

Spring 2011
Volume 2, Issue 2

In This Issue

Walking Distance	2
Banner Info System	2
Please Welcome	3
At Conferences	4
PARCS News	5
Rock The Party	5
News & Notes	6
Upcoming Dates	6

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 Marie “Scooter”

She was born Marie DeLorme, but we know her as “Scooter” Barnette, a nickname given by her father at birth that stuck with her since it suits her athletic abilities and upbeat attitude.

Barnette was born and raised in Darlington, SC and attended Belmont College in Nashville, TN, on a basketball scholarship. Realizing that South Carolina (specifically Charleston) was the place to be, Barnette transferred to the College of Charleston after her freshman year and graduated in December 1978.

At the College, she played volleyball team for four years and basketball team for three, wearing the number 13 jersey for both teams. Her number was retired by Coach Nancy Wilson when Barnette graduated (Wilson coached both teams at the time).

After graduation, Barnette joined the Women’s Professional Basketball League (WBL) and played professionally for the Minnesota Fillies. She was a starting player her first two seasons and was named player-assistant coach her third year.

Retiring from active playing and following a career in coaching was her plan, so when the WBL started to have serious financial troubles, Barnette accepted an offer to return to the College as the assistant coach for the women’s basketball and volleyball teams.

While serving as the assistant coach, Barnette pursued a Master of Arts in Teaching for Special Education degree from the College. She ultimately transferred to The Citadel and earned her Master of Arts in Teaching with a certification in Physical Education in 1983.

In 1984, Barnette was named head coach of the College’s women’s basketball team, a position she held for 10 years before deciding to change career directions and join the Department of Health and Human Performance where she’s been an instructor for 17 years.

After so many years of working with and coaching only women, Barnette enjoys the new experience of working with and coaching men through the activity courses that she teaches (“Basketball and Volleyball” and “Badminton and Racquetball”) and her lecture course “Personal and Community Health”.

Of her time teaching with the department Barnette says, “It has been so fun to be in this new journey in a very supportive department. I’ve especially enjoyed all these years with my best bud in the department Dr. Bill Barfield. He and I retired from collegiate coaching the same year and have had offices by each other for 17 years. He, of course, teaches rocket science and I teach fun.”



Barnette today (top) and playing for the Cougars (bottom). From the 2008-09 C. of C. Womens’ Basketball Media Guide.



2011 Capstone Proposals

On Dec. 1, 37 senior exercise science and athletic training students from Flynn’s PEHD 433 Research Design and Analysis class spent an evening presenting their Capstone research project proposals to faculty and their peers. A total of eight group presentations were given on a wide variety of topics covering diverse areas of research.



Walking Distance

The best medicine . . .

Michael G. Flynn, Ph.D.

Because I started writing this on March 2, the third anniversary of my father's death, it occurred to me that of all the things I inherited from Dad, a sense of humor is the trait I most profoundly treasure. Dad was a comic genius who rarely avoided any opportunity to deliver a punch line. He had a mental flash-drive of jokes and one liners, and he lived for good-natured ribbing. Dad even did a few stints as an amateur stand-up comedian.

I lived over 1,000 miles from my parents' home, so I felt fortunate to be with Dad on the day he died. Dementia had robbed him of the ability to communicate, but just hours before his death a nurse came bustling into his hospital room. "How you doing, Mr. Flynn?" she asked. Dad rolled his eyes, lolled his head to the side and stuck out his tongue, as if he had passed out – a comedian right to the end.

Is laughter the best medicine? If it is, then the students in my classes most likely believe that they have been assigned to the placebo group! The ability to laugh at yourself, to make light of a difficult situation, and to fully enjoy the humor and fun in this sometimes crazy world is indeed a powerful remedy. Let's not overlook, however, the power of another remedy – regular physical activity. The evidence in favor of regular exercise contributing to a healthier life is overwhelming, but it's difficult to get people to take a daily dose. There's a fitness center less than 50 feet away from my office, and I have easy access to a locker and a shower, yet still I find many days too busy to get out for my daily dose of life-altering physical activity. In short, I am fully cognizant of exercise's power to heal, but even I often have trouble taking the advice I freely distribute.

