We are here to help!

Please go to our **Advising Office** located in **203 Forker**...

- Any time you have questions or need assistance
- To learn more about the careers in Kinesiology
- If you have questions about University policies
- If you start to struggle in your course(s)
- Before selecting or changing your major or option
- While planning your educational journey
- When considering adding or dropping a class
- When creating your schedule and choosing classes
- If you need information on tutoring in writing, math or other subjects
- When you are within 2-3 semesters of graduating
Meet our Advising Team...

Carol Coebell  
KIN Adviser

Jenny Gibbs  
KIN Adviser

Kyle Holtman  
KIN Adviser

Mary Meier  
ATR Adviser

Lisa Phillips  
KIN Adviser

Dedina Pihman  
Program Assistant

Martha Wisniski  
Lead KIN Adviser

---

We are here to help!

Please go to our Administrative Office located in 237 Forker...

- Any time you have questions or need assistance
- If you are looking for a room
- If you want to rent a locker
- If you need help finding your instructor’s mailbox
- If you are looking for Lost and Found
- To report any building issues
Interested in becoming a 2017-2018 College of Human Sciences Ambassador?

Applications are currently open for the College of Human Sciences Ambassadors!

The ambassador mission is to provide prospective students and their families with a personal, interactive experience while visiting the College of Human Sciences. They have the opportunity to assist with Experience Iowa State Visit days, Daily Visits, College of Human Sciences tours, Day in the Life visits, as well as middle and high school group visits here on campus and in other parts of Iowa. This position is a volunteer position, but students can gain valuable public speaking, customer service, and leadership experience.

The application can be found at this website: http://www.hs.iastate.edu/current-students/organizations/human-sciences-ambassadors/

If you have any questions about this opportunity, please email hsrec_emily@iastate.edu

Application deadline is April 1, 2017
Providing free, private and secure support with a trained Crisis Counselor 24/7

STUDENT COUNSELING SERVICES
Student Services Building, 3rd Floor
(515) 294-5066
Walk-In Hours: Monday - Thursday 8:00 am - 3:00 pm
counseling.iastate.edu

THIELEN STUDENT HEALTH CENTER
Corner of Union & Sheldon Drive
(515) 294-5801
Hours: Monday - Saturday 8:00 am - 5:00 pm*
CycloneHealth.org
*Hours vary, please refer to website.

STUDENT WELLNESS
Friley Hall, Room A37
(515) 294-1099
Office Hours: Monday - Friday 8:00 am - 5:00 pm
studentwellness.iastate.edu

ADDITIONAL SELF-HELP RESOURCES

ULifeline
ulifeline.org/iastate/
800-273-TALK (8255)
Text “START” to 741-741

The National Suicide Prevention Lifeline
(800) 273-8255

FIRST NURSE (515) 239-6877
IOWA STATE POLICE DEPARTMENT
NON-EMERGENCIES (515) 294-4428
EMERGENCIES 911
AMES POLICE DEPARTMENT
NON-EMERGENCIES (515) 239-5133
EMERGENCIES 911
MARY GREELEY MEDICAL CENTER (515) 239-2011
If you’ve been asking yourself these questions...

How do I organize my life?
How do I effectively learn my class material?

Come join us at the Academic Success Center for Interactive Workshops!

---

**Academic Coaching Workshops**

**Workshop 2: MIDTERM TOPICS**

**Topic 1:** Students will become aware of ways to improve their study skills and exam preparation strategies. **Topic 2:** Students will determine reasons for procrastination and develop strategies to overcome their procrastination. We will also assist students with developing goals and finding motivation during their academic journey.

<table>
<thead>
<tr>
<th>Topic 1 Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, February 20th, 5:30-6:30pm</td>
<td>Hixon-Lied (ASC) in room 0020.</td>
</tr>
<tr>
<td>Thursday, March 9th, 5:30-6:30pm</td>
<td>Hixon-Lied (ASC) in room 0060.</td>
</tr>
</tbody>
</table>

**YOU ONLY NEED TO ATTEND ONE SESSION ON EACH TOPIC**

<table>
<thead>
<tr>
<th>Topic 2 Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, February 22nd, 5:30-6:30pm</td>
<td>Hixon-Lied (ASC) in room 0020.</td>
</tr>
<tr>
<td>Tuesday, March 7th, 5:30-6:30pm</td>
<td>Hixon-Lied (ASC) in room 0060.</td>
</tr>
</tbody>
</table>

