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Oaxaca Nursing Practicum • Correction

The quotes attributed to Dr. Tom Donovan regarding Anton Banfield were the quotes of Anton Banfield’s collaborating teacher at Teasley Elementary School Mr. Robert Manor. Dr. Donovan fully agrees with Mr. Robert Manor’s comments.

Correction to EXCELLENCE

Correction to EXCELLENCE fall 2012 edition, page 17. - HPS Graduate Receives Outstanding Student Teacher Award. The quotes attributed to Dr. Tom Donovan regarding Anton Banfield were the quotes of Anton Banfield’s collaborating teacher at Teasley Elementary School Mr. Robert Manor. Dr. Donovan fully agrees with Mr. Robert Manor’s comments.

Oaxaca Nursing Practicum Inspires a Similar Program in Exercise Science and Sport Management

Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services, Dr. Carol Holtz, Professor of Nursing, WellStar School of Nursing, and Dr. Yuri Feito, Assistant Professor of Exercise Science, Department of Exercise Science & Sport Management, traveled to Oaxaca, Mexico, in December to meet with the Rector (President) of the Universidad Autónoma “Benito Juarez” de Oaxaca (UABJO). The goal was to establish a collaboration agreement between the UABJO, Kennesaw State University and the WellStar College’s Department of Exercise Science & Sport Management.

In addition to meeting with the Rector, Drs. Sowell, Feito and Holtz toured the UABJO’s Department of Exercise Science & Sport Management. The Dean Speaks...

Contribution by Yuri Feito

Education and the School of Medicine and Surgery and met with the director and faculty members.

The agreement was made possible in part by Dr. Holtz’s efforts and her ongoing Nursing Practicum program. Dr. Holtz takes nursing students to Oaxaca annually, allowing the students to work in local hospitals and live with local families. This experience gives the students an opportunity to immerse into a different culture than what most are accustomed.

The Deborah VanSant Institute for International Research, a division of the WellStar College, and the Department of Exercise Science and Sport Management are interested in creating a similar program and team up with the UABJO in educational and research activities.

WCHHS and Department of Health Promotion and Physical Education Announcement

Dr. Kandice Porter has accepted the Chair position for the Department of Health Promotion and Physical Education. Dr. Porter has been the interim Chair for this past year and will assume the permanent position on July 1, after being selected at the completion of a national search.

Dr. Porter earned her PhD in Health Behavior from Indiana University – Bloomington in 1999. Her research focused on health psychology and sexuality education programming. She taught at Towson University before joining KSU in 2003. 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 program has retained the distinction of being one of the only three programs in the state to be nationally recognized by the National Association for Sport and Physical Education. 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.

Please congratulate Dr. Porter on her new appointment. Dr. Porter will be a welcome addition to the WellStar College’s administrative team. Please give her your full support as she takes on her new role.

WCHHS and Department of Social Work and Human Services Accreditation Announcement

Congratulations to the faculty and staff of the Department of Social Work and Human Services on a successful accreditation review. The department leadership has been notified that the accreditation group has awarded them the maximum (8 years) number of accreditation. This accomplishment represents a lot of hard work over the past almost two years, as well as a job well done. Congratulations to all those involved in this significant accomplishment!

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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 jmitche2@kennesaw.edu

Please congratulate Dr. Porter on her new appointment.
KSU’s Culinary Sustainability and Hospitality Partners with YZU’s Culinary Science

Contributed by Jana Mitchell

Dr. Christian Hardigree, Professor and Director of the Institute for Culinary Sustainability and Hospitality at the WeeStar College of Health and Human Services, visited Yangzhou University (YZU) in Yangzhou, in the Jiangsu province, China, on December 3 through 11, 2012. The visit was proposed by KSU’s Institute for Global Initiatives. KSU’s Confucius Institute, which was named among this year’s “Confucius Institutes of the Year” world-wide, coordinated the trip.