We researchers in the field of health and human performance have done an excellent job documenting the benefits of regular physical activity. The next big challenge is

finding ways to change human behavior – to help people get some physical activity during the day when their environment has most of the physical activity engineered out. We are raising a generation of citizens who have never manually rolled down a car window or opened a garage door. When the power went out in our home, my then teenaged sons wondered aloud how they would get out of the house with their routine exit blocked by the inoperable garage door opener. (I showed them how to open the door in manual mode).

There are several recent advancements toward changing both behavior and environment. The American College of Sports Medicine unveiled its "Exercise is Medicine" initiative in May 2009. It's a simple plan really; get family physicians to encourage their patients to exercise. It's too soon to tell if getting this advice from a source they trust will have a long-term impact on patient behavior, but it is a positive first step.

We are also in the early stages of a research revolution that will assess the influence of the built environment on physical activity. Researchers are finding ways to improve accessibility to parks and trails, as well as ways to improve the design of neighborhoods. They are also discovering other environmental or engineered barriers to increased physical activity. These are positive steps toward getting people to take their medicine!

So which is the best medicine? Why not hedge and take both? We can all do our part to push exercise as medicine by modeling good behavior and taking our medicine on a regular basis. Not taking a regular dose at present? Start slowly, give yourself credit for any physical activity you are currently engaged in and find fun, creative ways to get some more. Researchers have shown even a small dose of exercise taken on a regular basis can have profound, positive effects.

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

– Steven Wright

MyCharleston System Now in Use

An important change has 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 for accessing your account and your Edisto e-mail is MyCharleston (my.cofc.edu). If you are having difficulties navigating the system, a tutorial available is at <http://batteryproject.cofc.edu/training/student/mycharleston/index.htm>

Under the new system, when you are granted an override into a class, **you're responsible for registering yourself for the class.** It's no longer possible for the department to place you in a class.

Override Process:

1. You discover you want to enroll in a course that needs an override – it's full, you don't have the correct prerequisites, etc.
 2. Talk to your advisor and he/she agrees with your desire to take the class.
 3. Approach the professor of the course and ask him/her to sign an override form for you.
 4. Bring the signed override form to Dr. Flynn for his approval.
- ** THE NEXT STEP IS CRITICAL! ****
5. Check your Edisto e-mail faithfully until you receive an e-mail from Nancy Phelps detailing how to register for the class.
 6. Log into your MyCharleston account and register for the class.

Please don't procrastinate when it comes to requesting overrides. In this new system, 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. Check it regularly or 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 you.

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 Bridget B. Price (priceb@cofc.edu, 843.953.8050) to make your contribution and for more information on how you can help!

Welcome New Graduate Assistants!

Jessica Zak is originally from Severna Park, MD. She graduated in 2007 with a degree in communications from James Madison University. After graduating, Zak spent a year in Washington, D.C. working in the legal field. She moved to Charleston in 2008 and worked for several years in marketing for a math textbook and software publisher. While working in educational publishing, she decided to further her own education and is now pursuing a Master of Arts in Teaching: Early Childhood Education degree at the College. Zak hopes to teach first grade in the near future. In her free time, she enjoys running, watching football, reading, dance and yoga.



Emily Smith is originally from Parkersburg, WV, but she lived in two foreign countries (England and the Netherlands) and five other states before graduating from college. Smith graduated from The Citadel in 2009 with a degree in business administration and a concentration in accounting. During her four years at The Citadel, she played on the varsity soccer team. After college, Smith stayed in Charleston and worked in the tax department at Dixon Hughes, a CPA firm. She's married to Joel Smith, a civil engineer and fellow Citadel graduate. Soon after meeting, the two realized they were from the same home town in WV. Currently, Smith is enrolled in the Master of Arts in Teaching: Elementary Education program at the College. She would like to teach at either the fifth or sixth grade level following graduation.



