



AHSW Newsletter

Applied Health Sciences and Wellness

VOLUME 1, ISSUE 1

MAY 2011

AHSW PROGRAMS:

- Undergraduate
 - Nutrition
 - Applied Nutrition
 - Exercise Physiology
 - Athletic Training
- Graduate
 - Athletic Training
 - Physiology of Exercise
 - Food and Nutrition

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Our New College

Welcome to the **College of Health Sciences and Professions**, which until July 1, 2010, had been known as the College of Health and Human Services. The College contains four academic units:

- **School of Applied Health Sciences and Wellness**
- Department of Social and Public Health
- School of Nursing
- School of Rehabilitation and Communication Sciences

-- Randy Leite,
Interim Dean,
College of Health Sciences and Professions

*"Redesign yields great benefits."
D. Holben*

Our New School

If you are an Athletic Training, Dietetics, or Exercise Physiology alumni from Ohio University don't delete this newsletter. During the past year our college and school have undergone changes. In July 2010 the College of Health and Human Services became the College of Health Sciences and Professions and the Schools of Human and Consumer Sciences, and Recreation and Sport Sciences ceased to exist. During our restructuring process our three programs were merged into the School of Applied Health Sciences and Wellness (AHSW). Yes, you are now part of the School of Applied Health Sciences and Wellness.

We have just completed our first year as a new school and while we have had a few growing pains it has been a good year! Our new School is still in Grover Center, but we are now in a corridor on the East side of the third floor. While our College and School names have changed let me assure you that our programs are still thriving. We are now looking forward to the new interdisciplinary potential that exists within our new School structure.

In this, our first newsletter, from the School of AHSW you will find an update on each of your programs. Check out the updates in curriculum, faculty, facilities and student activities for your program. While our new school may have a different name from which you graduated, we are the home of your degree programs and we welcome you to your new school! We would like to invite you to come visit us in Athens and reconnect with your program and our new School.

-- Roger Gilders, Ph.D.
Professor, Department of Exercise Physiology
Director, School of Applied Health Sciences and Wellness



Dr. Roger Gilders

Our New Location



School of Applied Health Sciences and Wellness

Grover Center, E317
Ohio University
Athens, OH 45701
<http://www.ouchsp.org/ahsw/>

Roger Gilders
Professor and Director
740.593.0101
gilders@ohio.edu

Jane Boney
Administrative Associate
740.566.0470
boney@ohio.edu



Join us on Facebook. We invite you to tell us where you are and what you are doing.
Ohio University Exercise Physiology Official Alumni Group
Ohio University Athletic Training Alumni

For more information on making a gift to the School of Applied Health Sciences and Wellness or one of the individual programs, please contact:

Duane Sprague, Director of Development
College of Health Sciences & Professions
Grover Center W375
T: 740.593.4719 F: 740.593.0285
E-mail: spragued@ohio.edu

To give online go to: giving@ohio.edu

Pass this along to
fellow alumni

Our New Faculty

As part of the important steps towards our program's future and vision in teaching, scholarly activity, and service, we welcome the addition of a new and experienced faculty member, Dr. Cheryl Howe. The following information is a brief opportunity to meet Dr. Howe and provide you with insight into the assets she brings to Ohio University and the Athens community.

Cheryl A. Howe

Dr. Cheryl Howe's areas of expertise focuses on measuring the energy cost of physical activity and its effects on health outcomes such as obesity, cardiovascular disease risk factors, and type II diabetes mellitus in children. Dr. Howe currently Chairs the "Recreation and Exercise for All" committee for Live Healthy Appalachia Initiative in Athens County.



**Cheryl A. Howe,
PhD, CES, CSCS**

**"Dare to dream
big and never
give up on
your dreams."**

Credentials:

Certified Exercise Specialist (ACSM)
Certified Strength and Conditioning Specialist (NSCA)

Education:

Ph.D. University of Massachusetts (2010)
M.S. Ball State University (1995)
B.S. Lake Superior State University (1992)

Selected Publications:

Howe, CA, PS Freedson, HA Feldman, SK Osganian. Energy Expenditure and Enjoyment of Common Children's Games in a Simulated Free-Play Environment. *J Pediatr*, 157: 936-42, 2010.

Howe, CA, RA Harris, B Gutin. A 10-month Physical Activity Intervention Improves Body Composition in Young Black Boys. *J of Obesity*, Volume 2011: Article ID 358581, 8 pages, 2010.

Howe, CA, JW Staudenmayer, PS Freedson. Accelerometer Prediction of Energy Expenditure: Vector Magnitude vs. Vertical Axis. *MSSE*, 41(12):2199-2206, 2009.

Howe, CA, PS Freedson. Physical Activity and Academic Performance. *The President's Council on Physical Fitness and Sport E-Newsletter*, Fall 2008.

