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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 Susan Rozzi

Each spring they can be seen on campus. Not the yellow pollen that coats our walkways, windowsills and cars; the high school and transfer students who are interested in majoring in athletic training and considering applying to the College. They arrive at my office with their parents, and oftentimes siblings, and with their College brochures and list of questions. After introductions, I typically invite these seekers into my office so we can discuss the various ways in which majoring in athletic training and completing the athletic training education program (ATEP) is the path to meeting their academic and professional goals. During our meeting, I explain the application process and the selectivity of our program, the academic rigor of the coursework, the numerous medical and allied health opportunities provided by the clinical education experiences, the ability to accrue over 1,000 hours of hands-on sports medicine experience and the ability of every program graduate to become a board-certified athletic trainer even before graduation day.

In addition, I like to take this opportunity to highlight some of the recent activities and accomplishments of our program, faculty and students. Last fall, Michelle Futrell left her position as the director of sports medicine in the Department of Athletics and joined the Department of Health and Human Performance. As a full-time instructor, Futrell teaches classes and, most importantly, she is the ATEP’s clinical coordinator.

In December, Futrell and I celebrated the publication of our book *Study Guide for the Board of Certification, Inc., Entry-Level Athletic Training Certification Examination*. Working together for over two and one-half years, we created a BOC examination review guide which was published by F.A. Davis Publishing, Inc. In addition to six chapters that address such topics such as exam construct, creating a study plan and test-taking techniques, the book contains 800 multiple-choice questions. These questions also appear on the text’s accompanying compact disc, along with 200 additional questions and 70 interactive testlets similar to those used on the BOC examination. We hope this text is helpful to athletic training students everywhere as they prepare for the national certification exam.

This spring, I was thrilled to receive an e-mail from Marje Albohm, president of the National Athletic Trainers’ Association (NATA), asking to speak with our ATEP students. It was a special day in February when President Albohm spent over an hour with our ATEP students, faculty and staff discussing her professional experiences. She then joined the ATEP faculty and staff for lunch on King Street.

At this year’s NATA annual meeting and clinical symposium, two of our recent graduates, Gina Parisi ’11 and Carrie Slye ’11, presented their research during the research and education foundation’s free communications sessions. Their presentations were the result of the SURF (Summer Undergraduate Research with Faculty) funded projects they conducted the previous summer with Yum Nguyen and me.

One of the highlights of my summer was an e-mail I received from Provost Hynd while he was on a student recruiting trip in the Pacific Northwest. He wrote how impressed he was with the number of students inquiring about the College’s athletic training major. We are seeing this increasing popularity firsthand – we have a record 40 students in this semester’s athletic training introductory course. Apparently our reputation as a quality ATEP is nationwide.

As my meetings with potential college students wind down, I usually point to the photos on top of my file cabinet and to those hanging on the adjacent wall. The 12 photos are of each graduating class, beginning with the class of 2000 through the May 2011 photo of our most recent six graduates. I take great pride in telling the campus visitors, and everyone who visits my office, about our ATEP alumni, where they are and what they are doing. They have accomplished so much and are doing such wonderful things. The ATEP faculty and staff want to be connected to all of our alumni and hope they will also keep in touch with each other. Therefore, we have created a College of Charleston ATEP Alumni Posterous page. This is a social media site just for alumni and friends of the College’s ATEP. Page members can blog about themselves and even post photos. Anyone who wants to join this social media page can simply send their e-mail address to Michelle Futrell at futrellm@cofc.edu. Feel free to send your classmates’ information also so we can make sure they get added as well. We hope to hear from all our alumni!



Rozzi and her son, Eric.



Walking Distance

HEHP's got talent

Michael G. Flynn, Ph.D.

"Everywhere is walking distance if you have the time."

— Steven Wright

If you are a regular television watcher you are familiar with the reality shows seeking to uncover America's talent, idol or x-factor, along with people who think they can dance or people who dance with the stars, just to name several. When I considered the number of students from the Department of Health and Human Performance (HEHP) working in the community as volunteers, in-service learning or clinical practice it occurred to me that HEHP's got talent! Our students are required to accrue service learning or volunteer hours for a number of classes. Those in athletic training and teacher education are also required to complete clinical hours or go through clinical practice, respectively. What amazes and energizes me is when I see our students going above and beyond these requirements, providing an incredible resource for the department and community.