**NOTE:** Feel free to bring non-messy snacks, food, and beverages as we will not be providing this service

Questions? Contact Nicole Bartolozzi, Program Coordinator, Academic Success Center, (515) 294-6624 or nbartolozzi@iastate.edu

---

The Academic Success Center is part of the Dean of Students Office at Iowa State University

1060 Hixon-Lied Student Success Center ♦ 515-294-6624 ♦ success@iastate.edu ♦ http://www.asc.dso.iastate.edu
Friday, March 3, 2017
- Midterm grade reports due on Bb Learn or Access Plus
- First half-semester courses end.

Monday, March 6, 2017
- Second half-semester courses begin.

Friday, March 10, 2017
- Last day to process most schedule changes for a second half-semester course without a schedule change fee or to add/drop a second half-semester course without signatures of instructor and adviser. See the tuition adjustment schedule for financial deadlines. [http://www.registrar.iastate.edu/fees/tuition-adj](http://www.registrar.iastate.edu/fees/tuition-adj)
- Last day to drop a second half-semester course without the drop appearing on the permanent record or counting toward the limit of dropped courses.
- Undergraduate graduation applications for Summer 2017 are due. Submit via AccessPlus (student tab, graduation, application).

Monday – Friday, March 13-17, 2017
- Spring break, classes recessed.
now hiring medical scribe position

ScribeAmerica hires and trains anyone interested in a career in medicine. We provide paid classroom and clinical training in the medical department to prepare applicants to be medical scribes.

The role of a scribe offers exciting first-hand experience in the medical department and full one-on-one shifts working with board certified physicians. The job is second-to-none for exposure to medicine, disease processes, medical decisionmaking and procedures performed in the medical department.

We are looking for motivated, loyal applicants who have a passion for learning about the medical field to join our team. If you are looking to be a part of a professional medical scribe team please apply directly at www.scribeamerica.com/apply today!

ScribeAmerica offers:

- Paid classroom and clinical training
- Competitive pay
- Benefits
- 20-40 hours per week
- Flexible scheduling
- Great learning experience
- Room for advancement

Follow us: Facebook Twitter LinkedIn

Apply today: www.scribeamerica.com/apply
87% OF GRADUATES WHO APPLY TO PROFESSIONAL SCHOOL ARE ADMITTED

In just one year of graduate course work, laboratory training, and collaboration with faculty on a project of choice, students can earn a Master’s in Biomedical Sciences.

The Department of Biomedical Sciences is housed within the College of Veterinary Medicine and graduate students have access to state-of-the-art laboratories and learning spaces. In addition, they have the opportunity to work with world-renowned faculty whose research interests range from molecular neurotoxicology, to pediatric immunology, to targets for antiparasitic drugs.

The one-year, non-thesis MS program is designed to open up opportunities for students planning to:

- enter professional schools (Medical, Dental, Veterinary, PA, etc.)
- pursue a PhD
- teach in higher education
- land a career in industry

Visit our website at http://vetmed.iastate.edu/bms/ to find out more about all the graduate programs in Biomedical Sciences or send an email to BMSgrad@iastate.edu.
Dear students,

As you received the announcement from the college, please participate in the Social Justice survey through the following website: https://iastate.qualtrics.com/jfe/form/SV_3PqRZcr6A89qV7L. It should take only about 10 minutes.

In addition, there will be a raffle for four $25 gift certificates to the ISU Bookstore. Your participation is very important to improve ISU policy on diversity, equity, and community, which is critically important and timely topic nationwide as well.

Thank you for your participation.

Iowa State University McNair Program

The Iowa State University McNair Program prepares qualified undergraduates for entry to graduate school and completion of a doctoral degree. The primary goal of McNair is to increase the attainment of PhD degrees by first-generation and underrepresented college students. McNair Scholars are afforded many opportunities during their two years of active participation including working with a professor on a research project and navigating the graduate application and admission process.

The Iowa State University McNair program is fully funded by the university through the Graduate College and the Office of the Provost. Our program still follows the same federal guidelines of all TRIO programs funded by the US Department of Education.