Dr. Ken Harmon, Provost and Vice President for Academic Affairs; Dr. Ken Jin, Director of Confucius Institute and Lecturer of Management; Ms. Dongmei Liao, Associate Director of the Confucius Institute; and Dr. Barry Morris, Vice Provost for Strategic Initiatives; accompanied Dr. Hardigree on behalf of KSU. The purpose of the trip was to visit YZU’s College of Tourism and Culinary Science (the oldest culinary program in China) and explore/initiate a collaboration agreement between YZU and KSU’s Culinary Sustainability and Hospitality program. The agreement would define an exchange program for faculty and students between the two institutions.

During their stay in Jiangsu, the KSU group toured the university and city and met with Dr. Xin An Jiao, President of the Yangzhou University, senior staff, as well as the Dean of the College of Tourism and Culinary Science, professors Xing Guo Liu, and the college’s chefs. The visit included a three-day trip to Shanghai, exploring museums, science, and as well as eating Chinese cuisine.

In turn, plans are underway for fall to welcome YZU’s Culinary Science chefs on KSU campus, to teach classes on Chinese cuisine, and to demonstrate Chinese cooking methods and techniques. Dr. Hardigree commented, “We are immensely excited about a partnership with Yangzhou University and look forward to hosting a delegation this spring to further explore the synergies between our programs.”

For more information about the Institute for Culinary Sustainability and Hospitality at Kennesaw State University, please visit ichh.kennesaw.edu.

YZU’s Culinary Science

Contributed by Jana Mitchell

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China Culinary Partnership

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Modern Consequences – They’ll Cost You...Or Not!

I was 17 years old when I got my first car, a used 1976 Ford Pinto (I know what you’re thinking – Buresh was one of the cool kids). I had that car for just over four years, and managed to put about 60,000 miles on it before the camshaft wore out. Over those four years, I paid more for car insurance than I did for the car, something that I know a lot of young males at the time could relate to. Insurance companies base the rates they charge on a number of factors, among them statistical likelihood of having an accident, and in the late 70’s and early 80’s, young males were a lot more likely to have a wreck or do some other stupid thing while behind the wheel than young females. And my driving record was clean – my parents regularly reminded me of what I would have to pay were I to have wrecks or speeding tickets (admittedly, not a big problem in a Pinto!) and be categorized as a “high risk” driver by insurance companies.

I didn’t like it, but that’s the nature of insurance - to spread the risk and charge a price that reflects the risks associated in providing that protection.

A similar relationship exists between tobacco use and health insurance costs. It is well known that cigarette smoking dramatically increases the risk of acquiring a number of chronic diseases like heart disease and cancer; so it’s little wonder that many health care plans cost more for smokers than for non-smokers. Here at KSU, tobacco users pay a $50 monthly surcharge for health care coverage. I’m sure that most who have to pay the higher premiums don’t like it, but it’s rare to hear anyone complain too loudly about it. Most seem to have accepted it – health care costs for those with low cardiorespiratory fitness were more than 25% higher than those with just moderate cardiorespiratory fitness. They further reported that a number of established predictors of health care costs, cardiorespiratory fitness was the strongest, beating out things like blood pressure, cholesterol levels, and even smoking history.

Cardiorespiratory fitness provides protection from chronic disease via a host of mechanisms, and these findings are consistent with well-established fact. So using tobacco surcharges as a parallel, it is not appropriate, and perhaps even fairer, to consider cardiorespiratory fitness in assigning costs for health care coverage. It’s interesting to consider what if there were a health care cost consequences to remaining unfit? Might incorporating cardiorespiratory fitness into the cost formula for health care premiums be enough to get more people to consider making fitness a higher priority?

Let me ask it this way – if you’re not currently exercising regularly, and if you could save $25 - $50 per month by doing enough exercise to get out of the highest-risk cardiorespiratory fitness classification, would you do it?

