

Strengthening *the core*

A Department of Health and Human Performance publication for students and alumni

Winter 2004

Collaboration enhances HPE program



Front Row (L to R): Dr. Spud Wentzell, Amy Murray, Sara Hughes, Carey Wolgemuth, April Frye, Becky Evans, Angela Munchel, Scott Wedemeyer. Back Row (L to R): Trevor Ives, Sarah D'Angelo, Ashley Sollenberger, Emily Benson, Jenny Porter, Kristi Emrick.

It is an authentic setting where theory and practice may be tested, refined, and enhanced.

Collaboration between college and public school professionals provides a special opportunity for everyone to benefit, especially students within both settings. Such experiences are essential for meeting the goals of the elementary and secondary pedagogy courses for Messiah College students seeking certification in Health and Physical Education (HPE). On-site experiences contribute to learning about the role and significance of physical education in the public schools, designing developmentally appropriate unit and lesson plans, promoting student involvement and an appreciation for the subject content, critiquing the advantages and disadvantages of various teaching styles, developing a philosophy of teaching, and completing self-evaluations. It is an authentic setting where theory and practice may be tested, refined, and enhanced.

Messiah College students majoring in HPE have traditionally observed and/or assisted in classes in area schools. Professionals in the schools have supported field experiences and supervised student teachers. Many alumni will recall involvement with the Northern York County School District. Over the years, there has been a desire to increase the amount of time spent in the schools.

In the fall of 2003, the nature and scope of involvement of the HPE Messiah College students at Northern High School took on a whole new look for the 13 students enrolled in the course, Physical Education Instruction: Grades 7-12. Dr. Spud Wentzell, instructor of the course, and Mr. Tom Oiler, Northern High School physical education teacher, collaborated to redesign the class. The result was that Dr. Wentzell and students in the class

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From the chair

“My appointment book is full”



During the holiday recess, I was able to take a step back from the usual day-to-day schedule and find time to reflect on the previous semester. I value this

time away from the out-of-control, locomotive pace of life that all of us are a part of—the proverbial rat race of American society and the time and demands placed on everyone. This pace of life is no different for students, faculty, administrators, and staff at Messiah College. Over the course of my 19 years at Messiah College, I have had students read numerous books regarding time management skills, how to build up the inner self first before reflecting on the outer self, and how individuals can prioritize their private worlds to be successful in all their endeavors. Although these were valiant efforts, the pace of living in society and more specifically, higher education, has not slowed.

A harried executive was telling a psychologist how it felt to be constantly pressured by the demands of his work. “I feel as though I’m riding on an express train, streaking through my life. I’m going so fast that everything I pass is a blur. I see myself racing past my family as they stand by and watch . . . racing past my friends, past my hobbies and interests. I just don’t have time to stop for them. I want to get off the train, but I can’t.” The psychologist reflected on this for a moment, and then she said, “You’re not on the train. You are the train.”

Competition for the 24 hours in each day is fierce. We want to find time for our families and friends, time for relaxation and recreation, and time for study, worship, and fellowship. At the same time, we are responsible to meet our work commitments. The question remains: How do we reconcile all these demands and avoid being slaves to the pressures of time?

We’re not on the train, we are the train. God gives us time just as He gives us other resources—money, talent, health, experience, knowledge, education, skill. He also gives us the freedom to

choose how we will use our time. If we want to give family life, personal well-being, and spiritual growth priority in our lives, we can make that choice and then commit ourselves to spending our time accordingly.

One step toward controlling the racing train is to be creative in planning our hours to be sure that we manage our schedules, and not vice versa. Creative scheduling may involve combining two activities into one, like joining a weekly fellowship meeting that has a study time and a social time. Maybe it means meeting a friend for breakfast or lunch once a week for conversation and prayer, or rotating responsibilities to enjoy the outdoors or some leisure-time pursuit.

The hours of our lives are precious. With God’s help, we can truly live the abundant life He promises—and we can do it with just 24 hours a day.

—Jack Cole, chair of the Department of Health and Human Performance

Teachers and high school students at Northern benefited from various initiatives from the college students, and the college students learned through practical experiences, informal conversations with teachers, and immediate feedback.