Applications for the 2017-2018 cohort year are now being accepted until April 1st or until all slots are filled. Please follow the application requirements and instructions here.

For more information, please go to www.mcnair.iastate.edu
Iowa State and Midwest Dairy Association
Present
A Day of Dairy
(Event Date: Thursday, March 23, 2017)

A One-Day Exploration of On-Farm Dairy Production and Processing
We are excited to offer Iowa State students interested in food, health and/or agriculture-related careers the chance to share an experiential learning opportunity alongside dairy farmers and industry professionals. Throughout the event, students will come to better understand the science behind how dairy products get from the farm to the plate. Together, science, technology and innovation are helping the dairy industry meet consumer needs for safe, nutritious, fresh, convenient and sustainable foods – today and into the future.

Featured Activities
Iowa State Dairy Barn Tour
Visit the Iowa State dairy barn and learn first-hand about the steps dairy farmers take to ensure their cows are healthy and well cared for so you can enjoy safe, high quality milk. You’ll also learn about the efforts dairy farmers take to care for the environment on and around their farms. There will be ample time for questions and answers during the farm tour. Test your Dairy IQ during a trivia competition on the bus ride back to campus.

Dinner & Learning
Relax and enjoy dinner while a local dairy farmer shares information about farm life, their commitment to sustainability and what is being done to ensure you enjoy safe and nutritious dairy products. Listen to stories from several professionals about the paths that led them to their dairy related careers.

Program Schedule & Activities

<table>
<thead>
<tr>
<th>Day of Dairy: 4:00 p.m. Start</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 p.m. – <strong>Bus leaves for Dairy Barn</strong> In front of Kildee Hall on Osborn Drive</td>
</tr>
<tr>
<td>4:15 p.m. - 5:30 p.m. - <strong>Dairy Barn Tour</strong></td>
</tr>
<tr>
<td>5:30 p.m. - 7:00 p.m. - <strong>Dinner &amp; Learning</strong></td>
</tr>
<tr>
<td>7:00 p.m. - 7:30 p.m. - <strong>Return to Campus &amp; Dairy Trivia</strong></td>
</tr>
</tbody>
</table>

*Please arrive at 3:45 p.m. to allow time for loading.*

Please RSVP by clicking this link: [biceyISUDayofDairy2017](#). Attendance is limited to 50 students. Further RSVPs will be added to a waitlist and students will be notified if a spot becomes available. For more information about the dairy industry, dairy production and dairy nutrition, visit [MidwestDairy.com](#).
Kinesiology & Health and Athletic Training

Career Forums

Community & Public Health

Exercise Science

Athletic Training

Pre-Health Professions

Physical Education Teacher Education

Physical Education and Health
Teacher Education
Wednesday, Mar. 1
3:00-4:30 P.M.
287 Forker

Community & Public Health and Exercise Science
Wednesday, Mar. 8
6:30-8:00 P.M.
2432 Food Science

Athletic Training and Pre-Health Professions
Thursday, Mar. 9
6:30-8:00 P.M.
1148 Gerdin
Employment opportunity for those interested in working with youth in physical activity settings!

The ISU Summer Youth Fitness Program has two primary goals: (1) to provide an opportunity for girls and boys in grades K - 6 to participate in physical activity and related activities which facilitate their physical growth, motor skill development, and physical fitness; and (2) to develop knowledge and attitudes toward physical activity which will provide a basis for continued interest in physical activity and fitness for a lifetime.

When: June 5 - July 27 on Mondays - Thursdays from 1:00-4:45 p.m.
(orientation and trainings held May 31 - June 2nd)

Who: Kinesiology and education majors

Requirements: must pass a background check process and join ISU payroll; CPR/AED/First Aid training needed and can be provided prior to June 5th.

If interested please email Jenny Smith at gavsmom@iastate.edu for further information and the application process.

THOMAS L. HILL

The Iowa State Conference on Race and Ethnicity (ISCORE) is a comprehensive forum on issues of race and ethnicity at Iowa State University and beyond. The local conference is designed to model the National Conference on Race and Ethnicity in Higher Education (NCORE). This conference is open to the Iowa State University community. Registration will be located in the West lobby, outside of the Sun Room.

