globally. I am conscious of these goals and strive toward them in all aspects of my professional and personal life. When I retire next August, I hope to continue this commitment, albeit in somewhat different ways.

Be well and remember to be loving and kind and to celebrate the goodness of life.



Walking Distance

Michael G. Flynn, Ph.D.

About 35 years ago, Professor Roy Hills led the development of a new major in physical education, a degree that has served the department, the College and College of Charleston students well over the past three plus decades. In 2000, Professor Susan Rozzi led the development of a new major in athletic training. To date, three fine classes of athletic training students have traversed the Cistern stage on graduation day.

If you haven't been with us for a while, you might be surprised to learn of the tremendous growth in the exercise science and health promotion concentrations. These programs have been growing steadily, while at the same time student interests and educational needs have changed significantly.

There are now nearly 250 students in the exercise science and health promotion concentrations under physical education. The majority of these students want to pursue careers or graduate study in physical therapy, hospital administra-

tion, physician's assistant, wellness, dentistry, medicine and other areas. To meet the needs of these students, the Department of Health and Human Performance faculty and staff have been working to develop new majors in exercise science and public health, the latter an interdisciplinary effort with the School of Humanities and Social Sciences. It's a long and arduous process, but the end result will be an important change for our students.

The new degrees will reflect the substantial changes in our field over the past two decades and will position our students to better compete for acceptance into the top graduate programs or to be hired into promising entry-level careers. In an earlier "Walking Distance," I opined that the Department of Health and Human Performance is "not your parent's gym department." I am fresh from an exercise science conference on the integrative physiology of exercise, during which speakers discussed cutting-edge research using

the latest techniques in molecular biology and biochemistry to answer exercise-related questions. Majors in exercise science and public health will allow our faculty to better prepare students for the rapidly changing fields they will enter.

My thanks go out to Professors Bill Barfield and Deborah Miller who have done the majority of work during the early stages of this process, with substantial assistance from the exercise

science and health promotion faculty. Despite significant efforts, we still have several hurdles remaining – the most significant of which is final approval from the South Carolina Commission on Higher Education. Nevertheless, I am confident that we have the student numbers, the faculty and the resolve to see this process through to completion. The end result will be an improvement for our College of Charleston students who will be better prepared to meet the challenges they may face in the 21st century.

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

October 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Deadline for fall graduation	2
3	4	5	6	7	8	9
10 FALL BREAK	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Spring registration begins	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
			THANKSGIVING HOLIDAY			
28	29	30				

Thoughts from Alumni

Cherry Dabney-Robbins
Class of '90



I grew up in Vicksburg, Miss. My first organized activity as a child was gymnastics. It did not take long for my mother to realize

that after a class of gymnastics, I slept very well. She needed me to sleep as much as possible because when I was awake, she had to be on her toes – I was a busy child. Because of that, I was enrolled in as many gymnastics classes as possible. Within a short amount of time, I was on a competitive team and was travelling five days a week to attend training an hour away from home. I loved every minute of it – gymnastics was and is my passion.

When my career in competitive gymnastics was over, I started coaching. For as long as I can remember, my dream was to be a gymnastics coach and own a gymnastics club. When it came time to declare my major in college, physical education was the best fit to allow me to pursue that dream.

My first college was in-state, but I never really felt at home there. I started looking for another college to attend.

A family friend invited us to visit his home in Charleston. I immediately fell in love with the College of Charleston campus and staff. I registered for classes that week.

Once I started classes, I found the College to be relaxed and friendly. All the students were so laid back and the campus was absolutely gorgeous.

My first class was held in the Willard A. Silcox Physical Education and Health Center

gymnasium and was taught by Professor Tom Langley. He was such a wonderful professor; he had such an easygoing attitude. His teaching style allowed us to laugh and learn at the same time. He treated us as individuals and took time to get to know each of us personally.

My physical education classes were terrific. As students, we talked about the fact that we would one day “get paid to play.” The instructors truly cared about us, personally and professionally. I still remember Professor Andrew Lewis talking to me about my career plans. He wanted me to teach and I wanted to concentrate on recreation. I can still see us in one of the classrooms having that discussion.

During my student years, I taught gymnastics at the Cannon St. YMCA, The Jewish Community Center and I also helped out in the gymnastics room on campus. That room no longer exists, but I will never forget it. It was a haven for me and enabled me to participate in the sport that I loved.

