



ESAT News

From the Department of Exercise Science and Athletic Training at Manchester University

ISSUE 10

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From the Department Chair



It's a new school year and fall courses have started full force. The students are energetic and ready to go. This is a unique year for Manchester, phasing out our undergraduate athletic training degree to offer only a graduate degree, which means that the 2016-2017 cohort of first-year students is the last class to enter the major as undergraduates. This, of course, is in response to coming changes in AT certification that will make a master's degree a requirement.

Along with this transition, we've introduced a [3+2 program](#) that will allow students to come in as undergraduates majoring in exercise science, follow an accelerated curriculum, and graduate in five years with two degrees – a Bachelor of Science and a Master of Athletic Training.

We look forward to what this year brings, as we engage with our students full steam ahead. We're also optimistic about the program's future as we continue to plan, recruit and serve in our students' best interest.

Jeff Beer

Department Chair Exercise Science and Athletic Training

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P.S. Thank you to alumni for all they have done and continue to do to support our programs. I would also like to invite any alumni to come back and guest lecture to our undergraduate and graduate students about your experiences and/or current positions. Please [contact me](#) if you have an interest.

Biking for a Purpose

By Jordan Redding, Assistant Athletic Trainer

This past summer, I, along with 29 other amazing individuals, embarked on "Bike and Build," a 78-day cross country cycling trip to raise money and awareness for affordable housing. Our journey began June 1 in New Haven, Conn., and ended Aug. 14 in Half Moon Bay, Calif. Along the way, we had many unforgettable experiences and saw the incredible beauty of the United States. There were many hard days for sure: climbing up the nearly impossible Appalachian Mountains; trying to pedal as hard as I could to escape the many dogs that chased us through West Virginia; riding 122 miles in a single day; and falling a couple of times when we had to ride on a road in Utah that was entirely sand.



If I had to think of one thing that will make a lasting impact on me, it's the generosity of everyone we encountered. Our hosts at night provided us with shelter (sometimes even beds!), incredible feasts for dinner, and fulfilling breakfasts before we took off the next morning. The



individuals for whom we built houses were brought to tears when telling us how much we meant to them and their families. My perspective on life has changed significantly, and I hope to share my experiences with others so that they might be inspired to give back to their communities and even those they may never meet. I left "Bike and Build" with a new 30-member family, a couple of sore knees, some pretty ridiculous tan lines, and an experience I will never forget.

Join Us at Homecoming

Athletic training alumni, faculty, staff and students will gather again this year for our annual cookout during Homecoming, Oct. 8. We will be stationed close to the football entrance where we'll serve food, drink and desserts. We are excited to have alumni come back to campus to meet and mingle with our current students. It's a community-building experience for students, especially the first-years. We will begin our festivities around 11 a.m. and continue as long as there are friends with whom to reminisce and eat. We love this interaction and cannot wait to continue the tradition at this year's event!

Also at Homecoming, join us as we dedicate the Ortho NorthEast Athletic Training Room in the PERC, Room 128 Saturday at 9 a.m. Thank you to our clinical partners at Ortho NorthEast for the many ways they support our program. Everyone is welcome for the dedication, but RSVPs are appreciated. Click [here](#) to register

Changes in faculty roles

Changes in program delivery have created new opportunities for faculty as well, and the athletic training and exercise science faculty have modified their positions accordingly. This year, Jeff Beer, Zach Dougal and Mark Huntington, previously wearing multiple hats that included clinical duties, have transitioned to teaching and administrative roles exclusively.

The clinical side of athletic training is left in good hands and fully assumed by Head Athletic Trainer Erin Foreman and assistant athletic trainers Jennifer Beer, Joe McCudden and Jordan Redding '13. We continue to partner with Parkview Medical for additional support.

With these new roles clearly defined, our focus, as always, is to maximize our ability to mentor our students instructionally and experientially in the best way possible to foster their success.

IATA, Here We Come

Don't forget that the 2016 Annual Fall Business Meeting and Clinical Symposia hosted by the Indiana Athletic Trainers Association (IATA) will be held in Muncie, Ind., on the Ball State campus. As the educational state chair, Jeff Beer wants to invite all of you to the event. This year's lineup includes spectacular speakers and seven CEU opportunities – three that can be applied toward EBP credit. We would greatly appreciate your attendance. Register at <http://iata-usa.org/event-2172135>.

Welcome New MAT Students!

Welcome to this year's 15 new Master of Athletic Training students – MU's largest incoming class to date!