Friday, March 3, 2017
8:00 a.m. to 5:00 p.m.
Memorial Union

For more information and to register, please go to: https://iastate.qualtrics.com/jfe/form/SV_8ljmP5XeD87tiNn
Student Opportunities with the University of Colorado School of Medicine

The University of Colorado School of Medicine is currently accepting applications for a Pre-Med/Pre-Health Emergency and Wilderness Medicine course that is designed to benefit health profession students, pre-med students, outdoor education leaders, and recent grads.

This course takes place at the beautiful Channel Islands National Park. Students will gain hands-on experience in the fields of emergency and wilderness medicine. They will also gain an inside look at what it takes to make a successful medical school or health-professions school application. Go to the following link for detailed course and registration information: http://www.coloradowm.org/courses/pre-med/channel-islands/
Orchesis I Presents...
A Student Produced Show

WHEN: Saturday, April 22, 2017

TIME: 2:00 and 5:30 p.m.

WHERE: Forker 0196

Come support our local dancers!

---

Research Study on Health Coaching!

INTERESTED IN HELPING US LEARN WHETHER HEALTH COACHING IMPROVES STUDENT HEALTH AND WELLBEING?

IF YOU ARE BETWEEN THE AGES OF 18 AND 25 AND IN YOUR FIRST TWO YEARS AT ISU, YOU CAN SIGN UP TO PARTICIPATE IN A RESEARCH STUDY. YOU WILL COMPLETE SURVEYS, AND MAY BE SELECTED TO WORK WITH A TRAINED PEER HEALTH COACH OVER AN 8-WEEK PERIOD.

FOR MORE INFORMATION OR TO SIGN UP, CONTACT KATY AT HJSOUTH@IASTATE.EDU
Human Sciences Council wanted to say “hello” and update you on some important dates relevant to all students. We have been working hard to develop a Council for our students that is transparent and mobilizing to all. See how you can get involved!

We personally encourage you to apply to join our HS Council Team using the link below. Other things coming up aside from Elections, include to apply for Student Grants, nominate a Graduating Student of the Year, and of course, a reveal for the 2017-2018 Student Sensations! Stay tuned and please nominate and apply to these various positions below so that you can get engaged in our wonderful college.

Want to join Council? Apply to HS Council Team HERE by March 16th!!
Nominate an student to be recognized at graduation here by March 10th
Apply for a Student Grant by April 7th here

All our best,
HS Council Executive Team
Zoey Sternquist, HS Council President

INFORMATION MEETING ON RHODES, MARSHALL & OTHER COMPETITIVE INTERNATIONAL FELLOWSHIPS
graduate study at Cambridge University, and the Mitchell Scholarship, which supports study in Ireland, and the Schwarzman Scholars Program, which is based in China. Spring marks the beginning of the application season for these highly competitive postgraduate UK Scholarships.

An information meeting about the UK and other international fellowships will be held on Friday, March 3 from 12:10-1:00 p.m. in 1151 Jischke.

Competitive candidates for these awards will have exceptional records of leadership and academic achievement. Students graduating between now and Summer 2018 are eligible to apply this year, as are recent graduates -- but it is never too early to be aware of these opportunities. If you are interested in knowing more, come and learn about the fellowships and about the elements of a strong candidacy.

The meeting will offer information on the scholarships, application procedures, and the process by which ISU selects candidates. More information is available at http://www.honors.iastate.edu/scholarships/scholarships.php
We would like to invite any interested college students to this free event. This is an excellent event for students to learn more about the different career options in allied health.

**Backstage Pass 2017**

Join us to experience an in-depth look at 12 allied health professions.

**Backstage Pass** is intended for individuals who want to explore each profession more closely. High school juniors and seniors and college students, interested in a career in health care, will have the opportunity to learn more about several allied health professions. Parents and advisors are also welcome!