After graduation, I returned to my hometown and worked in the recreation field. Eventually, I married, had babies and decided to stay home. During my time at home, a friend asked me if I would teach her child some tumbling. She remembered that I was a gymnast and had done some coaching. I had not thought about that occupation in years because, as a mother, I had put my children before my career dreams.

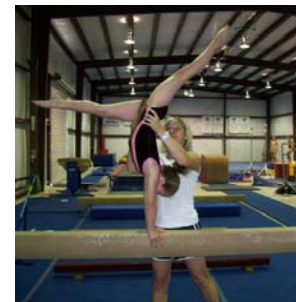
I decided to start a tumbling class at a friend’s dance studio. Before long, my class was full and parents wanted more classes. In 2002, I bought some property, built a gym and started a gymnastics program. I had the best of

both worlds. My children were with me in the gym until my husband got off work. In August of 2009, I doubled my space to keep up with demand. My dream was accomplished!

Two years ago, I visited Charleston for the first time since graduation in 1990. I went back to campus and met up with Langley, Miller and Lewis. They were still the same – open and interested in me. I will never forget those three who gave of themselves in their teaching and kindness.

I try to look at each of my students as individuals. Their dreams are mine (whether it is becoming a cheerleader, competitive gymnast or just learning a cartwheel), something that my professors at the College of Charleston taught me so beautifully.

Cherry lives in Vicksburg with her husband Scott and two children Will, 14 and Emme, 11. She owns GymSouth, Inc.



December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Final exams begin	9	10	11
12	13	14	15 Final exams end	16	17	18 Fall Commencement
19	20	21	22 Grades online	23	24	25
26	27	28	29	30	31	

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Spring semester begins	11	12	13	14 Last day of drop/add	15
16	17 MLK, Jr. Holiday	18	19	20	21	22
23	24 30	25	26	27	28	29
						31

Prof. Tom Langley's retirement party, April 27, 2010



Dean Welch points out the smooth seas waiting for Langley.



Professors Edie Ellis, Deb Miller, and Susan Balinsky perform their ode to Langley (composed by Miller).



Langley shows off the yacht he has in mind for his retirement years.



Langley and his beautiful wife Janie



Professors Roy Hill, Miller, Langley, Jean Hamilton and Andrew Lewis



Otto German, Langley and Professor Mike Flynn.



Ellis, Miller, Langley and Balinsky.



Langley with some of his appreciative students. From left Sawyer Langston, Andrea Griff, Lindsey Davis, Justice Ackah, Langley, Tom Beck, Timothy Johnson, Caron Henderson and Brittney Williams.

2009-2010 Award Winners



Timothy Johnson was the first recipient of the Thomas D. Langley Award (presented by Langley).



Professor William Barfield received the Senior Faculty Teacher-Scholar Award from Dean Frances Welch.



Brooke Kotcella received the Outstanding Exercise Science Student award from Barfield with Professor Michael Flynn watching.



Athena DeAngelis received the Outstanding Athletic Training Student award from Professor Susan Rozzi with Flynn watching.



Sawyer Langston received the Outstanding Athletic Training Student award from Professor Yum Nguyen.



Thomas Beck is congratulated by Flynn after receiving the Health and Human Performance Service Award.



Professor Edie Ellis and Flynn congratulate (from left) Mariah Valentine, Lavada Brooks, Tom Beck and Lily Barkin (Health Promotion graduates) as they receive their graduation pins.



Lily Barkin is congratulated by Professor Susan Balinsky after receiving the Outstanding Health Promotion Student award.



Matthew Sharman is congratulated by Flynn after he received the Outstanding Teacher Education Student award from Professor Andrew Lewis.



Carrie Luhn received the Departmental Honor in the Field of Exercise Science award from Barfield.



Lindsay Davis is presented with the School of Science and Math Research Poster Session Award of Merit by Professor Carwyn Sharp.



Award-winning students, (from left) Thomas Callans, Michelle Glymph, Rachel Hulett, Sawyer Langston, Athena DeAngelis and Monica Lopes receive their Athletic Training pins from Rozzi (center). Callans, Glymph and Hulett also received School of Science and Math Research Poster Session Awards of Merit

At the 2010 Awards Ceremony Reception....



Professor Bill Barfield shows off his Teacher-Scholar, Senior Faculty award.



Sawyer Langston '10 winner of the Outstanding Athletic Training Student award and Carrie Luhn '10 winner of the Departmental Honor in the Field of Exercise Science.



