

# PANORAMA

parent newsletter

december 2012



## Encouraging Your Student to Stay Active

Amy Vitrano, senior mass communication and graphic design major, attended her first Hulsey Wellness Center spin class the fall semester of her freshman year. The class instructor was one of her peers, and she remembers deciding then that instructing was something she'd love to do.

By the following semester, Amy, who was already knowledgeable about health and fitness, was hired to teach her own spin class. Three years later, she has built a "clientele" of students who attend her class regularly.

"I love spin," Amy said. "It's energizing, upbeat, socially stimulating, and good exercise. Plus, I get to choose the music so I keep it fun!"

Other ways Amy likes to stay physically active with her friends include biking and intramurals, her favorite being basketball. But when Amy is looking for a personal physical and mental challenge, she prefers to run. She's participated in a half marathon, several 5k races, and is currently training for her third triathlon since starting school at Southern.

Amy admits sometimes it's hard to stay motivated about exercising regularly, but

that is when her parents come in. Her mother is very supportive and proud of her leadership in fitness classes, and her physically-disabled father serves as an inspiration to push harder.

"Every time I get discouraged or don't feel like exercising, I think about my dad and how he would probably give anything just to get out of bed," she said. "That, in and of itself, motivates me more than anything."

Parents can encourage their students to get involved in physical activities. Below are a few suggestions on how they can get started.

**Make use of the Hulsey Wellness Center.** After filling out a form on their first visit, students have access to the Hulsey Wellness Center for their entire time at Southern. This fitness facility features more than 100 workout stations, two pools, and a climbing wall.

**Join an exercise class.** This semester there are nine exercise classes students can choose from in the Hulsey Wellness Center. The classes range from Stretch 101 to Boot

Camp, with the earliest class starting 6 a.m., and the latest at 8 p.m. For a complete list of exercise classes, students can visit [southern.edu/wellness](http://southern.edu/wellness).

**Sign up for a race.** Students who enjoy running can participate in the Southern Shuffle 5k, the Southern 6 Trail Race, and the Kirsten Wolcott Memorial 5k Run. If they're looking for more than just running, the Cohutta Springs Triathlon, and the Dawn 'Til Dusk Adventure Race may suit their interest.

**Participate in outdoor activities.** There are several outdoor resources to choose from. The Goliath Wall, a 40-60-foot rock quarry, is great for climbing, and the Biology Trail is perfect for a run, hike, or bike ride. Students can also make use of the disc golf course, the putting green, the tennis courts, and the outdoor track.

Parents can join their students in these positive activities the next time they're on campus.

~by Ingrid Hernandez

"I love spin [class]. It's energizing, upbeat, socially stimulating, and good exercise."

-AMY VITRANO, SENIOR



# Favorite Bible Verse

~Christopher Hufnagel  
junior theology major

Taste and see that the Lord is good; blessed is the one who takes refuge in him.

Psalm 34:8

## Did You Know? QEP

As an accredited university, Southern is required to have a Quality Enhancement Program (QEP), a plan that outlines goals related to a key issue that supports student learning. Because a major part of the mission of Southern is to encourage students to pursue a life of wholeness, the theme of physical activity was chosen for Southern's QEP.

The goal of the university's "Living in Balance: Physical Activity" theme is to increase student cardio-respiratory fitness. To accomplish this goal, before graduating students will be required to achieve and maintain a certain cardio-respiratory fitness rank, and the American College of Sports Medicine recommendations for physical activity.

"The idea for Southern to focus its QEP on physical activity is an excellent idea," said Judy Sloan, professor in the School of P.E., Health and Wellness. "The school's wellness center and Biology Trail are the ideal resources for implementing this type of program."

The QEP is designed for a four-year curriculum that will start Fall 2013. Changes in courses to achieve the plan's goal include increasing the two-hour general education physical activity requirement to four hours, requiring one physical activity course per year, and incorporating three specific assessments into all physical activity courses.

In addition to the changes in curriculum, Southern will also be sponsoring new co-curricular opportunities that include organizing and promoting a campus-wide fitness assessment week, and creating a physical activity website.

"When students come to college, their activity level tends to go down, while their weight level goes up," Sloan said. "The new strategies we are implementing will help students stay fit during their time at school, and teach them how to be fit for the rest of their lives."

~by Luke Evans



## Q&A Ask The President

With Gordon Bietz



*Question: What job opportunities are available to my student?*

In an attempt to ease the financial stress of paying for college—and to provide valuable life skills outside the classroom environment—Southern invests about \$4.75 million of its annual operating budget into student labor. This creates plenty of opportunities for students to work while they're in school.

Students employed by Southern are hired for positions in various departments, including the Hulsey Wellness Center. Some physically active positions there include rock wall supervisors, lifeguards, personal trainers, fitness floor assistants, and fitness class instructors. Campus positions like these, and many others, can be found on the Student Job Board at [southern.edu/hr](http://southern.edu/hr).