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spent over 30 hours in the high school. The college course was taught off campus. Teachers and high school students at Northern benefited from various initiatives from the college students, and the college students learned through practical experiences, informal conversations with teachers, and immediate feedback.

During the 10 weeks of being at the high school, each student attended physical education classes taught by Mr. Tom Oiler, Ms. Sue Hudock, and Mr. Tim Bigelow, and health education classes instructed by Ms. Lauren Craig. The specific involvement of students varied with the content being taught. In addition to assisting in certain classes, the college students were responsible for planning and leading classes for the Physical Best/FitnessGram assessment, volleyball and initiatives. The students also developed resources for the teachers at the secondary and elementary levels, and

wrote a summary of some of the data collected from the FitnessGram assessments.

According to Mr. Tom Oiler, “The collaborative effort between Messiah College students and Northern High School was a phenomenal experience and it will only get better. The hands-on experience and the immediate feedback students received were outstanding.”

Special appreciation is extended to the administrators and teachers at the Northern York County School District for their many years of support of the Messiah College HPE teacher certification program. Their commitment and willingness to provide opportunities for the college students to be involved with practitioners and students in grades K-12, including as student teachers, continues to enhance the quality of teacher preparation at Messiah College.

Student research symposium



(L to R): Mindy Miller, Jessica Unick, John Cuddy, Lauren D'Aquino

The Health and Human Performance Department hosted a student research symposium in Boyer Hall on November 24, 2003. Four senior sport and exercise science majors presented their research studies in front of faculty, administrators, peers, and family members. The symposium was organized by Dr. Scott Kieffer and Dr. Doug Miller. Following the presentations, a reception was held in the Boyer Hall foyer for those in attendance. The following is a brief overview of the presentations.

Presenter: John Cuddy '04

Title: "The Effects of Time of Day on Exercise"

Purpose: This study investigated the effect of time of day on physiological responses to exercise while running on a treadmill. Specifically, researchers observed VO₂, METS, RER, VT, VE, RR, HR, and RPE.

Subjects: Eleven male subjects aged 30–60 who run at least 10 miles per week and had trained for at least three months prior to the study were observed.

Conclusion: The body does not consistently exhibit different physiological responses to submaximal exercise for trained men for a.m. and p.m. However, the current study suggests that individual time of day preferences may be influenced by decreased submaximal physiological responses.

Presenter: Lauren D'Aquino '04 (Kelly Hess '03 and Jessica Oden '03)

Title: "Effects of a 13-Week Walking Program on Static and Dynamic Balance in Older Women"

Purpose: To determine the effects of a 13-week walking intervention on measures of static and dynamic balance of elderly women living in an extended care retirement community.

Subjects: Ten apparently healthy women who had not participated in regular exercise six months prior to the study were recruited to follow a walking protocol.

Conclusion: The pilot study suggests that walking may elicit specific balance improvement related to ambulation; however, further research must address the need for balance intervention specific to activities of daily living common among older adults.

Presenter: Mindy Miller '04

Title: "The Effects of a Short-Term Plyometrics Program on Hamstring Strength in Female Collegiate Soccer Players"

Purpose: The occurrence of anterior cruciate ligament (ACL) injury to female athletes continues to rise at an alarming rate. One specific concern for female athletes is a deficit in hamstring strength. A training method that continues to gain popularity in the athletic community is plyometrics, or jump training. The study looked at the effects of a six-week plyometrics program on hamstring strength in female collegiate soccer players.

Subjects: The experimental group included 10 competitive college soccer players who participated in a periodized program of three 15-minute plyometrics sessions each week for six weeks.

Conclusion: The study data suggests that a plyometrics program may be one effective training method for increasing hamstring strength, as well as decreasing risk of ACL injury in female collegiate athletes.