Timothy Johnson '11 displays his Thomas D. Langley Award.



Professor Mike Flynn congratulates Johnson.



Tom Beck '10 winner of the Health and Human Performance Service Award.



Matt Sharman '10 winner of the Outstanding Teacher Education Student Award and Professor Andrew Lewis.



Carrie Luhn and her mother.



Sawyer Langston.

Notable Achievements

Professor **Andrew Lewis** has been appointed as the Interim Associate Dean for the School of Education, Health, and Human Performance. He began his new position on July 1, 2010. The programs: Call Me Mister, Center for Partnerships to Improve Education, Office of Professional Development, Office of Student Services and Certification, and Teacher Cadets report to Lewis.

Professor **Carwyn Sharp**, a visiting professor during the 2009-10 academic year, has been hired as a regular, full-time faculty member of the department. His appointment started in August.

The following graduates have been admitted to the Master of Science in Health, Exercise and Sport Science program at the Citadel starting in fall 2010:

Larry "Bucky" Buchanan '08

Benjamin Hepner '09

Ashley Strickland '09

Alexis Lowes '07, is currently a student in the program.

Johannes Aartun '09, has been admitted to the Master of Science in Exercise Science program at the University of South Carolina starting in fall 2010.

Jessica Ziker '10, has been admitted to the Doctor of Chiropractic program at Life University, Marietta, Ga. starting in Fall 2010.

Carrie Slye '11 and **Gina Parisi** '11, participated in a 2010 SURF (Summer Undergraduate Research with Faculty) grant with Professors **Yum Nguyen** and **Susan Rozzi**. Their research focused on identifying risk factors that contribute to dynamic knee valgus. For more information about the project see <http://spinner.cofc.edu/~athletictraining/ATEPDWWebpagesHappenings.htm>

Professors **Karen Smail** and Marie Manning gave a presentation entitled "Addressing recreation/leisure support services for adolescents with Aspergers" at the 32nd International Learning Disabilities Conference on October 7-9, 2010 in Myrtle Beach, S.C.

Smail and Manning received a Developmental Disabilities Grant to fund their Autism Project for 2010-2011. You may read more about the project at <http://news.cofc.edu/2010/07/college-develops-program-for-adolescents-with-aspergersautism-spectrum-disorder/>

Smail will be a presenter at the annual congress of the International Association of Physical Education in Higher Education (AIESEP) on October 23-30, 2010 in LaCoruna, Spain. Her presentation will be on "The impact of daily physical activity on individuals with Autism Spectrum Disorder (ASD).

Smail had the article "Using technology to keep students healthy" published in *Academic Exchange Quarterly*, vol. 14(3), Fall 2010.

Smail and the Charleston County School District have been awarded a three-year, Carol M. White Physical Education Program (PEP) grant through the U.S. Department of Education. The funds will be used to provide a focus on fitness and nutrition at eight targeted Title I schools in the district. For more information, please see <http://www2.ed.gov/programs/whitephysed/index.html>.

Valarian Bruce '96, a fourth-year medical student at MUSC, was awarded the AudioDigest Scholarship from the American Medical Association, supported by the Audio-Digest Foundation. Each medical school in the nation was able to submit one nominee for the award. The scholarship was awarded based on a commitment to the "communication of science," which includes activities such as mentoring and/or teaching.

Professor **Bill Barfield** had the following articles published:

Horst, T. A., Hooker, J. A., Mooney, J. F., Barfield, W. R., Glaser, J. A., & Barfield, W. R. "Comparison of Intraoperative C-Arm Fluoroscopy to Postoperative Radiographs in Operative Fracture Fixation," p. 56-58.

Angermeier, E. W., Demos, H. A., Schutte, H. D., & Barfield, W. R. "Complications of Hip and Knee Joint Replacement in Solid-Organ Transplant Patients," p. 48-55.

Horst, T. A., Bhatti, H., Glaser, J. A., Bacro, T., Barfield, W. R., & Barfield, W. R. "Mechanical Testing of Thoracolumbar Pedicle Screw Fixation with and Without Bone Void Filler," p. 46-47.

Barfield, W. R., Colbath, G., An, Y. H., & Hartssock, L. A.

"The Potential of Magnesium Alloy Use in Orthopaedic Surgery," p. 16-20.

