Mission

- Produce quality graduates for employment in the broad-based fields of health and human service, including exercise and health science, health and physical education (P12 Certification), nursing, social work & human services, and sport management.
- Serve as a resource center for health promotion and wellness activities for the campus community through the Wellness Center and the University Clinic.
- Provide outreach to the surrounding community in matters of health and human service.
- Promote interdisciplinary collaboration among the units of the College as related to curriculum, scholarship, and special initiatives, in keeping with the health and human services focus.

Departments & Centers

- School of Nursing
- Exercise Science and Sport Management
- Health Promotion and Physical Education
- Social Work and Human Services
- Academy for Inclusive Learning and Social Growth
- Wellness Center
- Continuing Education Division

The give Back Page provides you, the reader, with an opportunity to sustain the types of programs that have been highlighted in this edition of Excellence. It’s your choice! Your donation can be directed to a specific program, as mentioned in this publication, or you may choose to support the overall mission of the College.

Why give–Imagine a world without a nurse to greet you at a hospital, a social worker to shepherd the safety of a young child, a health educator providing diabetes literacy, or you may choose to support the overall mission of the College.

My gift is unrestricted to be used where the need is greatest.

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Kennesaw, GA 30144-5591

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Thank you for your generous support!

Exercise Science and Sport Management

Welcome to the fall issue of Excellence. Faculty, staff and students are back on the KSU campus. The University continues to grow and evolve into a major residential university. Bulldozers and cranes can be seen across the campus. While there is a trend in many universities and colleges of decreasing student numbers, KSU and the WellStar College continue to grow in number and quality of students. Since our last issue of Excellence, a lot of changes have taken place in the WellStar College.

One of the most significant has been the restructuring of the Health, Physical Education, and Sport Science Department into new, more targeted departments. Effective July 1, 2012, two new departments have emerged: 1) the Department of Exercise Science and Sport Management, and 2) the Department of Health Promotion and Physical Education. Dr. J.C. Bradburty assumes the role of chair of the Exercise Science and Sport Management Department. Dr. Kandice Porter assumes the interim chair position of Health Promotion and Physical Education Department. This new organizational structure positions the WellStar College into a unique place to expand our focus and develop new programs and initiatives. The advent of the new exercise science and biomechanics laboratories in conjunction with the hiring of new talented faculty provides all the elements for the explosion of excellence in research and student education in this targeted area. While teacher education in the WellStar College has always been strong in the education of physical-education teachers, our new structure provides the foundation for the expansion of health promotion both in the areas of individual health promotion and population-based health promotion. This is an exciting and much-needed emphasis for our university and our community. I have been impressed with how quickly the faculty in these departments have picked up the challenge of reorganization and moved quickly into a new era of collaborative, yet more targeted academic focus that looks toward the potential of these departments in an evolving universe.

The WellStar College has the responsibility for the operation of the university health program on the KSU campus. Dr. Kathleen Gunchick, MD, has assumed the role of director of the health clinic program. Dr. Kim Scott-McGee, MD, has joined the staff having served as a physician in the student health clinic at Howard University for more than 20 years. Dr. Gunchick and her staff are reorganizing the clinic’s program and have already added new services for students. We are pleased that physician specialists in the areas of ENT and endocrinology will be available for consultations in the clinic several hours a week. We had already added a second psychiatrist to our staff during the 2011-2012 academic year. Stay tuned for further service offerings.

There have been other less dramatic, but equally important changes in the WellStar College over the summer. Dr. Monica Nandan joined the leadership team of the WellStar College as the new chair of Social Work and Human Services. Dr. Nandan is a welcome addition to the WellStar College and has already begun to make her mark as the Social Work program prepares for reaccreditation. Dr. Alan Kirk, Director of Master of Social Work Program and Professor of Social Work, and many of the faculty in Social Work and Human Services have already added new services for students. We are pleased that physician specialists in the areas of ENT and endocrinology will be available for consultations in the clinic several hours a week. We had already added a second psychiatrist to our staff during the 2011-2012 academic year. Stay tuned for further service offerings.
Likewise, the Academy of Inclusive Learning and Social Growth continues to grow and prosper. This fall semester, we are welcoming a new class of 12 young adults to the Academy as well as four returning second-year students. This program provides an opportunity of a two-year college experience to individuals with intellectual disabilities, an experience that is unique in focusing on their abilities rather than their disabilities. Having almost daily interaction with these students, I am convinced that they have added a dimension to our College that makes us all better. This program is another example of the WellStar College’s pioneering spirit and commitment to all members of our community.

As you review the articles in this issue of Excellence, believe you will again be impressed by the accomplishments of our faculty, staff, and students. Our programs continue to grow and expand. Our faculty and staff continue to reach new achievement heights. The addition of a number of new, well-accomplished faculty members during the summer ensures that the WellStar College will continue to grow in scope, quality, significance, and excellence.

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Suggestions? Comments? Let us know!
If you have suggestions or comments about the publication, please send them to Jana Mitchell, Editor, at jmitch21@kennesaw.edu

Electromyography: Science and Art
Contributed by John McLester

Electromyography (EMG) is a common laboratory technique utilized in the study of muscle physiology. Similar to an electrocardiograph (ECG), the EMG is designed to detect electrical signals on the surface of the skin that originate from internal structures.

