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

~ September 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...

Jocelyn DoWall
KIN Adviser

Jenny Gibbs
KIN Adviser

Laura Groves
KIN Adviser

Mary Miser
ATE Adviser

Lisa Phillips
KIN Adviser

DeAnn Fritman
Program Assistant

Marsh Wicke
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

---

Iowa State University
College of Human Sciences

Kinesiology Department
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  
*Hours vary, please refer to website.

**STUDENT WELLNESS**  
Frye 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) 239-8877

**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
Equity in Physical Activity for People with Disabilities

James Rimmer has been developing and directing physical activity and health promotion programs for people with disabilities for more than 30 years. He is the inaugural Lakeshore Foundation Endowed Chair in Health Promotion and Rehabilitation Sciences at the University of Alabama at Birmingham and director of the Lakeshore Foundation/UAB Collaborative. Rimmer is on the NIH National Center for Medical Rehabilitation Research advisory board. He was also the first researcher with a focus on the fitness of people with disabilities to be named to the President’s Council on Fitness, Sports and Nutrition Science Board.

Thursday, September 27, 2018
8 pm
Sun Room
Memorial Union

James Rimmer
The Pease Family Scholar

Sponsored by: Kinesiology, Pease Family Scholar-in-Residence and Scholarship, Committee on Lectures (funded by Student Government)

Important Dates to Remember...

Saturday, September 29, 2018
• Schedule of Classes for Spring 2019 available for viewing on the Web at http://classes.iastate.edu/

Monday, October 1, 2018
• Advising period for Spring 2019 registration begins.

Friday, October 12, 2018 – 2:15 p.m.
• First half-semester courses end.

Monday, October 15, 2018
• Second half-semester courses begin.

Wednesday, October 17, 2018
• Registration period for Spring 2019 begins.
• Seniors graduating Spring 2019 should submit a Graduation Application after registering for final course work. Submit via AccessPlus (student tab, graduation, application).

See your adviser if you have questions!
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 $11.00 AN HOUR
Students pay $5.00 per tutoring session

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

---

PEOPLE TO PEOPLE CAREER FAIR

NOT SURE WHERE TO START?
START HERE.

WEDNESDAY, SEPTEMBER 26 | 12-5 PM AT SCHEMANN BUILDING

TAKE A QUICK TOUR
- Get familiar with the layout
- Learn how to interact with employers
- Learn how to make the most out of your experience

INTERESTED? VISIT THE STUDENT PREP AREA ON THE 1ST FLOOR DURING THE FAIR FOR A TOUR
For questions, contact Human Sciences Career Services at hscareers@iastate.edu
A representative from Creighton University will be in the Career Services office on Wednesday, October 17th to meet with students interested in learning more about their accelerated nursing program. Sign up for these meetings is open in CyHire and will be filled on a first-come, first-served basis. Students can search for Creighton under the “Jobs” tab or click on “Interviews I Qualify For” under Shortcuts in CyHire.

Interested in attending a Doctor of Physical Therapy (DPT) Program?

Western Michigan University - Department of Physical Therapy has a new Doctor of Physical Therapy (DPT) program.

If you are interested in their NEW Doctor of Physical Therapy program, please review their DPT application requirements here, as well as their FAQ page here. Their first application deadline is November 16, 2018 - they plan to start their first cohort of 30 students in Summer II 2019 (end of June).
Program direction and academic content provided by Jason Chrystal and Jennifer Leptien

Your Ticket to Ride begins in London as we explore British culture and trace the Beatles rise to fame via the long and winding road stretching from Penny Lane to Abbey Road. We will take a Magical Mystery Tour through Liverpool, visiting the childhood homes and stomping grounds of the Fab Four. Our journey concludes in London with an analysis of the Beatles Revolution of the British Music Experience.

Itinerary

Thursday, March 21 LIVERPOOL/LONDON. Morning at leisure for independent exploration. After lunch on own, walk to Liverpool Lime Street Station for departure to London. Arrive London Euston Station and make own way by tube to DOUBLETREE BY HILTON ISLINGTON for check-in (included complimentary wifi throughout). One 7-day travel card for zones 1-2 in London provided.