I don’t know of any insurance providers that measure cardiorespiratory fitness and incorporate that score into insurance rates currently, but given the strength of the relationship between fitness and health care costs, it may just be a matter of time before some begin doing so, at least experimentally. For this reason, and many others, even if you haven’t considered it before, doing a little something this spring to improve your fitness will very likely pay off in the long run!
Dr. Anne White, Nursing Faculty Member and Captain in the United States Navy Reserve, Honored

Dr. Anne White, Professor of Nursing at KSU and a Nurse Corps Captain in the United States Navy was recognized by the US Vice Admiral M.L. Nathan on behalf of the President of the United States. She received the Legion of Merit Medal for her "exceptionally meritorious conduct in the performance of outstanding services" as the Commanding Officer of the Operational Health Support Unit, National Naval Medical Center, Bethesda, Md.

In 2009, Dr. White assumed the role of Commanding Officer. During her two year tenure, the strategically integrated with National Naval Medical Center to maximize the training and utilization of reserve corps assets to meet the exigency of services during the historic joint medical facility merger of Walter Reed Army Medical Center and Bethesda Walter Reed Medical Center is now the largest military facility in the U.S. and commonly referred to as the President’s hospital. Dr. White served from December 2009 to November 2011.

Currently she is serving as the Chief of Staff (Reserve Corps), Navy Medicine National Capital Area. She has oversight of three large commands geographically dispersed over 33 states totaling 1500+ personnel including doctors, nurses, dentists, and other medical care professionals. Her leadership has been pivotal in the execution of military medicine’s transition from a Fleet Hospital to an Expeditionary Medical Facility platform. Expeditionary Medical Facilities are smaller and more flexible military field hospitals that are ready in a moment’s notice to deploy worldwide. These field hospitals look similar to the one in the television series “M*A*S*H.” She is actively engaged in shaping personnel and training to provide flexible, responsive capabilities during the transition to an Expeditionary Medical Facility (EMF) platform.

In May 2012, members from one of her commands participated in a training evolution conducted at the Naval Expeditionary Medical Training Institute (NEMTI) onboard Camp Pendleton Marine Corps Base. The purpose of the evolution was to determine if a 75-member team could set up a fully-functional, 50-bed Expeditionary Medical Facility. During the training, the team erected and operated the field hospital. The training was successfully concluded with a mass casualty exercise.

Wellness Coordinator for the Employee Fitness Center

Farrah Spellman is our new Wellness Coordinator for the Employee Fitness Center. Farrah manages the KSU Employee Fitness Center located at the KSU Center, Suite 475, and has been part of the team since October 2012. She brings a fresh, energetic approach to personal fitness for program participants. Farrah earned her degree in exercise science from Morehead State University, where she competed in NCAA Division I cross country and track. She is certified as a USA Track & Field level 1 coach and has American College Sports Medicine (ACSM) Personal Training certification. In addition to her work at KSU, Farrah also has been a fitness trainer at the University of Louisville, YMCAs, and served as assistant coach for the Manual High School (Louisville, KY) Girls and Boys State Cross Country/Track Championship teams in 2006 and 2007. Farrah earned a Masters of Education in community health at University of Louisville. Her academic accomplishments and experience in health and wellness combined with her dedication to community health are the strengths that make her an asset to the KSU Employee Fitness Center.

Box Seats: From the World of Exercise Science and Sport Management

Does Exercise Science Research Support the Pampering of Pitchers? Contributed by J.C. Bradbury

Case 1

At the end of the 2007 season, the Washington Nationals, the organization that owns the rights to pitcher Strasburg, announced that he would undergo Tommy John surgery. Strasburg had been drafted by the Nationals in 2009, but he had essentially no professional experience prior to being drafted. He was returned from the university to the home team with the best record in the nation, the Oklahoma Sooners. While Strasburg was recovering, the Nationals went on to win the division, but the team did not make it to the playoffs. Strasburg was returning from dislocated wrist surgery and had just had a month of rehabilitation before returning to action.

