

# ESAT News

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

## ISSUE 09

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## From the Department Chair



As the spring semester of my 10th year at Manchester comes to a close I can't help but reflect on where we've been and where we are today. Change is inevitable. Recent changes at MU have made our department strong as ever in both students and curriculum.

With the University's restructuring earlier this year that created four new academic colleges, Dr. Mark Huntington was named associate dean for natural and health sciences, while I was asked to assume the role of department chair. One of my first tasks was to work with Dr. Huntington on a departmental name change. Consequently, what used to be Exercise and Sport Sciences (ESS) is now Exercise Science and Athletic Training (ESAT). This realignment will require some organizational and curricular adjustments, but should also create momentum toward a stronger program and benefits for our students.

My new role also comes with the challenge of thinking innovatively about learning and opportunity, and I've challenged my colleagues to come up with new ideas, degrees, practical experiences, travel abroad and learning opportunities. I plan to start an ESAT Advisory Board made up of faculty, staff, students and alumni focusing on all concentrations and degrees in the department, including athletic training, exercise science, fitness and recreation, and physical education. If you're interested in participating on this new board, email me at [jabeer@manchester.edu](mailto:jabeer@manchester.edu). Inform me of your specific areas of interest and together we can help to bring all good ideas to fruition.

An ongoing change has been a revamping of the fitness and recreation concentration to be more parallel with the National Strength and Conditioning Association. We partnered with the NSCA to ensure that our students would have a solid base for either going to graduate school or sitting for the nationally recognized Certified Strength and Conditioning Specialist (CSCS) exam. The NSCA confirms we're doing just that.

You'll notice many changes throughout this newsletter. I'll continue to update you on our progress and successes as we continue to work toward a stronger, smarter program.

