Alumni Reception

Beautiful skies and quality time of fellowship is what characterized the first annual Physical Education, Wellness, and Sport Studies (PEWSS) Department Alumni Reception. Faculty and staff were happy to be reacquainted with alumni and previous co-workers as the PEWSS family members returned home for a visit. A thank you on behalf of everyone in the department goes out to all in attendance. We hope to see everyone again soon.

Honored Athletic Trainer

Kat Ayotte, Assistant Athletic Trainer at Gardner-Webb University was recently named to the GWU Hall of Fame for her accomplishments as a student athlete in Soccer and Softball. She is joining Kevin Jones who was honored last year for exemplary service.

PEWSS Movie Night

The PEWSS Department hosted a movie night for all current majors, staff, and faculty. “SICKO,” a documentary by Michael Moore addressing the current health insurance crisis in the United States was exhibited in BOST, on Thursday, November 13.

Serving in the Peace Corps

Congratulations to Brittany Carry who has been selected to join the Peace Corps. She will be a part of the HIV/AIDS education team in Africa leaving in January. We are very proud of Brittany and excited that she has earned this opportunity.
Undergraduate Research

Bethany Martin (HEWE '09) is conducting a research study on self-perceived fitness levels of undergraduate students enrolled in HLED 221: Dimensions of Personal Health at Gardner-Webb University. Participating students had their body composition, cardio-respiratory fitness, aerobic power, and muscular strength and endurance assessed after estimating their current fitness levels on a questionnaire. The goal of the study is to determine the difference between actual fitness level and self perceived fitness level within Gardner-Webb students.

Exercise Prescription for Gardner-Webb Faculty and Staff

The HEWE 310: Exercise Prescription course now includes a service-learning component, in which students assist interested Gardner-Webb faculty and staff with pursuing their fitness goals. Students gain valuable experience in the areas of fitness assessment, exercise prescription, and behavior modification while providing a needed service for the Gardner-Webb family.

Web Conference

On November 5, 2008, the PEWSS Department participated in a web conference featuring Mohammed R. Torabi, AAHPERD 2009 Alliance Scholar. The conference was entitled “Prevention is our Mission, Quality of Life is our Passion” and was a great opportunity for students and faculty to gain knowledge of contemporary health issues.

Athletic Training Club News

The Athletic Training Student Club has participated in many community service opportunities this semester. They worked at the Habitat for Humanity Restore in September. They set up an activity booth at Octoberfest on campus in October. As well as visiting shut-ins at Crawley Memorial Hospital in November, and plans for Christmas Caroling at Crawley Memorial Hospital in December. The club is contributing a percentage of their fundraising this semester to Athletic Training research in the Mid-Atlantic Athletic Training Association District and to Shari Benson’s (’08) family to help assist in the cost of remodeling their house for her brother who suffered a disabling accident over the summer. The club is also going to Atlanta, GA in February for the annual Student SEATA conference.
Physical Education News

Three Physical Education students (Kenny Baker, Ashley Crainshaw, and Lindsey Gladhill) have been successfully admitted into the Teacher Education Program.

Health and Wellness Majors Club News

The HeWe Majors Club has volunteered their help at many functions this fall including: the Give, Grow, and Gain Expo, the annual GWU Depression Screening, National Walk to School Day, and Octoberfest. At the Depression Screening, the club ran a four square game as one of the many activities offered in attempt to relieve everyday stress of students.

The National Walk to School Day was sponsored by the Safe Kids Coalition. HeWe club members gathered at three different sites to encourage the young school students to walk to school daily. They also helped inform the elementary and middle school students on safety tips while walking to school. Octoberfest was a very fun event for the club to participate in once again this year. They had two parts to their booths. The first booth was a Witch’s Hat Ring Toss and the other booth was a Touch-and-Feel Station. The HeWe Majors Club also plans on participating in the annual GWU Health Fair in February.

For the second year in a row the HEWE club is going to be accepting applications from any of the senior HeWe members who would like to take the Certified Health Education Specialist Examination (CHES) this coming April. The club will select and sponsor one of these senior members. The club started this sponsorship last spring and had very successful results. The club will continue to sponsor their Compassion International child and will be sending a Christmas gift for her this December. HeWe Majors Club meetings are held the first Wednesday of every month in Bost 120 at 9:00 p.m. All HeWe majors and minors are welcome.

Sports Management Club News

The Sport Management Club sponsored a booth at this year’s Octoberfest, one of the community service projects they participate in annually. OJ McFarland, President of the club, was there along with Taylor Brooks, Daniel Cooke, Ryan Bridges, Ryan Maxa and Tyler Johnson.

The Sports Management Club visited the Charlotte Bobcats game on Monday night to get a behind the scenes look at professional sports. The trip included a tour of the facilities and an in-depth question and answer session with former Gardner-Webb student and current member of the Bobcats staff, Cam Early. The trip was offered to 20 students who wanted to learn more about working with the NBA and professional sports in general.
The PEWSS Department had a great turn out for the annual Christmas gathering. Students and faculty enjoyed a last get together to celebrate the season before buckling down for a stressful finals week. Thank you to all who attended! We look forward to seeing you after the break.

Serving Far From Home

Physical Education major John “Ben” Johnson who is active military, was honored at a ceremony on November 25, 2008. Ben was recalled to service and was deployed on December 1st. The JROTC from Crest High School presented the colors while the National Anthem was played. GWU’s Director of Student Ministries Neal Payne, offered a prayer, and President Bonner spoke words of encouragement at this special event. We will keep Ben in our thoughts and prayers.

Marathon Mentality

Dr. Jeffrey M. Hartman and graduate student Lucas McAneney (BS ’08) recently competed in the 13th Annual Steamtown Marathon in Scranton, PA. The Steamtown Marathon would be the first of many for Lucas who placed third overall with a time of 2:25:39. At the close of the fall semester, Lucas will be moving to Toronto to pursue a professional running career as a member of the “Brooks Canada Marathon Project.”
Where They Are Now

Elizabeth Honeycutt
(Physical Education – Teacher Licensure ’08)
Elizabeth is currently enrolled at Wingate University where she is pursuing a Master’s degree in Physical Education. She has also begun teaching Physical Education (k-5) at Star-Biscoe Elementary in Montgomery County, NC.

Matthew Knippen (Health and Wellness ’08)
Matt has accepted an assistant managing position at Aldi in Illinois. He will be relocating to Illinois at the end November.

Christina Lacy (Health and Wellness ’08)
Christina recently accepted a job as a Physical Therapist Aide at the Orthopedic and Sports Physical Therapy Association in Fredericksburg, Virginia.

We have great things in mind.

Anticipated December 2008 Graduates

John Ahearn - Health and Wellness           Amber Flowe - Health and Wellness
Brandon Blanton - Health and Wellness       Justin Keziah - Sport Management
Taylor Brooks - Sport Management           OJ McFarland - Sport Management
Brittany Carey - Health and Wellness       Karen Tolbert - Sport Management
Morgan Corn - Health and Wellness

For changes in contact information, or to request for inclusion of information in future issues of the PEWSS Department Newsletter, or requests to be added to or taken off the subscribers list, e-mail your requests to pewss@gardner-webb.edu

Written and Edited by Lucas McAneney
Faculty Supervisor: Dr. Jeffrey M. Hartman