The Nationals claimed it was Strasburg’s own doctors, but Strasburg was returning from dislocated wrist surgery and needed a month of rehabilitation before returning to action. Strasburg was returning from dislocated wrist surgery and needed a month of rehabilitation before returning to action. The Nationals claimed he was Strasburg’s own doctors, but Strasburg was returning from dislocated wrist surgery and needed a month of rehabilitation before returning to action. The Nationals claimed he was Strasburg’s own doctors, but Strasburg was returning from dislocated wrist surgery and needed a month of rehabilitation before returning to action. The Nationals claimed he was Strasburg’s own doctors, but Strasburg was returning from dislocated wrist surgery and needed a month of rehabilitation before returning to action.

The problem with the Nationals strategy is that there is no evidence that limiting a pitcher’s workload keeps adult pitchers healthy. A recent study by exercise science researchers Thomas Karakolis, Shivam Bhan, and Ryan Crotin studied the relationship between pitcher workloads and injuries and found popular pitching metrics such as pitches thrown and innings pitched did not predict injuries. In a study by Sean Forman and myself, we found that the amount a pitcher pitched in preceding games had minimal impact on the performance of pitchers in future games. The lesson here is that though limiting pitchers’ workloads may seem like a good idea to prevent pitcher injuries, the scientific research on the subject does not support this strategy. Thus, it appears that the Nationals may have thrown away a chance at a World Series title with a decision that isn’t supported by available evidence.

While many studies have confirmed that overuse is unhealthy for youth pitchers, little has been done to assess the impact of overuse on adults. The real problem here is that very little research has been conducted on how to keep base- ball pitchers healthy, which is surprising given the financial stake that major-league teams hold in these rare athletes. For this reason, this is an exciting time to be working in the field of sport science because we now have new techniques to study athletes to prevent injuries and improve performance.

Sources:

New Wellness Coordinator for the Employee Fitness Center

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On January 30, Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services; and Dr. Ibrahim Elsawy, Associate Professor and Director of the Academy for Inclusive Learning and Social Growth; welcomed members of the Georgia Board of Regents (BOR) at Prillaman Hall on KSU campus. Both aimed to bring the BOR on board to sustain the Academy for Inclusive Learning and Social Growth.

The Academy, which is a part of the WellStar College, offers students with intellectual and developmental disabilities an extraordinary opportunity—a two-year certificate program designed to encourage independence and social and wellness education at a college level. Furthermore, the curriculum includes career planning and preparation through on-campus work experience.

Ms. Sheryl Arno, from Georgia Post-Secondary Education Consortium, organized the BOR site visit to "show off" the Academy’s accomplishments.

Dr. Ken Harmon, Provost and Vice President of Academic Affairs at KSU, Academy staff and student mentors, Academy students and graduates, parents, as well as several WellStar College’s faculty members were in attendance.

During the meeting, students and parents described their remarkable experience, some telling an emotional story of what the Academy meant to them. One of the highlights of the event was a student’s account of living in the dorm, away from his parents for the first time.

The BOR members assured all participants of their support as reflected in Governor Deal’s Georgia Higher Education Completion Plan to meet the needs of future job markets requiring a certificate, associate’s degree, or bachelor’s degree.

The team of visiting BOR members included: Mrs. Dawn Cooper, Director of College Readiness; Ms. Sheila Jones, Executive Director of Innovation and Policy; Tabitha Press, K-12 Liaison; Dr. Lynne Weisenbach, Vice Chancellor for Educational Access and Success; and Sarah Wenham, Director of Student Access.

Georgia Governor Nathan Deal has recognized the Academy for Inclusive Learning and Social Growth in the WellStar College of Health and Human Services at KSU as a model program that should be duplicated across the University System in the State of Georgia.
Dr. Pat Nobbie Honored

On November 26, 2012, WellStar College’s Academy for Inclusive Learning and Social Growth honored Dr. Patricia Nobbie with a Special Service Award. Dr. Richard Sowell, Dean of the WellStar College of Health and Human Services, presented Dr. Nobbie with the award.

