Please look this over carefully as this newsletter is filled with lots of good information and some have short deadlines!!

~ April 2018 ~

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...

- Jessica DiMilla
  KIN Adviser
- Kyle Holman
  KIN Adviser
- Lisa Phillips
  KIN Adviser
- Martha Whatak
  Lead KIN Adviser
- Jessica Gibbs
  KIN Adviser
- Mary Moore
  ATR Adviser
- Deanna Pitman
  Program Assistant

We are here to help!

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

- 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

Meet our Administrative Team!

- Hector Aday
  Assistant Professor I
- Jody Bueljk
  Clerk II
- Ron Laidlaw
  Student Services
- Deanna Pitman
  Program Assistant II
- Pat Seebold
  Admin Spec II
- Earl Wildeman
  Admin Spec III
Text ISU to 741741

Providing free, private and secure support with a trained Crisis Counselor 24/7

STUDENT COUNSELING SERVICES
Student Services Building, 3rd Floor
(515) 294-5056
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

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

*Hours vary, please refer to website.

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
- First day of assigned Summer 2018 and Fall 2018 registration dates for students continuing as freshmen. Hours for AccessPlus registration are 7 a.m. to 11 p.m., Monday–Saturday, and most Sundays.

**Friday, April 13, 2018**
- Last day to add/drop a second half-semester course without extenuating circumstances.
- Last day to change a second half-semester course to or from Pass/No Pass.
- Graduate College: last day for final oral examinations. Open an account in ProQuest and enter the title for your thesis/dissertation.

**Tuesday, April 17, 2018**
- Graduate College: last day to submit Graduate Student Approval Form.

**Wednesday, April 18, 2018**
- Last day of assigned registration start dates for Summer 2018 and Fall 2018 registration.

**Thursday, April 19, 2018**
- Graduate College: last day to submit final electronic thesis/dissertation to ProQuest for Thesis Office review.

**Thursday, April 26, 2018**
- End of term textbook buyback begins at University Bookstore.

**Monday, April 30, 2018**
- University bills with Summer 2018 tuition and fees charges available on AccessPlus.

**Monday – Friday, April 30 – May 4, 2018**
- Final examinations.

---

**TUTORING SERVICES**

In the Academic Success Center
1060 Hixson-Lied Student Success Center

- **GROUPS MEET TWICE A WEEK**
  at a consistent day and time in small groups consisting of 2-5 students

- **ALL TUTORS EARN $10.50 AN HOUR**
  Students pay $4.00 per tutoring session

- **BECAUSE OF OUR SERVICES,**
  9/10 students are more satisfied with their college experience

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WWW.ASC.DSO.IASTATE.EDU/TUTORING

tutorsv@iastate.edu

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Apply by April 15th for paid, on-campus Rosenfeld Undergraduate Research Internships for summer or fall

Online applications are now being accepted for the Louise Rosenfeld Undergraduate Research Internships that will occur this summer or fall. Recently opened up to students enrolled in any Iowa State University College of Human Sciences major, the competitive internships now pay $10/hour to students as they work for up to 120 hours/semester with faculty mentors on high-quality research projects in their chosen fields. Apply by April 15, 2018. Start early, as conversations with a potential faculty mentor are part of the new and improved application process.

For more information go to: https://www.hs.iastate.edu/student-opportunities/rosenfeld-internship/

If you are looking for a fun, rewarding and adventure filled job, look no further....
Camp Courageous is now looking to hire Seasonal Summer Staff for 2018. For more information, go to: www.campcourageous.org

Announcement regarding summer tuition awards for LAS Study Abroad Courses

Beginning with the Summer 2018 term, the College of Liberal Arts and Sciences will award tuition credit via financial aid to every student who participates in an LAS Global Seminar. The LAS Global Seminars for 2018 (must be taught by LAS faculty during the summer term) and their corresponding courses are:

- Andalucia: Exploring Cultures in Southern Spain & Morocco - Erik Ladner & Jean-Pierre Taoutel (May) – INTST 395B (3 credits)
- Berlin's History and Culture with Mark Looney & Sandra Looft (July) – INTST 395B (3 credits)
- Cathedrals of France (Paris area) – Jean-Pierre Taoutel (June) – INTST 395B (3 credits)
- Global Leadership: Sweden – Amber Manning-Ouellette & Tara Widner-Edberg (May) – LD ST 370 or 333 (3 credits; may have 6 credit option)
- **Service-learning in Tanzania: Sustainable Development & Gender Equity** – Ann Oberhauser – INTST 395 (3 credits)
- **Summer Tropical Forest & Coral Reef Experience: Belize** – Tracy Heath & Jordan Satler – BIOL 394 (3 credits)
- **Trieste and the Meaning of Place: Italy** – Christiana Langenberg & Kate Simmons – INTST 395 (3 credits).

