

Fall 2019 Edition

Highlights

- Featuring two graduates accepted into MD & PA programs.
- HE.PE Award Winners!
- Dr. Drewson-NJAHPERD Award

Chair's Welcome

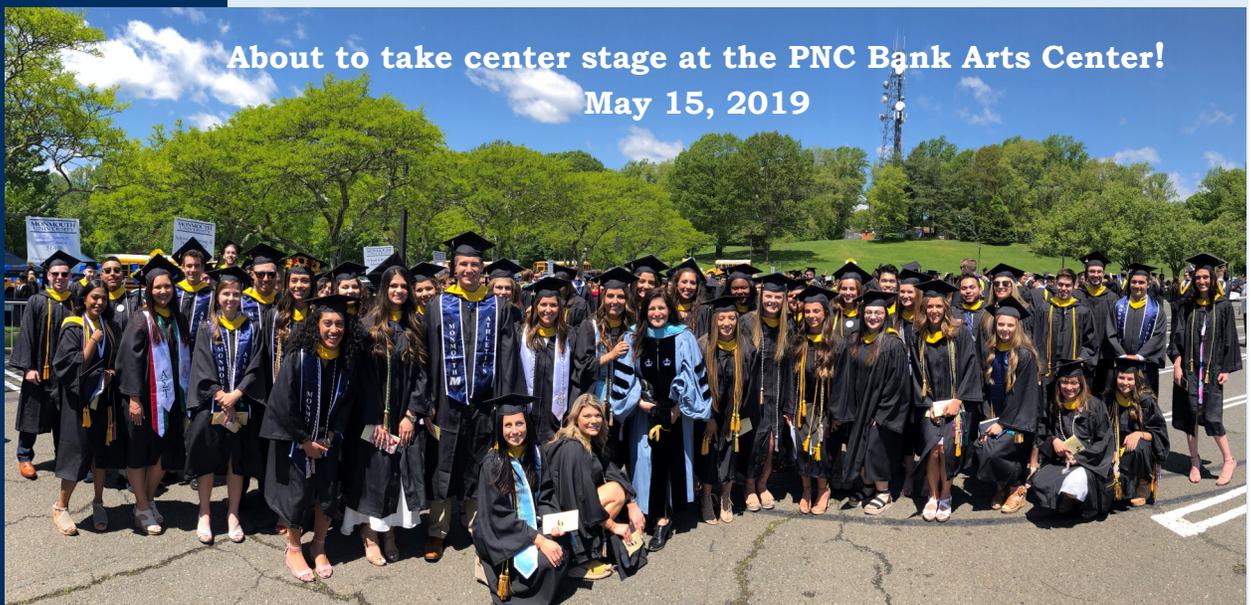
Health Studies students and faculty enjoyed a lot of success this past year, and we are primed for even more in 2019-2020! We are all working towards making individuals and communities healthier, and that feels great!

Wishing everyone a fantastic academic year!

- Dr. Chris Hirschler, Chair



About to take center stage at the PNC Bank Arts Center!
May 15, 2019



For more information or to join this exciting field, change your life and the lives of others—contact the department at: 732-263-5824 or email HealthandPE@Monmouth.edu

Snapshot Interviews with Featured Alumni

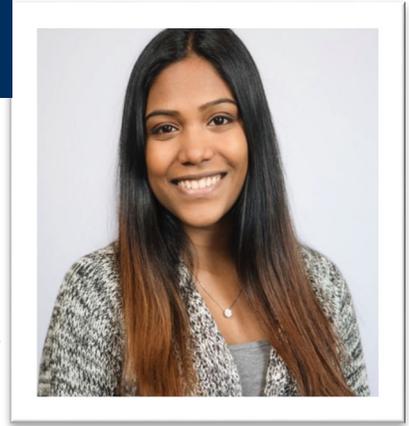
Sneha Bupathi, BS in Health Studies with a minor in Biology.

Any advice? “Many of my peers changed their path due to lack of self-confidence or fear of failure. It is important to be confident in yourself as well as take pride in each of your achievements. Use them to motivate you further.”

Why Health Studies? “As a major, HS interested me in many ways. I found that Health Studies provided me with a unique outlook on medicine and treatment. Specifically, I loved how each course focused more on the community rather than the individual. At the end of the day, the relationship between the community and its environment is what determines an individual’s health.”

Internship experience? “My internship at the Monmouth Medical Center provided me with a lens into a typical day in a clinical setting. I applied learnings from many of my courses during my time there. For example, in Health Policy & Community Health, I learned about the Social Determinants of Health and how they impact each patient to varying degrees. At MMC, I shadowed an attending who felt strongly that each resident should understand how this affects their patients. I loved that I was able to use my background in HS and biology in a field in which I am devoted to.”

