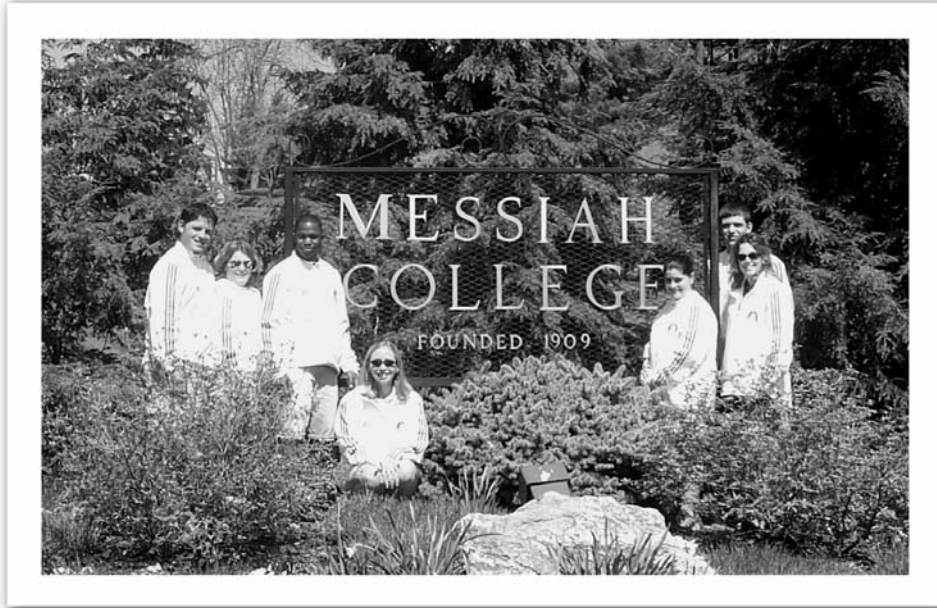


Strengthening the core

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

Summer 2002

Athletic Training Students Volunteer at Boston Marathon



Left to right: Curt Ulrich, Wendy Cheesman, Marcus Owens, Molly Hayes, Rebecca Shearer, Mike Kauffman, Brooks Herr

"It was interesting to get to meet so many different medical professionals and see everyone's different perspective on how to treat the runners. It was also fun and exciting to interact with the runners and hear their stories."

—Molly Hayes '03

This year, as in the past five years, a small group from the athletic training major volunteered with the medical staff at the Boston Marathon. Clinical instructor Wendy Cheesman led a group of six seniors to join the 200-plus medical volunteers. The long day began at 9 am for an organizational meeting, followed by setting up the medical tent (basically a circus tent loaded with several hundred cots and a host of medical equipment). At around 2:30 p.m. the runners began crossing the finish line and the "fun" began. Messiah students worked alongside other certified athletic trainers, nurses, physical therapists, podiatrists, and doctors providing medical care for runners of all levels. Some may have run several marathons, other may be unregistered runners called "bandits," but all are provided with quality medical care. The primary medical need for the runners was to replenish lost fluids and electrolytes. Many were also hypothermic and suffering with severe cramping. It was the job of the medical staff to rehydrate and rewarm the runners.

It was also a great learning experience for the students. Senior Molly Hayes commented that "it was interesting to get to meet so many different medical professionals and see everyone's different perspective on how to treat the runners. It was

also fun and exciting to interact with the runners and hear their stories." Students also got to see some cutting-edge research and technology. Each runner that required an IV to rehydrate was first checked via a blood sample to check the balance of electrolytes. Data was checked and stored to monitor if runners were merely dehydrated or hyponatremic (low sodium from the loss of salt in their sweat). This also helped their athletic trainers determine what kind of fluid the runners should get (water vs. gatorade).

In addition to treating injuries and illness, Brooks Herr '02 got to participate in a special "opening ceremony" in which she helped carry one of four American flags prior to the start of the race.

Finally, at about 7 p.m., following an hour of "clean up," the students piled back into a van to make the seven-hour drive back to Messiah. It was a long but rewarding day. In addition to receiving a "Boston Marathon Jacket" for their efforts, the students returned with a host of stories about different runners they met or injuries they treated.

