YOU MAKE ALL THE DIFFERENCE
By contributing to the department and Ball State University, you are sharing in the lives of students as they learn, grow, and succeed. Your gift provides for many areas of student enrichment, including learning opportunities, scholarships, and research developments.

If you are interested in making a contribution, you can donate by phone, online, or by mail. When giving, please enclose the name and account number (listed at right) of the fund or scholarship, in establishing a new benefit. If you wish to develop a wellness effort for elementary students in the Ft. Wayne Community School Corporation. Four of our students are completing their internships in community health. Joshua Stidham is providing health education programs with Hamilton County Health Department (Noblesville, IN). Lacey Synder is gaining valuable experience at the Indiana State Department of Health. Avery Hall is completing her experience with the American Health Association in Seattle, WA, and Carly Krouse is working with the Parkview Health System in Ft. Wayne.

Two of our students were selected to participate in the Louis Stokes Alliance for Minority Participation (LSAMP) Program in the Sciences. Emily Sullivan and Crystal Long presented their research at a conference, November 12, 2011. The LSAMP Program is funded by the NSF and seeks to encourage underrepresented individuals to pursue and complete undergraduate degrees in science, math, technology, and engineering fields. This fall, the department hosted Kevin Jennings, former undersecretary for the U.S. Department of Education, as this year's John P. McGovern Lecturer. If you were unable to attend this event, read more about it on page 2.

Ball State University is preparing for the North Central Association of Colleges and Schools campus visit in 2013 for the purpose of program accreditation. To prepare for the campus visit, the department has implemented a number of different assessment efforts and will likely conduct an alumni survey. If you are contacted, I hope you will provide feedback.

We are looking forward to seeing several alumni join us this spring at our Health Science Professional Development Workshop series or as guests in classes. Whether as a speaker, sharing your real-world professional experience with our current students, or through your financial support, you, our alumni and friends, are truly valued assets. The department office door is always open (M-F, 8-5) for your visits – please stop by to see us when you are in Muncie. With the holidays fast approaching, the faculty and staff of the department wish you and your family a very happy and healthy holiday season.

Best regards,
Jeff
SUCCESS + CHANGE

New Study of Technology Use in the Classroom

With the support of the Office of Educational Excellence (OEE) and the Office of Academic Assessment and Institutional Research (AAIR), Dr. Jerome Kotecki and five other faculty members from three colleges are participating in a study this fall with the purpose to discover and develop best-practice methods for an integration of pre-lecture capture software and audience response devices (clickers) in the classroom environment.

Preliminary results from the study will be available in early spring 2012 with a formal white paper following in late spring/early summer 2012.

Crystal Long Wins Award at LSAMP Research Competition

The department is pleased to announce health science major Crystal Long won the second prize for poster presentation at the statewide LSAMP-NSF research competition held at Purdue University on November 12, 2011.

Long was sponsored by Dr. Jagdesh Khubchandani for the LSAMP-NSF research scholarship in summer 2011 and was mentored by Ms. Terrie Greenwalt and Dr. Khubchandani to study “Bullying in Youth of Argentina.”

McGovern Lecture Series Brings Kevin Jennings to Campus

Since 1984, the McGovern Lecture Series has been made possible through the generosity of internationally-regarded pediatric allergist, Dr. C. Everett Koop, former Surgeon General; Dr. Henry Heimlich, medical innovator; Mr. Robert Bazell, NBC science correspondent and Graham Kerr, television’s “Galloping Gourmet” to name a few. Without Dr. Khubchandani’s students did a great job with their booths and helping with this event. Topics included skin cancer, eating disorders, breast cancer, Alzheimer’s, Seasonal Affective Disorder and more. Some of the student booths are pictured below.

WHERE ARE YOU NOW?

We are currently collecting business cards of alumni to display in our department, and we need your help! Showing students the vast array of opportunities in the fields of physiology and health science, your business card will be posted in our department along with those of many other alumni from across the country and around the world. All positions and areas are welcomed and appreciated.

MAIL YOUR BUSINESS CARD TO:

Business Card Collection
Dept. of Physiology & Health Science
Cooper Science Building, Cl 325
Ball State University
Muncie, IN 47306

THANK YOU.

ACHIEVEMENT + SERVICE

Well-O-Ween

Students in Jagdish Khubchandani’s Health Science 444 class made the Halloween holiday into one of learning and health mindedness. Along with Julie Sturek from the Health Education office they helped present many booths on health topics and educated the Ball State community. Khubchandani’s students did a great job with their booths and helping with this event. Topics included skin cancer, eating disorders, breast cancer, Alzheimer’s, Seasonal Affective Disorder and more. Some of the student booths are pictured below.

WELL-O-WEEN

By Michelle Jones

The students in Susan Clark’s Health Science 350 class took a turn writing creative scripts to educate elementary students. Each group was given a topic, and had to come up with an objective for the skit. There were six topics in all.

The first topic was My Plate. It focused on teaching students how to recognize if they were eating a balanced meal based upon the make-up of their plate. The My Plate concept replaced the food guide pyramid used previously to help determine balanced meals.

The second topic focused on nutrients. It helped kids understand what nutrients are, what types of foods they are found in, and how much is needed to be healthy.

The third topic focused on caloric balance. The puppet shows for caloric balance had a two tier approach. The first explained the mystery of the calorie, what it is and why you need it. They then went into the importance of daily exercise, and recommended activities that most interested kids.

The forth topic was food labels. The groups presenting this topic had varied approaches which taught about each part of the label, and how kids can use this information to make healthy food choices.

The fifth topic was fiber. Many of the groups approached this topic by first explaining what fiber is and how it keeps you healthy. Foods containing fiber were highlighted to help kids understand how to get fiber in their diet.

The sixth topic was balanced meals. Many of the concepts in these shows overlapped the previous ones, by providing nutritional information, and giving many examples of a balanced meal.