Congratulations on your multiple medical school acceptances! “I’m excited to start this next chapter of my life! I cannot wait to use the lessons I’ve received during my time at MU and apply them in medical school and further. The passionate, knowledgeable faculty in the Department of HEPE provided me with an abundance of resources to excel. I was given opportunities to work in research, volunteer in a service learning and peer mentor students. My best experience was traveling to Guatemala with Dr. Hirschler and an amazing team of dedicated students. Not only was I given the opportunity to apply my health studies related skillset in real clinical settings, but I was also able to learn so much from my other health studies peers who were equally devoted to community health and wellness of others.”



Medical school student

**Visit our Website for more Alumni Stories
(including students who secured direct employment)!**



Tereza Trubiano, 2019 Bachelor of Science in Health Studies.

Will begin the Physician Assistant program at MU in the Fall 2019. Tereza plans on becoming an Orthopedic PA and is striving to work in a hospital setting with pediatric orthopedic patients.

Internship: experience? - Before her senior year, Tereza interned at Jersey Shore University Medical Center on the orthopedic floor for 10 weeks. Her most memorable experience was witnessing an open reduction and internal fixation of the humerus. She recalls, “I witnessed the PA work side by side with the surgeon during the entirety of the surgery.”

PA student

Advising at Monmouth: “The HEPE faculty advisors have all the knowledge you need to guide you in the right direction. The department offers several opportunities to network with professors, alumni and medical professionals.”

Any advice? Tereza encourages future students to work or volunteer in a hospital or medical practice because this opportunity will help one realize if the healthcare field is for them. For all future PA students, she recommends they familiarize themselves with the CASPA website and take the time to understand their academic audit.

Involvement at MU? Tereza was also involved in Phi Eta Sigma-National First year Scholastic Honor Society, Eta Sigma Gamma-Health Honor Society, and Alpha Epsilon Delta-Pre-Professional Health Honor Society.

Faculty Focus

Dr. Staci Drewson (Assistant Professor, Health Studies)

was recently named the NJAHPERD Teacher of the year for Higher Education. The mission behind NJAHPERD is to promote the development of healthy active lifestyles for NJ students and educators. The award emphasizes the significance of health education, physical education and athletics through professional development.

The impact Dr. Drewson has had on her students and faculty members at Monmouth by inspiring lifelong physical activity habits is remarkable.

In receiving the award, Drewson commented, "I'm very thankful for the resources and encouragement I've received from administrators and colleagues throughout the Monmouth community. Collectively, this support has resulted in the launch of a revised Health and Physical Education with Education Endorsement, K-12 curriculum in fall 2019.



Dr. Jeremy Lackman, Professor Judy LoBianco, Dr. Staci Drewson, and Dr. Chris Hirschler.

The new curriculum provides majors with applied experiences to develop content knowledge and instructional skills while working hands on in clinical environments with diverse populations of students such as: PreK children in an early childhood learning center, underserved youth in a local afterschool program, individuals with exceptionalities in an adapted setting, and young athletes in a youth sport environment."



**"You can not preach
without practice. You have
to demonstrate inside and
outside the classroom."**

Dr. Marta Neumann

Dr. Marta Dochniak Neumann "retired" in July 2019. We are grateful for her contribution and dedication to MU and also that she will continue to teach (yoga, Pilates, and exercise physiology) part-time during the 2019-2020 academic year. Dr. Neumann began her career, teaching and promoting physical education and fitness in Poland where she was born and raised. She earned both her masters and doctorate degrees in physical education in Wroclaw, Poland.

After moving to the United States, Dr. Neumann was appointed as an exercise physiologist in the Fitness Center at MU. As a full-time exercise physiologist, her responsibilities included creating and implementing university-wide wellness/fitness programs among students, employees and community residents. In 1994, she began teaching as an adjunct professor and coordinating PE courses including; pathways to fitness, weight training, yoga, Pilates, stress-reduce-relax, safety & first aid and volleyball.

In 2009, Dr. Neumann became a full-time lecturer. Her passion to promote physical education among students and faculty has impacted many. A major contribution to the University was her role in the development of the Health & Physical Education Department as it exists today. She helped to design the curriculum for what is now one of the most popular programs in the University.

Dr. Neumann encourages all students to take as many physical education skill courses as they can, because she believes it is important and beneficial to be physically active and to have knowledge of wellness and fitness. She notes, "Forming these physical habits and lifetime exercise skills will fulfill you and will help you find the right profession". We wish Dr. Neumann all the best, we know she will enjoy an active retirement.

International Education

Guatemala Public Health (HE 376) 2019

Health Studies major, Alexa LaVere said “Our travel experience was equal parts hard work and good fun. It was astonishing to see the responses of those receiving what we would consider to be basic necessities. Along with the work and construction to help families in Guatemala, Alexa gained insight on health care. She said, “Many barriers exist between Guatemalans and access to basic health care. Our group spent three days in the domestic violence shelter, engaging in fun activities as well as providing them with health and wellness related education. Dona Rosa is one of the many incredible individuals that we met in the community of Xela while building bunk beds and installing the water filtration systems. Her home was small, with dirt floors and a metal roof. While experiences like this were very rewarding, they left me questioning what more can I do. This can’t be it. Individuals like Dona Rosa and the time spent assisting the community caused me to arrive at the conclusion that I want to return and continue giving whatever I can, helping one family at a time.”