Professional Affiliations:

American College of Sports Medicine (National and Regional)
The Obesity Society
American Alliance for Health, Physical Education, Recreation and Dance
National American Society for Pediatric Exercise Medicine

Outside of the Classroom:

What was your most rewarding experience in the field of Exercise Physiology?

I am always delighted by bond that develops between me and the children involved in my intervention studies. To see how they learn to value physical activity and to watch how physical activity enhances their self-confidence is priceless. Children are generally so easily entertained and give you their all in return. The worst day is always enhanced when you let yourself spend recess with the kids.

Our New Faculty

The Division of Athletic Training is excited to welcome two new faculty members to the School of Applied Health Sciences and Wellness. First, Brian G. Ragan, Ph.D., AT, comes to OU from Case Western Reserve University. Dr. Ragan's research and measurement expertise will be a definite asset to the program and the school.

Brian G. Ragan

Dr. Brian Ragan is an Assistant Professor in the Division of Athletic Training. He has served as the oversight psychometrician for the American College of Sports Medicine (ACSM) Certification and Registry Board. His research interests focus on measurement issues in physical activity and sports medicine. Some areas of interest are item response theory applications, reliability with Generalizability Theory, test construction and design, and test interpretation standards.

Credentials:

Certified Athletic Trainer (ATC)
Iowa Licensed Athletic Trainer (AT)
Ohio Licensed Athletic Trainer (AT)

Education:

Ph.D. University of Illinois at Urbana-Champaign (2004)
M.S. University of Illinois at Urbana-Champaign (2001)
B.S. Canisius College (1997)

Selected Publications:

- Ragan, BG** & M Kang. Measurement issues in concussion testing. *Athletic Therapy Today*, 12(5), 2-6, 2007.
- Ragan, BG**, AJ Nelson, GW Bell, GA Iwamoto. Salicylate-based analgesic balm attenuates pressor responses from skeletal muscle. *Medicine & Science in Sport and Exercise*, 36(11), 1942-1948, 2007.
- Kang, M, **BG Ragan**, JH Park. Issues in outcome research: An overview of randomization techniques for clinical trials. *Journal of Athletic Training*, 43(2), 215-221, 2008.
- Ragan, BG**, DD Herrmann, M Kang, M Mack. Cognitive screening using individual baseline scores for comparison may not be valid. *Athletic Training and Sports Healthcare*, 1(4), 180-187, 2009.

Professional Affiliations:

National Athletic Trainers' Association
American Alliance for Health, Physical Education, Recreation and Dance
American College of Sports Medicine
Mid-America Athletic Trainers' Association
American Association for Active Lifestyles and Fitness
American Educational Research Association
Measurement and Research Methodology Division of American Educational Research
Rasch Measurement Special Interest Group of American Educational Research
National Council on Measurement in Education Psychometric Society



**Brian G. Ragan, Ph.D.,
ATC**

*"Life's short
— live in the
now."*

Our New Instructors

The Division of Athletic Training is excited that Kayla Shinew, M.S., AT, has accepted an Instructor/Assistant Program Director position while she transitions from her Ph.D. work within the College of Education at Ohio University. Trina Bookman has also joined our schools as an instructor for First Aid/CPR and aquatics.

Kayla Shinew



Kayla Shinew, M.S., AT

Ms. Kayla Shinew is beginning her fourth year at Ohio University. While completing her doctoral studies here, as a graduate assistant, from 2007-2009 Kayla served as the head athletic trainer for OU's Men's Club Ice Hockey Team and from 2009-2010 worked within the Division of Athletic Training. She is currently an Instructor/Assistant Program Director for AT.

Credentials:

BOC Certified Athletic Trainer
Ohio Licensed Athletic Trainer

Education:

Ph.D. Ohio University (expected 2011)
M.S. Austin Peay State University (2007)
B.S. Lock Haven State University (2006)

Professional Affiliations:

National Athletic Trainers' Association
Great Lakes Athletic Trainers' Association
Ohio Athletic Trainers' Association

Trina Bookman

Ms. Trina Bookman started teaching at OU in 1995 as an undergraduate student. She was promoted to a non-tenure faculty position in 1998 to teach the aquatic classes, First-Aid/CPR class, and oversee the PED swim classes. Ms. Bookman is also the coordinator for CPR/First Aid licensed to certify community and professional rescuers. She has taught swimming in the community and summer camps for the last 24 years. Trina, with colleagues, is currently seeking funding to teach people how to use AED in rural Appalachia.

