Bethany L. Martin Presents Research Project

Bethany L. Martin presented her award-winning undergraduate research project, “A Comparison of Fitness Levels Among An Undergraduate Student Population” at the 14th annual Life of the Scholar Multidisciplinary Conference. The abstract of her presentation is as follows:

The prevalence of overweight and obesity in the United States is a growing concern, as are the health risks associated with being overweight. A lowered fitness level appears to be linked to the development of many of the “high-risk” factors associated with degenerative diseases, specifically, cardiovascular disease. The purpose of this study was to examine the fitness levels of an undergraduate college population. 115 subjects were tested in five areas of health related physical fitness: body composition, muscular strength and endurance, anaerobic power, and aerobic endurance. Results will be discussed in terms of fitness levels as related to optimal health.

Peace Corps Update

To keep up with HeWe graduate Brittany Carey as she continues her Peace Corps training in preparation for her service in Africa, check her out at:

E-mail: brittanyinafrica@gmail.com
Blog: http://brittanyinrwanda.blogspot.com

Dr. Debbi Ware Granted Tenure

Dr. Debbi Ware, Associate Professor, has been granted tenure in recognition of her dedicated years of service to the PEWSS Department and Gardner-Webb University. Congratulations, Dr. Ware!
**Club Updates**

**Athletic Training Student Club Off to a Great Start**

The Athletic Training Student Club is off to a great start this semester. In January, the club volunteered in the community by spending a Saturday morning at the Restore for Habitat for Humanity in Shelby. In February, the club gathered with fellow Athletic Training students at the Student Southeast Athletic Training Association annual conference to network and participate in lectures by Certified Athletic Trainers. Recently, the GWU student body was encouraged to support the club by recognizing March as Athletic Training month. One way to support was to participate in the “Are You Fit Enough to be an Athletic Trainer” relays held by the club on March 19. This was a great way to help the community through a canned food drive and to recognize Athletic Training as a profession.

**HeWe Majors Club Update**

The HeWe Majors Club has remained busy throughout the winter months! They participated in the annual GWU Health Fair in February, where their booth featured food portions, tips for eating out, a body composition analysis, and much more. The club is happy to announce that they will be sponsoring graduating senior Andrew Boles to take the Certified Health Education Specialist (CHES) exam. Andrew will sit for the exam in April. The HeWe Majors Club continues sponsorship of their Compassion child, Nayeli, and enjoys reading the letters that she sends. Finally, the club is organizing the second annual “R U Fit Day,” where participants will compete in various fitness activities in hopes of winning a Nintendo Wii. The event will take place in April.

The PEWSS Department announced that Dr. Jeff Hartman would be taking a larger role in the Health and Wellness Program. Although no stranger to most of the Club members, the HeWe Majors Club is delighted about the Department’s decision and welcomes Dr. Hartman to the HeWe family!

**Sport Management Club News**

The Sport Management Club initiated a project selling concessions at GWU home softball games. This will be an ongoing endeavor, with the goal of expanding into the fall season working soccer games. Members are also planning a spirit day supporting the baseball team. Local Little League teams are being invited for this special day. Details are being finalized.
Department News

Joey-Kate Ruth Raduly

Jessika Raduly, PEWSS Department administrative assistant, and husband Jody Raduly, Adjunct Professor, gave birth to a beautiful daughter, Joey-Kate Ruth Raduly. Joey-Kate was born on January 27, 2009 at 6:25 p.m. She weighed 6lbs 14 1/2 oz. and was 19 inches long. We rejoice in the birth of Joey-Kate, and we continue to appreciate Jessika and Jodys’ many contributions to the Department!

New PEWSS Staff Members

The PEWSS Department welcomes Heather Bridges (Graduate Assistant) and Tara Black (‘08 MBA) to the staff. Heather has accepted the graduate assistant position for the department and Tara is filling in for Jessika Raduly, who is currently on maternity leave.

PEWSS Faculty to Attend Convention

PEWSS Faculty plan to attend the American Alliance of Health, Physical Education, Recreation, and Dance National Convention in Tampa, FL. Dr.’s Franki Burch and Debbi Ware will be attending the conference, while Dr. Jeff Hartman will be presenting a paper.

PEWSS Movie Night

The PEWSS Department will host another movie night for all current majors, staff, and faculty. “The Science of Lance Armstrong” will be shown on April 23 at 7:00 P.M. in BOST 122.
Dr. Hunt a Part of Legacy

An excerpt from *The Shelby Star* recognized Dr. Dee Hunt as a part of Pat Summitt’s coaching legacy, who coaches at the University of Tennessee and recently reached the milestone of her 1,000th win. According to the excerpt:

“As history was being made Thursday night in women’s college basketball at the University of Tennessee, Gardner-Webb physical education professor Dee Hunt has found she’s the answer to a trivia question. It was Hunt, as head basketball coach at Middle Tennessee in 1975, who was on the opposing bench when Lady Vols’ legend Pat Summitt earned her first coaching victory and began her quest for 1,000….Hunt appreciates being part of history. ‘I don’t like to lose,’” Hunt said, “but this is the first loss that is kind of palatable to me. I can handle this one because it’s a great honor. It’s a great honor to be associated with the ride that she’s on and the accomplishments that she’s done. The things that she’s meant to people, not just her coaching, I have a lot of respect for her.”

Just as it is a great honor for Dr. Hunt to be associated with Pat Summitt, it is likewise a great honor for those of us here at Gardner-Webb to be associated with Dr. Hunt.

Environmental Mini-Projects

Sara McNeely’s PHED 300 and HLED 221 classes completed environmental mini-projects. The classes had one week to make something out of their garbage. The purpose of this project was to focus on how much garbage Americans produce or create. This ties in very well with health study of the environment. Some of the projects will be on display for the Earth Day celebration at Gardner-Webb, which is on April 14, 2009.