Muscles are stimulated to contract via electrical signals (action potentials) generated by the nervous system. Due to the electrical conductivity of biological tissues, the electrical signals travel outside the muscles and eventually reach the surface of the skin. The voltage of the signal is detected by electrodes placed on the surface of the skin. Because the signal is some distance from its origin, it must then be amplified in order to be interpretable. Finally, the signal is displayed and recorded using specialized software.

That is the “Science.”

In general, muscular activity results in an EMG signal that increases in magnitude with the force generated. However, many factors can affect the EMG signal including fatigue or muscular dysfunction. Depending upon the muscle being studied, the measured magnitude of average EMG potentials range between less than 50 µV and up to 20 to 30 mV, a duration of 6 to 40 milliseconds; and

Kerry W. Kohnen, President of Kaiser Permanente of Georgia (1st on left), and Dr. Bob Schreiner, Executive Medical Director of Kaiser Permanente of Georgia (1st on right), present the Good Neighbor Grant check to Beverly Maddox, Administrative Director of the KSU Community Clinic and Director of Research; and Dean Richard Sowell.
So You Think You Know Why You Are Running...

About Dr. Bob Buresh

Dr. Bob Buresh, Associate Professor of Health, Physical Education and Sport Science, joined KSU and the Health, Physical Education and Sport Science Department at the WellStar College in 2008. He is a contributor to WellStar College’s EXCELLENCE publication and the creator of Buresh’s Blurb. The blurb’s topics cover the history and significance of physical activity, the enjoyment and good reasons for it, as well as challenges that come with it.

Characteristics:

Running is easily overlooked as having played a role in the natural selection that led to Homo sapiens, as we don’t compare favorably to so many other species where running speed is concerned. We are not especially fast or especially economical runners, when compared to other species. We are not especially fast or especially economical runners, when compared to other species. However, especially among primates, humans do possess a unique ability for endurance running, a capacity that is related to a number of specific physical and physiological characteristics that we possess.

This is Why:

One such characteristic is the presence of a number of spring-like musculotendinous units that the human leg possesses, and that become important in decreasing the energy cost of transport during running. For example, the Achilles tendon and calf muscles store up energy during the portion of the running gait wherein the foot comes into contact with the ground, and much of that stored energy is returned during the propulsion phase. Another important influence is our capacity for temperature regulation. The presence of sweat glands (evaporative heat loss) and relatively hairless bodies (greater convection) provide us an advantage in sustaining activity in hot, humid environments that no other running animals possess.

The Point – Our Strength is Persistence:

These and other factors make us better endurance runners than most other animal species, and given what is known about our evolution, this ability may have played an important role in our selection, rather than being simply a byproduct of it! The emergence of Homo nearly 2,000,000 years ago coincides with evidence of consumption of animal protein. This is fascinating when considered alongside the fact that the earliest evidence of the use of spears, among the first of the primitive hunting tools, emerges just 200,000 years ago, and bows and arrows a paltry 20,000 years ago. This begs the question – if they didn’t use arrows or spears, how did early Homo catch the animals that were the source of their dietary protein for nearly 2,000,000 years? An interesting hypothesis has emerged in the form of something called “persistence hunting”. This form of hunting involves a group of athletes-hunters essentially running an animal to the point of exhaustion, and then waiting right up to it and killing it.

Prelude:

As a recreational runner (when my half-a-century-old musculoskeletal system permits it), I regularly spend some leisure time reading about running, and I recently read a book called “Born to Run” by Chris McDougall. The subtitle of the book is “A hidden tribe, superathletes, and the greatest race the world has never seen.” These “superathletes,” the Tarahumara from the mountains of northern Mexico, were one focus of the book. This fascinating group of people demonstrates a stunning capacity for endurance running, and young and old, male and female alike, will regularly do 60 mile runs, just for fun! The Tarahumara have led scientists to explore their remarkable endurance capacity, and some of the analyzes have led to hypotheses that suggest that we, truly, are born runners!

Characteristics:

With Appreciation to the WellStar College

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Take Advantage: It’s just a short extension from this hypothesis for our ancestors’ selection: the genome that emerged from that selective epoch clearly programs us for prolific energy expenditure and equips us to be among the best endurance performers in the animal kingdom. That could be referred to as the good news. The bad news, though, is that we’re not well equipped to be sedentary. We don’t have to run down a kudo for this evening’s meal, but it’s becoming more and more clear that our design demands that we find some way to get active.

A Gift from Children of Ubon Special School in Thailand With Appreciation to the WellStar College

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Fine the Dirty, Reward the Clean
Written by J.C. Bradbury for the New York Times

Updated August 8, 2012, 9:52 AM
Watching the Olympics is a little more complicated than it used to be. We can still identify the contenders, root for our favorites and revel in the outcome. But now there’s a new, not very gratifying dimension to the experience: many of us withhold complete enthusiasm until the drug tests come back clean.

Sports offer unscripted drama in which the uncertainty and empathy grab our attention. Waiting for “the truth,” sometimes through a long series of arbitration hearings and appeals lasting years, can put a damper on the thrill of victory and the agony of defeat.