Each participant, regardless of college major, will receive a scholarship for registration in a summer course taught by an LAS professor/instructor at the following levels:

3 credit course awards $750 automatic tuition award

This is a great time to meet that general education or international perspectives requirement, or take a class abroad if you can’t afford the time or money to study abroad for a semester! Additional scholarships for study abroad are also available from each college, so multiple scholarships may be awarded. No application is required for the LAS Global Seminar awards. Please apply at [http://isuabroad.iastate.edu](http://isuabroad.iastate.edu) by searching by location and “Summer” as Term.

For LAS primary or secondary majors, one scholarship application provides consideration for any of the various LAS study abroad scholarships for which a student is eligible.

Questions? Contact Nancy T. Guthrie, Director of Study Abroad for the College of Liberal Arts and Sciences. [nguthrie@iastate.edu](mailto:nguthrie@iastate.edu); 515-294-1162.

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*April is national Occupational Therapy month!*

*Have you thanked an OT today?*
Student Peer Health Coaches working with other students to help them reach their wellness goals!

Visit the website to learn about free health coaching available through the Cydekicks Study

www.studentwellness.iastate.edu
# One-Year Master's Program

## Curriculum

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td>BMS 547 Principles of Anatomy</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>BMS 538 Principles of Physiology</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>BMS 5/6 Cell Biology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>VPRM 501 Principles of Microbiology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>BMS 690C BMS Seminar</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total Fall Credits</strong></td>
<td></td>
<td>15</td>
</tr>
<tr>
<td><strong>Spring Semester</strong></td>
<td>BMS 539 Principles of Pharmacology</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>VPHR 503 Principles of Pathology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>BMS 502 Methods in BMS</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>BMS 690C BMS Seminar</td>
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<td></td>
<td>BMS 589 Creative Component</td>
<td>2</td>
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<tr>
<td></td>
<td>Elective</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total Spring Credits</strong></td>
<td></td>
<td>15</td>
</tr>
</tbody>
</table>

**Applications due May 1st**

vetmed.iastate.edu/BMS

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### An Accelerated Graduate Program

- GRE, MCAT, or DAT scores accepted for admission
- Start in the fall
- Graduate with MS in the spring
- Studies include coursework, labs, research, and final project

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### Anmes

Anmes is a growing city with a small town feel, centered around Iowa State University. A true college town, Anmes offers many opportunities to its residents: a diverse nightlife, a beautiful campus with state of the art facilities, and Division 1 sports teams. Anmes is home to hundreds of acres of parks, walking trails, and several cultural festivals and celebrations each year. The American Institute for Economic Research ranked Anmes as the “Second Most Livable Small City in the Nation.”

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### Department of Biomedical Sciences

Iowa State University

For more information, please email:

Iowa State University

Iowa State University

Iowa State University does not discriminate on the basis of race, color, age, religion, national origin, sex, marital status, physical or mental disability, citizenship status, veteran status, sexual orientation, gender identity, gender expression, or creed in the administration of its educational policies, scholarships, loan programs, and other University programs.
Subscribe | Past Issues | RSS

How To Apply
- Complete the free online Preliminary Application Form
- You will receive an email within 1-2 weeks containing recommendations and further instructions
- Submit your formal application by May 1
- Applications reviewed on a rolling basis

Common Undergraduate Coursework
- Biological Sciences
- Chemistry
- Engineering related courses
- Physics

Your Pathway to Opportunities
In the 1-Year MS Program in Biomedical Sciences, students continue higher education courses to prepare for work in industry, academia, or research, to attend professional school, or to continue graduate studies in a PhD program.

- Build a more competitive resume for entrance into professional school
- Increase career possibilities with a graduate degree
- Complement your skill set with essential laboratory techniques
- Obtain necessary credentials to teach in higher education
- Minimize the cost of obtaining a graduate degree by completing in one year

Annie Vostacek
2019 Graduate
Concordia Senior
Lincoln Tech University
"As a first year student, instead of learning all of the information in the first two weeks, the MS program taught me the basic concepts allowing me to build on that knowledge on my own. The program truly prepared me to become a successful professional with many valuable connections for the future."