Credentials:

Sport Safety Training Instructor/Trainer
American Red Cross Professional Certifications
Fundamental of Teaching (FIT) Instructor
Water Safety Instructor/Trainer
Lifeguard & Head Lifeguarding & Waterfront Training Instructor/Trainer
CPR for the Professional Rescuer Instructor/Trainer
Workplace Training (First-Aid/CPR/AED) Instructor/Trainer

Education:

M.S. Ohio University (1998)
B.S. Ohio University (1996)



Trina Bookman, M.S.

The Atrium café is now a dedicated instructional space for the Applied Nutrition majors and continues as a lab to model best practices for healthful food preparation. The café is an integral partner with the Athens Convention and Visitor Bureau focusing on the 30 Mile Meal concept. From that project the café is now used to design and deliver menu item to clients of WellWorks, the on-campus fitness facility for faculty, staff, and community, in the form of practical cooking & demonstrations to our community. Our students continue to have access to Nutrition Resource Room, the Test Kitchen, the Sensory Analysis Laboratory, and the Food Science Laboratory for instructional and research opportunities.





Dr. Susan Bullard



Mr. Michael Clevidence



Dr. Cheryl Howe



Dr. Michael Kushnick



Dr. Ed Potkanowicz



Dr. Sharon Rana



Dr. Jason White

Exercise Physiology Program Update

Program Updates (PESS to EXPH):

Along with re-organization of the College and Schools, the course prefixes, once fondly referred to as "PESS" classes, now more accurately reflect our changes with the EXPH prefix.

Student Achievements:

In the October of 2010 **Nicholas Kruse**, a Master's Degree candidate in the Physiology of Exercise, successfully defended his thesis entitled *The Acute Effects of Various Stretching Modalities on Performance Across a Time Spectrum in NCAA Division I Volleyball Players*. His research sought to elucidate the effects of a static or dynamic warm-up and stretching protocol on performance measures such as ground reaction force, power output, range of motion and vertical jumping ability over the course of time. His research found that a dynamic stretching regimen improved jumping performance initially (1 and 5 minutes post dynamic stretching) while the static stretching protocol was detrimental to jumping performance. However, with longer durations post stretching (15 to 25 minutes) no significant differences were found between the two protocols and jumping performance. Therefore athletes engaging in pre competition warm-ups and stretching need to be vigilant in planning the type and timing of their warm-ups.

In October at the 2010 annual meeting of the Midwest American College of Sports Medicine, **Marques Wilson** presented his collaborative research entitled *Influence of Initial Blood Triglyceride Concentration on The Changes of Blood Lipids Following an Acute Bout of Exercise*.

In June of 2010 **Michael Knutson** presented his research at The American College of Sports Medicine annual meeting in Baltimore, MD. His research was entitled, *Postprandial Lipemia and Aerobic Fitness Status*. Michael was also awarded the Outstanding Oral Presentation for Master's students at the 2009 Midwest ACSM annual meeting on his research entitled, *The Glycemic and Insulinemic Response to a Standard Meal 4-Hours After Ingestion of Glucose and a Novel Extended Release Carbohydrate*.

Recent Faculty Achievements:

In addition to our faculty's commitment academically to one of the highest program enrollments at Ohio University, we stay committed to our interests in scholarly activity:

- Malek, M.H., J.W. Coburn, R. York, J. Ng, **S.R. Rana**. Comparison of MMG sensors during incremental cycle ergometry for the quadriceps femoris. *Muscle Nerve*. 42:394-400, 2010.
- Leon, C., H.-J. Oh, **S. Rana**. A purposeful dynamic stretching routine for distance running athletes and coaches. *Strategies: A Journal for Physical and Sport Educators*. Accepted October 2010.
- A. Wapner, J. Bianco, M. Lustic, **M. Kushnick**, G. Brannan, J. Subrook. TAKE ACTION: A Community-Based Approach to Childhood Obesity. *Childhood Obesity*, 6(4): 270-6, 2010.
- M. de Groot, **M. Kushnick**, T. Doyle, J. Merrill, M. McGlynn, J. Shubrook, F. Schwartz. A Model of Community-Based Behavioral Intervention for Depression in Diabetes: Program ACTIVE. *Diabetes Spectrum*, 23(1): 15-17, 2010.
- B. Clark, R. Hoffman, P. Williams, M. Guiler, M. Knutson, M. McGlynn, T. Manini, **M. Kushnick**. 4-weeks of Low-intensity Blood Flow Restricted Resistance Exercise Training Increases Muscle Mass and Strength Without Altering Neurovascular Function. *Scan J Med Sci Sport*, E-Pub, Mar 2010.

Athletic Training Program Update

Program Updates:

The Convocation Center Athletic Training Room renovation fundraising is still underway, but our target is to begin renovations in the summer of 2011. If you would like to contribute please contact Dr. Starkey at starkeyc@ohio.edu or at 740-593-1217. We look forward to seeing this facility be brought up to the 21st century.