Students searching for their first job at Southern are encouraged to look for what they can do, rather than restricting it to

just what they want to do.

The single most important aspect of the job search process is a class schedule, since it sets the framework for student availability. Campus departments work with students to accommodate their academic commitments. Once employed, learning to balance these work hours with classes is beneficial for students.

By default, students who are employed through a campus department receive 25 percent of their earnings, while 75 percent of it goes to their school account. In some circumstances, students may be able to change these percentages by speaking with their financial counselor.

If students are still searching for a job and feel like they may need help with their approach, they can visit Human Resources and set up a one-on-one appointment for advice.

# Staff Profile:

## Judy Sloan P.E., Health and Wellness Professor

Judy Sloan never intended to go to college. Yet now she has a doctorate and teaches ten university classes in Southern's School of Physical Education., Health and Wellness.

Though college was far from her mind in high school, she said God knew what He was doing with her when He directed her to Union College in Lincoln, Nebraska, where she studied physical education and history.

"Once I did go to college, I knew I wanted to teach physical education," Sloan said. "I remembered seeing my volleyball coach in high school and thinking, 'Wow, she gets paid to play all day long.'"

Sloan teaches her students that loving what they do is one of the most important things when picking a career. She lives this

out in her own life. After 11 years as a professor at Southern, Sloan remains passionate about her job.

"Students can see it when their professor likes teaching, when they care about their content and it matters to them," she said. "I love teaching. I love that they pay me to teach camping and backpacking."

Besides passion for their work, Sloan teaches students that balance is a key component to wellness. She encourages her students to balance their study time with physical activity so their minds and body can function as efficiently as possible.

"God created us to have balance," she said. "He didn't put us in a classroom with a desk. He put us in a nature classroom."

Sloan also hopes that both students and parents know her door is always open and



she is willing to answer questions and encourage students.

"There's more to being a professor than standing in front and giving content," she said. "It's about helping students grow and take responsibility for an active lifestyle, and that isn't always done in the classroom, sometimes it's accomplished best through engaged conversation."

~by Raquel Levy

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## Student Life: SOAP

Southern's location in southeast Tennessee provides limitless opportunities for outdoor adventure. To fully utilize what the region offers, the Southern Outdoor Adventure Program (SOAP) organizes guided outdoor trips that any student can participate in at a low cost.

As an extension of the Outdoor Leadership Program in the School of Education and Psychology, SOAP arranges a variety of outings during the school year. Trips include guided rock climbing, whitewater rafting, horseback riding, mountain biking, backpacking, caving, and more. Activities range from local day trips to cross-country adventures lasting up to a week.

SOAP began with a vision for a program to allow any student, regardless of their major, the opportunity to experience outdoor trips. Outdoor leadership graduate assistants worked hard to organize the program. SOAP officially launched January

2009 and has steadily grown. Last year more than 100 students, representing a wide range of skill levels, took part in a SOAP activity.

SOAP informs students of trips through calendars distributed across campus, their website ([southern.edu/outdoor](http://southern.edu/outdoor)), and their Facebook page, SOAP Adventures. In addition, a table is set up in front of the Student Center twice every week with trip information and sign up sheets.

Wyntre Stout, a master's student in clinical mental health counseling, is a second year graduate assistant in SOAP. She has led various outdoor trips, including a surfing trip to South Carolina.

What Wyntre finds best about SOAP is the easy accessibility of trips for students. Trips are offered at an affordable cost, and gear is provided free of charge for every trip (except sleeping bags).

Students who are interested in joining

the upcoming backpacking trip to the Grand Canyon have until January 16 to sign up.

~by Shana Michalek



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## What has been your favorite sports memory with your parents?

- “I was playing little league soccer and my mom said ‘your uniform’s not dirty, you need to play harder.’ I ended up scoring a goal right after that.”  
- Devon Anderson-Neal  
freshman general studies major
- “Every four years we watch the World Cup together and it’s just this big family event.”  
- Priscilla Ruiz  
junior family studies major
- “My dad coaching my softball team and my mom cheering from the sideline.”  
- Jenna Dedeker  
junior biology major
- “In 2002 the Tampa Bay Buccaneers won the Super Bowl and my dad and I watched it with his friends in Tampa.”  
- Barry Daly  
sophomore mass communication and pastoral care major
- “I used to go to a Tampa Bay Rays game every Tuesday after school with my dad and my brother as long as our grades were good.”  
- Jessica Gutierrez  
junior nursing major
- “My dad has never missed one of my softball games.”  
- Melissa Pujols  
freshman nursing major

## MARK YOUR CALENDAR! Parents Weekend

February 15-17

For more information, call 423.236.2484