Joshua Maher
2019 Graduate
Lawrence Tech Student
Kansas State University
"As a trained biochemist, working with Dr.Assignable@Stamen provided me with a fantastic opportunity for interdisciplinary collaboration. This program provided me the next step in my scientific career: building a strong scientific background while networking with research colleagues."

Program Outcomes
Graduates of our program typically use the skills they learn to pursue industry jobs or higher education. Previous students have been accepted into medical, osteopathic, dental, veterinary, pediatrics, and optometry schools, as well as PhD programs at many top-rated universities.

ScribeAmerica is a company that hires and trains medical scribes for physicians. We are currently hiring in the Des Moines and Marshalltown area for candidates with:
- Daytime availability (8am-5pm) at least 2 to 3 times per week.
- Able to commit 2 years part time or 1 year full time
- Background or interest in science and medicine

There are several ways in which you would not only benefit the physician but also benefit as well. Working as a medical scribe opens up opportunities to learn medicine and be exposed to the environment without the need of any certification. You will be working alongside the physician, completing their documentation, and learning new things everyday. If planning to apply to medical school, PA school, or any graduate program, the doctor's job builds relationships with will be more than willing to write letters of recommendation.

If you wish to apply, log on to our website (http://www.scribeamerica.com/) or email desmoinoshiringassociate@scribeamerica.com!
A few units on campus have had name changes:

- Office of Greek Affairs is now the Office of Sorority and Fraternity Engagement
- Student Disability Resources is now Student Accessibility Services

Iowa State University celebrates remodeled home for promoting physical activity and healthy living

Please join us for a ribbon cutting on Friday, April 13, 2018 from 2:30 to 4:00 p.m. Remarks will be given at 3:00 p.m. inside the building’s west entrance by Kinesiology Department Chair - Dr. Philip Martin, College of Human Sciences - Dean Laura Dunn Jolly, and the ISU President - Wendy Wintersteen. Tours will be given before and after the short program.
Did you know that Iowa State has a Lost and Found website where you can report your lost items? You can also use this website to report any items that you have found. Go to the ISU Homepage and then under the Index, click on the L, then scroll down to Lost and Found.

The Kinesiology Lost and Found is located in 237 Forker.

The Let’s Talk program was initiated by the Student Counseling Center in response to rates of depression and anxiety in students increasing in the last decade.

The program will allow students to come to the counseling office for a less formal counseling session.

It is meant to encourage students to go find out more information about counseling, whether it be for them or someone they know.

http://www.counseling.iastate.edu/outreach/talk
Adventure ahead.

The coordinators of the Early Outreach Program (EOP) are looking to hire outstanding undergraduate students to serve as daytime, evening, and overnight counselors for our summer camps.

The Early Outreach Program at Iowa State University is a two week-long, residential summer program for motivated Iowa minority students and Iowa State Educational Talent Search participants. The College Bound Program, Department of Residence, Educational Talent Search, Office of Admissions, and Science Bound sponsor EOP. The students are rising 9–12 graders. Staff will be compensated for their time.

**Program Dates**
Staff training // June 8
Week 1 // June 10–June 14 (Grades 9-10)
Week 2 // June 17–June 22 (Grades 11-12)

**Positions**

**Daytime Counselor**
Selected staff will serve as student chaperones and assist program facilitators during the day throughout the duration of the program. Daytime counselors work closely with EOP students to build positive relationships and encourage student participation. Staff must be available from 2–7 pm Sunday, 7:30 am–5 pm Monday–Friday. Breakfast and lunch is provided for daytime counselors in a dining center.

**Evening Counselor**
Selected staff will serve as student chaperones and assist program facilitators during the duration of the camp. Evening counselors are responsible for creating and implementing engaging and exciting recreational and social activities for the students during the evenings each week. Staff must be available from 2–11 pm Sunday and 4–11 pm Monday–Friday. Dinner is provided for evening counselors in a dining center.