—Wendy Cheesman, assistant athletic trainer and clinical instructor in health and human performance



The Chair's Column

In the second edition of the Chair's Column, I would like to focus on some of the challenges and celebrations we experienced in the health and human performance

department during this school year 2001–2002. As this year draws to a close, I am grateful for the diverse opportunities that all of us have encountered as part of Messiah College and the health and human performance department. This past weekend our department graduated 45 students . . . 30 SPEX majors, two HPE teaching majors, eight athletic training majors, three recreation majors and two therapeutic recreation majors. Approximately 20 percent of our graduates will be attending graduate school this next fall. Those seniors who applied to PT schools and cardiac rehab programs had a 100% acceptance rate. Other aspects of academic performance and student involvement have been exceptional as well, with three HHP students named to Who's Who and seven students named as Boyer Scholars.

In January we heard back from the CAAHEP review board and were informed that the athletic training program was accredited once again. CAAHEP's accreditation team noted our struggle with facility needs (air conditioning for the training room, human performance lab, and athletic trainer offices in Eisenhower) yet CAAHEP also affirmed some of the key strengths of our athletic training program. They emphasized the strength of the faculty clinicians and also the caliber of our graduates—their overall academic performance both in their clinical experiences and in their high pass rate on the NATA certification exam. The CAAHEP accreditation confirmed our own confidence in the level of excellence in Messiah's athletic training program. However, the athletic training program continues to face the ongoing challenges of upgrading facilities, being proactive to plan for programing needs, balancing the budget demands with personnel needs, and exploring creative avenues to meet new curriculum guidelines.

This year for the first time two seniors in the HHP department (Jamie Jennings, a recreation major, and Melissa Morrow, a therapeutic recreation major) participated in the honors program. We are proud of Jamie and Melissa's four year academic performance,

the excellence exhibited in the caliber of their senior honors projects and the women of faith that they are! The department also had a SPEX major, senior Allison Harris, who was honored at AAHPERD's Eastern District Conference in Baltimore this past February. Allison submitted her research project for presentation at the Eastern District conference. A faculty committee reviewed all the research projects and Allison was selected to present her research at the Student Research Colloquium. Allison went on to win first prize as best student presentation and best student research project.

Not only has student academic performance been exceptional, but involvement in college life and service has also been a defining characteristic of HHP students. For example, approximately ten to twelve students volunteered on a regular basis to coordinate games and activities for the Kid's Club Program at Grantham church. Some of our majors participated in Jump Rope for Heart raising funds for the American Heart Association. During the spring semester, a number of teaching majors and pre-physical therapy majors worked with physically and mentally challenged young people in the pool on Tuesday or Thursday mornings. In addition to these ongoing programs, other signs of interest in departmental activities are evident in the 30 majors who participated in the HHP mentoring program for first-year students in our department, and the increased attendance at Faculty Firesides (about 30–35

students) and attendance at local and national conferences and workshops (approximately 15–20 students).

Health and human performance faculty have also been recipients of honors and awards as well. Dr. Spud Wentzell was elected president of the Pennsylvania AAHPERD association for the upcoming year 2002–2003. Sandy Bush has served and continues to serve as a board member on the State Board of Physical Therapy. Dr. Kris Hansen-Kieffer, HHP's newest hire, a sport and exercise science term tenure faculty, was the recipient of a grant from the CCCU's Women's Leadership Development Institute. A number of HHP faculty were awarded curriculum grants to develop new courses or process curriculum reviews: Spud Wentzell, Judi Tobias, Retta Murray, Scott Kieffer, Ken Heck, Wendy Cheesman, Kris Hansen-Kieffer and Barb Burwell. And finally, the graduating seniors honored Doug Miller by awarding him the Outstanding Teacher for Messiah College Professors.

As we reflect on a year full of challenges and celebrations, the title of our HHP department newsletter, *Strengthening the Core*, clearly reminds us about our real priority. It is about nurturing that core that binds us together and gives us purpose and meaning . . . our faith in Jesus Christ.