Presenter: Jessica Unick '04
(Anna Feeny '03)

Title: "The Acute Effects of Stretching on Vertical Jump Performance"

Purpose: Traditionally, stretching has been included as part of a warm-up that precedes participation in an athletic event. However, there is mixed evidence as to whether stretching may actually enhance or hinder sport performance. Therefore, the purpose of this study was to examine the acute effects of static (SS) and ballistic stretching (BS) on vertical jump (VJ) performance and to investigate if power was altered at 15 and 30 minutes following stretching.

Subjects: Sixteen female collegiate basketball players (mean age=19.2 years, SD=1.0) performed a series of counter-movement and drop jumps after participating in a control, BS, and SS session.

Conclusion: The study suggests that stretching prior to competition will not negatively affect the performance of female basketball players.

A message from Bryan Engle '03



Bryan Engle '03 (right) alongside Tubby Smith, head men's basketball coach at the University of Kentucky.

Note: Bryan Engle wrote the following article shortly after the 2003 May graduation ceremonies. Presently, Bryan is pursuing his master's degree in sports administration at the University of Kentucky.

If Messiah College is the brick foundation for who each individual will become, the professors in the Health and Human Performance Department are the mortar that fills in those bricks to solidify the foundation that forms the students.

For the first time in four years, I am now on the flip side of the collegiate map. Instead of referring to myself as a "first-year," "sophomore," etc., I can now apply, with pride, "alumnus." There is little doubt that the collegiate experience is one that molds and shapes an individual into learning who they will become as they enter life after college. Through varied experiences and opportunities within our department, hopefully each individual was able to grow by leaps and bounds in their collegiate endeavors, but most importantly, in their walk with Jesus Christ.

Appropriately enough, the title of this newsletter is "Strengthening the Core." As students embarked on a journey through college, our "cores" were strengthened as we made choices that affected our daily living. A favorite quote of mine reads, "The decisions we make today will affect our performance tomorrow." Therefore, the decisions and actions we make on a daily basis will determine in what fashion we face each dawning day.

As any student who passes through our field can attest, our department truly does have the best faculty and staff on campus. The memories and friendships I take from my time at Messiah College are ones that I know I will be able to reflect upon for a lifetime. With no doubt, the health and human performance faculty are committed. Not only are they committed to their academic classroom time—they are extremely committed to the individual who participates in their classes.

After transferring in from another institution my freshman year, I often stated, "Because of the students and professors, I feel like a person instead of just another number." So, whether

that was by joining a professor for talks in his or her office, having the pleasure of joining other students for meals in a professor's home, or spending time in prayer with a professor, I take the liberty in saying, "thank you" from all of the alumni. You have made our experiences at Messiah worthwhile!

To all the faculty in our department: thank you for investing time not only in our academic achievements, but also in our goals, endeavors, and dreams outside of the classroom. Thank you for your continuous support in academics and athletics. Thank you for your example and leadership in showing us what it means to be Christians in the workplace. Thank you for your prayers that were evident in our time at Messiah and for the prayers that are still said, without us knowing about it. Quite simply, thank you for being you!

The famous children's song says,

"Because of the students and professors, I feel like a person instead of just another number."

"This little light of mine, I'm gonna let it shine." Each faculty member within the department has been a light. Because of your light and how you have portrayed yourself, which has shone on the students within the department, we are able to shine.

As each future HHP student passes through the classrooms and hallways, I hope each one has the opportunity to enjoy their collegiate experience as much as I did. God certainly blessed me with an enriching experience; one that has laid the foundation for the rest of my life. I am proud to call myself an alumnus of the department ... and by the time current and future students embark on their collegiate and post-collegiate years, I hope they look back and reflect upon on their time at Messiah College with as much gratitude and appreciation as I have.