**Omaha**
Saturday, April 1, 2017
8:30 AM - 1 PM
Truhlsen Events Center in the Michael Sorrell Center

**Kearney**
Saturday, April 22, 2017
12:30 PM - 4 PM
UNMC Health Science Education Complex

- An informative & explorative experience
- Interaction with program faculty & current students
- Test-drive technology currently used in the field
- Programs include:
  - Clinical Perfusion
  - Computed Tomography
  - Cardiovascular Interventional Technology
  - Cytotechnology
  - Diagnostic Medical Sonography
  - Magnetic Resonance Imaging
  - Medical Laboratory Science
  - Medical Nutrition
  - Physical Therapy
  - Physician Assistant
  - Radiation Therapy
  - Radiography

Register online: [umc.edu/alliedhealth/events/backstagepass.html](http://umc.edu/alliedhealth/events/backstagepass.html)
The ISU Volunteer Portal (aka VoPo) is a grass roots initiative (powered by GivePulse) to enable ISU students to find and track service learning and volunteer opportunities. Students voluntarily enroll through GivePulse and are connected to lists of various opportunities on campus and in the community. A key advantage of the system is that it is possible to provide Admin rights to various groups, departments, or clubs to manage their own links and opportunities. The motivation and direct benefit to students is that they can establish a personalized record of volunteer/service “Impacts” over time (and link to it with a personalized URL) to verify their contributions to potential internship sites or employers. The following description of VoPo on the ISU GivePulse page describes the vision:

The Iowa State University VoPo is The Place for students to come to find volunteer opportunities on campus. We work with students, clubs, organizations, and Greek chapters to provide up-to-date information about the opportunities for volunteer civic engagement on campus and service-based initiatives that extend into the community at Iowa State University.

The Department of Kinesiology has established a Service Learning Hub that will help to introduce students to GivePulse early in their program and provide links to various outreach and service opportunities from our clubs and community partners. However, other departments can set up and manage their own links under the ISU organization. Highlights of experiences from our past work are provided below.

- **Class-based Service-Learning:** We utilized Give Pulse to enhance service learning in two undergraduate courses and received positive feedback from the pilot. In HS 430, we enrolled 47 service-learning students and formalized partnerships with 13 community organizations to help carry out a range of health-based service projects in the community. In HS 380, we enrolled 74 service-learning students and provided health and wellness screenings to 5 area worksites.

- **Organization / Open Enrollment Service Coordination:** We utilized Give Pulse to facilitate service/volunteer management for two different ISU organizations. We enrolled 118 student ‘ExerCYse Ambassadors’ in the system and these students tracked and recorded 331 unique service impacts. We also trained leaders from the ISU Blood Drive to facilitate the recruitment and coordination of over 500 volunteers successfully.

Formal evaluations were conducted to obtain feedback from students on GivePulse and these are summarized on separate documents. Preliminary observations revealed that the tool was easy to use and clearly valued. Many students have recorded their service “impacts” of their volunteering, and have explored further volunteer opportunities by being introduced to GivePulse. In an effort to partner with the Greek system, we built the infrastructure for students to register as part of the Greek Chapters. This was a passive notion (they were not told or required to search for and find their Greek Chapter) that led to 280 students to date registering within the Greek system under their specific chapter, while approximately 10 more Greek chapters have been added independent of the Admins. This shows that students were searching for their Chapters but did not find them and took it upon themselves to build their chapter in GivePulse. We’ve seen growth in chapter participation every week, via growth in number of users and members logging service hours on GivePulse independently.

Nearly 1,500 students have opted into the network on their own. We envision a larger and more integrated network that would enable other departments/faculty, clubs, and organizations to tap into the benefits and resources available through this system. The structure provided will help to ensure positive experiences for students while also ensuring that quality service is provided to the participating agencies. The management is inherently de-centralized and could be distributed to a single ISU entity or managed by our team to help support the initial growth. By taking small, calculated steps in the growth of the system, we hope to propose this platform for wide-scale service-learning and volunteering tracking for the entire ISU community.
AAMC MCAT Practice Exam - Get Instant Access

This 230-question online practice exam has the same functionality as the actual MCAT exam and provides scaled scoring information.

You get:

- Up to 20 "starts," which means you can take the exam up to 20 times
- An optional "Simulate Actual Test" setting to take the practice exam with the same timer as the actual timed exam
- A score report that includes a scaled score, percentile rank, and incomplete question count
- Summary of the "Why did I miss this question" feature, to help you understand and improve your test taking skills

The AAMC MCAT Practice Exam is a great way to see how you might perform on test day, hone your test taking skills, and gain more confidence.