During her tenure as the Deputy Director of Georgia Council on Developmental Disability (GCDD), Dr. Nobbie was prominent in the creation of the Academy and provided grant funding each year since the Academy’s founding. She was instrumental in securing scholarships and tuition assistance for the Academy’s students.

During the reception, parents and students articulated their appreciation for Dr. Nobbie’s work and spoke about the positive impact the program has had on them as well as the community. The accounts of parents, students and the Academy team (staff, faculty and student mentors) were heartfelt. Other guests - Sheryl Arno, Susanna Miller and Stacy Ramirez from the GSU Center for Leadership in Disability; Dr. Lu Nations-Miller, Transition Specialist for the Georgia Department of Education; Bonnie Dye, Program Specialist from the Georgia Department of Education; Renee Simonaux from Georgia United Cerebral Palsy; and Dr. Karla Wade, Transition Coordinator for Cobb County School District, attended.

The Academy for Inclusive Learning and Social Growth Honored Dr. Pat Nobbie Contributed by Kari Cain, Photography by David Caselli

Disability Advocates Seek $400K from GA Budget to Support Post-Secondary Education Programs

AADD (All about developmental disabilities) is supporting a budgetary request of $400,000 to launch new post-secondary programs for students with intellectual disabilities. These programs can quickly become self-sustaining, but without funds for initial start-up costs, colleges and universities have no incentives to begin these programs. KSU is the only university in Georgia to offer a program for students with intellectual disabilities.

WXIA 11 Alive news aired a story about the search for funding from the state’s budget. Reporter Julie Wolfe, was on campus interviewing Academy students Ben Lewis and Myles Thomas and Program Coordinator Jill Sloan about their experiences with the Academy. The story was later published on www.usatoday.com.

Disability Advocates Seek $400K from GA Budget to Support Post-Secondary Education Programs Contributed by Kari Cain

WCHHS and The Academy Announcements

Dr. Ibrahim Elsawy, Regional Director of Arab World Projects in IGI, assumes the role of Director of the Academy. Dr. Elsawy brings valuable knowledge and work ethic to his new position. Ibrahim will also continue to work with our international programs in the Arab World in addition to directing the Academy.

Dr. Harry Stern who has taken a leadership role in establishing and developing the Academy for Inclusive Learning and Social Growth in the WellStar College has accepted a new challenge and has left the WellStar College at the end of December 2012. The WellStar College would like to thank Dr. Stern for his vision and hard work on behalf of this unique program in the WellStar College. The program has grown from 3 students in its initial year to 16 students this year. The Academy represents the only such program in Georgia and one of the few in the United States. Dr. Stern has been a steadfast advocate for this program gaining the respect of numerous groups across Georgia and the nation. The legacy Dr. Stern and his team is one that will have a significant influence on the lives of the students who attend this program, their families, and the State of Georgia. Congratulation on a job well done!
Nursing Professor Takes Community Engagement to Heart

One of Kennesaw State University’s strategic goals is to become more engaged and prominent in the local community, Georgia, the nation, and the world.

Dr. Kathie Aduddell, Associate Professor of Nursing, demonstrates the implementation of community engagement through her professional service and leadership efforts at Saint Joseph’s Hospital of Atlanta. This hospital was founded by the Sisters of Mercy in 1880. It is Atlanta’s oldest hospital, and today, as the 410-bed, acute-care facility is over the years has maintained this highest international recognition in professional nursing practice (http://www.nursecredential.org/MagnetProgramOverview).

Dr. Aduddell states: “It has been a privilege and honor to serve with this group of professional nurses during my tenure at Kennesaw State University.” Dr. Aduddell has served as an academic/community member for the Saint Joseph’s Hospital, Nursing Research Council and has been able to truly demonstrate KSU’s strategic initiative to connect the community and research initiatives.