All were published in *MUSC Orthopaedic Journal*, volume 13, June 2010. (the articles may be read at <http://www.muschealth.com/orthopaedic/onlineresources/2010%20MUSC%20Ortho%20Journal.pdf>)

Guo, C., Yan, Z., Barfield, W. R., & Hartssock, L. A. "Ankle Arthrodesis with an Anatomically Contoured Anterior Plate," vol. 31, issue 6, p. 492-498, 2010, published in *Foot & Ankle International* (abstract may be read at http://www.datatrace.com/e-chemtracts/emailurl.html?http://www.newslettersonline.com/user/user.fas/s=563/fp=20/tp=37?T=open_non_issue.70000186988.5&P=non_issue)

LePine, M., Barfield, W. R., DesJardins, J. R., & Hartssock, L. A. "The Effect of Moment Arm Length on High Angled Femoral Neck Fractures (Pauwels' III)," vol. 3, p. 448-453, 2010, published in *Journal of Biomedical Science and Engineering* (PDF of article may be downloaded from <http://www.scirp.org/journal/jbise/>)

Professor **Yum Nguyen** was the primary author of the article "A Preliminary Multifactorial Approach Describing the Relationships between Lower Extremity Alignment, Hip Muscle Activation and Lower Extremity Joint Excursion" that was recently accepted for publication by the *Journal of Athletic Training*. He was co-author on two articles accepted by *Medicine and Science in Sports and Exercise* - "Knee Joint Laxity Influences Tibiofemoral Joint Motion during the Acceptance of a Weight Bearing Load" and "Joint Laxity is Related to Lower Extremity Energetics During a Drop Jump Landing."

Nguyen is a collaborator on a two-year grant awarded by the National Institute of Health to Dr. Michelle C. Boling of the University of North Florida, Jacksonville. The grant is entitled "Epidemiology of Anterior Knee Pain: Identifying Gender Specific Risk Factors." More information may be found at http://www.unf.edu/ia/pr/media_relations/press/2010/UNF_Professor_Receive_Grant_to_Conduct_Knee_Pain_Research.aspx

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.

African Dance Final Exam Spring 2010



New Minor!

As of the 2010-11 school year, students have the option to get a minor in coaching. The minor is available to both majors and non-majors. It is designed to “provide students with a basic understanding of coaching at all levels: youth, elementary, high school, college and professional.” *College of Charleston 2010-11 Undergraduate Catalog*, p. 51.

The minor requires 18 hours of coursework, all within the Department of Health and Human Performance. There are 12 credits of required coursework: ATEP 245- Athletic Injury Prevention and Management, PEHD 222 – Analysis and Conduct of Lifetime Activities or PEHD 223 – Analysis and Conduct of Team Sports, PEHD 235 – Motor Development and Learning, and PEHD 342 –Techniques and Strategies of Coaching. Six hours of credits are chosen from among 11 course offerings in physical education and/or health.

New Labs!

Over the summer, several new labs were constructed in the Willard A. Silcox Physical Education and Health Center. One lab, the former locker room for the men’s basketball team, is now set up to support research in exercise biochemistry and cell culture experiments. It contains a laminar flow hood, water-jacketed incubator, plate reader, plate washer, inverted microscope, analytical balance, top-load balance, clinical centrifuge, micro-fuge, spectrophotometer, ultra-low temperature freezer, clinical microscope, water purification system, water baths, rockers, vortex mixers and other items.

The other lab is located in another old locker room, just down the hall. The lockers and carpeting were removed to create a large lab space known as the physical education teacher education lab (PETE

lab). The PETE lab will be used by the teacher education concentration faculty and students. Currently the space is being utilized for a study on the relationship between martial arts and yoga on the social and behavioral skills of adolescents with Aspergers/Autism Spectrum Disorder (ASD). The study, led by Professors **Karen Smail** and Marie Manning, will investigate if social and behavioral changes occur prior to or following participation in a 45-minute martial arts/yoga class. The study will last six weeks.

Professor **Carwyn Sharp** is currently outfitting laboratory space in the Silcox Center with two state-of-the-art Woodway treadmills, gas analysis and resistance training equipment. Sharp’s research will examine the effects of endurance and resistance training in conjunction with nutritional countermeasures on skeletal muscle metabolism in the elderly. The results of his research can be applied to other populations with challenges of maintaining or increasing muscle mass including astronauts (commercial space travel is set to start next year!), athletes, military, emergency personnel and various clinical populations such as those with burns, sepsis and patients experiencing prolonged bed rest.