Click HERE for more information.
DMU Preview provides an opportunity for pre-health students to learn more about three of DMU’s programs: physician assistant, physical therapy, and podiatry. Learn more about each event and when upcoming sessions will be held. Learn more

Des Moines University’s Health Professions Advanced Summer Scholars program - Health P.A.S.S.- is a great way for promising college students to prepare for the process of applying to graduate programs in the health sciences. Learn more

The Mentored Research Program is committed to providing an array of research experiences. Undergraduate students work along with DMU’s talented research faculty in this eight-week program that adds depth and breadth to classroom knowledge and provides a clear picture of how research affects the roles of health care professionals. Learn more

Currently Accepting Applications:

Several programs are accepting applications for summer or fall 2017!

- Master of Public Health
- Master of Health Care Administration
- M.S. in Anatomy
- M.S. in Biomedical Sciences
The admissions team is looking forward to a busy spring, traveling the country to meet with prospective students and advisors. Check out our schedule online to see when we will be near you!

**Featured Events**

**Spring 2017** Tour for Diversity in Medicine  
April 6-8 National Conference on Undergraduate Research  
April 7-9 Latino Medical School Association National Conference  
April 12-17 Student National Medical Association Medical Education Conference  
**Ongoing** Regional meetings for the National Association of Advisors for the Health Professions

---

**Tutoring Services**

Every effort will be made to fulfill your tutoring request, but placement depends on the number of qualified tutors and schedule compatibility. All inquiries should be emailed to tutorsrv@iastate.edu. If you need immediate assistance, you can call 515-294-6624.

- [Apply to Become a Tutor](#) - Spring 2017 applications are open from November 21 to March 24  
- [Apply to Request a Tutor](#) - Spring 2017 applications are open from January 2 to April 14  
- [Learn more about tutoring](#) - Sessions are held 2x week

Supplemental Instruction and Tutoring may occur outside of Academic Success Center hours and in different locations on campus.
In the News

Iowa State Daily features senior in kinesiology and health Devin Wilmott - Devin Wilmott, KIN Undergraduate Student

Iowa State athletic trainers mark 45 years at state wrestling tournament - Mary Meier, KISU athletic training program director and KIN

Helping parents understand BMI may lead to positive changes in childhood obesity - Greg Welk, KIN Faculty

ISU kinesiology professor Greg Welk interviewed by WHO-TV - Greg Welk, KIN Faculty

A TR/KIN AFFILIATED CLUBS
EXERCYSE IS MEDICINE

To encourage regular physical activity and understanding of its health benefits by members of the ISU campus and the Ames, IA community. A secondary aim of ExerCYse is medicine is to encourage health care providers to include physical activity as a ‘vital sign,’ including the consideration and recommendation of physical activity when designing treatment plans. ExerCYse is Medicine is committed to the belief that physical activity is integral in the prevention and treatment of disease and should be a part of medical care. ExerCYse is Medicine ambassadors will be active volunteers at events to help communicate this message. This organization is directly affiliated with the Iowa State University Department of Kinesiology and the American College of Sports Medicine.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Ashley Ebelsheiser

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS

To provide leadership and educational opportunities for Athletic Training Students at ISU.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Trevor Elmitt

GERONTOLOGY CLUB

To promote scholarship, research, professionalism, friendship and service to older persons, and to recognize professionalism in gerontology. The goals of Gerontology Club are: 1. Club will serve as a link with their respective communities to promote interaction between gerontology educators, students, alumni, and local professionals; 2. Club will provide opportunities for personal and professional interaction, sharing of concerns, discussion of issues, service activities, etc.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Jennifer Low

HEALTH PROMOTION CLUB

To encourage healthy living among the campus and community while providing students with an opportunity to practice what is learned in the classroom and gain knowledge in relevant health topics.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club co-Presidents - Ashley Ebelsheiser or Kiersten McGuire

IOWA STATE PRE-DENTAL CLUB

To aid all pre-dental ISU students with any questions they may have regarding dental school. We will cover
KINESIOLOGY & HEALTH CLUB

Facilitates activities that relate to physical activity, wellness and health. In addition to introducing students to the ideas of establishing and maintaining an active and healthy lifestyle, while sharing that information with the community.

NEXT MEETING:  **CHECK BACK SOON!**

For more information, contact club President - [Claire Roesler](mailto:claire.roesler@iastate.edu)

---

KINESIOLOGY GRADUATE STUDENT ASSOCIATION

To increase cohesiveness of graduate students on assistantship and those who are not on assistantship, to increase the visibility of HHP graduate program, as well as the dept. in general, to serve as an academic and social forum for HHP graduate students.