Visit from President of National Athletic Training Association



On Monday, February 7, 2011, National Athletic Trainer's Association (NATA) President Marje Albohm presented an inspiring talk to faculty, staff and students. She discussed key issues confronting the national organization as well as her personal and professional journey. She challenged the students in the audience to become the trailblazers of the future within the profession of athletic training.

Meet Adjunct Alexandra "Alexa" Thacker '02



I was born and raised in Roanoke, Virginia, the "Star City of the South," so named because of a huge electric star atop Mill Mountain in the city.

I fell in love with Charleston on my first visit while vacationing with a friend and her family. I talked my parents into coming here one summer and for several summers we made an annual trek to the Lowcountry. I was totally unaware that there was a college in Charleston other than The Citadel, until a friend and I were perusing a college fair! I attended Virginia Western Community College for a year, before transferring to the College of Charleston.

In my three years at the College, Charleston became my second home. I earned a bachelor's degree in 2002 in arts management with minors in dance and business administration, then moved back to Roanoke.

Missing my friends and the beautiful Lowcountry, I returned to Charleston that fall and have been a Charleston resident since! I quickly landed a position at Fred Astaire Dance Studio. Prior to that job, I had danced for 15 years and had training in ballet, jazz, tap and modern dance. I had only been introduced to ballroom and social dance my senior year at College of Charleston through the very same class that I now teach. Dance had always been an escape for me; my reflective activity after a long day of school, soccer, track or band practice.

I taught and competed for Fred Astaire Dance Studio full-time for about a year. In fall 2003, I joined the College as an adjunct instructor teaching a special topics course on ballroom dance. I was hired as a full time staff member in the Office of Academic Affairs in January 2004. During my two-and-a-half-year tenure with that office, I continued to teach ballroom dance as a special topics course. And, I still do.

People often ask me if I've noticed any differences in the ballroom dance class as a result of shows like "Dancing with the Stars". I definitely saw an increase of interest in dancing during the first few seasons of the show, but I believe it's leveled off now. My favorite star-dancer was Emmett Smith. He always looked like he was having so much fun during his performances and he never seemed to take himself or his dancing too seriously, but you could tell he was really trying to be the best dancer he could. After his big win, I heard a lot of new dancers say that they figured if Emmett could get out there and dance, they could too.

Since July 2006, I have been an employee in the Office of Institutional Events, where I provide support for campus events. I especially enjoy working on the winter and spring commencement ceremonies, faculty and staff holiday celebration, Sottile House tree-lighting ceremony, faculty and staff back to school picnic, "The College Reads" and new student convocation. None of these events, nor any others with which the office is involved, would take place without the cooperation of so many individual across campus. I love being a small part of it and seeing it all come together!

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

Professors **Bill Barfield**, **Mike Flynn**, **Tim Scheett**, **Carwyn Sharp**, and nine students from the Department of Health and Human Performance attended the **Southeast American College of Sports Medicine (SEACSM)** conference February 3 –5, in Greenville, SC.

The meeting was highlighted by numerous presentations from world renowned experts in areas such as “Imaging the Neuromuscular System” (professor Jeff Lichtman, Harvard University) and “The Immune Response: Friend or Foe” (professor Thomas Best, Ohio State University and current president of the nationwide American College of Sports Medicine). Professor Steve Blair, University of South Carolina, gave an inspiring presentation on “Physical Inactivity: The Biggest Public Health Problem of the 21st Century” with data demonstrating as few as three 10-minute sessions of walking per day can reduce death rates by 50 percent. Blair also presented data which clearly showed no one is ever too old to benefit from physical activity.