Instead of focusing on just the cheating athletes, we should do something to reward the clean ones and give athletes an incentive to abstain. I propose that doping penalties be removed from the public sphere. Instead, we should implement fines for positive drug tests that will be used to pay restitution to athletes who stay clean. Fines would be based on the spoils (including prize money and endorsements) of the competition and would be split among the athletes who pass the drug tests.

This strategy creates an incentive to abstain, a key element missing from the punishment-only plan. It also gives the excitement of sports back to the fans. Whoever wins, wins. Cheaters are dealt with behind closed doors, and those who are caught are punished in a way that rewards natural athletes. A substantial check in the mail for staying clean may be enough to induce tempted athletes to shy away from the drugs that would otherwise be their only path to reward.

WellStar School of Nursing Announcement
Dr. Janice Long, Associate Professor of Nursing, Honored

The PhD program in Interdisciplinary Health Sciences (IHS) Western Michigan University honored Dr. Janice Long, Associate Professor of Nursing at the WellStar College of Nursing, by naming her their distinguished alum for 2012. Dr. Nicholas W. Nelson, PhD, CCC-SLP, Professor, Department of Speech Pathology & Audiology and Director, PhD in Interdisciplinary Health Sciences from WMU wrote to Dr. Long: “Dear Janice, the PhD program in IHS is pleased to honor you by naming you as our distinguished alum for 2012. We are so proud of all your accomplishments and are grateful that you represent our program so well. Congratulations!”

Xalapa Study Abroad

Here We Go Again....
Contributed by Jana Mitchell, Photography by David Bennett

Xalapa Study Abroad is a well-anticipated annual study abroad experience, and thanks to Dr. Genie Dorman, Professor of Nursing, and Dr. David Bennett, Associate Dean in the WellStar College and Professor of Nursing, it has become a tradition at the WellStar School of Nursing.

Drs. Dorman and Bennett and seven students in their final semester of the Primary Care Nurse Practitioner Program set out to complete the study again in November, 2011.

The University’s of Veracruz School for Foreign Students in Xalapa oversaw the arrangements for the KSU nursing group. The preparations included students’ stay with local families and visits and observations at Xalapa clinics and hospitals. The program included a blend of language studies, patient care under the supervision of resident physicians at the Centro de Especialidades Médicas del estado de Veracruz Hospital and the University of Veracruz Obstetric-Gynecologic Hospital, as well as excursions to markets and cultural and historical sites.

Drs. Dorman and Bennett were well prepared for the trip, and having many of them under their belt, they did not expect too many surprises. However, every journey to Xalapa has a potential to put a different twist on things. Read on....

On the return flight to Atlanta, one of the Primary Care Nurse Practitioner students, Blake Green, attended a critically-ill passenger on board the plane. When a flight attendant requested assistance from anyone with a medical experience, without hesitation, Blake stepped up to the plate! Utilizing a well-equipped first-aid kit the attendant provided, Blake assessed the man whose vital signs were critical and who was in shock. “My nurse mode clicked in,” Blake said. He stabilized the passenger for the remainder of the flight and quite possibly saved his life.

Dr. Bennett commented: “Students always take away valuable skills that open up their views and widen horizons; they gain experience....and this study abroad was no exception!”

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HTT Presents TeamSTEPPS Certified Master Trainer Course
Contributed by Roger Pfleiffer

On June 22, several KSU faculty and staff members attended the TeamSTEPPS Certified Master Trainer course developed to certify participants as master trainers in patient care and safety. The course was presented by HTT (Health Team Training, www.healthcareteamtraining.com). It was held in WellStar College’s health sciences building Prilliman Hall. Trainers and participants took advantage of an abundance of space and resources in the in the laboratories and classrooms.

The training was sponsored by the US Department of Health and Human Services, www.hhs.gov. Attendees from the WellStar School of Nursing included Associate Dean, Dr. David Bennett; Roger Pfleiffer, Simulation Support Professional; Mary Beth Maguire, Lecturer of Nursing; and Nancy Ballard, Distinguished Scholar in Nursing. Their participation would add to the method of teaching benefiting nursing students.

Steve Powell from HTT, an experienced facilitator 25 years of experience in human factors education, presented. Carey Sipp, HTT Academic Programs Consultant, assisted with the training. Joe Huse, Executive Territory Manager, and Scott McKea, Educational Services Specialist, both from Laerdal, a manufacturer of medical simulation products, were part of the training involving patient simulators.

The basic teaching steps of the Master Trainer course are Leadership, Situation, Monitoring, Mutual Support and Communication—all necessary skills to advocate and assert on behalf of patients in a hospital setting as well as to sustain effective team work in any setting. The basic of the training is the art of precise communication. The SBAR method is used to communicate critical information about a patient’s condition:

S = Situation (What is going on with the patient?)
B = Background (What is the clinical background or context?)
A = Assessment (What do I think the problem is?)
R = Recommendation and Request (What do I do to correct it?)

During the training, SimMom, Laerdal’s birthing simulator located in the pediatric laboratory, was used to train and reinforce effective communication.