Dr. Aduddell’s service and mentoring activities have assisted this wonderful group of professional nurses in achieving extraordinary endeavors. Dr. Aduddell has implemented a community framework that has created synergies among this university and a local community of professional nurses as well as raised the profile of KSU. In addition, other KSU nursing faculty are becoming involved in this community engagement, such as Dr. Patricia Hart, Assistant Professor of Nursing, who has been instrumental in mentoring a group of professional nurses in their research.

Examples of Dr. Aduddell’s service include mentoring the hospital’s nurse researcher in establishing her advanced practice role, developing a Nurse Research Scholar Program for direct care/bedside nurses, and mentoring participants of this program through various evidence-based projects and research initiatives. In particular, the Nurse Research Scholar Program provides an opportunity to create best practices that contribute to the professional research practice of direct care/bedside nurses.

Participants attend numerous educational sessions, receive an instructional manual, and have one-on-one consultation with the on-site nurse researcher and academic faculty who partner with the hospital to support this program. Through this program, 17 nurses have developed and enhanced their competencies and skills related to nursing research.

Nursing Faculty Drs. Janice Long, Nicole Mareno, Becky Shabo and Astrid Wilson recognized by Editor-in-Chief, Journal for Specialists in Pediatric Nursing...

Dear Drs. Long, Mareno, Shabo, and Wilson:

I am pleased to inform you that your 2012 article in JSPN, “Overweight and Obesity among White, Black, and Mexican American Children: Implications for When to Intervene” has been awarded one of two 2012 JSPN Article Awards. The article was chosen on the merits of content, innovation, and research design. Additionally, we considered the fact that full text of the article had been downloaded 2,550 times by November, 2012, placing it among the most popular articles on JSPN for 2012.

Audience members were given the opportunity to ask questions and learn how they could apply this specific program to their respective campuses. The presentation received excellent feedback from both peer educators and campus advisors from various campuses. Additionally, it allowed KSU students to showcase their efforts and accomplishments to members of universities and colleges around the world who may not be aware of what Kennesaw State University has to offer.

From the H.O.O.T.S. to Jordan Rice, junior with a major in Sports Management, and Jessica Iarocci, senior with a major in Exercise and Health Science and part of the H.O.O.T.S since 2009, were chosen out of hundreds of program submissions to present at the annual BACCHUS an original presentation titled “The Six Keys of Driving Tips for Safer Drivers and Safer Roads” at the General Assembly in Orlando, Fl.

The H.O.O.T.S. Present at the National Level

On November 1st, five students in the Peer Health Education Program, better known as The H.O.O.T.S. (Healthy Options and Opportunities Team), attended the annual BACCHUS Network General Assembly in Orlando, FL, to celebrate their accomplishments, share their successes and challenges, as well as learn new and unique ideas from the other students who were attending from more than 120 campuses.

In 2006, The Center for Health Promotion and Wellness formed a peer health education program to help develop more of a multi-dimensional approach of addressing the health needs of KSU students. Peer educators have a unique ability to effectively reach students on a different level than a faculty or professional staff member. The goal is to provide students at KSU with accurate information, as well as equip them with practical and necessary skills so that they can ultimately make responsible choices when it comes to their personal health and well-being. Peer educators are not professionals, however, they receive special training specifically related to the college student population. Following the training, the peer educators are certified through the BACCHUS Network as a Certified Peer Educator (CPE). The BACCHUS Network is a national peer educator network comprised of more than 32,000 student leaders and advisors on more than 900 campuses throughout the world.

For the second year in a row, two students from the H.O.O.T.S., Jordan Rice, a junior with a major in Sports Management, and Jessica Iarocci, a senior with a major in Exercise and Health Science and part of the H.O.O.T.S since 2009, were chosen out of hundreds of program submissions to present at the annual BACCHUS an original presentation titled “The Six Keys of Driving Tips for Safer Drivers and Safer Roads” at the General Assembly. It was presented in an interactive format and focused on a variety of issues including alcohol safety, the dangers of driving under the influence of alcohol and other drugs, drowsy driving, and distracted driving. Audience members were given the opportunity to ask questions and learn how they could apply this specific program to their respective campuses. The presentation received excellent feedback from both peer educators and campus advisors from various campuses. Additionally, it allowed KSU students to showcase their efforts and accomplishments to members of universities and colleges around the world who may not be aware of what Kennesaw State University has to offer.