In addition to the formal presentations, about 30 oral and 150 poster presentations were given by faculty and students over the three days. C. of C. participants presented three poster sessions with students as lead authors and faculty mentors as co-authors. Georgia Walker (mentored by **Scheett**) presented “Suspension Training Improves Muscular Endurance, Muscular Strength, Cardiovascular Fitness and Body Composition in College-Aged Females.” Jessica Ziker (also mentored by **Scheett**) presented “Effect of Suspension Training on Flexibility and Balance in College-Aged Females.” Allyson Townsend (co-mentored by **Barfield** and **Tom Carroll**) presented “The Effect of Year in College on Speed and Power in Female Softball Athletes.”

In addition to the presentations, students and faculty attended a graduate student fair where programs from across the Southeast highlighted their programs and recruited potential student applicants.

The highlight of Friday was the third annual student trivia bowl where teams of three students from 20 different colleges

competed against each other in a Jeopardy-style contest. The College of Charleston was well represented by the team of Georgia Walker, Jessica Ziker and Matt Hoffmeier.

Thirteen athletic training majors and three faculty members attended the 8th annual **South Carolina College & University Athletic Training Student Workshop** on February 18, 2011 in Columbia, SC. There were 76 students, representing six universities, in attendance. The program featured five breakout sessions, a special session for seniors presented by the Young Professional

als Committee, and two presentations by physicians featuring emergency care case studies, an elbow dissection and a Tommy John surgery (ulnar collateral ligament reconstruction) demonstration.

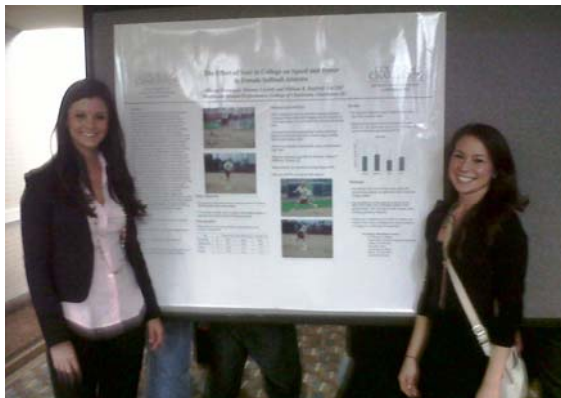
The afternoon concluded with a presentation by student senators and the annual quiz bowl competition. Six of the seven

Commission on Accreditation of Athletic Training Education (CAATE) accredited programs in the state were represented in the competition. It was a back and forth battle between teams from Charleston Southern and the College of Charleston, with the Cougars prevailing. Members of the championship quiz bowl team included Nathan Mansell '11, Whitney Eakin '12 and Jefferson Rabe '12. The team will go on to represent South Carolina at the District III competition in May in Reston, Virginia.

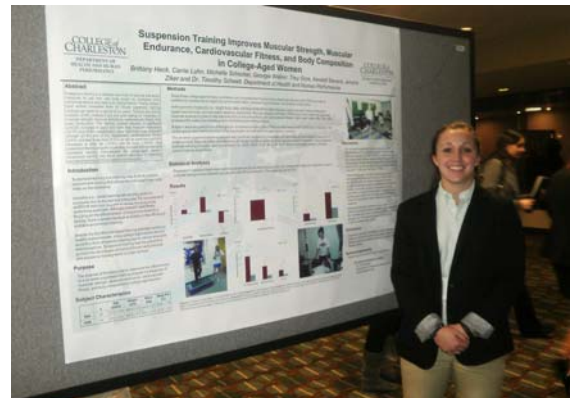
On Saturday, February 19, 2011, six athletic training students participated in the annual **South Carolina Athletic Trainers' Association (SCATA) High School Athletic Training Student Workshop** at White Knoll High School in Lexington, SC. Jefferson Rabe '12, Jenny Hunnicutt '12 and Rob Boutote '12, taught sessions on the objective sideline assessment of concussion. Whitney Eakin '12, Meagan Roach '12 and James Bianchi '13, coordinated the athletic training student Olympics sessions. All six students participated in round-table discussions with the high school students and gave them valuable insights about being a college athletic training student.