**Overnight Counselor**
The overnight counselor will stay on-site every night of the program from 10:45 pm–7:45 am as the overnight adult chaperone. The selected staff will ensure students are following the expectations of the program which include remaining in their rooms overnight. In the morning, the overnight counselor will provide evening reports to the daytime counselors who then guide the students to breakfast. The selected overnight counselor is welcome to stay for breakfast in a dining center.

Staff may apply for all positions, however, will only be selected for one.

Apply today! admissions.iastate.edu/college_bound/eop.php

Questions? Contact Crystal Rexius // crrexius@iastate.edu
Best. Summer. Ever.

The Office of Admissions – Early Outreach is looking to hire outstanding undergraduate students to serve as interns, adventure aides, and residential advisers for our summer camps.

**Adventure Aide**

**Adventures** is a half-day class from 9 am–12 pm or 1–4 pm for one week. Staff will assist in the Happy Camper Hideaway before, in between, and after classes. Selected staff must be available from 7:45–8:30 am, 11:45 am–1:15 pm, and 3:30–5:15 pm. Opportunities to assist instructors in the classroom are available. Staff will be compensated for their time. 7–10 positions available.

**Staff training** // June 9
**Adventures Week 1** // June 18–22
Grades 3–6
**Adventures Week 2** // June 25–29
Grades 3–6
**Discoveries** // June 11–14
Grades 7–8

**Residential Assistant**

**Explorations** is a one-week residential class, Monday through Friday from 9 am–noon and 1–4 pm. Staff will be required to live in the residence hall during training and camp weeks. Staff will assist with student supervision, program planning, and ensuring students’ needs are met. Staff will be compensated for their time and have room and board provided during Explorations. 8–10 positions available.

**Staff training week** // July 5–8
**Explorations Week 1** // July 8–13
Grades 9–11
**Explorations Week 2** // July 15–20
Grades 9–11

**Internship Opportunity**

One or two applicants will be selected as the OPPTAG Summer Intern. This position will encompass duties of an adventure aide and residential assistant. Additional opportunities will be provided before, during, and after camp sessions. Interns will be able to complete 320–360 hours and will be compensated for their time. 1–2 positions available.

Apply today!
[opptag@astate.edu](mailto:opptag@astate.edu)

Questions?
Contact Crystal Rexius
[crrexis@astate.edu](mailto:crrexis@astate.edu)
Are you looking for a place to study or eat your lunch? Would you like an opportunity to meet other non-traditional students?

Who is a non-traditional student? Anyone who is:
- Age 25 and over
- Commuting from outside Ames
- A parent
- Married
- A veteran or currently in the military
- Pursuing a second bachelor's degree

If this describes you, here are some opportunities for you to meet others with similar backgrounds or just find a quiet place to study.

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**Lunch/Study/Chat Hours**
*LeBaron Conference Room*, room 1009, by the snack machines in the LeBaron Foyer
Every Monday from 2:00 - 3:00 p.m.
Every Wednesday from 2:00 - 3:00 p.m.
Every Thursday from 12:00 - 2:00 p.m.

Either Darcy Smalley or Juno Sun-Miller, two non-traditional students, will be available in the room at these times to greet you and answer any questions you may have.

We look forward to meeting you!

If you have questions, please contact ans@iastate.edu

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**Join the Supplemental Instruction Team**

**APPLY TODAY!**

www.si.iastate.edu
Supplemental Instruction (SI) Leader Position Description

Description
A SI Leader is an undergraduate student who provides peer academic support for an assigned course. SI Leaders will assist in student learning and retention at Iowa State University through facilitation of SI sessions that help students better understand concepts and applications of course content.

This position will require Leaders to dedicate approximately nine hours per week for the academic semester, with some weeks requiring more hours for training and professional development.

Qualifications
For consideration, candidates must possess the following qualifications:

- Enrollment as an Iowa State University undergraduate student
- Minimum ISU cumulative GPA: 3.00/4.00
- Minimum semester GPA for the most recent academic semester completed: 3.00/4.00
- Grade of B+ or higher in course(s) you desire to lead
  *Please note: we do not provide SI Leaders with any training in specific content areas (ex: math), which is why this knowledge of course content is expected prior to application.*
- Self-motivation and direction to work independently with limited supervision
- Empathy for and understanding of a diverse group of students
- Ability to speak and present information to large audiences

Responsibilities
SI Leaders will:

