



REBIRTH OF THE FIRST UC WELLNESS AND FITNESS CENTER

By Jon Spaventa

Some thirty years ago this month the Department of Physical Activities and Recreation opened the first UC, wellness center in Rob Gym.



Dubbed the Wellness and Fitness Institute, the center provided education and a myriad of health and fitness related assessments for faculty, staff, students, and the surrounding community. Dr. Ken Kambis, a well published exercise physiologist was recruited from UNC and together with Jon Spaventa, long time department head, and Art Gilbert, faculty member, developed a state of the art exercise physiology laboratory. The laboratory served as an instructional classroom for exercise science students and student interns, as well as a fitness testing facility focused on personal health and well-being.

The Institute was a novel success and the department soon entered into a partnership with Goleta Valley Hospital. With assistance from the medical community a corporate wellness program emerged with the faculty conducting annual fitness assessments for county and city firefighters.

Shortly thereafter, the center was attracting staff from many departments across campus and simultaneously providing students with exceptional classroom and internship experiences. Many students who benefitted from the program went on to careers as doctors, physicians assistants, physical therapists and nurses, and others to the fields of sports medicine and personal training.

As wellness became the buzz word of the new millennium, campus wellness programs of all kinds began to emerge across the nation and here at UCSB. Toward that end faculty began to focus more energy on the academic side of the center and for the past ten years it has been used primarily as a laboratory for classroom instruction and training.

Continued on page 4

EXERCISE & SPORT STUDIES STUDENTS INTERN WITH ESPN

By Nicole Soto

This past quarter, Dr. Orlando arranged the opportunity for seventeen students from the ESS Department to intern with ESPN. Students traveled to Long Beach State University to shadow the Big West Productions crew in broadcasting and producing the LBSU vs. UCSB volleyball game.

During their visit, interns were able to learn what it takes to broadcast and produce a game. Interns were assigned tasks such as assisting the camera crew, instant replay, and audio. They were able to get an idea of how this industry works and also learned the importance of teamwork.

Taja Davis, a senior Communications major, who has dreamed about becoming a reporter since the age of 15, got the chance to work alongside ESPN's sideline reporter Jenny Phillips. Davis mentions that she is super excited to go back and intern with ESPN because she is on a list of people who gets to conduct post-game interviews.

This opportunity also taught the interns that this industry is not always fun and games. During the match, communication lines from the producers truck to the camera crew inside the stadium got cut off. With trust and teamwork, the team was able to finish the live broadcast without any direct communication.



Overall, this was a memorable experience for the interns, who were able to build connections, develop bonds, and were even offered to come back in the future to be part of the team.

FACULTY SPOTLIGHT WITH ESS DIRECTOR JON SPAVENTA

By Nicole Soto

Jon Spaventa, Chair of the Exercise & Sport Studies Department, has been teaching at UCSB for an amazing 34 years. With undergrad work at Long Island University in Brooklyn and graduate work at Springfield College in Massachusetts, Jon obtained his degrees in education and administration of athletics, health, and physical education.

Jon has always been involved in teaching and has a passion for working with bright, young, motivated students such as the ones here at UCSB. He states that it is a rewarding profession, which makes teaching exciting and new every quarter. What differentiates the Exercise & Sports Studies Department from other programs here at UCSB is the close relationships that professors and students develop throughout each quarter he added.

The Exercise & Sport Studies Department has had an interesting history here at UCSB. Spaventa recalls that in UCSB'S early years, there was a Physical Education Department that encompassed athletics, physical education and recreation.

Instructors taught, conducted research, coached, and held administrative positions. During that time everything was run through a department chair and everyone was involved in teaching.

This program was split into two distinct departments in the late 60s; the Ergonomics Department consisting of faculty focused on sports science and research and the Department of Physical Activities with faculty primarily involved in teaching, coaching, instructional and administrative programs. In the early nineteen eighties the Ergonomics Department was phased out and the Department of Physical Activities began to offer many of the science based courses formerly housed in Ergonomics. Soon thereafter an official minor was established through the College of Letters & Science and the department name was changed to Exercise & Sport Studies.

