

HESS HIGHLIGHTS

~ SPRING ~ VOLUME I ~ 2008

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Activities in Action



Outdoor sports venues on the way!

Over the course of this past academic year, extensive planning has resulted in a great new multipurpose facility for the front lawn of campus. A state-of-the-art soccer/track/lacrosse complex is now slated for groundbreaking in fall '08.

As part of its commitment to physical education, recreation and athletics programs, Meredith College is planning to make a substantial investment for a new soccer/lacrosse/track & field and track complex.

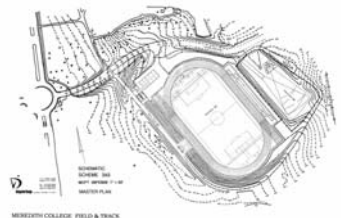
The complex will

be positioned at an angle in the middle of the front lawn bordered by Hillsborough Street to the south, Faircloth Street to the east, the Main Campus drive to the west and the lake and amphitheatre to the north. The facility can either be reached by the access road or a series of campus walkways. The walkways will flow from the amphitheater and the existing round-about at the front of campus.

This new facility will allow us to be a premier host for athletic events related to soccer,

future lacrosse, and future track and field teams. Additionally, this new venue will provide students with a great facility for selected physical education classes and a safe track for student, faculty, and staff recreation use.

The future looks bright as we continue to plan for new spaces to support our programs



From the Desk of Dr. Campbell



For many of us, the school year has ended and it seems to be a good time to look back over the year and think about our many accomplishments as well as areas we can plan to improve next year.

Here are a few HESS highlights for 2007-08:

- Successful launch of the faculty/staff WOW program (Working on Wellness at Work)
- Reaccreditation of the K-12 physical education program granted

- Plans for new outdoor venues of soccer, track, and lacrosse finalized for start of construction this fall.
- SSA co-orchestrated the first ever Girls in Sports Day
- Two of our seniors have received graduate school assistantships
- Two of our alumnae have received their degrees in physical therapy
- Finally, plans for our new Human Performance and Physical Activity Complex have been earmarked as a priority by the College and our hope for this much needed space has evolved

into a real possibility.

There will always be new challenges ahead - work to do and people to serve. As we look forward, let's remember to recognize what is excellent and build on that. Each day can be a time when we can gather to learn, grow professionally, and recognize the future is best realized by our efforts to be present and positive contributors who deliberately exhibit care and understanding. On behalf of the department, I wish you a wonderful summer.



Human Performance Lab News

As another academic year comes to a close the Human Performance Laboratory is as busy as ever. We continue to perform physiological assessments for individuals through the summer and look forward to a great 2008-2009 academic year.



The lab is, as always, is looking for both incoming and current students who would like to gain experience and refine their skills with hands on experience. Students will play an key role in the coming academic year as our current lab coordinator, Chris Newport, is away completing her internship for Meredith's Dietetic Internship program as part of the process of becoming a registered dietician. Chris N. has a goal of becoming a sports nutritionist and working with the

lab in providing fitness enthusiasts the highest level of service in fitness and nutrition. Chris N also recently completed level 2 coaching certification with USA Triathlon, a certification held by less than 350 individuals.

Meanwhile, research in the lab continues with students completing projects in ESS 499: Research in Exercise and Sports Science. There are several promising projects planned to begin in the fall semester including continuation of a few previous projects with hopes of presenting and/or publishing the work nationally. Stay tuned for the results...

Don't forget, the client base of the lab comes primarily from word of mouth and the money



from the lab supports student research projects and purchase of new equipment for classroom use. If you know of anyone who may be interested in utilizing the laboratory services let them know about us. The lab can be contacted through our website easily accessed via www.HUMANPERFORMANCETESTING.com or phoned at 919-760-8769.

WOW!

Working on Wellness Work

Faculty / Staff Wellness

WOW! experienced a very successful launch this year and continues to grow and flourish throughout the year. Here a few highlights from the first year of WOW!:



- The program has grown to seven group exercise classes a week. Programming includes; aerobics, fitness yoga, Pilates, PowerFlex, walking and strength circuit training
- We continue to promote membership and offer the disease risk assessment (Know Your Number) from Biosignia at no charge
- This Spring, an educational series entitled "Barriers to Change" was offered and our topics included Fail to Plan, Plan to Fail; Barriers to Exercise; Unconscious Eating, and Are You Hungry?
- Each month wellness activity tracking sheets are collected and WOW! holds a random drawing at the end of each month for a special prize
- With the help of our ESS majors, we added fitness assessment utilizing MicroFit and continue to offer Fitness Center and general exercise appointments

Sports Science Association News



With a new semester ahead, the Sports Science Association members began work on a few service projects. On February 23, 2008 in a joint project with the Student Athlete Advisory Committee, SSA and SAAC hosted a Girls in Sport Day. This clinic focused on exposing young girls in grades

2-6 to different sport skills as well as healthy lifestyle habits. This gave students a chance to teach a skill and gain leadership skills, as well as giving these young girls an opportunity to meet some great college women. Also, SSA reached out to the col-

lege community by developing and running a Fitness Challenge that motivated students to begin working out on a weekly basis. In all, this has been a productive year for SSA and the club hopes to build on these experiences in the future.