WellStar College of Health and Human Services Announcement

Dr. Barbara Blake, Associate Professor of Nursing in the WellStar School of Nursing, received the 2012 Foundation Distinguished Professor Award. The title of KSU Foundation Distinguished Professor is conferred annually on a single faculty member who exhibits excellence in all three areas of teaching, scholarship, and professional service and has received national or international recognition for his or her contributions. This award is distinguished from those that recognize excellence in a single area (i.e., teaching, scholarship, or professional service). The KSU Foundation Distinguished Professor recipient a $8,500 cash award and an additional $8,500 stipend to The SimMom was the perfect tool for the training. The SBAR method was used during the simulation of shoulder dystocia during birth, to communicate critical information about the mom and baby condition.

Updates from the Academy of Inclusive Learning and Social Growth at the WellStar College
Contributed by Kari Cain

Kari Cain, the new Employment Counselor for the KSU Academy of Inclusive Learning and Social Growth, has developed a strong working relationship with Georgia’s Vocational Rehabilitation Agency (GVRA). As a result of her efforts, the Academy now has a signed contractual service agreement with the GVRA. The agreement allows The Academy to bill GVRA for the career development services that it currently provides to its clients who are enrolled as students in the program. This partnership has the potential to be a significant revenue resource for The Academy. Examples of services The Academy is approved to offer are ‘Job Readiness Training’ which teaches students job search skills; ‘Personal and Social Adjustment Training’ which develops the students’ personal interactions and independent living skills; and ‘Job Coaching’ in the students’ on campus jobs and volunteer positions with the aim to gain work experience while receiving staff support.

Now Staff: It is with great pleasure that we introduce Alexandrina (Driya) Rich who has been added to our staff as Operations Coordinator. Driya is a recent graduate of KSU in Business Management and has been involved with The Academy from our inception as a mentor in 2009-10 and then as a lead mentor in 2010-11. Driya brings with her not only excellent technological skills and financial management expertise, but a deep understanding of and commitment to post-secondary education for people with developmental/intellectual disabilities.

Scholarships: Due to collaboration between the Division on Developmental Disabilities and the Georgia Council on Developmental Disabilities, The Academy students can apply for family support assistance to defray the costs of KSU tuition.

Graduation: In May, six students graduated from The Academy. In attendance were KSU President Daniel Papp, Provost Dr. Ken Harmon, WellStar College’s Dean Richard Sowell, Professor Jimmy Calloway from Exercise Science and Sport Management, Sherry Grable from the Center for Health Promotion and Wellness, more than 100 supporters, parents, KSU staff, faculty, representatives from communities and Georgia colleges attended.

Publications: Designing Inclusive Educational Programs in Higher Education: Standards, Assessment & Evaluation by Dr. Karla Wade was published and is available on Amazon.com.

Georgia’s only Program Providing a Two-year College Experience for Young Adults with Intellectual Challenges Receives Funding from Extraordinary Donors

The Academy for Inclusive Learning and Social Growth at KSU received an extraordinary contribution of $30,000 from the Dr. and Mrs. Edward Himnot Family Foundation. The gift is aimed at sustaining and encouraging the growth of The Academy which continues to be Georgia’s only program providing a two-year college experience for young adults with intellectual challenges.

The Academy also received a $60,000 grant from The Department of Behavioral Health and Developmental Disabilities (DBHDD). This grant is dedicated to helping Academy families defray tuition and Academy-related expenses. The grant is administered through The Georgia Council on Developmental Disabilities, which has also granted The Academy an additional $110,000 from its inception in 2009.

The Academy for Inclusive Learning and Social Growth (top row from left to right): Jill Sloan, Program Coordinator; Alexandrina Rich, Operations Manager; Kari Cain, Employment Counselor (center) Dr. Harry Stern, Director.

The Academy graduating cohorts (from left to right): Bess Winneber; Loida Tamborl; Sarah Powell; Jesse McKown; Mike Loehr; David Gwynn.

The Academy graduating cohort (from left to right): Bess Winneber; Loida Tamborl; Sarah Powell; Jesse McKown; Mike Loehr; David Gwyn.
J.C. Bradbury
Dr. J.C. Bradbury, Professor and the Department Chair in the Department of Exercise Science and Sport Management, came to Kennesaw State in 2006, to teach the sports economics courses in the sport management program. He became Chair of the Health, Physical Education, and Sport Science Department in January 2011, when the previous Chair, Dr. Mitchell Collins, retired. Dr. Bradbury earned his PhD in Economics from the George Mason University in 2001. He is an expert on the economics of sports and the author of two books on the subject – The Baseball Economist: The Real Game Exposed and Hot Stove Economics: Understanding Baseball’s Second Season. He contributed to The New York Times, Atlanta Journal-Constitution, ESPN Magazine and Fox Business Network.

“When I hadn’t planned on entering administration, I was willing to take over the reins to serve a department with so many promising programs. In fact, we became a victim of our own success, with our growth forcing us to reorganize and form two branches: Exercise Science & Sport Management and Health Promotion & Physical Education. I now chair the former. The Department of Exercise Science and Sport Management is home to two distinct undergraduate majors: Exercise & Health Science and Sport Management. Our first master’s program, in Applied Exercise and Health Science, began in 2008, and a master’s degree in Comparative Sport Management is awaiting final approval by the Board of Regents. We have one of the premier exercise science labs in the country, with state-of-the-art equipment and facilities for research in exercise physiology and biomechanics. Our sport management program has a strong record of working within Atlanta’s vast sports community that ranges from community recreation centers to professional sports clubs to national sporting events,” Dr. Bradbury comments.