- Attend all lectures with students to relearn course content, stay on pace with instruction, and build rapport
- Promote SI and motivate students to attend SI sessions through class announcements, board reminders, and electronic communication
- Creatively plan for SI sessions including preparing interactive activities, worksheets, and other resources that encourage peer-to-peer learning
- Facilitate three 50-minute SI sessions per week using collaborative and active learning strategies
- Participate in staff development activities and continuous leadership development opportunities including SI Leader orientation, SI Leader retreat, staff meetings, individual meetings with an SI Supervisor or Mentor, and observations of peer SI Leaders
- Complete administrative responsibilities including taking and submitting attendance, submitting wage reports, maintaining website in a timely manner
- Develop relationships and maintain communication with students, SI supervisors, and course instructor(s) and facilitate relationship-building among students
- Assist students in becoming familiar with study skills and university resources
- Role model good student behavior and act in a professional manner

Compensation
SI Leaders will earn $10.50 per hour for time spent attending class, preparing for sessions, and facilitating sessions. For most Leaders, this is nine hours per week, with the exception of weeks including staff development activities, in which Leaders are compensated accordingly.
Academic Coaching Workshop Series

The Academic Coaching staff offers free workshops during the fall and spring semesters. Below is a schedule of the upcoming semester's workshops.

Academic Coaching Workshop: Preparing for Finals

Tuesday, April 17 | 3:30 PM - 6:30 PM or Wednesday, April 18 | 5:30 PM - 8:30 PM
0060 Hixson-Lied Student Success Center

This interactive workshop will give space for students to analyze their previous work and establish a game-plan for how to tackle their finals. Topics will include learning about prioritizing and managing your time, strategies for different test formats, and learning how to ask for help.

To register, go to: www.asc.dso.iastate.edu/coaching/workshop

Bradford Woods

This Summer, make a difference in the lives of youth with chronic illness and disability!

We are currently hiring for our nationally-acclaimed Recreation Therapy summer camps for children with physical disabilities and chronic illnesses.

If you want to be a part of an experience that will change the lives of our campers and yourself forever, please consider one of our many positions! Please contact treider@indiana.edu for more information or visit www.bradwoods.org/Summer2018 for more information!
Students can now schedule appointments via CyHire!®

You can view availability and pick a time that works with your schedule as well as select what you would like to discuss during the appointment. CyHire also sends a confirmation of the appointment as well as an appointment reminder.

In addition to scheduling via CyHire, students are still welcome to stop in or call our office to set up an appointment.
Are you looking for an opportunity to GRO?
Are you interested in learning about social justice? GRO is an annual program offered in the spring semester for students in the College of Human Sciences to participate in to learn more about social justice topics and build community with one another.

We will be meeting on Thursdays between 5:30pm and 7:30pm. If this sounds like something that will interest you, feel free to sign up below here: https://iastate.qualtrics.com/jfe/form/SV_bJZIG5eVP9eAc2F
GRO
(Growing Through Relationships & Conversations With Others)

GRO is a semester-long program offered in the spring that focuses on developing an understanding and gaining knowledge around social justice topics through intentional dialogue and community building practices.

Topic: Power, Privilege, & Oppression

Meeting Dates:
- January 25th
- February 8th
- February 22nd
- March 8th
- March 22nd
- April 5th
- April 19th

*Food is always provided

Sign Up HERE!
For more information, contact:
hsdiversitygrad@iastate.edu
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 KJSOUTH@IASTATE.EDU

TUTURING services

We are dedicated to providing quality small group, course specific tutoring,
Tutoring Services is here to:

- Develop independent, self-directed learners
- Practice learning how to learn course material
- Provide skills students can take them for future success

Visit our website to learn more!

www.asc.dso.iastate.edu/tutoring
tutorsrv@iastate.edu
(515-294-6624)
$4 per session for group tutoring

- Tutoring fees are charged to your U-Bill once a month.
- Students may be eligible to receive financial assistance to aid them with tutoring fees

All tutors earn $10.50 an hour

- We prefer tutors who can work at least 4-6 hours per week and have availability throughout the week
- Require tutors to have knowledge in the subject matter, have taken the course at Iowa State, and received a B or higher

“Tutoring has improved my ability to think critically as well as given me the opportunity to work in a group setting. It
take with me to the next level of classes.
DID YOU BEGIN YOUR COLLEGE JOURNEY at age 22 or older

If so, please consider applying for...

