The EKU Challenge Course offers a variety of programs and workshops that give groups an opportunity to build effective communication, confidence, form relationships, understand the power of team improve problem solving skills, and gain trust. The graduate assistants from the Department of Exercise and Sport Science completed a day of activities on the Ropes Course August 30th.

Becoming the primary instructor of a college course as a graduate student is sometimes a daunting task. These students have done a remarkable job integrating their knowledge into the PHE 190/390 activity courses and will use these new ideas learned from the Challenge Course to make their classes even more effective and the department stronger.

All of the students had a positive experience and expressed the value of such an activity as it relates to problem solving in the classroom and communicating with their students, professors and peers.
Former All-American Still Running …
For the Army

As written on the EKU Cross Country website:
Jacob Korir is one of the most decorated student-athletes in Eastern Kentucky University history. The native of Nairobi, Kenya was a five-time All-American in cross country and track and field from 2004-08.

He won the individual OVC Cross Country title and competed at the NCAA Cross Country Championships all four years as a Colonel. His finishes at the NCAA Cross Country Championships from 2005-07: 19th, 7th, 6th. He nearly won an individual national championship in the indoor 5,000 meters in 2008, finishing second only to Shadrack Songok of Texas A&M at the NCAA Championships with a time of 13:52.91. Korir holds EKU records in the outdoor 5,000 meters (13:29.12) and 10,000 meters (28:04.47).

Seven years after his legendary Colonel career ended, Korir is still running. Only now, he’s running for the United States Army. Korir graduated from Eastern in 2008 with a degree in environmental science, and he has put his degree to good use. He is a sergeant in the 71st Medical Detachment, stationed in Baumholder, Germany. He works as a Preventative Medicine Technician, overseeing food and water safety analysis, occupational health, industrial hygiene and other environmental health concerns affecting troops both within and outside his garrison.

In the meantime, though, Korir stretches those lean legs and shows off that long stride that made him one of the top distance runners in the NCAA in the mid-Aughts. Korir is a co-captain of a team from Baumholder that represented the U.S. Army in Europe at the annual Army 10-Miler in Washington D.C. in October. Korir finished 22nd out of 13,000 runners with a time of 52:54 (a 5:18 mile pace). Not bad, considering he was out with an injury from June to August.

Korir is currently training to be a part of the All-Army Team at the Armed Forces Cross Country Championships held in Oregon next February. “My best memory of EKU cannot be summed into one but an entire volume of great times,” Korir said. “I miss the athletic fraternity and administration and wish them great things. I also miss the Environmental Science department that mentored me on the career path that I have come to enjoy every minute of each day.”

Korir’s tour in Germany is almost over and he will soon be headed back to the states to work at a lab research facility in Aberdeen, Maryland.

On top of training for the Armed Forces Cross Country Championships in February, Korir is also prepping to take the MCAT in January and he is interested in attending the Uniformed Services University of the Health Sciences.
Occupational Therapy Research Day 2015

The Department of Occupational Science and Occupational Therapy sponsored its 10th Annual Research Day. Students, faculty, and area practitioners attended. Deborah Yarett Slater, MS, OT/L, FAOTA, Ethics Program Manager & Governance Liaison of the American Occupational Therapy Association (AOTA) was the Keynote speaker. Mrs. Slater highlighted the 2015 revisions to the AOTA code of ethics, discussed case studies applying ethical principles, and explored the issue of Moral Distress on the rise as reported by practitioners particularly those working in settings with unrealistic productivity standards. She shared supportive resources for occupational therapists to explore, discuss, and resolve ethical concerns in their practice.

Break out sessions included individual poster and paper presentations by faculty, OT graduate and doctoral students, and graduate student/faculty inquiry teams. Dean Whitehouse was in attendance. Dr. Colleen Schneck, Director of the Department of Occupational Science and Occupational Therapy and faculty presented OT student awards.

Outstanding Occupational Therapy Student Award—Alyssa Waitzman
Outstanding Clinical Performance Award—Wesley Bill
Faculty Award for Achievement—Sherry Renae Benge
Cody Hecker, OTS presented the Jean Steffan Smith Faculty Award to Dr. Dana Howell.
Dr. Cindy Hayden presented the first PiTheta Epsilon Student Thesis Award to Ann Wigginton.

Sherry Benge, pictured right, accepts her award from Department Chair, Dr. Colleen Schneck.

Honors students, Mary Wagner (senior) and Victoria Mings (junior) present poster at the NCHC Conference in Chicago, IL, on Friday, 11/13/15. Both are students in the Occupational Science program and mentored by Kathy Splinter-Watkins, MOT, OTR/L, FAOTA, HPCS. They did a great job representing the Department of Occupational Science and Occupational Therapy, the College of Health Sciences and EKU!
Jim Hinerman was presented the 2015 The W. Walter H. Mustaine Award by the Kentucky Association for Health, Physical Education, Recreation & Dance (KAHPERD) at the fall convention November 17, 2015 in Lexington, Kentucky. The W. Walter H. Mustaine Award is the highest award presented by KAHPERD and is given to professionals that have made significant contributions to the profession and KAHPERD for a sustained period.

KAHPERD Past President’s taken during the fall 2015 convention in Lexington, KY on Monday, November 16th. EKU faculty/alumni pictured include: Dr. Mike Ballard, Dr. Don Calitri, Dr. Lonnie Davis, Ms. Kim Demling (2 time alumnus), Dr. John Ferguson, Mr. Jim Hinerman, Dr. Marianne McAdam, Dr. Jack Rutherford.

BS/MPH alumnus Stephanie Smith presenting poster at 2015 APHA annual meeting in Chicago. She also represented the college well by being the Spring 2015 University Commencement speaker as well.