The best part of SEACSM for me was the graduate school information fair; there were many enthusiastic representatives who were more than willing to give guidance, contact information and advice on applying to graduate school. They even advised me on some athletic training and allied health programs, despite the fact that they were from the exercise physiology departments. Overall, from the professional talks, to the quiz bowl, grad school fair and the social outings with fellow students, SEACSM was a great way to spend a weekend away from the College.

— Whitney Eakin, '12



Allyson Townsend (left) and Kelly Goins (right) in front of Allyson's poster presentation.



Georgia Walker and her poster presentation

Physically Active Residential Communities (PARCS) News

PARCS is a community physical activity program being implemented in downtown Charleston in spring 2011. PARCS is targeting people from underserved populations that don't have access to or resources that promote physically active lifestyles. Students from the Departments of Health and Human Performance and Teacher Education are putting theory to practice as they work with the adults and children who participate in the program. The program is modeled after a successful project at Indiana University -Purdue University Indianapolis.

IUPUI Professor NiCole Keith came to the College January 18-20, 2011 to

work with Susan Flynn, Tim Scheett and several senior exercise science students as they met with community leaders to introduce and discuss implementing the PARCS program in downtown Charleston. In addition to meeting with community representatives, Keith met with the exercise science students in small groups to discuss the experiences her students in Indianapolis have had with their PARCS program. Flynn, Scheett and their students are currently working on developing specific individual and group exercise programs that will be implemented in the new Arthur W. Christopher Community Center (a 24,000-square-foot multi-use community

College of Charleston representatives applaud at the opening ceremonies for the Arthur W. Christopher Community Center, future PARCS home.



facility located at Harmon Field adjacent to the existing Herbert Hasell Aquatic Center) which opened in February.

Rock The Party!

Rock The Party was a smashing success! The Rock The Party flash mob dance event was hosted by the Department of Health and Human Performance Oct. 27, in the Theodore S. Stern Student Center Garden. Over 200 people danced and even more watched. Rock this Party was the brain child of Susan Flynn, but represented a combined effort between numerous campus groups. The Cougarettes dance team performed as well as 12 faculty members who danced to an Elvis Presley number. Volunteer dance leaders taught those in attendance dance moves from the Black-eyed Peas' "I Gotta Feeling," Beyonce's "Single Ladies," and Michael Jackson's "Thriller." Rock this Party was a fundraising event with all proceeds going to PARCS.



Faculty and staff members rock the party.



Susan Flynn in action.

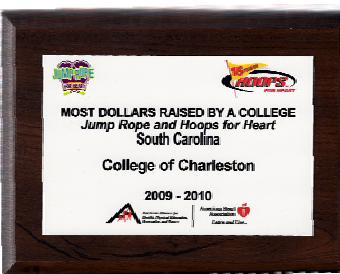


The Cougarettes rock the party.

News & Notes

Kenni Bowling '11, was featured in "Making the Grade" in the Fall 2010 issue of the *College of Charleston Magazine*. To view the complete story, please see <http://magazine.cofc.edu/>.

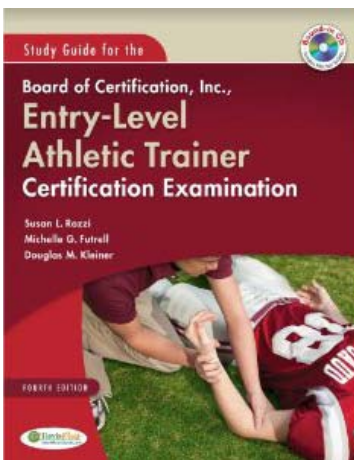
Professor **Edie Ellis** is the 2011 President of the South Carolina Alliance for Health, Physical Education, Recreation and Dance (SCAHPERD).