I observed our athletic training students working the medical tent at the Cooper River Bridge Run and the Charleston River Fest Marathon/half-marathon; fortunately I did not require their services on either occasion. Our teacher education and other majors are involved in our Saturday autism spectrum disorder project – providing physical activity options for children with autism spectrum disorder and support for their families. Our exercise science students volunteer to work with Chucktown Squash – a new initiative in

Charleston that provides tutoring and homework help, along with opportunities to play on a squash team, to students from Title-I schools. Our health promotion students are active with the Lean Team and Louie's Kids.

What is it that compels students to get involved in a community program when there is no credit being given for that involvement? I worked with students in my freshmen seminar class last spring. Each student was required to work four hours with the Junior Girls Day Out program, in which the college students helped train girls ages 7–12 to walk the route of the Cooper River Bridge Run. The four-hour requirement was based on a calculation I made to get adequate coverage for Tuesday and Saturday training sessions. After a short time, it was evident that the students had bought in and had developed a connection with the girls. They were determined to see the training through to the end, despite the fact that their obligation had been fulfilled. In short, I had more student help than I needed. That's talent. We have a lot of talent in HEHP and it is but one example of the great work we can do with the energy, enthusiasm and talent in our student population.

Spring 2011 Capstone Projects

The capstone course (PEHD 498) is the culmination of coursework in exercise science. In the class, graduating seniors have the opportunity to conduct research, with a faculty mentor, that is presented in posters at the end of the semester.

Ten capstone posters were presented by graduating seniors majoring in physical education/exercise science. They were:

"The Investigation of Neuromuscular Variables Related to Single and Double Leg Squats," Lillian Lofton, Nathan Mansell, Carrie Slye and faculty mentor, Yum Nguyen

"Inflammatory cytokine production by U937 cells: Influence of 1, 24, and 48 h lactate treatment," Katherine Logan, faculty mentors, Mike Flynn and Yan Huang

"Is Physical Activity Level and Athletic History Related to Risk of Anterior Cruciate Ligament Injury?," Andrea Burr, Gina Parisi, Matt Rossi and faculty mentor, Susan Rozzi

"A Dose Response Assessment of Suspension Training Workouts in College-Aged Women," Andrew Fortune, Barbara Wright, Brian Monk, Haley Sayer, Hannah Lund, Jamie Holler, Matt Roberts, Meredith Grieff and faculty mentor, Tim Scheett

"Implementing a Community-Based Wellness Program in Downtown Charleston," Pam Angelakis, Kenni Bowling, Elizabeth Cooper, Laice Lane, Brittney Williams, Chris Campbell, Justin Fojo, Matt Hassig, Samantha Kubinski, Lindsay Taylor, faculty mentors, Susan Flynn and Tim Scheett

"The Kinematic and Kinetic Differences Among Barefoot, Athletic and Toning Shoe Conditions," Shannon Hardester, Kristin Keene, Ashley Conrad, Marc DiFronzo, faculty mentors, Yum Nguyen and Bill Barfield

"Preliminary Assessment of a Community-Based Physical Activity Program," Chris Campbell, Justin Fojo, Matt Hassig, Samantha Kubinski, Lindsay Taylor, Pam Angelakis, Kenni Bowling, Elizabeth Cooper, Laice Lane, Brittney Williams, faculty mentors, Susan Flynn and Tim Scheett

"The Effect of Physical Education on Mathematical Performance In Elementary Aged Children," Brittany Aaron, Brittani Fulmer, Emily Kenny, Tiffany Marks, Hannah McCullough and faculty mentor, Karen Smail

"Yoga, Anxiety, and Stress," Crystal Dowd and faculty mentor, Deborah Miller

"The Effects of Mona Vie on Serum C-reactive Protein and Cholesterol," Julie D. Brauer, Elizabeth J. Mann, Jonathan S. Murray, Ben A. Riedmayer and faculty mentor, Mike Flynn.

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. Your tax-deductible donation will help make this happen! When contributing to the College, please specify your gift is for the Department of Health and Human Performance. Contact Sara Perry (seperry@cofc.edu, 843.953.5272) to make your contribution and for more information on how you can help!

Welcome New Faculty!

My name is Miriam Klous. I am a new assistant professor the Department of Health and Human Performance. I will teach courses in the exercise science concentration and also



work on research with the Department of Health Science and Research at the Medical University of South Carolina.

I was born and raised in the Netherlands. That is where I obtained my bachelors and master's degrees in human movement science at the Vrije Universiteit (VU), Amsterdam. I also received a European master's in exercise and sport psychology from VU. For that degree, I did an internship at the University of Montpellier, France.