And New Exercise Space!

Improvements to the F. Mitchell Johnson Physical Education Center continue and the latest is to transform the one-time office area overlooking the Johnson Center gym into a bustling area of activity. The renovated space will be outfitted as a small fitness area boasting five new treadmills and a circuit of weight machines for use by our faculty, staff and students. It is anticipated that the new equipment will be in place sometime in late November.

Safe Routes to School

Rodney Oldham, CHES
Class of '96

Safe Routes to School (SRTS) is a program supported and administered by the federal government and state and local governments. Its purpose is to enable and encourage children, including those with disabilities, to safely walk and bicycle to and from school by making walking and bicycling safe and appealing options. The program also offers assistance to schools and communities in the planning, development and implementation of projects and activities that will improve pedestrian safety and help to reduce traffic, fuel consumption and air pollution in the vicinity of schools in order to promote healthy lifestyles for children and their parents.

The South Carolina Department of Transportation administers the state’s SRTS Program. The program focuses on K – 8th grade schools and works to bring

together parents, teachers, administrators, neighborhood groups, city officials, law enforcement officers, students and others to make walking or bicycling to school viable alternatives to cars and buses. You may read more about the SC program at <http://www.scdot.org/community/saferoutes.shtml>

Rodney is the Safe Routes to School Coordinator for S.C. Previously he was the physical activity coordinator for the Virginia Department of Health and co-wrote Virginia’s obesity prevention plan (CHAMPION).

AT CONFERENCES

As president-elect of the S.C. Alliance of Health, Physical Education, Recreation and Dance (SCAHPERD), Professor **Edie Ellis** attended the Southern District Leadership Conference July 15–17 in Greensboro, N.C. The purpose of the conference was to provide incoming presidents with team-building opportunities, to help them develop leadership qualities and strategies for conducting meetings, recruiting and retaining members, and advocacy.

*

College of Charleston's Department of Health and Human Performance was well represented at the 57th annual American College of Sports Medicine (ACSM) conference held in Baltimore, Md. in June. **Johannes Aartun**, '09, **Kenni Bowling**, '11 and **David Thomas**, '10 attended the international conference, along with Professor **Timothy Scheett**; they all helped the organization set a new attendance record.

Between attending numerous presentations on a wide variety of topics (including genetic and molecular mechanisms of clinical diseases, and sports performance and applied health promotion programs), the students were able to meet and interact with professionals from around the world. Professor NiCole Keith (Indiana University/Purdue University, Indianapolis) invited the College of Charleston group to attend the Diversity Reception as her special guests to support **Bowling**, a rising senior, as she received an award for being accepted into the ACSM Leadership & Diversity Training Program.

Thomas presented a poster session from his summer 2009 SURF program research project (mentored by **Scheett**) entitled "Carbohydrate-restricted diet with and without resistance training: effect on immune function and indices of health." **Thomas** and **Aartun** were co-authors on presentations given by **Scheett**, "Physiological markers as a gauge of intensity for suspension training exercise," and Dr. Wesley Dudgeon (the Citadel) "Metabolic responses during and following a suspension training workout." **Thomas** and **Aartun** were volunteer research assistants on the two projects.

*

In July, **Scheett** attended the National Strength and Conditioning Association national conference in Orlando, Fl. At the conference, **Scheett** participated in the *Journal of Strength and Conditioning Research* editors' meeting and the research consortium meeting. **Scheett** also presented research from a study he conducted last summer with two former students (**Aartun** and **Thomas**) and Professor Wesley Dudgeon (the Citadel) entitled "Anabolic hormonal responses to an acute bout of suspension training." **Scheett**, **Aartun** and **Thomas** were also co-authors on a presentation given by Dudgeon entitled "Effects of suspension training on the growth hormone axis."

Scheett and Dr. Mike McGuigan, from the New Zealand Academy of Sport, were co-authors on a presentation entitled "The effects of separate plyometric, sprint/resistance, and resistance training on high- and low-speed muscular strength" given

by Professor Todd Whitehead (Arkansas State University, Jonesboro). Whitehead was a doctoral student under **Scheett** at the University of Southern Mississippi, Hattiesburg.