Although the Exercise & Sports Studies Department has changed from a minor program to a certificate program, it has not stopped students from excelling in the sports and exercise world. Jon states that the internships this department has to offer are incredible.



In his years working at UCSB, he has seen student interns benefit from successful internship experiences within the areas of medicine, physical therapy, health and fitness, broadcasting, marketing, high school sports, collegiate sport, professional sport and sport management.

Interest in Exercise & Sports Studies has grown over the past few years and will continue to grow. Jon definitely envisions a bright future for the Exercise & Sports Studies Department. As the state budget improves, he is hopeful the department will offer a minor once more and perhaps begin to consider a major program of study at UCSB.

FACULTY ADVICE: WARMING SOCK TREATMENT

By Dr. Kendall Hassemer



This is a time of year when many students come down with colds and sore throats. This can be in part due to stress, lack of sleep, decreased exercise, weather temperature changes, and/or due to an increased sugar, caffeine or alcohol intake.

It's important to get enough sleep and to eat as well as possible, especially in preparation for midterms and finals.

Warming socks treatment sounds crazy, but can be a great way to ward off any colds, flus and sore throats. This treatment is used at first indication of any congestion in the ears, eyes, sinuses, throat and lungs. It works to reflexively increase circulation and decrease congestion in the upper respiratory passages, head and throat, and increases the healing response during acute infections.

It has also been used effectively for headaches, pain relief and a variety of other conditions. The warming socks treatment has a sedating action and many people report that they sleep much better when using it.

The warming sock treatment is best if repeated for as many nights as necessary until symptom improvement is achieved. If there is no noticeable improvement, it is essential to visit the student health center and/or contact a doctor to receive any necessary medical treatment. Warming socks treatment requires that one continues the treatment for at least two days past the resolution of all symptoms.

Indications:

Sore throat or any inflammation or infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, cough, bronchitis and sinus infections.

Continued on page 4

Q & A: RONNIE LACOUR INTERNS WITH THE CHICAGO CUBS

By Shayan Najmabadi



Ronnie was enrolled in Dr. Orlando's "Current Issues in Sport Management" (ESS 160) course during the Fall '14 quarter, during which he was able to obtain an internship with the Chicago Cubs of MLB. We had a chance to speak with Ronnie about this incredible opportunity.

Q: Hi Ronnie, how did you initially hear about this internship opportunity with the Cubs?

Ronnie: I came across this opportunity through Dr. Orlando's gauchospace website where he offers several great internship opportunities. I saw this one and my eyes lit up. With my background in baseball, I knew that it would be a good fit. So far, it definitely has been.

Q: Tell us a little bit about what you do for the Cubs.

Ronnie: My current position is helping out the Cubs' area scout, Tom Myers. I go to scrimmages and help scout draft-eligible players. I take down stats, pitcher's velocity, various things relating to sabermetrics. Over winter break, I had a chance to help Mr. Myers contact coaches from hundreds of high schools and put together an elite high school squad.

Q: What are some of the upsides about your position?

Ronnie: The upside of this internship is endless. I get to gain experience in the scouting field, and I get to interact with individuals throughout multiple organizations across MLB. The best part has to be getting to take it all in. Hearing the things that you never would as a regular spectator, or even a player for that matter. Seeing the game from a different aspect is eye opening. I get the opportunity to listen to Mr. Myers, and to pick his brain. I can't get enough of all the knowledge I am acquiring.

Q: How has the ESS Department influenced you and your future career?

Ronnie: The ESS Department has truly opened up my eyes to the opportunities in the sports marketing and sports management fields. After my baseball career ended last year, I didn't know if I was going to be able to be around sports again in my career choice.