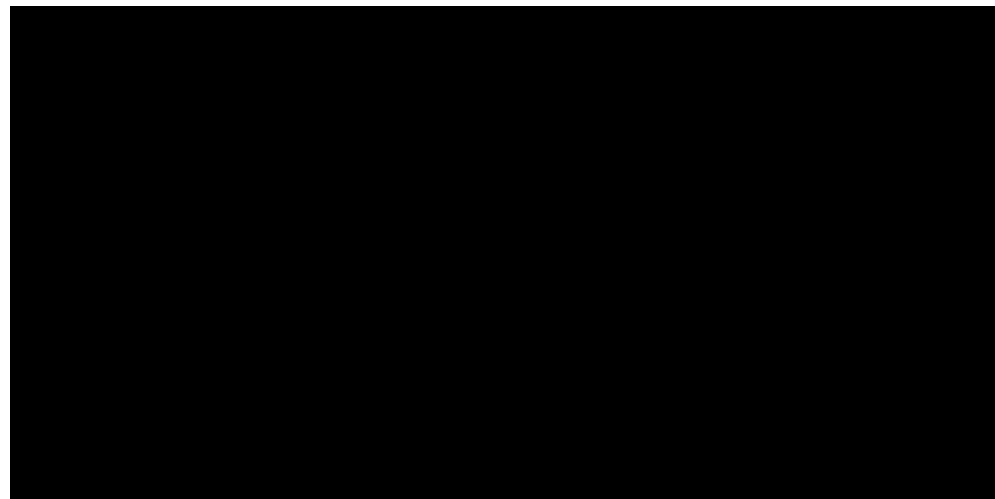
- Jeff Beer



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## DEPARTMENT NEWS BY MAJOR

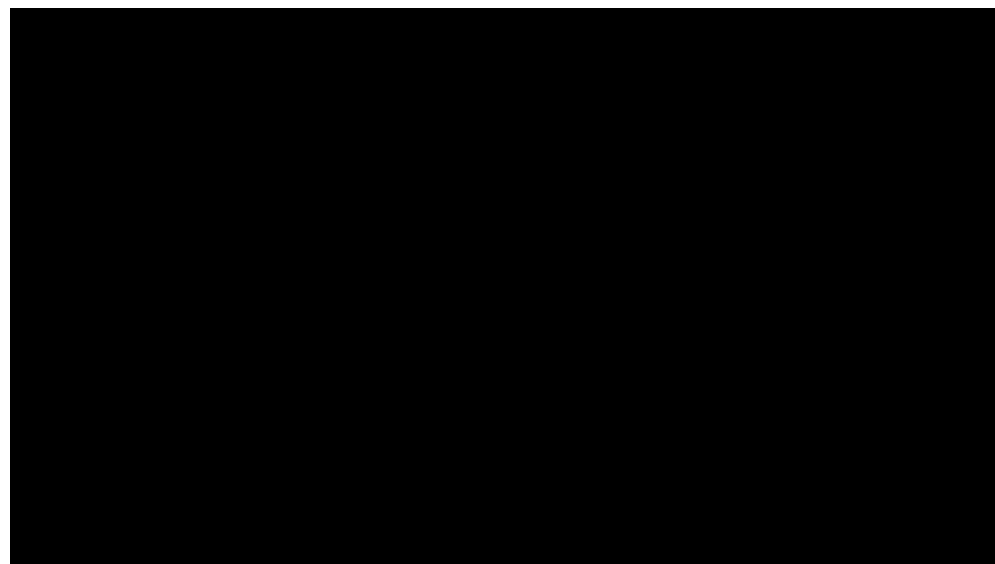
### Exercise Science



The 2015-2016 academic year is looking to finish as an exceptional year as we continue to look for new ways to challenge our students and give them every opportunity to succeed. We continue to provide practical experiences through thriving internships and practicums. Now, at about the midpoint of the semester, seniors in both the exercise science and fitness and recreation concentrations are preparing for Senior Comprehensive Exams. They'll graduate to start careers or move on to professional programs for Physician's Assistant, Physical Therapy, Occupational Therapy and Kinesiology/Biomechanics.

Recent updates to our curriculum have prepared our students more than ever for life after Manchester University. Once again, change at MU has proven to be rewarding.

### Physical Education Teacher Education



Some things haven't changed, such as the continued success experienced by the Physical Education Teacher Education (PETE) program under the leadership of Dr. Kim Duchane, professor of Exercise Science and Athletic Training.

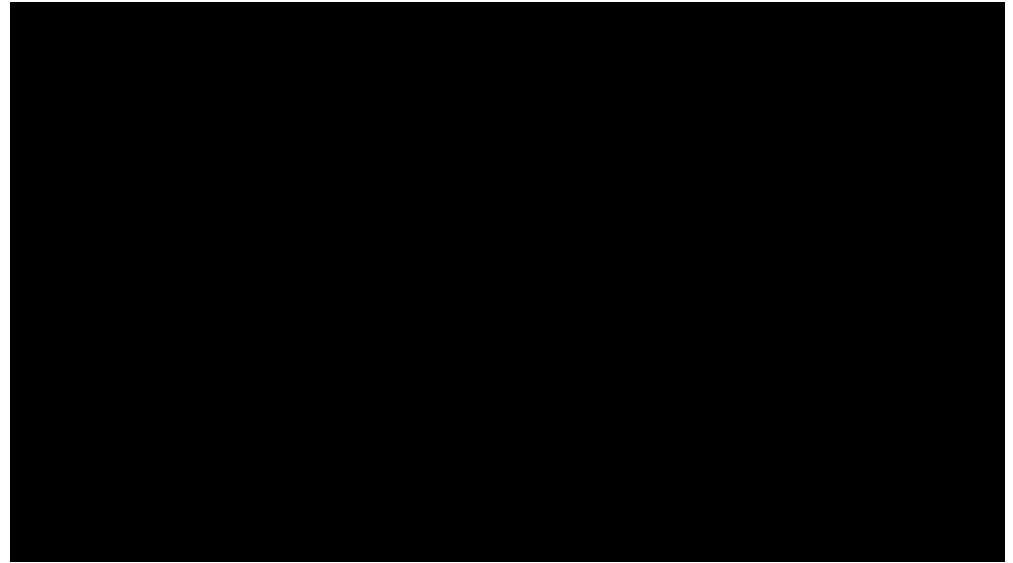
This spring, junior Adriana Brown (Adapted Physical Education) and sophomore Jared Bourff (Physical Education/Special Education), were each awarded 2016 Jean Lee/Jeff Marvin Collegiate Scholarships from the Indiana Association for Health, Physical Education, Recreation and Dance (IAPHERD). The \$1,000 awards, based on academic success and leadership, are two of only six scholarships given statewide.