AT Division enrollment is at an all-time high with 120 undergraduate and 32 graduate students. The graduate program now services 20 high schools, Ohio University, Marietta College, Rio Grande University, and Ohio University Campus Recreation.

Student Achievements:

We are proud of the accomplishments of all of our program's graduates. Janet Simon, MS, AT class of 2010, received the 2010 NATA Scholarship, has accepted a doctoral position at Indiana University to continue her research in functional ankle instability.

Lauren Stephenson, a 2nd year doctoral student and clinical coordinator, presented her research on lower extremity injury prevention titled *The Effects of Augmented Feedback on the Landing Biomechanics of Youth Female Soccer Players* at the NATA Convention this past summer in Philadelphia, PA.

Recent Faculty Achievements:

Spring 2010, Dr. Chad Starkey, received promotion to full professor. Over the past year, Chad has published two textbooks and continues to be a leader and innovator in the profession. He will be the Keynote Speaker at the annual Athletic Training Educators' Conference in February in Washington, DC.

This past year Brian Ragan had three professional publications and presented at the Health Summit Conference, ACTRIMS, and the Consortium of Multiple Sclerosis Centers annual meetings. He was awarded two research grants; one funded through the Consortium of MS Centers on *Development of a Comprehensive Global MS Symptom Assessment using Modern Measurement Theory* and the second through UMass Amherst Faculty Research Grant *A New Functional Outcome Measure for Multiple Sclerosis*.

Dr. Andy Krause had four poster presentations at the 2010 Ohio Athletic Trainers' Association Conference and published articles within the International Journal of Neuroscience, Journal of Environmental Health, and Journal of Strength and Conditioning Research.

Program service:

If you missed us in the November 2010 issue of the NATA news, members of the Student Athletic Training Club with advisor Kayla Shinew and graduate students Kelly Poster and Shannon David helped in the relief efforts after a tornado struck the area, damaging parts of Athens High School and surrounding neighborhood.

Program Faculty



Dr. Chad Starkey



Dr. Andrew Krause



Dr. Brian Ragan



Ms. Kayla Shinew

Nutrition Program Update

Program Updates:

The Nutrition area has undergone some exciting growth in the past year to meet the expanding needs of students selecting careers paths in wellness and the food industry. The programs in Nutrition and Dietetics have been redesigned and are now housed in the School of Applied Health Sciences and Wellness. Under the direction of the new departmental Associate Director for Nutrition, Dr. David H. Holben, the faculty (Dr. Darlene Berryman, Dr. Robert Brannan, Ms. Deb Murray, and Chef Francis McFadden) completed its five year program assessment report for Accreditation of the Didactic Program in Dietetics with the Commission on Accreditation for Dietetics Education (CADE), which maintains our standing until the year 2015. The graduate program enrolled eleven new students this fall, bringing our total to 14. Two Honors students are finishing their work in 2011.

Even more exciting are the changes to our curriculum. We developed more career options for our students with the introduction of concentrations in School Nutrition and Environmental Nutrition, while still focusing on our core educational goals of providing high quality didactic education in Dietetics. Our students have more specialized career path options to choose from. This curricular transformation will bridge these expanded needs and prepare students for the complex challenges facing them in the workplace.

To execute these changes two new majors have been developed, Nutrition (formally known as Nutrition with Science) and Applied Nutrition (formally known as Dietetics).

The Major in Nutrition is designed for students interested in medicine, dentistry, or other health-related professions after graduation. This professional school major has less of a focus on foods and more emphases on advanced sciences and research.

Applied Nutrition major will follow a curriculum that includes a one concentration (Dietetics) to meet CADE academic requirements. The Applied Nutrition major will also house two new options: Environmental Nutrition and School Nutrition.

These new concentrations have been designed to provide opportunities for students to pursue careers in businesses or institutions that support, maintain, or protect healthy and active lifestyles. The major fills the need for knowledgeable nutrition experts that enjoy the social and cultural experiences strongly associated with food and can help consumers to make better informed choices in products they consume.

Regardless of specialization, students in the Applied Nutrition major share course content in the understanding of nutritional goals and balance, environment issues related to health, and food science and cuisine development that is focused on wellness and sustainable food systems.

With these curricular changes comes a realignment strategy of our current programs. Nutrition and Applied Nutrition now will be housed in the College of Health Sciences and Professions. The realignment will allow for increased program visibility, a stronger graduate program, more dedicated lab space, and greater opportunities for research synergy with other health-related programs.

“Nutrition program optimized for growth”



Dr. Darlene Barryman



Dr. Robert Brannan



Dr. David H. Holben



Ms. Deb Murray



Chef Francis McFadden