For students interested in learning more email-chirchl@monmouth.edu.



Faculty-led study abroad (global seminar) to Costa Rica

Spring 2020 offering: Dr. Lackman PE 222 "International Outdoor Adventure Education" and travel to Costa Rica for outdoor adventure activities during Spring Break. The course covers outdoor adventure programming, and the culture, food, government, and language of Costa Rica. Students explore rain and cloud forests, the capital, and the beach. They zip line, whitewater raft, hike, explore waterfalls, volcanoes, hot springs, hanging bridges, surf, practice yoga, and take a banana, coffee, and chocolate tour. Along the way they see wildlife like crocodiles, monkeys, sloths, birds, iguanas, snakes. It is a life-changing experience, and students have thoroughly enjoyed the trip. For students interested in learning more email-jlackman@monmouth.edu



Scholarship Week & Hawk Talks 2019

Monmouth University's annual Scholarship Week kicked off on April 22, 2019. This weeklong annual conference showcases and celebrates students' academic work both inside and outside the classroom as well as highlight faculty-student collaboration across the University. This year, two of the six presenters were health studies students-the only department to have more than one representative.

Informal Alcohol Risk Reduction Methods Among Greek Life by Senior, Health Studies major, Adham Hasan.

Adham Hasan studied the informal policies that members of Greek life engage in to keep one another safe when drinking alcohol as part of his undergraduate research assistantship with Dr. Myers. Adham states, "In the context of Greek life, efforts by universities and national chapters to decrease levels of bring drinking and alcohol abuse have not been successful." As formal alcohol policies have largely been unsuccessful, Adham examined focus group data regarding the informal approaches to alcohol risk reduction used by Greek members. During his presentation, he highlighted several common and uncommon informal strategies chapters were using to reduce negative outcomes associated with drinking. These strategies, such as modifying drinking games or having members EMT trained, could be used to create health education interventions that could spread to other Greek life chapters to reduce alcohol risks. Ultimately, Adham concluded that additional research needs to be taken in order to understand the impacts of informal alcohol risk-reduction techniques for Greek life members nation-wide.

Abortion and the Effects of it's Associated Stigma by Junior, Health Studies major, Kaitlyn Hirsch.

The focus of this presentation was to clearly display the link between the termination of a woman's pregnancy and specific health outcomes due to the stigmas that contribute to abortion. Kaitlyn discusses the emotional distress that stems from abortion stigmas and the risk factors to victims of violence from those who oppose abortion. She found that, "the American Psychological Association (APA) identified stigma and the idea of secrecy as two main contributing factors for developing a negative psychological response after having an abortion." She concludes that further research must be conducted in order to facilitate ways to reduce that stigma on a wide-scale. The study demonstrates the need to prioritize abortion stigmas and the effect it has on it's victims.

YouTube Hawk Talks Link: <https://www.youtube.com/playlist?list=PLvQREITkz5ACph7vL2PAyxlz bq24A5QX>



Faculty and presenters gather after the "talks". From left to right; Prof. Evans, Dr. Drewson, Prof. Schaaff, Dr. Neumann, Dr. Myers, Adham Hasan, Megan Conchar, Kaitlyn Hirsch, Dr. Canan, Dr. Hirschler, Dr. Mehrkam.

HEPE Department Award Winners 2019



Academic Excellence Award in Health and Physical Education with a K-12 Endorsement

Jennifer Plummer with Dr. Chris Hirschler



Academic Excellence Award in Health Studies

Stephanie Karback with Dr. Andrea Hope



Academic Excellence Award in Health and Physical Education

Jennifer Pistola with Prof. Julie Schaaff



Leadership Award

Sneha Bupathi with Dr. Chris Hirschler

Eta Sigma Gamma (ESG) National Health Education Honorary is dedicated to the three pillars of research, teaching, and service. In order to become inducted, students must be a major or minor in a health education related discipline, achieve a GPA of 2.7, and participate in three ESG sponsored activities in the academic year of induction. In spring, 2019, Eta Sigma Gamma inducted 20 new members and graduated 24 seniors with honor cords at spring commencement. New and existing members participated in a variety of educational and service learning activities. The 2019-20 board of officers: Mackenzie Curley (President), Diana Erascu (Vice-President), and Michele H. Nisnevitz (Secretary), Professor Kiameesha Evans, Faculty Advisor. This year's induction ceremony was featured in our campus newspaper, The Outlook.

Some marquee events from 2019, included hosting a Relay for Life team, collecting holiday gifts for families in need with Operation Sleighbells, donating items to the Monmouth SPCA through Hands and Paws Helping All, and earning certifications at the Peer Pre-Conception Seminar and CPR/First Aid training. This active and lively chapter spread the ESG name across campus and in the local community, proudly representing the department of Health and Physical Education.

If you would like to become a member of ESG, please email esg@monmouth.edu so that you can be added to the eCampus community page and get notifications for future meetings.