Friday, March 22 LONDON (Windsor). Morning depart by private motorcoach for visit to Windsor Castle, entrance included. Lunch on own in Windsor. Two 1-day travel cards for zones 1-2 in London provided. Return to London for afternoon to explore London in small groups. Suggested visits to Harrods, Hyde Park, Victoria and Albert Museum and the Science Museum (all with free entrance). (B)

Saturday, March 23 LONDON. Make your way on own to Westminster Abbey for visit, entrance included. After lunch on own travel by tube to Fulham game, entrance included. Dinner and evening on own. (B)

Sunday, March 24 LONDON Departure. Morning transfer by private motorcoach to London Heathrow Airport. Flights, with connection through Detroit, arranged by the university. (B-boxed)

(The itinerary subject to change due to local scheduling.
Click on hotel name or other places in blue for link to website for additional information.

For Further information contact:
Jen Leptien, Program Director, email: jenl@astate.edu, phone: 515-294-3148.

To apply, please go to isuabroad.astate.edu; search Programs for Term = Spring Break 2019 and Program = “beetles”. Then click the Apply Now button to start an application.

For Further information contact:
Jen Leptien, Program Director, email: jenl@astate.edu, phone: 515-294-3148.

To apply, please go to isuabroad.astate.edu; search Programs for Term = Spring Break 2019 and Program = “beetles”. Then click the Apply Now button to start an application.

Program Cost

$3500

Pricing includes airfare, some meals, all excursions and lodging.

Program direction and academic content provided by Jason Chrystal and Jennifer Leptien.

Thursday, March 14 Depart from Des Moines Airport. Afternoon flight with connection in Atlanta to London (flights arranged by the university).

Friday, March 15 LONDON Arrival. Upon late morning arrival, meet and greet assistants at airport and transfer by private motorcoach to DOUBLETREE BY HILTON ISLINGTON for check-in (included complimentary wifi throughout). One 7-day travel card for zones 1-2 in London provided.

Saturday, March 16 LONDON. 24-hour ticket provided for Double Decker Bus Tour (hop on/off) in London for independent exploration. This Double Decker Sightseeing Tour offers a flexible hop-on/hop-off with over 80 stops and 3 main sightseeing routes to see all of London and her landmarks. (B)

Sunday, March 17 LONDON. Morning travel by tube to visit the Tower of London, with a public Yeoman tour, entrance included. After lunch on own, travel by tube to Brixton walking tour, entrance included. Evening arrangements by program director. (B)

Monday, March 18 LONDON. Today you will have a full day tour of the Beatles London Rock Tour “The Long & Winding Road”. On this tour you follow the Beatles history in London, from the first hotel they stayed at, to Macca’s current offices and home. You’ll see over 100 iconic sites and truly walk in the Fab Four’s footsteps. Group lunch at Turk’s Head (pending). (B, L)

Tuesday, March 19 LONDON/LIVERPOOL. Make your own way by tube to Liverpool Euston Station for departure to Liverpool (2nd class off-peak non-flex ticket provided). Arrive late morning into Liverpool Lime Street Station and walk to HOLIDAY INN LIVERPOOL CITY CENTRE. In the afternoon experience a guided walking tour of Beatles sites in Liverpool with Sylvia O’Malley (pending) including LIPA Strawberry Fields, Woolton Ferry and Eleanor Rigby gravesite, entrances included, ending on Mathew Street and The Cavern Club. Dinner on own. (B)

Wednesday, March 20 LIVERPOOL. Morning divide into two groups. Group one depart for the National Historic Trust Beatles’ Childhood Homes Tour. Group two depart to Albert Dock for the Beatles Story, entrance included. After lunch on your own, groups switch visits from morning. Enjoy the remainder of the afternoon on own exploring the area of the Albert Dock. Visit the Tate Liverpool and Merseyside Maritime Museum. Dinner on own. (B)

Prerequisite to travel

Students must enroll in, or have taken, the Beatles seminar (INTST 360/HON 322). The Beatles seminar class meets for 6 weeks; Fall 14 of semester; Tuesdays: 6:10 – 8:00 pm. January 15 - March 5. Pre-departure preparations will take place on Saturday from 10:00 am - 12:30 pm; February 9. Study abroad component in London and Liverpool will be held over spring break: Thursday, March 14 – Sunday, March 24, 2019.

Throughout the study abroad component, students will:
- Reflect upon the influence of The Beatles on 1960s culture and beyond
- Deepen understanding of British cultural and social references through field trips, conversations, journaling and group processing
- Develop an international perspective through engagement outside country of origin

Program Cost

$3500

Pricing includes airfare, some meals, all excursions and lodging.
Yoga and Dance classes Available

Iowa State Dance is offering a yoga class on Tuesdays and Thursdays from 4:10-5pm. The course Dance 250X is a one credit class.