While pursuing my master's in human movement science, I became interested in biomechanics, particularly sports biomechanics. For my doctorate, I moved to Austria and the University of Salzburg, where I studied joint loading in the ankle, knee and hip during skiing and snowboarding. During my doctoral studies, I realized that understanding the biomechanics of movement is only one aspect of understanding human movement. The influence of the brain on the control of movement is another important aspect. Therefore, I moved to America after I finished my doctorate

and received a postdoctorate degree in motor control from Pennsylvania State University, College Park. In my postdoctoral research, I investigated how the brain controls whole body movements.

Now, Charleston is my new home. In my research here I would like to focus on inter-limb coordination, particularly between arms and legs. This will allow me to combine my master's, doctorate and postdoctorate studies and apply them to a whole new field of research. I am excited to begin this new research and also to share my knowledge and experiences with the students.

In my free time I like to run or go on bike rides. I also like to play tennis and enjoy several winter sports. However, the latter are going to be difficult to do here in Charleston!

Olivia M. Thompson, has a bachelor of science degree in psychology with a minor in biology from the College of Charleston (1999), a master of public health degree in behavioral sciences and



health education from Emory University, Atlanta (2001) and a doctorate in nutritional sciences with specialization in epidemiology and health policy from the University of Washing-

ton, Seattle (2007).

Thompson's programmatic and research focus areas concern environment and policy-level change interventions designed to prevent and control chronic diseases in public health settings.

Thompson currently works as an assistant professor of public health at the College of Charleston, where she teaches undergraduate public health courses and directs chronic disease-focused initiatives.

Prior to this appointment, Thompson worked in the private sector as a consultant on a government subcontract where she provided expertise to execute nationwide evaluations and research studies. She also worked in academia as an assistant professor at the University of Nebraska Medical Center, College of Public Health, Omaha, Neb. Additionally, Thompson has completed research fellowships at the National Institutes of Health and Centers for Disease Control and Prevention.

In her free-time, Thompson enjoys all that Charleston has to offer – wonderful people, sunny days, fine dining and beautiful beaches!

Run Buddies Needs Volunteers

Run Buddies, a program of Louie's Kids, is a national program to match aspiring youth runners with adult runners and mentors in local communities. Do you have an hour a week you would like to walk or run with a buddy? If so, sign up to be a healthy mentor at www.runbuddies.com!

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.

At Conferences

Mike Flynn attended and presented a poster at the 10th annual symposium of the **International Society of Exercise and Immunology** at St. Catherine's College, University of Oxford in Oxford, England on July 11-13. The topic for the symposium was "Exercise and Immunity in Athletic Performance and a Healthy Life."

Yum Nguyen, Susan Rozzi, Carrie Slye '11 and Gina Parisi '11 attended and presented posters at the 62nd annual meeting and clinical symposia of the **National Athletic Trainer's Association** in New Orleans, La. on June 19-22. Slye's presentation was chosen as an award finalist.

Michelle Futrell, Nguyen and Rozzi attended the **South Carolina Athletic Trainer's Association** annual symposium in Columbia on July 7-8.

Tim Scheett and Carwyn Sharp attended the **34th National Strength and Conditioning Association** conference in Las Vegas on July 6-9.

Kenni Bowling '11 attended the **2011 annual meeting of the American College of Sports Medicine** in Denver as part of the second year of her Leadership & Diversity Training Program.

MAYMESTER ADVENTURES

Gene Sessoms' students in PEHD 252 (Outdoor Education) enjoyed a two-day trip to Crowders Mountain State Park, located in Kings Mountain, N.C., just west of Charlotte. Sessoms has been leading this popular class trip since 1999.

The students are able to climb a number of routes that vary in difficulty but the entire adventure is fun-filled. Along with the climbing, the students learn other skills including how to belay a climber – the extremely important role handled by the person tending the rope connected to the climber. There is even the opportunity to try rappelling.

The trip is preceded by a day at the climbing wall at the James Island County Park, where the students are introduced to some basic and fundamental climbing skills. Sessoms says it is amazing to see the progress made by the students from the first day at the climbing wall to the confident and capable climbers they are at Crowders on the real deal!



Thoughts from Alumni

Lindsey Morgan '07



After graduating from the College in 2007 with a Bachelor of Science in Physical Education, concentration in Exercise Science, I wasn't sure what direction I would

take concerning my career path. Did I want to continue my education in graduate school studying exercise physiology? Was physical therapy something I could see myself doing? Should I go back and complete the prerequisites for medical school and become a medical doctor? After seeking and receiving helpful advice from my professors at the College, I decided to spend a year looking into and shadowing professionals in several fields. Ultimately, I chose to apply to the three year doctor of physical therapy program at the Medical University of South Carolina (MUSC). The courses I took for the exercise science concentration at the College served me well at MUSC. Many of the subjects we studied in the first year of physical therapy were familiar to me. I felt like I had an advantage in topics such as exercise prescription, cardiopulmonary function and therapeutic exercises/modalities.