Kandice Porter
Dr. Kandice Porter was appointed Interim Chair of the Department of Health Promotion and Physical Education in July, when the former HPE Department was reorganized into two separate departments. Dr. Porter earned her PhD in Health Behavior from Indiana University – Bloomington in 1999. Her research has focused on health pedagogy and sexuality education programming. She taught at Towson University before joining KSU in 2003.

“When approached with the opportunity to work with the faculty to develop a new department, I was thrilled. We have a long history of excellent programs but the size of the HPE department was limiting our ability to try new ideas,” said Dr. Porter. Since 2007, Dr. Porter has served as the Program Coordinator for the Health and Physical Education P-12 (HPE) teacher preparation program. Under her leadership, the HPE program has retained the distinction of being one of only three programs in the state to be “Nationally Recognized” by the National Association for Sport and Physical Education. In addition, she has been a key player in Georgia’s development of the Georgia Performance Standards in Health Education (K-12) and Teacher Preparation Standards for Health and Physical Education.

The new Department of Health Promotion and Physical Education will house the Health and Physical Education major and the Coaching minor. The HPE program is exploring the possibility of becoming the first co-horted teacher education program at KSU. “This year will be an exciting one as the department focuses on developing our structures, creating new programs, and expanding research and partnerships,” Dr. Porter says.

Tommie Nelms
Dr. Tommie Nelms, Interim Director of the WellStar School of Nursing and Professor of Nursing, joined KSU and the School of Nursing in 2006. She became its Interim Director in 2011. Dr. Nelms earned her PhD in Educational Leadership/Curriculum & Instruction at the Georgia State University in Atlanta.

She was instrumental in the development of the Doctor in Nursing Science (DNS) program at KSU and worked with a number of nursing faculty as well as Dr. Richard Sowell, Dean of the WellStar College, to design the program. The idea for the doctoral program stemmed from ongoing and highly-successful masters in nursing programs – Advanced Care Management and Leadership and the Primary Care Nurse Practitioner. “It was a natural progression,” Dr. Nelms said.

Her determination and commitment were rewarded in 2009, when the Georgia Board of Regents rendered their approval to the DNS program with special concentrations in Leadership in Nursing Education and Leadership in Response to Health Disparities.

Dr. Nelms would like to expand the DNS program into a PhD program, expand the scholarship productivity, and maintain educational excellence at all levels.

In addition, in order to bring new faculty on board and retain the current nursing faculty pool, Dr. Nelms wrote and submitted grant proposals that were funded for a total of $126,000.

Monica Nandan
Dr. Monica Nandan, Chair of the Social Work and Human Services Department, received her PhD from Florida State University in 1996, from the School of Social Work. Her dissertation was on interdisciplinary health care teams. She received her MSW from the same university and an MBA in Health Care from Augusta University. Additionally, her undergraduate degree in accounting and a graduate degree in business management are from India.

She taught at Missouri Western State University and University of Missouri-Kansas City (UMKC) prior to joining Kennesaw State University. At UMKC, she was the Chair and Program Director in the School of Social Work.

For almost 15 years, her scholarship activities were in gerontology and health care. Some of the journals she has published in include: Journal of Gerontological Social Work, Social Work Research, Journal of Cross-Cultural Gerontology, and Gerontology & Genetic Education. Over the past five years, her scholarship has pertained to social entrepreneurship as well as interdisciplinary education. Her more recent publications are in the Journal of College Teaching and Learning and in Administration in Social Work. She has published several pieces in gerontological, social work and social work managers’ newsletters. She has presented at several national conferences, and last year she was invited to present at an internationally-recognized institution of higher education in Mumbai, India.
New Faculty Exercise Science and Sport Management

Chris Brown
Chris Brown, PhD, Assistant Professor of Sport Management, received his B.S. and M.Ed. in Recreation Administration from the University of Georgia. He started at University of Nevada at Las Vegas (UNLV) in 2001 as the Internship Coordinator for the PGA Golf Management Program. In 2008, Chris became the Assistant Director of the program. At UNLV, Chris taught classes within the Recreation and Sport Management and PGA Golf Management programs. He started working in the golf industry in 1993, was an Assistant Golf professional in Atlanta, GA from 1997 – 1998 and was an Assistant Golf professional in the golf industry in 1995, teaching classes within the Recreation and Sport Management and PGA Golf Management programs. He started working in the golf industry in 1993, was an Assistant Golf professional in Atlanta, GA from 1997 – 1998 and as a retail consultant from 1999 – 2001. Chris had a variety of experiences in administering recreation programs to diverse populations. Chris holds a PhD in Higher Education Administration from UNLV.

Katie Ingram
Katherine (Katie) Ingram, Assistant Professor of Exercise Science and Sport Management, earned her PhD in Sport Science, with a major concentration in Exercise Physiology and a minor in Nutrition, from Georgia State University. She then completed post-doctoral fellowships in obesity and diabetes research through the Departments of Biostatistics and Nutrition Sciences at the University of Alabama at Birmingham. Dr. Ingram’s multi-disciplinary training has provided her with expertise in exercise physiology, obesity, metabolism, diabetes, nutrition, and biostatistics. Her ultimate goal is to apply her training to a KSU study on exercise interventions in gestational obesity and diabetes.