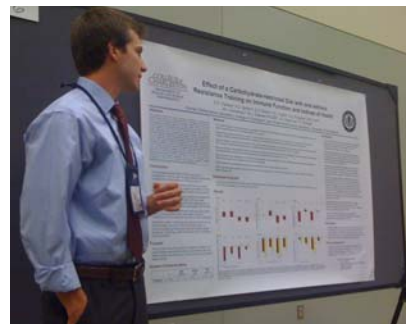
Scheett and Dudgeon met with representatives from Fitness Anywhere, Inc. (the makers of TRX®) to discuss the availability of grants and future presentations on suspension training. Grant money would be used to examine the dose response of varying intensities of suspension-training workouts and also to support undergraduate student research projects and travel expenses to present the student research findings.



Johannes Aartun next to a poster presentation at the June ACSM conference in Baltimore



Kenni Bowling and Scheett at the ACSM conference



David Thomas answers questions during his poster presentation at the ACSM conference.

AT CONFERENCES, continued

Professor **Bill Barfield** presented several papers at MUSC's Siegling Research Day in April, 2010 - "CT evaluation of the anatomy of the sacral foramina" with Aaron Hyson and John Glaser, "Early postoperative complications after XLIF" with Bennett Grimm and Glaser, and "Mechanical testing of thoracolumbar pedicle screw fixation with and without bone void filler" with Monica Zilkoski, William McKibbin and John DesJardins. In August, 2010 he was back at MUSC giving a presentation entitled "Biomechanics" with Tyler Wind at the Basic Sciences Conference. In October, 2010 he will participate in MUSC's Oscar Miller Day Symposium with a presentation of the paper "Scapholunate ligament reconstruction utilizing a novel tensioned bone plug-tendon graft" co-authored with Wind and John McFadden.

Barfield also attended the Southern Orthopaedic Association Annual Meeting held June 16-19, 2010 in Fajardo, Puerto Rico, where he presented a talk on "Compartment syndrome following low-energy tibia fractures during athletic competition" with Wind, Langdon Hartock and James Mooney, III and on "Complications of primary hip and knee joint replacement in solid-organ transplant patients" with Eric Angermeier and Harry Demos. He also presented a poster of his research "Mechanical testing of a novel ACL reconstruction technique with aperture fixation and circumferential ingrowth," co-authored with Kyle Kokko, Joseph Calandra and Phillip Coker.

In October, 2010 **Barfield** will attend the Eastern Orthopaedic Association Annual Meeting in Naples, Fl. where he will present "Comparison of intraoperative image intensifier to post-operative radiographs in operative fracture fixation" co-authored with Taylor Horst, Jennifer Hooker, James Mooney and Glaser.

*

Professors **Susan Rozzi**, **Yum Nguyen** and instructor **Michelle Futrell** attended the 2010 Annual Meeting and Clinical Symposium of the National Athletic Trainers' Association (NATA) in Philadelphia, Pa. **Rozzi** presented a research study in a poster session sponsored by the Research and Education Foundation. The study, co-authored by **Nguyen**, **Josh Gray**, '08 and **Robert Hensley**, '09, was entitled "Validity of a cost effective tool for clinically assessing lower extremity muscle strength."

Nguyen gave a research presentation on "Influence of femoral anteversion and pelvic angle on hip and knee motions during a single leg hop." He also was invited by NATA to present his research "Clinical evaluation of static and dynamic malalignments: techniques for assessment and intervention."

Banner Information System Now in Use

An important change has now been implemented by the College of Charleston that affects all students, faculty and staff. CougarTrail is no longer being used for registration. The new student portal is MyCharleston (my.cofc.edu). MyCharleston is the new portal for logging into your account online and into your Edisto e-mail account.

If you are having difficulties navigating the system, there is a tutorial available at

<http://batteryproject.cofc.edu/training/student/mycharleston/index.htm>

A very significant implication of the move to Banner is that when you are granted an override into a class, **YOU ARE RESPONSIBLE FOR REGISTERING YOURSELF IN THE CLASS**. It is no longer possible for the department to place you into a class.

This is how the override permission process now works:

1. You discover that you want to enroll in a course that needs an override - it's full, you don't have the correct prerequisites, etc.
2. You talk to your advisor and he/she agrees with your desire to take the class.
3. You approach the professor of the course and ask him/her to sign an override form for you.
4. You bring the signed override form to Dr. Flynn for his approval.

THE NEXT STEP IS CRITICAL!

5. You check your Edisto e-mail faithfully until you receive an e-mail from Nancy Phelps detailing how you go about registering for the class.
6. You log into your MyCharleston account and register for the class.