Also representing the H.O.O.T.S., the Center for Health Promotion and Wellness, the WellStar College of Health and Human Services, and Kennesaw State University at the General Assembly were students Austin Sexton, Chelsea Scott, and Nneka Uwaje.
WCHHS Announcement: Glenn Redd was the Winner of KSU Shining Star Award for September, 2012

Glenn Redd, IT Systems Support Professional assigned to assist in the WellStar College of Health and Human Services, was a Shining Star award winner for September 2012. The Shining Star award goes to KSU staff and faculty who have gone "above and beyond" in their delivery of customer service to KSU constituents.

Glenn spent a significant amount of time working with University College to build their new website. His award nominator from the University College stated "He is collegial and courteous to everyone in our college, takes time out of his day to come to meetings to hear our feedback, responds promptly to requests for changes, and has some great patience. Glenn is quite responsive to emails, phone calls, requests for meetings, and work sessions. I know nothing about Dreamweaver, but he answers my novice questions with respect and helps me clearly understand what is and is not possible. Simply put, we would not have a new website without Glenn and his willingness to work an extra job for three months. His expertise and intelligence have been incredibly helpful as the designer’s Photoshop creations had to be rebuilt in Dreamweaver and then content built for an ever-growing number of pages. He was vital in our ability to launch the new website on Sept. 17." Congratulations Glenn!

WellStar School of Nursing Announcement

Congratulations to Katherine Rodgers, Administrative Associate at the WellStar School of Nursing and KSU’s annual shining star winner for 2011-2012. Kathy was presented with an award plaque and visa gift card, courtesy of the Credit Union of Georgia, at the opening of school ceremony on August 15, 2012. Kathy was selected from the pool of 2011-2012 monthly shining star winners. The KSU customer service council, now known as the G.E.M. (Going the Extra Mile) council, selects nominations for staff, faculty and student assistants who have gone the extra mile in delivering service. Thanks Kathy for continually going the extra mile!!

Fitness for Living Speaker Series - Within-Day Thermodynamics

The Departments of Exercise Science and Sport Management (ESSM) and Health Promotion and Physical Education (HPE) hosted this year’s Fitness for Living Speaker Series in Prillaman Hall, on September 17, 2012. Dan Benardot, PhD, RD, LD, FACSM was the featured speaker.

Dr. Benardot cofounded and directs Georgia State University’s Laboratory for Elite Athlete Performance. He served as the national team nutritionist for the 1996 gold-medal-winning USA Women’s Gymnastics team in Atlanta, and for the 2004 medal-winning US marathons in the 2004 Athens Olympics. He also worked with the marathons selected to represent the US in the 2008 Olympics in Beijing, and with runners representing the US in the 2012 London Olympics. He was a founding member of the Athlete Wellness Committee USA for Gymnastics, and is currently national team nutritionist for US Figure Skating, working with the top figure skating competitors and coaches in the United States. He has authored numerous journal articles and book chapters, and his most recent book, Advanced Sports Nutrition-2nd Edition© 2012 was published this year by Human Kinetics. Dr. Benardot is the inventor of the “NutriTiming©” computer application which incorporates his research on real-time energy balance and is used widely by elite athletes.

Dr. Benardot spoke on Within-Day Thermodynamics and its relationship to optimal weight, body composition and total well-being, the subject of the focus of his research. While most nutritionists look at end-of-day energy balances (how much a person consumed compared to their expenditures for the whole day), Dr. Benardot’s research has explored the body’s needs throughout the day, and he has found that varying from those needs causes the body composition to move toward fatness, with an accompanying reduction in well-being and athletic success. His ongoing research has included many Olympic athletes and Olympic teams, including USA Figure Skating, Women’s Gymnastics, and the Olympic Marathon team, to name a few.