Health and Human Performance Department: By the Numbers

Athletic Training Majors 35

Health & Physical Education Majors 49

Recreation Majors 5

Sport & Exercise Science Majors 87

Therapeutic Recreation Majors 12

Total Majors 188

Rookie no longer

Aaron Faro '03

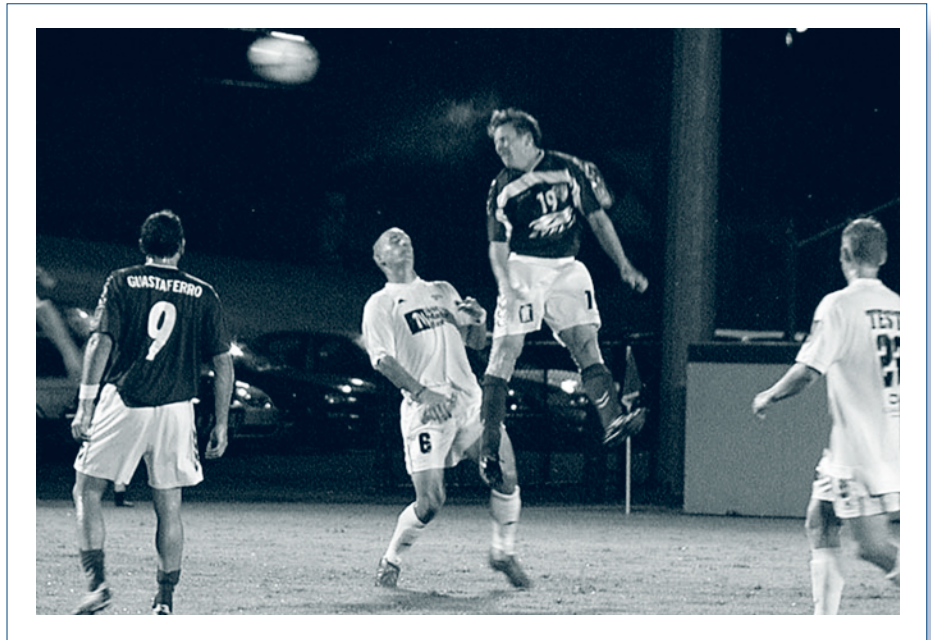
My first season with the Charlotte Eagles has come to a close. At a glance, my rookie season may look like a large disappointment. We finished the season with a 6-15-7 record, didn't make the playoffs for the first time in years, and I struggled to get playing time. Although these were certainly trying times that tested both the team's character and my own, God was faithful.

Throughout the season I was reminded several times of 2 Corinthians 4:16-18 which says, "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but what is unseen. For what is seen is temporary, but what is unseen is eternal."

Thankfully, the mission of the Charlotte Eagles and my own personal mission are not measured in wins and losses or in minutes played, but rather in glorifying the name of Jesus. Countless times, God would pull me aside and remind me that I was living my dream by being here playing with the Eagles. He also reminded me that giving my all each and every day was honoring to Him.

The team also had countless ministry opportunities throughout the season, including the following highlights:

- An exhibition game with first division Mexican team, Atlante, followed by dinner with the team and one of our Hispanic players sharing his testimony with them.
- An afternoon in a prison outside of Syracuse, including an exhibition game with the inmates and a time



Aaron Faro (#19) in game action against Richmond.

of sharing about our team and our God.

- Numerous school chapels and assemblies where we did some soccer demonstrations and shared the Gospel.
- Countless clinics and camps in which we were able to spend time with kids, teaching them the game of soccer, sharing with them our faith, and plain old having fun.

Beyond that, we were constantly striving to make our play and our sportsmanship on the field a testimony to the opposing teams and fans.

Although the visibility and temporary stats of the season tell a dismal story, we can know in faith that there are many unseen stories that are of eternal value.

It is in knowing this that God encourages us and renews us day by day.

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John Cuddy '04 receives student research award



Senior sport and exercise science major John Cuddy recently presented a paper entitled "The Effects of Time of Day on Exercise" at the Mid-Atlantic Chapter of the American College of Sports Medicine Conference. The research and presentation were selected for the Undergraduate Student Research Award. The award was selected by a panel of faculty through a process that involved a review

of the abstract prior to the conference and by the professional organization and an oral presentation at the conference. The research was selected over submissions from colleges and universities in Pennsylvania, New York, and Maryland. The research project was conducted with Karissa Stauffer '03 and faculty mentors H. Scott Kieffer, Doug Miller, and Kris Hansen-Kieffer.