ETHEL L. WHITNEY OPPORTUNITY SCHOLARSHIP

DEADLINE JUNE 1

To be eligible for the scholarship you must:

- Be a current or entering undergraduate student at Iowa State University.
- Declared a major in the College of Human Sciences.
- Have been 22 years of age or older when you first enrolled at Iowa State or another institution (college-credit courses taken during high school do not count).

Application Process:

- Recipients shall submit an essay explaining their path to attending Iowa State University and how the scholarship will help achieve their goals and aspirations.
- Download application from hs.iastate.edu/22scholarship.

Term:

- One year and may be renewed by reapplying.

Deadline:

- Email the application to opportunity@iastate.edu by 5:00 p.m. Friday, June 1.

For More Information:

Darlene Fratzke
118 MacKay
515-294-9865
opps.scholarship@iastate.edu
Inviting Participants for a Study Investigating
Exercise and Chronic Disease Prevention

Eligibility: Men and women, 35-70 years old, non-smoker
(Full eligibility will be discussed later)

Free 1-Year Personalized Exercise Program!
$300 Cash Incentive for Participation!
Free Comprehensive Medical Check-Ups!
Individual Diet Counseling!
Free ISU Parking!
(Recruitment starting now through 2018. Limited spots available!)

You will participate in one of the following personalized exercise programs 3 times per week for 1 year (1-hour exercise sessions from 5:00am-9:00pm): 1) aerobic exercise, 2) resistance exercise, 3) a combination of both, or 4) delayed, preferred exercise (wherein you receive a 1-year supervised exercise program of your choice after the study). All exercise is monitored by an innovative exercise training computer system. Everyone receives individual counseling with a registered diettian on The DASH Diet, developed by the National Institutes of Health to lower blood pressure, cholesterol, and prevent heart disease and stroke. Everyone gets free comprehensive medical assessments (blood lipids, % body fat, metabolic function, bone health using DXA, fitness level, cardiac function, & more).

CardioRACE
Cardiovascular Benefits of
Resistance, Aerobic, and Combined Exercise
Funded by the National Heart, Lung, and Blood Institute (1R01HL113068)

If you are interested, please:
Call: 515-294-7223 (RACE) OR Email: cardioRACE@iastate.edu
Please provide your phone number and a convenient time we can reach you!
Visit Us At: https://research.hs.iastate.edu/cardiorace

Iowa State University Physical Activity Epidemiology Lab
Inviting Older Adults for Physical Activity and Aging Study (PAAS)

This study focuses on physical activity, chronic disease prevention, and longevity.

Incentives:
Annual Comprehensive Health Report
Full-Body Bone Mineral Density Test
Healthy Lifestyle and Aging Education

Eligibility:
- Men and women at least 65 years of age
- No plans to move out of Iowa permanently
- Willing to participate in annual free comprehensive health assessments (blood lipids and glucose, blood pressure, diet and physical activity, body fatness, bone mineral density using DXA, physical fitness and function)

If you are interested, please, email Hyun Soo Kim: hskim@iastate.edu
If you have any other questions, please, email Dr. DC Lee: dclee@iastate.edu.
http://www.kin.hs.iastate.edu/research/physical-activity-epidemiology/

Iowa State University Physical Activity Epidemiology Lab
SKILLS WORKSHOP

PROCRASTINATION, MOTIVATION, AND GOAL SETTING
TUESDAY, FEBRUARY 26 5:30PM
TUESDAY, MARCH 6 5:30PM
Ox6 House Laid

STUDY SKILLS
WEDNESDAY, FEBRUARY 27 5:30PM
TUESDAY, MARCH 5 5:30PM
Ox6 House Laid

FINALS PREP
THURSDAY, APRIL 17 5:30PM
WEDNESDAY, APRIL 18 5:30PM
Ox6 House Laid
Help support physical activity and inclusion!

Spring into ExerCYse Fundraiser!