When I began studying exercise science at the College, I never dreamed that my path would eventually lead me to Aspen, Colorado! In my final year of physical therapy school, I completed a series of clinical rotations at various locations. For my final rotation, I knew I wanted to do an affiliation with an outpatient orthopaedic physical therapy clinic, but I also knew I wanted to get out of my comfort zone and learn what clinical practice was like outside of the south-

east. I researched the outpatient orthopaedic clinics affiliated with MUSC and quickly became captivated by the Aspen Club Sports Medicine Institute. After a few weeks of searching for affordable short-term housing in Aspen (not an easy task), I packed my winter coats, gloves and scarves for my adventure out West and left the spring weather in Charleston behind. I spent the next two months in Colorado learning to evaluate and treat various injuries. Since I was there in March and April, I was exposed to a lot of interesting ski injuries. I was even able to observe some orthopaedic surgeries and attend in-services at the Aspen Valley Hospital. Not only was the whole adventure a great learning experience for my future career in physical therapy, but I also learned valuable life lessons and some new and exciting things like snowboarding, skiing and driving on icy mountain roads!

When I returned to Charleston in May, I graduated from MUSC and passed the licensure exam to practice physical therapy. I recently found a position as a physical therapist here in the Charleston area. Looking back at the path I took at the College and afterwards, I feel good about the choices I made. I am confident that my first step, studying exercise science at the College, set the ball rolling and helped me get to where I am today.



Senior Superlatives for Spring 2011

This year, the department introduced the “senior superlatives” awards. These distinctions were voted on by the graduating seniors and awarded to their classmates in recognition of superlative performances.

MVV – given to the *Most Valuable Volunteer*. The winner was **Brittney Williams**.

Campus Crusader – given to the student who made the biggest contribution to events across campus. The winner was **Samantha Kubinski**.

Ace Award – given to the student most likely to “ace the test.” There was a 4-way tie between **Kenni Bowling, Julie**



Hannah Lund, Kenni Bowling, Brittney Williams, Samantha Kubinski, Nathan Mansell, Katherine Logan, and Carrie Slye.

Brauer, Katherine Logan and Nathan Mansell.

MVGM award – given to the *Most Valuable Group Member*. The winner was **Hannah Lund**.

New Investigator award – given to the student who is most likely to be a future researcher. The winner was a tie be-

tween **Carrie Slye and Katherine Logan**.

T & M award – given to the student most likely to emulate **Tom Carroll and Michelle Futrell** and become a faculty member in the department. The winner was **Matthew Hassig**.

LEAF award – given to the student who was the most *light-hearted, energetic and all-around fun* to have in a class. The winner was **Jamie Holler**.

P3 award – given to the student who demonstrated the most *professionalism, participation and promise* as a future professional and ambassador for the department. **Brittney Williams** was the winner.

Senior Superlatives 2011

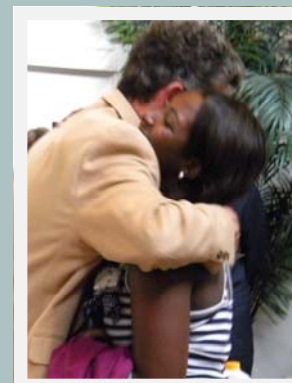
Receiving awards from our department chair Dr. Mike Flynn



Hannah Lund and Dr. Flynn



Karen Smail and Andrew Lewis watch Nathan Mansell get award from Dr. Flynn.



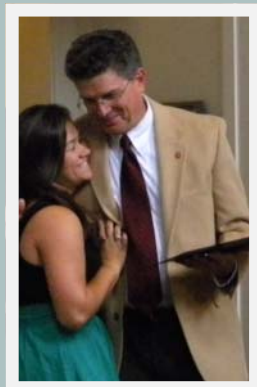
Kenni Bowling and Dr. Flynn



Carrie Slye and Dr. Flynn



Katherine Logan and Dr. Flynn



Brittney Williams and Dr. Flynn



Samantha Kubinski and Dr. Flynn

News & Notes

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

Karen Smail was granted tenure in March. She is now an Associate Professor in the Department of Health and Human Performance.