The Fall 2010 Jump Rope and Hoops for Heart Fundraiser raised the most money of any College participating in the 2009-2010 Jump Rope and Hoops for Heart events in South Carolina. As the department coordinator for the annual fundraiser, professor **Susan Balinsky** received a plaque from the American Heart Association.

Alexis Coslick (née Lowes) '07, recently defended her thesis entitled "The effects of wearing a mouthpiece on stress and mood in cadets at a military college" as part of her degree requirements for a master of science degree in health, exercise and sport science at The Citadel. Professor **Tim Scheett** was a thesis committee member.

Caron Henderson '11 was the recipient of the Department of Health and Human Performance **Scholarship Award for Fall 2010** (shown below with department chair Mike Flynn).

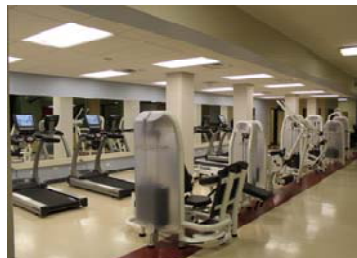


In December 2010, **Michelle Futrell** and professor **Susan Rozzi** saw the publication of their study guide and software package *Study Guide for the Board of Certification, Inc., Entry-Level Athletic Trainer Certification Examination, Fourth Edition*. The work took three years to complete. It includes over 1,000 multiple-choice questions and 73 focused "testlets" (more in-depth scenarios).

Crystal Osuji '12, is the President of the South Carolina Association for Future Professionals of the South Carolina Alliance for Health, Physical Education, Recreation and Dance (SCAHPERD).

The 2011 **Health Fair** will be held Wednesday, March 23, 2011 from 10:00 a.m. to 2:00 p.m. in the Willard A. Silcox Physical Education and Health Center gymnasium (room 215).

The health fair, as it is every year, is planned, implemented and evaluated by the students in Dr. Sue Balinsky's HEAL 325 class, "Worksite Health Promotion." Both College and community organizations will participate, including Lowcountry Women With Wings, an ovarian cancer awareness program. In addition, basic health screenings such as measuring percentage of body fat, flexibility and blood pressure will be provided. Come join us for great information, free samples, free food, door prizes and **FREE MASSAGES!**



A **new fitness center** popped up over the winter holidays in the renovated space on the second floor of the F. Mitchell Johnson Physical Education Center. It features six top-of-the-line TRUE treadmills complete with cable television monitors and iPod connections along with a standard assortment of weight machines and four exercise bikes.

The space has been transformed from the vacant coaching staff offices into an area that will receive much use, with new tile, a new coat of paint and a long run of mirrors.

The facelift was sorely needed as was the new fitness equipment. Now let's use it!

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

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

Hartssock LA, Barfield WR, Kokko KP, Liles LL, Wind T, Green J, Giannoudis PV. 2010 "Randomized prospective clinical trial comparing reamer irrigator aspirator (RIA) to standard reaming (SR) in both minimally injured patients with closed femoral shaft fractures treated with reamed intramedullary nailing (IMN)." *Injury*. 41. (Suppl. 2) : S94-S98. You may read the article at [doi:10.1016/S0020-1383\(10\)70018-8](https://doi.org/10.1016/S0020-1383(10)70018-8)

Barfield, WR. "Clinical biomechanics." In Moorman, C, editor. *Praeger Handbook of Sports Medicine and Athlete Health*. Vol 1 ("Sports Medicine History, Careers"). Westport: Praeger: c2010. Chapter 8, p 101-114.

He also had the following article accepted for publication:

Wind T, Mooney J, Barfield W, Saunders S. 2011 "Compartment syndrome following low energy tibia fractures sustained during athletic competition." *Journal of Orthopaedic Trauma*.

Upcoming Dates

- * Mar. 21 - Fall Reg. Begins
- * Apr. 25 - Last Day of Classes
- * Apr. 26 - Reading Day
- * Apr. 27 - Final Exams Begin
- * May 4 - Final Exams End
- * May 7 - Spring Graduation
- * May 9 - Final Grades Posted