Please don't procrastinate when it comes to requesting overrides. With the move to Banner, there is no longer a grace period to drop/add classes after the close of the official drop/add period.

Remember: Edisto e-mail is our way of communicating with you. You need to check it regularly or you need to forward it to an account that you do check regularly. It is your responsibility to make sure you keep up with the information that we send out to you.

Meet our Adjuncts – Tomas Mendez Class of '94



If you stood outside a classroom where Tomas Mendez was teaching PEHD 431 (Tests and Measurements), you would likely hear an animated voice and see lots of arm gestures as he explained to health promotion and teacher education concentration students why tests and measurements will be important in their careers. Mendez was

born on the Mediterranean coast of Spain and credits that heritage for his lively teaching style. He lived in Spain for only a few years, but his family is Spanish and he still has a Spanish passport. He has spent the last 20 years raising a family in beautiful Charleston. The previous 20 years of his life were spent in Spain, Guatemala, Denmark and Israel, which probably makes him one of the most diverse and eclectic adjuncts at the College of Charleston. His love affair with Charleston started in 1990 when he entered the College and declared physical education with a health minor as his program of study.

After graduating in 1994, Mendez went on to obtain a masters degree in exercise physiology from the University of Maryland in College Park. While there, he was a teaching assistant and worked with Dr. Jim Hagberg investigating the effects of exercise on blood pressure.

He could not stay away from Charleston very long and returned to his heart's home in order to pursue work in cardiac rehabilitation. It was then that he realized his interest lay in clinical exercise physiology. That interest led to a full time visiting position at the College of Charleston. Returning to his alma mater as a faculty member was a momentous occasion. He was able to continue to learn from all the mentors he had known as a student and was able to give back to the department that fostered his professional growth.

Mendez began to pursue an interest in teaching with technology and was instrumental in developing the Faculty Technology Institute (FTI). The FTI supports faculty efforts in increasing the use and integration of technology in their teaching methods.

His biggest professional challenge came when he joined a start-up preventative medicine company. That position allowed Mendez to combine his passion for technology and his fascination with clinical exercise physiology. Although

the company did not succeed, the experiences and knowledge he gained there had a significant impact on his career.

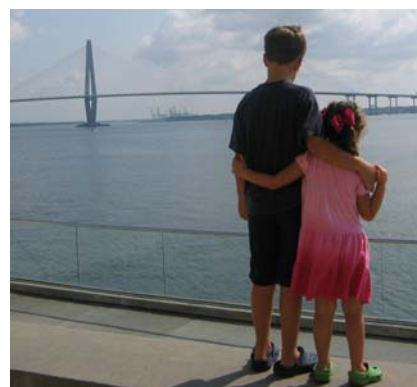
Mendez is currently the wellness director at Franke at Seaside, a continuing care retirement community in Mount Pleasant, S.C. He is responsible for both exercise (land and aquatic) and wellness programs for residents, staff and community members. He has also implemented several fall prevention programs through the FallProof™ balance and mobility program and the Matter of Balance program. He has been collecting data on balance and fitness measures from those programs and has presented the findings in several conferences in the United States and Canada.

Mendez created an internship site for the Department of Health and Human Performance at Franke at Seaside. The internship allows our students to gain important experience in working with aging populations. In the past four years, four College graduates have joined Mendez's team of exercise specialists at Franke at Seaside.

In addition to his academic degrees, Mendez holds four certifications: 1) CASP (certified aging specialist professional), 2) American College of Sports Medicine RCEP (registered clinical exercise physiologist), 3) FallProof™ certified balance and mobility specialist and 4) Matter of Balance Certified Instructor.

The perfect combination of working with the young and the very old keeps Mendez doing what he does best – helping people to live productive and quality lives through a commitment to a healthy lifestyle.

Mendez lives in Mount Pleasant with his wife Amy, 9-year-old son Alex and 4-year-old daughter Claudia. After globetrotting most of his life, Charleston has become his permanent home.



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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ACSM conference attendees step out with U.S. Surgeon General Regina Benjamin, M.D, for a walk around the Inner Harbor of Baltimore, Md.

SCHOOL OF EDUCATION, HEALTH, AND HUMAN PERFORMANCE

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

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 <mailto:healthhumanperformance@cofc.edu>.

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> (designation—Thomas D. Langley Scholarship)

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