Josh Pitts
Dr. Josh Pitts, Assistant Professor of Sport Management and Economics, holds his degree from Mississippi State University. Josh taught at Mount St. Joseph College in Cincinnati, Ohio, in the Sport Management department. However, he missed the southern breezes because KSU was able to win him over. Josh is a native of Mississippi, born in Waynesboro. He met his wife Julie at a mud bog...it involves jacked up 4x4s, a very large mud puddle and a lot of your friends. Apparently, it was mud at first sight and the rest is history. Also interesting to note is that Josh enjoys watching movies, sports and particularly the Packers and the MS Bulldogs. Although given his druthers, he’d rather be “bass fishing.”

Diane Keen
Diane Keen, Lecturer of Nursing, is a two-time Kennesaw State University graduate. She graduated in 2008 with her Bachelor of Science in Nursing, and again in with her Master of Science in Nursing in 2011. After working part time as a clinical faculty in the WelStar School of Nursing, Ms. Keen joins the faculty full time as a lecturer in Community Health. In addition, Diane will return as a student once again this fall to pursue her Doctor of Nursing Science. Ms. Keen is a two-time recipient of the Clendenin Fellowship award, first for her MSN and again for her work toward her Doctorate.

Diana Baughman
Diana Baughman, RN, MSN, FNP-C, Lecturer in Nursing, from Marietta, GA, is a BSN graduate of Kennesaw State University and has earned her MSN, FNP from KSU, as well. She has extensive experience as a Family Nurse Practitioner which includes developing and managing out-patient clinics. She has a strong background in management in both medical and mental health offices. Prior to earning her MSN, she worked as a Registered Nurse at WellStar Kennestone Hospital, in Marietta.

Dr. Yuri Feito, Assistant Professor of Exercise Science, joined the Exercise Science and Sport Management department in July. Dr. Feito is certified by ACSM as a Registered Clinical Exercise Physiologist (RCSEP) and Clinical Exercise Specialist (CES). Dr. Feito obtained his PhD in exercise physiology from the University of Tennessee, Knoxville, and holds master’s degrees in clinical exercise physiology and public health. His current research interests include the use of objective measures to promote and measure physical activity and the role of physical activity/exercise to prevent and manage chronic disease. He is an avid exerciser; and soccer player.

Yvonne Eaves
Yvonne D. Eaves, Assistant Professor of Nursing, earned the PhD in nursing from the University of Michigan, with an emphasis on Gerontology; the MS in Community Health Nursing from Northern Illinois University; the Bachelor of Science in Nursing from Saint Xavier University in Chicago; and a diploma in nursing from Saint Francis Hospital School of Nursing in Peoria, Illinois. Dr. Eaves previously held positions as Assistant Professor at the Schools of Nursing at the University of North Carolina at Chapel Hill and most recently at the University of Alabama at Birmingham (UAB). Dr. Eaves is devoted to being a champion for the care of older adults and is excited about the opportunity to contribute to the mission of the WelStar School of Nursing, especially in the area of health disparities research and education.
WellStar School of Nursing Receives Grants from the Board of Regents

Contributed by Tommie Nelms

In April 2012 administrators of nursing programs throughout the university system of Georgia were given the opportunity to apply for grant funds from the Board of Regents for the express purpose of retaining and recruiting nursing faculty.

Given the impending national nursing faculty shortage, the University System of Georgia Center for Health Workforce Planning and Analysis issued a call for proposals from nursing program administrators to bolster numbers of new nursing faculty, as well as retain current nursing faculty. One way to accomplish these goals is to increase the numbers of nurses as being educated in masters and doctoral nursing programs to assume faculty roles. WSON submitted three grants and were delighted that two were funded for a total of $116,000.

One grant gives KSU funding for Supporting Technology Enhanced PhD Studies or STEPS. The program funds faculty employed full time in USG schools of nursing to attend KSU’s doctor of nursing science program full time. While such faculty members have access to the USG tuition assistance, differential tuition and stipend, they are required to have a commitment to teach the USG program, rather than pursue a doctorate degree.

Another grant gives WSON funding for faculty retaining and recruiting. The funding will support the development of the KSU Health Clinic Programs faculty to accomplish these goals is to increase the numbers of nurses as being educated in masters and doctoral nursing programs to assume faculty roles. The goal of this award is to guarantee new tenure track faculty the funds needed for research activities related to the conduct of pilot studies upon which to build a fundable and sustainable program of research leading to tenure and scholarly productivity.

For the 2012-13 academic year WSON plans to award STEPS funding to three DNS students who teach in USG nursing programs and faculty retention funding to two new tenure track faculty, thereby doing its part to increase the educational level and scholarly productivity of nursing faculty in Georgia.

Dr. Kathleen Gunchick

Contributed by Jana Mitchell

Dr. Kathleen Gunchick, Director of KSU Health Clinic Programs, began her career at Kennesaw State University in 2009, as the first, full-time campus physician. She became the director in April.

Dr. Gunchick was born in New York City to Haitian parents. She was raised according to family tradition by family elders in Haiti, before returning to the United States at age 10. Dr. Gunchick received her MD from Howard University College of Medicine, in Washington, DC, and completed her residency in the Truman Medical Center in Kansas City, MO. She is a board-certified Emergency Medicine physician. During her 30-year career as a medical doctor, she practiced in emergency medicine, in private practice, as medical director for major businesses, as well as volunteered and became a Project Medishare team member during the 2010 earthquake in Haiti.