I love a multitude of sports, so I knew that I wanted my career to entail sports. Dr. Orlando's course I took last fall is the first ESS class I took in my first quarter here at UCSB, and it was incredible. Dr. Orlando was extremely helpful in many aspects to his students. He posts internships, reads papers over and over, and really does whatever he can to make your experience worthwhile. He wants you to be ready for the real world and what you will actually have to experience out in the field, and his ultimate goal is the success of his students. That's the influence that I have from the ESS Department thus far, and it's had a tremendous impact on how I plan my future.

Q: What do you expect to be doing in the future?

Ronnie: I will be meeting with Mr. Myers soon to receive my duties for the spring, which is by far the most important part of the year, as it is when the regular season starts. I will keep you updated. All I can say is that I am extremely grateful for this opportunity with the Chicago Cubs organization, and to Dr. Orlando. ESS gave me the jump-start I needed to get on track for what career I want to pursue. I now know all the opportunities that are out there that I can make happen, and I feel more prepared to take advantage of those opportunities.

WHERE ARE THEY NOW? ALUMNI SPOTLIGHT

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Allison Smith
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Howard Chao
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Adam Clar
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Serena Winters
Lakers Nation

Nick Masuda
Golf Magazine

Nikki Chayet Singer
New York Mets

Elizabeth Clar
Atlanta Braves

Sanam Mahboobian
Los Angeles Lakers

Meagan Jacobs
San Diego Chargers

Nobel Corral
Track Coach, Skyline College

Stephanie Burke
Oakland Athletics

Anthony Mayo
Sacramento River Cats

Simone Christensen
Physical Trainer, Denmark

Nick Tanza
Special Olympics

Lukas Burger
Tennis Instruction (Owner)

Adrain Dille
Track Coach, Sequoia HS

Armen Zakarian
Asst. Volleyball Coach, UCI

Alex Sheldon
Coach, San Marcos HS

REBIRTH OF THE FIRST UC WELLNESS AND FITNESS CENTER

Continued from page 1



This fall the Institute moved from Rob Gym to a recently refurbished space in Rec Cen room 1502. There you will find a fresh take on wellness and fitness where students can simply drop in and enjoy the very latest in screening and assessment tools.

With the oversight of professionally trained faculty and staff, the Wellness and Fitness Institute has been reborn providing new internship opportunities for students involved in the department's certification programs in health and wellness, personal training and fitness instruction. As well, the Institute is utilized by the Gaucho Pulse program which offers a variety of classes intended to improve overall fitness and personal well being. In addition, faculty from the Exercise & Sport Studies Department utilize the facility for course enrichment and also conduct counseling and tutorial sessions there. In sum, the first ever UC wellness center has been reborn and rebranded, and students are encouraged to avail themselves to this exceptional campus resource.

FACULTY ADVICE: WARMING SOCK TREATMENT

Continued from page 2

Supplies:

- 1 pair thin cotton socks (clean if you can find a pair;)
- 1 pair thick wool or fleece socks
- Towel
- Warm bath, shower or warm foot bath

Directions:

- Soak a pair of thin cotton socks with cold water. Be sure to wring the socks out thoroughly so they do not drip.
- **Warm your feet. This is very important** as the treatment will not be as effective and could be harmful. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath or shower.

- Dry off feet (and body) with a towel.
- Place the **cold cotton socks** on your dried feet. Cover with **thick wool socks** that are not too tight. Go directly to bed. Avoid getting chilled.
- Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning. If the socks are not dry in the morning, it is possible that you did not adequately warm your feet, thoroughly wring out the socks or completely cover the cotton socks with the wool socks.

"The ESS Department has solidified my love and interest in sports. Focusing on obtaining the Sport Management Certificate is one of the best decisions I have made in my college career. It has opened so many doors by providing me with internships, networking connections, and a great amount of experience to aid in my journey of becoming a broadcast journalist."

- Taja Davis

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