Rachel Brown



Lauren Burish



Kristi Carling



Trevor Engle



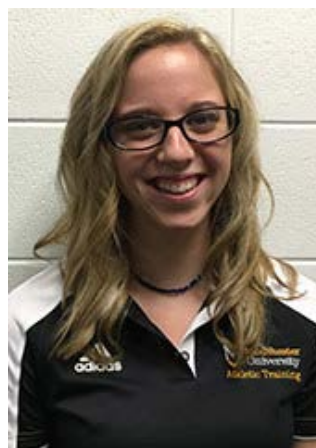
Lexi Furnish



Emily Giorgi



Tyler Hudson



Jennifer Lichtman



Ciara Maxwell



Jessica Montoya



Tyler Parish



Ellyn Rolett



Jack Ruhl



Michael Scheidler



Robbicca Williams

Spartan Success Story

Welcome back, Nick Latham



After graduating in May from Manchester, I had the opportunity to intern at Athletes With Purpose (AWP) in Fort Wayne. This internship gave me the opportunity to be exposed to athletes of all ages, various training styles, and many different programming styles. The exposure gave me great insight into what I wanted to do in the future and how to go about it. Following my internship with AWP I was able to sit for my certification exam and I can now proudly say I am a certified strength and conditioning specialist. Now I've been given the great opportunity to return to Manchester as a Strength and Conditioning Coordinator. In this position, I am in charge of creating training programs with the goals of improving athletes' performance and preventing injuries. Currently, I am working with men's and women's basketball and wrestling on pre-season training and conditioning for the upcoming season.

Upcoming Events

Mark your calendars for these Spring 2017 events:

Northeast Sports Medicine Symposium (NEISMS), March 25 and 26th.

This will be the third year for the symposium presented by Manchester University and Parkview Sports Medicine. Save the date for this interactive event of sports medicine education including keynote and breakout sessions and opportunities for continuing education units. Contact Jeff Beer if you're interested in attending. jabeer@manchester.edu

Manchester University Youth Triathlon, April 29

The second annual Youth Triathlon will host 1st – 5th graders in surrounding school districts. Children will bike, run and run a small obstacle course to promote a healthy lifestyle and exercise and fight childhood obesity. Coordinated by the Department of Exercise Science and Athletic Training, along with the MU College of Business, the event is free to participants.

January Session Goes Abroad

January session means travel time again for the ESAT 313: International Sports Medicine course. For a second year, Jeff Beer will be lead nine students to Ireland and London to explore culture, history, architecture and medicine. This is an opportunity for any student interested in the medical field to see how others treat ailments and injuries. Watch our spring newsletter for a follow-up.

Duchane gets into SHAPE



Kim A. Duchane, professor of exercise science and athletic training, was elected president of the Midwest District of the Society of Health And Physical Educators (SHAPE). Duchane's three-year term of office began at the organization's National Convention in St. Louis, Mo. SHAPE America's mission is "to advance professional practice and promote research related to health and physical education, physical activity, dance and sport."

As a national spokesperson for SHAPE America, Duchane promotes quality health and physical education programs and lends expertise to tackle the growing epidemic of physical inactivity in children and the importance of physical activity for everyone.

An established leader, Duchane has served SHAPE America and the Indiana AHPERD in a variety of positions. In 2012, he received the Midwest Honor award and in 2007 was recognized with the Indiana AHPERD Leadership award for contributions to health and physical education.

Duchane has taught students at Manchester University for 25 years.

AHPERD Honors Bestowed on MU Students

Each year, the Indiana Association for Health, Physical Education, Recreation and Dance (AHPERD) provides a variety of awards and scholarships to outstanding undergraduate student members. The Jean Lee/Jeff Marvin Collegiate Scholarship is awarded to six deserving students who have displayed active participation in collegiate activities, outstanding professional competencies, potential as a future professional, and have earned a high grade point average. Recipients receive \$1,000 each toward their tuition and books.

This year, two of the six scholarships were awarded to Manchester University students, Adriana Brown '17 (Columbia City) and Jared Bourff '18 (Elwood). They will be honored in November at the association's annual awards banquet in Indianapolis.

In addition, this year's Catherine Wolfe Conference Scholarship was awarded to MU's Holly Rawles '17 (Albion). Holly will receive free registration for the November state conference, a \$50 honorarium, and a complimentary one-year membership to the association.

Student Teachers Get Real Experience

Indiana has a teacher shortage and Manchester and the Department of Exercise Science and Athletic Training is working hard to meet the need by preparing teachers of ability and conviction. At the end of their four years, physical education teacher candidates complete their preparation by student teaching in the public schools prior to applying for teacher licensure. In the spring of their senior year, students are placed full-time in classrooms in the northern Indiana area within approximately 35 miles from campus. Our candidates will be licensed to teach preschool through 12th grade students, so they are usually placed in two settings.



This spring, Adriana Brown (Columbia City, Ind.) will be teaching adapted physical education for students with disabilities in the Southwest Allen County Schools in Fort Wayne, as well as at Whispering Meadows Elementary School. Ms. Chris Irons is her cooperating teacher.



Heather Dorn (Lakeville, Ind.) will be serving at Manchester Elementary School teaching K-4 children physical education. Her cooperating teacher will be Ms. Brooke Airgood.



Holly Rawles (Albion, Ind.) will be teaching students health education, as well as physical education at West Noble High School in Ligonier. Ms. Kris Kinel will serve as her cooperating teacher.

Connect with us!



Please take this opportunity to [update your profile](#) and share your news with alumni and friends of the Exercise Science and Athletic Training program. In addition, please indicate your interest in participating with the University in other ways. (If you have already expressed your interests, there is no need to respond again unless your preferences have changed).

To contact us, email Jeff Beer at jabeer@manchester.edu.