Meet Our May 2008 Graduates

Kathleen Angermeier

Internship: Duke University Diet and Fitness Center

After-Graduation: Plans to attend graduate school at the University of North Carolina at Chapel Hill

Nicole Hall

Internship: Panther Creek High School

After Graduation: Plans to teach Health and Physical Education at Holly Springs High School

Jessie Hardee

Internship: Enloe High School

After-Graduation: Plans to attend graduate school at East Carolina University

Kathryn Reaves

Internship: Rex Wellness Center and Cardiac Rehab Center at Cary

After-Graduation: Plans to attend graduate school at the University of North Carolina at Charlotte

Laura Wagner

Internship: Fuquay-Varina High School and Meredith College Athletics Department

After-Graduation: Plans to obtain a job working with youth in the community

Stephanie Wells

Internship: Martin Middle School

After-Graduation: Plans to obtain a teaching and coaching position at a local middle school.



Student and Faculty National/International Presentations

Kathleen Angermeier: *“Hyperthermic Effects on the Relationship Between Heart Rate and Blood Lactate Concentration”*

Presented at the National Conference for Undergraduate Research at the University of Salisbury in Salisbury, MD in March 2008

Dr. Kim Bush: *“Listening to the Voices of African-American Adolescent Females on Physical Activity”*

Presented at the Historic Traditions & Future Directions in Research on Teaching & Teacher Education in Physical Education International Conference in Pittsburgh, PA in October 2007.

“DYNAMO Fitness”

Also presenting at Engaging Young People In Physical Activity and Sport Conference in Limerick, Ireland in June, 2008

Dr. Melinda Campbell: *“Leadership without Power: Being the Difference”*

Presented at NAKPEHE Conference (National Association of Kinesiology for Physical Education in Higher Education) in Albuquerque, NM in January 2008.

Scott Wray: *“Integrating Synchronized Swimming into Academic & Recreational Aquatic Programs”*

Presented at the 2008 AAHPERD convention (American Alliance for Health, Physical Education, Recreation, and Dance) in Fort Worth, TX in April 2008.

David Zinn: *“Developmental Conditioning Drills for Athletes”*

Presented at the NCAHPERD Convention (NC Alliance for Athletics, Health, Physical Education, Recreation and Dance) in Greensboro, NC in November 2007.

Presented “Enhancing Effort and Performance Through Positive Conditioning” at the National Coaching Educator’s Conference in Park City, UT in June, 2008.

Alumnae Focus

Congratulations Beth!



Beth Vernon Munoz graduated with honors with a Master's of Physical Therapy from Winston-Salem State University.

She completed her undergraduate ESS degree at Meredith College. She currently works at Durham Regional Hospital in the Acute Care Rehabilitation Department. Beth will begin her doctorate work in physical therapy in the near future.

She and her husband, Martin, currently reside in Raleigh.

Way to go Beth! We wish you all the best!

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Aqua Angels News

The Aqua Angels had a very successful spring show, *A Night at the Dive In*. The Aqua Angels performed routines to hits from classic movies such as Dirty Dancing, Top Gun, and Grease. Dacia Como, from Pennsylvania, as a guest choreographer. Graduating seniors Emily Hedrick, Hayley McPhail, Alyssa Miller and Carrie Oliver were honored at the end of the show. Please keep an eye out for dates of Aqua Angels upcoming shows for the 2008-2009 school year.



Note to Alumnae

Please write Dr. Hartford in support of our new facilities. Contact Institutional Advancement to see how you can contribute!

Soccer/Lacrosse/Track and Field venue approved and pending construction this fall

Outdoor venues still needed: Tennis courts and recreational areas

Human Performance and Physical Activity Complex (departmental program statement completed)

Up Coming Events

Summer School Session Dates:

1st 6 week: May 12- June 20, 2nd 6 week: June 23- August 1

1st 3 week: May 19- June 6, 2nd 3 week: June 9- June 27, 3rd 3 week: July 7- July 25

June

5th-7th: National Coaching Educators' Conference, Park City, UT

July

9th-11th: NASPE Summer Conference Series, East Carolina University, Greenville, NC

August

16th: First Day of Freshman Orientation

20th: First Day of Classes

September

1st: Labor Day Holiday

October

9th-12th: Fall Break

November

20th-22nd: NCAAHPERD Convention, Winston-Salem, NC

26th-30th: Thanksgiving Break

December

13th: Winter Commencement