Alumni news/notes

Want your classmates to know what you are doing? Send your update to jcole@messiah.edu, or send information to: Jack Cole, Messiah College, Box 4501, One College Avenue, Grantham, PA 17027.

1980s

Robert '82 and **Deborah (Snyder '81) Foster** live in Gettysburg, Pa., and are proud parents of six daughters and three sons.

Cathi (Scott '83) Riggs is a district court commissioner in Maryland and teaches high school girls' physical education at Red Lion Christian Academy.

Mel Horton '85 is an assistant professor in the Department of Health and Physical Education at Winthrop University (S.C.) specializing in adapted physical education, research, and instructional technology.

1990s

Elizabeth (Mincks '90) Barry taught aerobics at a seminary for five years, and is currently teaching aerobics at a co-op and natural family planning in Catholic parishes. She lives in Pittsburgh, Pa., and has six children.

David Diaz '91 is enrolled in the sports management master's program at East Stroudsburg University and has completed his 5th season as a PIAA basketball referee.

Lara (Heckman '91) Ford and husband Dwight welcomed a baby boy on April 20, 2001. They reside in Brookfield, Conn.

Joel Jacobs '91 is department head in health and physical education at Eastern York High School and also coaches girls' track and field. He is the proud father of two children.

Darla Bergey '93 taught health and physical education at the junior high level until the birth of her second child. She is currently a stay-at-home mom and occasionally substitute teaches. She and her husband reside in Sellersville, Pa.

Aaron Johnson '93 is an instructor and doctoral student at the University of Colorado.

Stephen Roth '93 is an associate pastor of youth and discipleship at Blairsville C&MA church, and also substitute teaches physical education. He lives in Blairsville, Pa., with his wife **Maureen (Matijas '95)** and three daughters.

Jen Bacon '94 is teaching elementary physical education at Hampden Elementary in the Cumberland Valley School District and just completed her master's degree in exercise science and physical education.

Michael Barbato '94 has worked at Geneva College with the Coalition for Christian Outreach for the past eight years. He and his wife Kristi live in Beaver Falls, Pa., with their two sons.

Rachel (Sawatzky '95) Schwartz and her husband Todd live in Carrboro, N.C. and are proud parents of two daughters. Rachel is a stay-at-home mom. She and Todd also work with international students through their church's ministry.

Heather Hagopian '97 lives in Hummelstown, Pa., and teaches K-6 physical education in the Hempfield School District. She received her master of education degree in health from Penn State in December 2001.

Holly (Wingert '97) Himelfarb lives in Lititz, Pa., and writes the Advice for Caregivers article in the Lancaster *Sunday News*.

Eric White '97 and **Brenda (Shockey '96) White**. Eric teaches at Red Land High School and Brenda is a resident director at Messiah College. They were married on December 1, 2001.

Kristin Wolf '97 lives in Woodbridge, Va., and is a pharmaceutical sales representative and competes in the Hi-Tec Adventure Racing Series.

Robert '98 and **Jenny-lyn (Trauger '97) Crossman** welcomed Drew Thomas on May 19, 2003.

Heather (Pollock '98) Hoff lives in Wyomissing, Pa., and was married in October 2001.

Mandy (Hoover '98) Webb lives in Harrisburg, Pa., and works as an in/out patient physical therapist at Hershey Medical Center.

Veronica Danielian '99 graduated from the University of Medicine & Dentistry at Rutgers in May 2003 with her master's degree in physical therapy.

2000s

Becca (Glicker) Roegiers '00 Lives in Charlotte, N.C. with her husband Chris '99. She is a fitness director at a retirement community.

Jamie (Tome '01) Bell is currently in the master of physical therapy program at Neumann College, works at Central PA Rehab Services, and is the head athletic trainer at Halifax High School.

James Fackler '01 married **Courtney DeBoer '00** in June 2001 and had a son on February 1, 2003. He is employed as an Athletic Director and physical education teacher at Harrisburg Christian School.

Melissa Duncan '02 is working for a clinic in Brownsville, Tex., doing diabetes education and other community health programs.

Jamie Jennings '02 resides in New Wilmington, Pa. She works for the Coalition for Christian Outreach at Westminster College as an assistant director of a leadership program that uses wilderness activities as a teaching medium.