—Barbara Burwell,
chair of the Department of
Health and Human Performance



Senior SPEX major Allison Harris receives the first place award for student presentation and research project at the AAHPERD's Eastern District Conference in Baltimore. Allison is pictured with Scott Kieffer, Kris Hansen-Kieffer, and Barbara Burwell.



30 Years of Excellence: Jan Trapp

Spending 30 years at one higher education institution is unheard of in today's transient culture, but Jan Trapp recently accomplished that milestone at Messiah College. Upon arriving at the college in 1972 as educator and junior varsity field hockey coach, Jan spent the next 29 years as head coach of field hockey and cocurricular educator within the health and human performance department.

The changes have been enormous during her tenure. For instance, Jan witnessed the building of Sollenberger Sports Center—right over her former field hockey terrain. She also watched the completion of the Eisenhower Campus Center upon her arrival to Grantham. The creek and lone college entrance made life interesting for Jan, as well, as she can recall days when campus was flooded or snowed in, prematurely ending some games or practices.

Regarding the dual roles of coaching and teaching, Trapp states, "Coaching is just teaching on a more intense level. The challenge is to take student-athletes to a new level and establish a rapport with them."

The legendary field hockey coach has guided her teams to seven final four appear-

ances where the Falcons placed second on three different occasions in the NCAA Division III tournament. With her 359 career victories, Jan ranks in fifth place in NCAA history in coaching victories. She has received five MAC Coach of the Year awards, two NCAA Regional Coach of the Year honors, and has qualified the Messiah College field hockey team to 15 NCAA tournament bids in the past 17 years.

Jan and her husband of 35 years, George, have three children: Cindee '93 teaches at the Wordsworth Academy in Harrisburg, Stacey '96 is a local hairstylist, and Brad is completing a four-year term with the United States Marine Corps.

Trapp says, "I have no plans to retire. It is still a lot of fun to come to work and to be involved with the HHP and Athletic Departments in all areas, specifically the spiritual aspect of the student-athletes." Messiah College is blessed to have such an inspiring educator and coach for 30 years and still counting.

"There's no single cut-off or dosage where we can say, 'Aha, you've gone too far.' The person's mindset provides a better indicator. Exercise addicts don't exercise to improve their health or for a specific event—they're exercising for the sake of exercise."

—Jack Raglin, Sport Psychologist at Indiana University in Bloomington

We live in a culture that is obsessed with body image. Media sources bombard us with the ideal shapes for men and women, as contrived by our society. From an early age, we are conditioned to believe that the only way to truly find happiness is through physical perfection. One way this quest for weight loss and beauty manifests itself is through an unhealthy obsession with exercise. At our own Messiah College campus, we are not immune to these influences.

On February 28, 2002, three students from the Health and Human Performance Department tackled the issue of exercise compulsion in an alternate chapel with approximately 50 Messiah students and faculty members present. Stephanie Dyke, Jamie Jennings, and Mindy Miller explored the dangers associated with excessive exercising and recognized the potency of the media in determining how we view our physical bodies. The presenters emphasized the fact that repeated, intense exercise without appropriate rest fails to give the body adequate time to repair and rebuild itself after being torn down. Physical dangers include overuse injuries, constant fatigue, and destruction of muscle mass. Perhaps most importantly,

the alternate chapel provided guidelines for healthful exercising.

The following are several key concepts:

- 1) Recognize that exercise is only one component of overall wellness. Seek also to develop spiritual, emotional, social, and intellectual health.
- 2) Find an accountability partner to encourage you and also remind you to take time off.
- 3) Listen to your body! If you need a little extra rest, take it.
- 4) Keep exercise fun by varying the activities in which you participate.
- 5) Exercise for the sake of health . . . not appearance!

Jack Raglin, sport psychologist at Indiana University in Bloomington says, "There's no single cut-off or dosage where we can say, 'Aha, you've gone too far.' The person's mindset provides a better indicator. Exercise addicts don't exercise to improve their health or for a specific event—they're exercising for the sake of exercise."

—Mindy Miller, senior health and physical education major



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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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