Dr. Benardot explained how our post-Industrial Revolution culture combines with our work, school, and workout schedules to make it difficult to obtain the nutrition we need at the times we need it, and he offered numerous examples and suggestions for correcting this complex problem.

Sport and Talent Workshop

Contributed by Susan Whitlock

In October 2012, the Department of Health Promotion and Physical Education sponsored a town hall session featuring two leaders in the promotion of athlete-centric youth sport programs. Kristen Dieffenbach (West Virginia University) and Larry Lauer (Michigan State) facilitated a workshop entitled, “Sport and Talent, Coaching and Parenting Best Practices” on Wednesday, October 3, at the KSU Center. In attendance were coaches and parents from the local community along with KSU students and faculty, and several KSU alumni. Dieffenbach and Lauer shared their expertise in conjunction with the annual convention of the Association for Applied Sport Psychology. Lauer is the Director of Coaching Education and Development at the Institute for the Study of Youth Sports at Michigan State University, and Dieffenbach is an Associate Professor of Athletic Coaching Education at West Virginia and is also an elite-level USA Cycling certified coach.
AWARDS
Marie Bremner, 2012 Mu Phi Chapter, Sigma Theta Tau, Academic Service Award.

HONORS AND OFFICES HELD
James Montgomery was named to University of North Georgia Athletic Advisory Board.
St. Pierre, P.: Chair-elect for the University/College for the Georgia Association for Health, Physical Education, Recreation and Dance.

FUNDING
Kennesaw State University Receives $10,750 Grant from the Governor’s Office of Highway Safety.

The Kennesaw Community Clinic recently received two grants. The Development Office received $10,000 in funding from the Mary Allen Lindsay Branford Foundation for medical supplies, office supplies, and records management.

Two undergraduate Exercise Science students (Joshua Pawon and Katherine Castro) received federal funding to attend the Annual Meeting of the American College of Sports Medicine in San Francisco, CA in summer 2012. The students were sponsored by the Federation of American Societies for Experimental Biology (FASEB) to gain exposure to scientific meetings and encourage career interests in research. Their FASEB faculty mentor was Dr. Lyndsey Hornbuckle.

The Clinic received its second grant from the Cobb County Community Development Block Grant Program. The $15,000 in funding from this grant will be used to pay the phlebotomist/interpreter and an interpreter.

PUBLICATIONS

Annette Bairan, Miriam Boeri, Janice Morian, Methamphetamine use among suburban women: Implications for nurse practitioners, accepted for publication in the American Academy of Nurse Practitioners.


PRESENTATIONS


Greenville, SC.


Hart, P. & Long, J. (September 2012) Research designs, Podium presentation (Invited Speaker) presented at the 2012 An Evidence-Based Practice Toolkit for Bedside Nurses: Nursing Research Conference Atlanta, GA (Regional).

Hart, P., J. Spiva, L., & Hart, P. (September 2012). An ethnographic study The culture of an Emergency Department. Podium presentation at the 2012 An Evidence-Based Practice Toolkit for Bedside Nurses: Nursing Research Conference Atlanta, GA (Regional).


Dr. Lynsey Hornbuckle was an invited guest speaker at 21 Minute Fit for Life, a private fitness studio in Walnut Creek, CA in June 2012. She spoke about the health benefits of resistance training and provided motivation for members to continue exercising.

Howton, A. (November 2012). Dance peer review can improve dance understanding! Oral session presented at the 2012 annual conference for the Georgia Association for Health, Physical Education, Recreation and Dance, Savannah, Georgia.


BOOK CHAPTERS


To Register, go to: http://www.kennesaw.edu/chhs/coned

Kennesaw State University is committed to facilitating continuing education for life-long learners. Courses are available in leadership, service, and professional development for the health care community, blending the success of academia and clinical practice. Academic support for these programs draws on the expertise of the university faculty, as well as expert practitioners from the local health care systems.