Sheree (Goodman '02) Murphy graduated from East Stroudsburg University with a master of science degree in cardiac rehab and exercise science. She works at Doylestown Hospital in Cardiac Rehabilitation.

Allison (Reber '02) Olinger resides in Fleetwood, Pa., with her husband Phil and teaches health and physical education.

Bethany Simpkins '02 was married in October 2003 to **Kevin Gibala '02**. She is enrolled in a combined program—dietetic internship and master of nutrition education degree.

Ryan Wantz '02 is working for Joyner Sportsmedicine in Harrisburg, Pa., as an athletic trainer at Harrisburg High School.

HHP department welcomes new faculty member



The Health and Human Performance Department is pleased to have Dr. Wanda Hilton join our teaching faculty commencing the 2004 spring semester. After a national search during the 2002-2003 academic year, Wanda was selected from a pool of qualified candidates. Her expertise in public health administration will foster growth in the department's quest to link health education and health administration within the context of higher education.

Before arriving on the Grantham campus, Wanda served as the coordinator for the Capacity Building Program at the Minnesota Department of Health, working

to enhance planning, implementation, and evaluation skills of state and local public health staff responsible for health promotion. Prior to working for the Minnesota Department of Health, she was a community health educator and turning point coordinator in public health at the local, state, and national levels in the state of Nebraska.

Previously, Wanda had taught for more than three and a half years at the University of South Dakota, and over a year at the K-12 and preschool levels. She also has four years of health promotion programming experience (e.g., Brookings Wellness Center, University of South Dakota Center for Wellness/Cardiac Rehab Program). She enjoys writing and recently completed a published article based on her dissertation research regarding interdisciplinary ways to develop an introductory weight training course for women.

Dr. Hilton's desire is to contribute energy and insights to the HHP department by:

- Exploring opportunities for students to pursue courses and, perhaps later, careers in Community Health/Public Health;

- Build relationships with community health organizations and partners that would assist us in providing hands-on internship/class experiences for students as they develop their skills and competencies to take with them into the workplace;
- Create fun, innovative, useful, and thought-provoking courses from which students will gain valuable, marketable skills (e.g., grant writing, the ability to develop media advocacy strategies and social marketing campaigns, policy development) that prepare them for real work environments; and
- Most importantly, to encourage students to share their faith by preparing their hearts and minds now for future work opportunities that may arise for them in non-Christian work environments.

The Health and Human Performance Department is excited to have Wanda on board, and the college community welcomes Wanda, her husband Tim, and daughter Avarie to Messiah College.

Krista DeLuca '04 selected for sports medicine award



On Sunday, January 4, 2004, senior athletic training major Krista DeLuca traveled to the Downtown Marriott in Philadelphia to receive the Eastern Athletic Trainer Association's prestigious Hartmann-Conco Sports Medicine Award. Krista was one of 10 students who won similar awards from

over 100 applicants from the NATA Districts I and II. In her acceptance speech before over 500 people, Krista generously thanked Messiah College, her professors, the sponsor, and her family, and then gave special thanks to her Lord and Savior Jesus Christ for making her the person she is today. Thanks to you, Krista, for representing us all so well.

Amy Murray '04 chosen for PSAHPERD award



Senior health and physical education major Amy Murray received the Outstanding Future Professional Award from the Pennsylvania State Association for Health, Physical Education, Recreation and Dance (PSAHPERD) during its annual convention in November. Amy was initially selected by faculty members

of the Health and Human Performance Department and then was interviewed by a committee of PSAHPERD past presidents on Saturday, November 22, 2003, for two positions to represent PSAHPERD at the Eastern District Association (EDA) AAHPERD Convention in Burlington, Vt., March 2-7, 2004. As an award recipient, Amy receives transportation and housing expenses for the EDA/AAHPERD convention.



DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE

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Alumni news & information

The Department of Health and Human Performance would like to include your alumni news in future editions of *Strengthening the Core*. Please take a few minutes and complete the following form.

NAME YEAR GRADUATED

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