Smail (and Marie Manning) also had their autism grand renewed for another year.

Because of her exergaming research, **Smail** has been invited to speak at the International Conference on Kinesiology and Exercise Sciences in Athens, Greece in 2012.

Bill Barfield had his article "A Biomechanical Comparison of Periprosthetic Femoral Fracture Fixation in Normal and Osteoporotic Cadaveric Bone" accepted for publication by *The Journal of Arthroplasty*.

Carwyn Sharp has again been recognized as a leading authority in endurance training and was interviewed for an upcoming *Runner's World* magazine. **Sharp** has previously been interviewed as an expert coach and exercise scientist by *Runner's World*, *The New York Times*, *Muscle & Fitness* and various local newspapers. The *Runner's World* issue will be on newsstands later this year.



More rope climbing.



Enjoying the view from the top.

Miriam Klous had her article "Three-dimensional joint loading in alpine skiing: A comparison between a carved and a skidded turn" accepted for publication by *The Journal of Applied Biomechanics*.

Gina Parisi '11 is attending the University of Utah, Salt Lake City. She is a graduate assistant and graduate student in sports medicine.

Samantha Kubinski '11 and Nathan Mansell '11 are attending the doctor of physical therapy program at the Medical University of South Carolina.

Justin Fojo '11 signed a contract to play with the Orlando City soccer club in Orlando, Fla. Orlando City is a member of the United Soccer Leagues, professional level (USL PRO). Fojo is a midfielder and wears number 7. You can find more about the club at www.orlandocitysoccer.com

Caroline Warren '12 won a Rotary Scholarship. It will allow her to study abroad for one year in Chile, Costa Rica or Spain.

Shannon Hardester '11 received a teaching assistantship at Salisbury University, Salisbury, Md. She is teaching two sections of "Personalized Health and Fitness" and one section of a cross-training activity course.

As part of the application process, Hardester gave a 30-minute presentation on a fitness/wellness topic to the faculty which resulted in an unanimous vote to hire her. Hardester told **Tim Scheett**, "Thanks for making me do all those presentations, I didn't say 'um' once!"

She is also pursuing a graduate degree in strength and conditioning from Salisbury University.

Nathan Mansell '11 and Whitney Eakin '11 were recognized by students as providing outstanding service to first-year students at the College. They were both First Year Experience peer facilitators.

Brian Monk '11 was accepted into Army Officer Candidate School. After attending nine weeks of basic training, he will attend Officer Candidate School at Fort Benning, Ga.

Matthew Roberts '11 is in a program of study at the Northwestern University, Evanston, Ill., Prosthetics-Orthotics Center. The center is part of Northwestern University's Department of Physical Medicine and Rehabilitation. You can learn more about this unique program at feinberg.northwestern.edu/depts/pmr/prosthetics-orthotics-center/index.html

Andrea Burt '11 is attending George Mason University, Fairfax, Va. where she is a graduate assistant and graduate student.

Carrie Slye '11 is attending George Washington University, Washington, D.C. to pursue her doctor of physical therapy degree.

Matt Rossi '11 has taken several athletic trainer positions in Charleston. He is serving as an athletic trainer for Roper Saint Francis Hospital, Wando High School and Lincoln High School.

Georgia Walker '10 operates Georgia Walker's Fitness in the Park, a six-week personal training program, in Johnson City, Tenn. You may read about her program (and view a video) at <http://www.johnsoncitypress.com/News/article.php?id=92265>

Walker also had an interview for the doctor of physical therapy program at Eastern Tennessee State University, Johnson City.

Jennifer Hunnicutt '12 and Jefferson Rabe '12 were awarded Major Academic Year Support Grants (MAYS) for the 2011-12 academic year. **Yum Nguyen** is the mentor for both grants which are a collaborative research project between **Hunnicutt** and **Rabe**.

The collaborative research will assess risk factors for anterior cruciate ligament injuries in adolescent athletes.

Upcoming Dates

- * Nov. 23-26 – Thanksgiving Break
- * Dec. 5 – Last Day, Fall 2011
- * Dec. 6 – Reading Day
- * Dec. 7-14 – Final Exams
- * Dec. 16 – EHHP Awards Ceremony
- * Dec. 17 – December Graduation
- * Dec. 17 – Final Grades available
- * Dec. 15-Jan. 8 – Winter Break
- * Jan. 9 – First Day, Spring 2012



Students in Gene Sessom's Spring 2011 PEHD 202 ("Lab Activities in Physical Education") learned rope climbing at James Island County Park.