**How?** Purchase raffle ticket(s) (1 for $5 of 3 for $10) OR a Spring into ExerCYse 5k ticket to enter in a drawing for prizes from.......  
- 4 personal training from ISU Rec Services  
- 1 mo. Unlimited yoga at Ignite Yoga (for new members)  
- Fit Basket: Fitness Tracker, water bottle, gym towels, gym bag  
- Stretching Basket: foam roller, resistance bands, two myofascial release balls  
- ISU Rec. Services Drawstring bags  
- $20 towards an Outdoor Rec bike tune-up  
- $20 towards an Outer Rec Program Workshop  
- $50 towards a one-time rental of Outdoor Rec Program equipment

**When?** 70% of all proceeds from March 1st – April 7th go to the Ames Miracle Playground and Field project

**Why?** More than 1000 children with special needs attend Story County schools. Help give these children they play time they deserve

For more info on how to help, visit [www.exercyse.org](http://www.exercyse.org), email us at [exercyse@iastate.edu](mailto:exercyse@iastate.edu), stop by our office at 251 Forker!
Spring into ExerCYse Week 2018

April 3rd 12:1 pm
Yoga On Central Campus
Come hang out with ExerCYse is Medicine on Campus & de-stress with some yoga during your lunch time! BYOB (Bring Your Own Blanket). Rain Date Thursday, April 5th.

April 4th 2:15 - 3:30 pm
Walking for Wellness with ExerCYse is Medicine
Join us for a walk starting on the southwest corner of the Molecular Biology Building (parking available). We will walk 15 minutes to attend a lecture from Dr. Elderbriefs on the deeper meaning of the ExerCYse is Medicine movement, then walk another 35 minutes back to the parking lot.

April 7th Check in: 1:30 pm; Start time: 2:00 pm
Spring in to ExerCYse 5k Run/Walk
The race will start and end on Central Campus. The 5k fee includes the race, a dry-fit EIM t-shirt & a ticket for our raffle. 70% of all proceeds will be donated to the Ames Children Miracle Playground and Field. You can sign up on the Student Organization Marketplace or pay with cash at check-in on race day.

To learn more about Spring into ExerCYse, the AMPF Fundraiser, and how to buy a 5k ticket to win awesome prizes, visit our website exercysese.org, or email us at exercysese@iastate.edu.
INFORMATION & MEETING TIMES

EXERCISE 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.

For more information, contact club President - Genevieve Hepworth

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS

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

For more information, contact club President - Megan Blomberg

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.

For more information, contact club President - Madisen Quick

IOWA STATE PRE-DENTAL CLUB

To aid all pre-dental ISU students with any questions they may have regarding dental school. We will cover everything from applications to admission. Our purpose is to help with anything related to the dental profession.

For more information, contact club President - Noah Hart

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: Tuesday, April 17th at 6:30 - social with Ignite Yoga (if there is enough people) and then passing out apparel and elections for president, vice president, treasurer, and philanthropy chair. This is the time to get some leadership experience if you want it for the upcoming year!

For more information, contact club President - Mallory Majors
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 - Andrew Zaman

**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.

For more information, contact club President - Mason Schroeder

**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 – Rachel Tucker

**ORCHESIS II**

Orchesis II is a non-audition dance company in which all individuals are welcome to participate regardless of their experience in dance training. Orchesis II strives to enhance a comfortable learning environment by providing performance opportunities for members. Orchesis II works in many genres of dance including tap, hip-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 – Laura Behrends

**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.

For more information, contact club President - Miguel Limon

**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.
**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.

For more information, contact club President - [Callan Barrick](mailto:callan.barrick@iastate.edu)

**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.

For more information, contact club President - [Phaedra Lipsey](mailto:phaedra.lipsey@iastate.edu) or [Samantha Rivet](mailto:samantha.rivet@iastate.edu)

**PRE-PHARMACY CLUB**

Meetings will generally be held once a month on evenings of weekdays. The activities of each meeting will vary, but will aim to further our primary goal of preparing members for the pharmacy school application process. Activities include speaking to current pharmacy school rotation students, discussing application requirements, and sharing opportunities for volunteering and job shadowing. In addition, pharmacy school representatives come to Iowa State to share information specific to their application process and requirements.

For more information, contact club President - [Morgan Allcroft](mailto:morgan.allcroft@iastate.edu)

**PRE-PHYSICAL THERAPY CLUB**

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

For more information, contact club President - [Dalton Frick](mailto:dalton.frick@iastate.edu)

**PRE-PHYSICIAN 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.

For more information, contact club President - [Julia Nguyen](mailto: julia.nguyen@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
THE KIN COLLECTIVE

This organization serves to build a stronger sense of community within students of color in the Kinesiology department, connect them to more resources and opportunities, and to help create a departmental connection so that students can foster the relationships necessary to excel in their field of study.

For more information, contact club President - Artoria Jung