From her work in Haiti, she became aware of the need to provide health care to under-served populations. This led her to pursue a career in emergency medicine, which would enable her to provide care to those without. She has always been involved in community service and continues to be involved in both local and international health initiatives.

Dr. Gunchick enjoys being involved in what she considers an exciting and bright future of KSU, and participating in changes so that the student can be a full-time doctoral student at KSU. The goal is to have nursing faculty complete their research doctoral degrees sooner, thereby becoming full-time nursing faculty scholars in a timelier manner.

The other grant, focused on long-term faculty retention, will award money to newly-hired tenure track faculty to support the development of their program of research, as well as funding an honorarium for the senior faculty mentor named by the new faculty member to enhance the mentor’s program of research. The goal of this award is to guarantee new tenure track faculty the funds needed for research activities related to the conduct of pilot studies upon which to build a fundable and sustainable program of research leading to tenure and scholarly productivity.

Dr. Gunchick, a seasoned professional with extensive experience in emergency medicine, brings a wealth of knowledge and expertise to her role as the director of the KSU Health Clinic Programs. Her dedication to advancing the field of emergency medicine and her commitment to providing quality care to those in need make her a valuable asset to the KSU community.

Ruminations and ‘Regrets’ of a KSU Alumnus

Contributed by Dennis Flores, MSN, ACRN

My undergraduate program at KSU never addressed how to handle the limelight. My classes did not prepare me to deal with autograph seekers. Not once in the baccalaureate program was it mentioned that our future roles as nurses may include granting interviews, having videos made of us, or our faces appearing in magazines. We were taught none of that.

What was ingrained in us though included speaking for our patients and underwriting disparities where we see them. To this end, it is easy to credit formative KSU years at the school of nursing for the training required in becoming a dedicated patient advocate. Through the lively class discussions, heated ethical debates and earnest study of health conditions that would affect our future patients, graduates from KSU’s nursing program learned long before graduation that their practices would not be confined to the bedside.

Fast forward to 5 years after earning that diploma and I found myself back on campus. This time I wasn’t jittery about my future earnings being checked off, but I was nervous instead about a video that had to be filmed regarding HIV prevention. Tapped to be a national spokesman for ‘GREATER Than AIDS’ - a multimedia campaign sponsored by the Kaiser Family Foundation, The Black AIDS Institute and the CDC - I talked about my experiences as a nurse working in and out of the hospital and dealing with patients infected and affected by this 30-year epidemic. Sure, the nursing building was newer and the students looked younger, but even as we got ready for the filming I could still that same things hadn’t changed.

The faculty roster still included the same professors who inspired my class to look beyond disease states and instead understand the humanity behind each medical record number. The students huddled in study sessions still exuded the same zeal as that of an army getting ready to win the battle for better health outcomes. A quick look outside Prilliman Hall inevitably reminded me of the time 120 students formed the largest team at the 2006 AIDSWalk Atlanta, ‘KSU Nurses and Friends,’ and raised the most money during that annual event. The camera started recording and while I talked about infection trends and population projections, I knew that it was my seminal experiences at KSU, and the enormous support I received from my mentors, that has led me to the understanding that one health topic. I can only imagine the amazing work the rest of my peers are silently engaged in.

Not everyone gets a national platform to advocate for which they are passionate about. However, the quality of training one receives prior to the start of their lifelong careers determines the kind of opportunities that will open up for them. It has been tough not having had an elective on how to properly react when recognized in public, but in the interest of public health that’s something I won’t hold against the Wellstar School of Nursing.
Dr. Anne Returns to the Classroom  
Contributed by Monica Nandan, PhD, Chair  
Arthith Peters, PhD, Associate Professor  

After four years as Interim Chair for the Department of Social Work and Human Services, Dr. Anne Hicks-Coolick is returning to the classroom. During her tenure, the Department of Social Work and Human Services has made great advances, including:

- Nearly tripled the size of the faculty.
- Submitted self-study documents for the reaffirmation of the MSW program’s accreditation with the Council on Social Work Education (CSWE).
- Commissioned preparing the Human Service (HS) Program for Council on Human Service Education (CHOSE) accreditation.
- Reviewed and revised both the graduate and undergraduate curricula.
- Established a minimum GPA and course-work requirements for admission to the HS major.

- Added a new certificate program while rekindling an established certificate in the department.

The Department celebrated her leadership in May with a luncheon filled with good memories and reminiscing. The undergraduates and graduate students honored her at their respective graduation receptions.

While serving as a leader and a visionary for the department, she was also the primary caregiver for her ailing mother for four years. Balancing these two highly-demanding roles required fortitude and commitment, which, fortunately, Dr. Anne had plenty of.

Dr. Anne stepped down from the role, leaving the department in sound shape: sound budget, strong undergraduate and graduate programs, and camaraderie among faculty from diverse backgrounds. Dr. Monica Nandan, who took over the Department’s leadership role as the new Chair in July, is grateful to Dr. Anne for her leadership, wisdom, and as a stabilizing force while the department grew exponentially. After an extended Alaskan cruise and a beach vacation with her family, Dr. Hicks-Coolick looks forward to returning to her first love—the classroom.