The course is design for restorative work with a relaxation emphasis for students who need to find ways to reach a calm and centered state to further their academic success.

All Dance courses here at ISU have an emphasis on the creative expression of the individual to foster a healthy body and mind.

Late registration is allowed.

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:

- Day time availability (8am-5pm) at least 2 to 3 times per week.
- Able to commitment 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 you will benefit as well. Working as 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 you build 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 desmoineshiringassociate@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**

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

---

**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.

**Procrastination, Motivation and Goal Setting**

**Tuesday, October 2** | **6:00PM - 7:00PM**
**Thursday, October 18** | **6:00PM - 7:00 PM**

**0060 Hixson-Lied Student Success Center**

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.

**Study Skills**

**Thursday, October 4** | **5:30PM - 6:30PM**
**Wednesday, October 17** | **6:00PM - 7:00 PM**

**0060 Hixson-Lied Student Success Center**

Students will become aware of ways to improve their study skills and exam preparation strategies.
To request an appointment with Career Services

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.
Human Sciences Week is a time for the Iowa State University College of Human Sciences to celebrate its unique, innovative, people-oriented programs and rich traditions with food, dance, speakers, and philanthropic events.

The week showcases the college's commitment to expand human potential and improve people's lives through diversity and social responsibility, wellness, entrepreneurship, personal financial literacy, and STEM (science, technology, education, and mathematics) education.

Volunteer opportunities...

**Special Olympics:**
- Volleyball Tournament held in Gym 175 and Gym 184 in the Forker building.
- Date of Competition: Saturday, October 6, 2018
- We will also need help setting up on Friday, October 5th from 8:00pm-10:00pm
- Sign up to volunteer by Tuesday, September 25th by going to www.soiowa.org/volunteer. You will need to scroll down to where it says "State Volleyball" and click "sign up". From here you will be prompted to fill out the volunteer application.
- The positions are first come first serve. There are no specific qualifications for any of the positions EXCEPT officials (we prefer if you have played volleyball).
- The shifts on October 6th are 4 hours long. They are 8:15am-12:15pm and 12:15pm-4:30pm.

**Blood Drive:**

It will take place in the Great Hall in the Memorial Union on October 1- October 4 from 10:00am-5:00pm everyday.

To sign up go to:
https://signup.com/client/invitation2/secure/2439861/false#/invitation
(1) Select the day using ‘Find Spots By Date’ or by scrolling down

(2) Select a spot and login/create an account through any of the provided options

(3) Make sure to only sign up for ONE spot at each time slot

(4) You CAN and are encouraged to sign up for more than one shift! Just make sure they don't conflict with each other!

---

**A TR/KIN AFFILIATED CLUBS**

**INFORMATION & MEETING TIMES**

---

**CARDINAL TAP CLUB**

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.

Meetings are held in 198 Forker Building on Tuesdays from 8:30 – 9:00 p.m.

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

---

**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
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 - Ryan True

**FELLOWSHIP OF ATHLETIC TRAINING STUDENTS**

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

For more information, contact club President - Alexis Ring

**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 - Amber Schwarting and Ethan Segerstrom

**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.

For more information, contact club President - Maria McDonough

**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 - 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
For more information, contact club President - Anna Fleming

**ORCHESSION 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 – Alaina Mattimiro

**ORCHESSION 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 p.m. in Forker 0196**

For more information, contact club President – Trevor Kliever

**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 - Bryce Smith

**PRE-CIROPRACTIC CLUB**

The Pre-Chiropractic Club is an organization dedicated in providing opportunities for students who are interested in pursuing a career in the chiropractic field upon completion of his or her undergraduate degree. The Pre-Chiropractic Club will allow students to learn the art, science, and philosophy behind chiropractic medicine, as well as network with current doctors, and learn about the admissions process and various chiropractic colleges.

For more information, contact club President - Abby Loew
**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.

For more information, contact club President - [Benjamin Dralle](mailto:benjamin.dralle@iastate.edu)

---

**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 - [Brody Ttitle](mailto:brody.ttitle@iastate.edu)

---

**PRE-PHYSICAL THERAPY CLUB**

To promote networking, individual growth, and preparation for future physical therapy professionals.
**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 - [Hannah Mendez](mailto:Hannah.Mendez@college.edu)

---

**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 - [Kendra McGhee](mailto:Kendra.McGhee@college.edu)
Everyone you meet is fighting a battle you know nothing about.
Be kind. Always.