The highly successful, nationally recognized Physical Education Program (PEP) allows students to gain practical teaching experience with homeschool students, grades 4-8, in an

on-campus clinical experience under the direct supervision of a physical educator.

Continued success comes in student outcomes, too, as PETE graduates enjoy a 95 percent job placement rate in schools in Indiana and across the nation.

### Master of Athletic Training (MAT)



Now in its fifth year, the MAT program is growing more solid. Currently, with 14 students in the two-year program, and another 13 accepted for the incoming 2016-2017 cohort, next year's class looks to be our largest yet.

We maintain our perfect record as our graduates take and pass the BOC exam for certification at a rate of 100 percent!

We've dedicated much effort recently to transitioning our athletic training program to a master's only offering. If you haven't heard, the Athletic Training Strategic Alliance recently announced that effective 2022, the minimum entry degree for athletic training will be the master's degree. This mandated implementation timeline means that no institutions may enroll in a bachelor's program in athletic training with the Fall 2022 semester.

Manchester's response is to move forward with the transition just as several others schools have proactively for the future of our graduate athletic training program. After Fall 2016, students desiring to become Certified Athletic Trainers will have the opportunity to pursue an undergraduate major in another discipline (e.g. Exercise Science) at Manchester and transition to the MAT program. Plans are being made for a 4 + 1 program in which students can earn both bachelor's and master's degrees in five years.

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### Welcome Back to Manchester, Jordan Redding



Manchester University is pleased to introduce Jordan Redding as a certified athletic trainer. Jordan began in January 2016 and reports to Erin Foreman, head athletic trainer. She earned a bachelor's in athletic training from Manchester, and a master's in athletic administration from Western Kentucky University. Jordan was most recently employed with Bard College, where she worked as an assistant athletic trainer. She will be responsible for covering team practices for the baseball team and overlap season. Her office is located in the Athletic Training Room of the PERC on the North Manchester campus.

[Read about Jordan's cross-country bicycle ride to help build houses.](#)

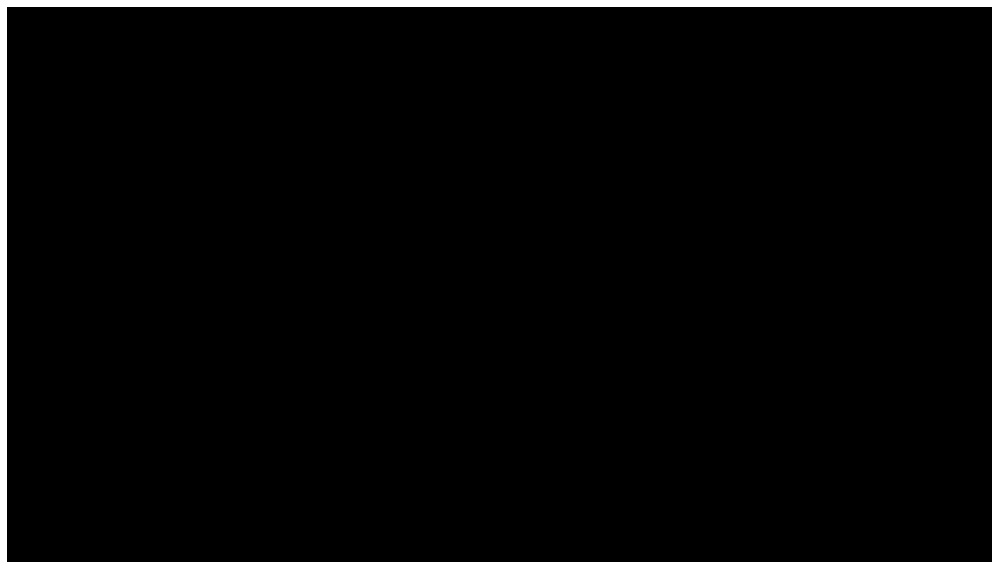
## MU Athletic Training Participate in Toys for Tots