Ms. Karen Strong-Smith was honored with the Human Service Student of the Year Award for 2012. She received this award in light of both her academic and professional accomplishments. She graduated May 2012 with Bachelor’s Degree in Human Services with a Case Management Concentration. Ms. Strong-Smith is the recipient of both the Bernad Osher and the KSU African-American Society scholarships. She provided leadership in a variety of student organizations and honor societies.

Ms. Strong-Smith is a leader in her chosen community. Among her accomplishments are: Founding President of the Sims Estates Neighborhood Association, Board member for the Community-Building Coalition of Northwest Atlanta; active member of the Neighborhood Planning Units (NPU). Additionally she serves on a number of civic committees, including the design commission for the recently-adopted Northwest Atlanta Master Plan. Ms. Strong-Smith named Dr. Arthith Peters, Associate Professor of Human Services, as her own honoree. Dr. Hicks-Coolick, former Chair of Social Work and Human Services Department and Associate Professor, was her guest at the induction reception.

Ms. Karen Strong-Smith (on left) was honored with the Human Service Student of the Year Award for 2012, here with Dr. Annette Bairan, Interim Chair of Department of Social Work and Human Services at that time.

HPS Graduate Receives Outstanding Student Teacher Award during the End-of-Semester Awards Event

Contributed by Tom Donovan

Anton Banfield, ASP Director at Teasley Elementary School in Smyrna, GA, was awarded the Outstanding Student Teacher Award for Middle/Secondary Grades and Special Areas (P-12), for Spring Semester, 2012, at the Bagwell College of Education end-of-spring semester awards on May 7. The Awards were sponsored by the Center for Education, Placements & Partnerships (CEPP) of the Professional Teacher Education Unit (PTEU) of the Bagwell College, at KSU, and are given at the end of fall and spring semester.

Anton was a P-12 Health and Physical Education major in the Department of Health, Physical Education and Sport Sciences (HPSES), at the WellStar College of Health and Human Services. Dr. Tom Donovan, Associate Professor in the Health Promotion and Physical Education department, nominated Anton. “I have known Anton Banfield for years as the beloved ASP Director at Teasley Elementary School and a substitute paraprofessional in KSU’s health and physical education class. Consequently, I was already well acquainted with his dedication to the children and his enthusiasm for physical education. I am excited to see that he has grown into a gifted communicator, a role model and a knowledgeable professional...in short, an outstanding teacher!”

Dr. Annette Bairan, Professor of Nursing, Retires

Dr. Annette Bairan, Professor of Nursing, celebrated her retirement with her colleagues from the WellStar School of Nursing on April 13, after 40 years of teaching and service at KSU.

Dr. Bairan’s academic career began in 1972, when she came to what was then Kennesaw Junior College as an instructor, teaching courses in the Associate Degree Nursing Program. She went on to serve as Assistant Professor; Associate Professor, and then as a Professor of Nursing in 1987. Her nursing education began with earning a Diploma in Nursing at Crawford Long Hospital School of Nursing in 1956 and continued with earning a Bachelor of Science in Nursing from the Medical College of Georgia in 1971, a Master of Nursing in Community Health Nursing from Emory University in 1972, a Certificate in Gerontology from Georgia State University in 1979, and a PhD in Sociology from Georgia State University in 1985. Her education included a post-masters program as a Family Nurse Practitioner at Emory University in 1996. She is also a Board Certified, Advanced Practice Registered Nurse, a Certified Online Facilitator, and a Certified Quality Matters Online Course Reviewer. Her extensive education and experience in the field of nursing allowed her to teach diverse nursing courses, in class as well as online.

Dr. Bairan’s devotion and commitment to her students were recognized with dozens of awards, including the KSU Distinguished Teaching Award in 2000. Most importantly, her students’ testimonials and course evaluations reflected on who Dr. Bairan was...an open, caring teacher, always available to her students. Dr. Bairan wrote or co-wrote many grants during her 40 years, benefiting nursing students as well as the School of Nursing and KSU.

In addition to teaching and research, Dr. Bairan has held memberships and various offices in local and state nursing organizations during the years, including Presidents of the Thirteenth District Nurses Association and Board Member of the Georgia Nurses Association (GNA). During her teaching career, Dr. Bairan gained international/intercultural experience and recognition. Besides teaching, Dr. Bairan focused on research, presenting and publishing articles with several nursing faculty members.

In her retirement, Dr. Bairan is looking forward to traveling, reading books, continuing with her hobby of studying Spanish, and spending time with her family. All faculty and staff at the WellStar College of Health and Human Services and the WellStar School of Nursing, as well as her students, wish Dr. Bairan all the best in her retirement.

Dr. Annette Bairan, Professor of Nursing, Retires

Activity among clinical populations. Journal of Clin Ex Medicine & Science in Sports & Exercise, 44(5), S515.


Grant.

isolation. Health. Women and health. Accepted for publication on Nursing Educators, 44(5). Supplement.


Holz, C., Sowell, R. L. Research project in Oaxaca, Mexico collected data from 102 Mexican women with HIV. Data processing is currently being done with Dr. Lewis-Voelbruck.