For more information, contact club President - [Paul Khoo](mailto:paul.khoo@iastate.edu)

---

LADIES IN FITNESS TRAINING (LiFT)

To help women advance in all fitness related activities. LiFT provides members with a place to ask questions and learn about weightlifting and fitness related activities, an encouraging and motivating atmosphere, resources to build a support system of strong willed and compassionate friends, and opportunities for involvement with activities in the club, at Iowa State University, and in the community.

NEXT EVENT: LiFTathon, Saturday, March 25, 2017 at 8:30 a.m. at State Gym

For more information, contact club President - [Amy Kurr](mailto:amy.kurr@iastate.edu)

---

ORCHESIS I DANCE COMPANY

Orchesis I is a student organization specializing in aspects of professional dance training. The company was established in 1926 as Iowa State's first dance group. We look for the best and brightest dancers who are open to change, growth, and development with their dancing and performing.

MEETS: Thursdays from 7:00 to 8:30 p.m. in Forker 0196

For more information, contact club President – [Tympest Crawford](mailto:tympest.crawford@iastate.edu)

---

ORCHESES II

Orchesis II is a non-audition dance company in which all individuals are welcome to participate regardless of
hop, modern, jazz, Latin, and many, many others.

MEETS: Tuesdays from 7:00 to 8:30 in Forker 0196

For more information, contact club President – Rachel Brandt

**PHYSICAL EDUCATION CLUB**

To promote staying active through a variety of planned activities. In addition, the club will provide knowledge and information about physical education and related areas, while creating professional relationships among members, faculty/staff at Iowa State University, and professionals throughout the state of Iowa.

NEXT MEETING: **CHECK BACK SOON!**

For more information, contact club President - Eric Reents

**PRE-MEDICAL PROFESSIONS CLUB**

To better prepare Pre-Medical students for acceptance into the medical field and to answer any questions about the path to and beyond medical school.

NEXT MEETING: **CHECK BACK SOON!**

For more information, contact club President - Kiran Sharma

**PRE-OCCUPATIONAL THERAPY CLUB**

To give students the resources and information they need to be successful in a career in Occupational Therapy. The goal is to prepare students in many different aspects to become accepted into a graduate program. Including admission requirements, networking, and other necessary skills that will help them gain the knowledge and experience they need to achieve their goals in this field.

NEXT MEETINGS:

Tuesday, March 21, 2017 at 6:00 in Forker 0278 (Will talk about the following schools: University of Illinois at Chicago, Washington University School of Medicine in St. Louis, Colorado State, University of Kansas Medical School)

Tuesday, April 11, 2017 at 6:00 in Forker 0278 (St. Ambrose is coming to speak about their doctoral program)

For more information, contact club President - Sydney Ginkens

**PRE-OPTOMETRY CLUB**

Explores the field of optometry as well as optometry schools by visiting local optometrists, listening to optometry school representatives speak about their school and related activities.

NEXT MEETING: **CHECK BACK SOON!**
**PRE-PHYSICAL THERAPY CLUB**

To promote networking, individual growth, and preparation for future physical therapy professionals.

NEXT MEETING:  **CHECK BACK SOON!**

For more information, contact club President - [Emilio Zayas](mailto:Emilio.Zayas@iastate.edu)

---

**PRE-MEDICAL ASSISTANT CLUB**

To educate students about the Physician's Assistant profession. We also help students with the application and interview process so they are adequately prepared when meeting with a potential employer or school.

NEXT MEETING:  **CHECK BACK SOON!**

For more information, contact club President - [Andrew Oswald](mailto:Andrew.Oswald@iastate.edu)

---

**TAP IOWA STATE**

This group has weekly meetings that centers on learning, sharing, and refining tap and rhythmic dance skills. The membership is open to all Iowa State students who are interested in learning tap and other rhythmic dance. No previous experience is necessary. You have the opportunity to perform with the group during the Orchesis II semester showcase if you are willing to make the commitment.

MEETS:  Tuesdays from 8:30 to 9:00 p.m. in Forker 0198

For more information, contact club President – [Frances Grum](mailto:Frances.Grum@iastate.edu)