Once again, the Manchester University Athletic Training Club participated in the Toys for Tots drive during the Christmas season. With the leadership of head athletic trainer and club advisor Erin Foreman, the group has developed a dedication to realizing the rewards of selflessness and giving back – a shining example of how Manchester students extend the University's mission to improve the human condition through service.

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## Taking Concussion Education to the Next Level



Manchester is one of 12 institutions working to further education about concussions with the Concussion Legacy Foundation, a leading organization lobbying positive change in the concussion crisis. Zach Dougal, assistant professor of exercise science and athletic training, spearheads Manchester's involvement, and is working with the CLF to incorporate concussion education into Manchester's curriculum at both the undergraduate and master's levels, becoming the first school to do so and positioning Manchester at the forefront of concussion education.

[Read more](#) about concussion education at Manchester.

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## Dougal Nominated for Forty under 40 Recognition

The media has taken note of Zach Dougal's work in concussion education. He was recently

nominated for a Forty Under 40 recognition by *Greater Fort Wayne Business Weekly* magazine, honoring 40 individuals younger than 40 who are making a difference in our community.

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## 2017 Ireland and London Bound

Plans are being made for January session 2017, and Associate Professor Jeff Beer will return to Ireland and London to lead the International Sports Medicine course. The class first introduced in 2015 teaches students the culture, history, sport and medicine of the U.K. Other off-campus sites will be explored for future January sessions.

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## Student and Alumni Success

**Aaron Wellman '97**, an exercise science and fitness alumnus, has recently accepted a position with the NFL New York Giants as their head strength and conditioning coach.

**Elizabeth Miller '10** has been accepted into the Ph.D. in Administration and Leadership Studies Program at Indiana University of Pennsylvania, starting in fall 2016.

**Justin "J.T." Podell '11** has accepted a rehabilitation coordinator position with the major league baseball Houston Astros. He will be reporting to Kissimmee, Fla., for spring training.

**Jacob Meyer '14** will be presenting his case study poster on compartment syndrome which has been accepted by the National Athletic Trainers' Association. He'll make his presentation at the NATA conference in Baltimore, Md., in June, 2016. Jacob recently passed the exam to become a Certified Strength and Conditioning Specialist.

**Jon Scribner '15**, an exercise science and fitness alumnus, has been working at Scenic City Boot Camp located in Hixson, Tenn., since June 2015. As a personal trainer, he works with adult women and men, ages of 25-55, with a focus on weight loss and body transformation. Jon meets with each client individually to determine their goals, review fitness assessments (i.e body fat percentage, body fat mass, measurements, weight etc.) and develop a customized diet based on each client's custom macros (protein, carbs and fats). Jon also teaches normal boot camp classes and online clients.

**Mark Sexton '15** passed the athletic training Board of Certification exam last spring. Currently he's enrolled in the Trine University Doctor of Physical Therapy program, joining fellow MU alums **Ryne Lehrman '14**, **Makenna Hamilton '14**, **Lehrman, Rob Heritz '14** and **Brooke Waddups '13**.

**Evan Rice**, MU senior, is an exercise science and fitness major with a fitness and recreation concentration. Evan took his academic and fitness talents to Athletes with a Purpose during the summer of 2015. This excellent opportunity has strengthened his ability to provide training to athletes of all ages. Evan is currently working with the MU softball and football teams on off-season workouts and training.

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## Save the date for Homecoming 2016

Please save the date for the annual Athletic Training Alumni Cookout at Homecoming 2016, Oct. 8. Look for more information to come and at [alumni.manchester.edu](http://alumni.manchester.edu)

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## 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).

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To contact us, email Jeff Beer at [jabeer@manchester.edu](mailto:jabeer@manchester.edu).