

Administrative and Professional Faculty Senate Business Meeting Minutes

April 12, 2023 at 3:00 p.m.

McConnell Library Conference Room 170/RUC Room 302

Present: Sandra Bond, Ashlee Claud, Melanie Fox, Stephanie Hovsepien, Susan Hudson, Debra Johnson, Kay Johnson, Jennifer Norton, Andrea Robinson, Mary Catherine Santoro, Tom Snediker, Scott Shull

Not Present: Vanessa Conner, Charlie Cosmato, Sarah Cox, Emily Fitzgerald, Heather Hollandsworth, Chad Hyatt, Mark Lambert, Eric Lovik, Allison McCoy, Melissa Neal, Deana Sentman, Malinda Tasler, Susan Trageser

Guests: Trisha Calhoun, Christina Manzo, Frank West, Scott Wagner

1. **Call to Order:** The meeting was called to order at 3:01 pm by President Sandra Bond.

2. **Approval of Minutes:** The minutes from March 8, 2023 were approved.

3. **Guest Speaker: Jen Norton, Assistant Athletic Director for Sports Performance**

(Please see the slides at the bottom of these meeting minutes.)

Jen Norton discussed the Strength and Conditioning Program. Strength coaching is so much more than lifting weights. The strengthening of athletes is both mental and physical. Ultimately, we want student-athletes to win. The department is in the Dedmon Center where the old pool was located. Athletes rarely go to the Recreation and Wellness Center. Each student-athlete is assessed to develop individualized programs. Injuries occur during periods when athletes are transitioning from relative inactivity to regular training. We see a lot of students during their off seasons. We want to prevent injuries, because hurt athletes do more poorly in the classroom.

Question: Do any of our students intern with you to see what you do?

Answer: Yes. We also get athletes. Students also intern to get class credits to learn what we do.

Question: Can you contact students?

Answer: We can contact them more than coaches because it's a safety thing. We don't report to the coaches.

4. **Coffee With the President:** The Zoom webinar will continue for April 14. Please submit questions to Sandra Bond by email (smbond@radford.edu). She has until 9:00 AM tomorrow to accept questions.

5. **2023-2025 Senator Elections:**

Voting by Division is open now and will close on the 25th. We will have senators by May. Kay Johnson thanked Heather Hollandsworth and Mark Lambert for serving with her on the Elections Committee.

6. **Updates/Additional Topics**

- AP Bylaw changes that senators will discuss and vote on at the May 10, 2023. See attached.
- Future AP Handbook review – Are there any AP Senators that would like to participate? Volunteer by April 24th.

- Future AP Morale Survey – Are there any AP Senators that would like to participate? Volunteer by April 24th.
- Email: Professional Writing Certificate from Dr. Amy Ruebens attached.
- Email: Recruiting University 100 Teaching Team for Fall 2023 from Heather Hollandsworth attached. Deadline is today.

7. Campus Events/Announcements – <https://calendar.radford.edu/all>

- McConnell Library Music Mondays (Every Monday during Spring Semester. 12 Noon; Bird Room)
- Mid-Week Music Series (Every Wednesday during the Spring Semester. 5 p.m.; Bonnie Plaza)
- Apr 14 – Winesett Awards Ceremony (3-4 p.m.; McConnell Library)
- Apr 15, 22 – Admissions Open House/Highlander Days Main Campus
- Apr 17 – Radford Authors Receptions at RUC Campus
- Apr 24 – RUC Chocolate Day (12 noon; RUC Library)
- Apr 28 – RUC Highlander Admissions Day
- Apr 28 – Red/White Athletic Gala. Live/silent auction, live music, guest speaker will be Bob Huggins. Fund-raiser for athletics scholarships. Can have a workout session with Jen! Can bid on items virtually. Ticket Link: <https://e.givesmart.com/events/t1R/>.
- May 5-6 – Commencement
- Aug 11 – Radford Night at Nationals Park: Ticket link: <https://www.mlb.com/nationals/tickets/specials/college-day-series/radford-university>)
- Sept 15-17 – Family Weekend
- Oct 14 – Highlanders Festival
- Oct 19-21 – Homecoming (All Alumni, Faculty/Staff, Students & Friends are invited)
- Women’s resource center need donations – peanut-butter, pancake mix to baby supplies.
- From Tom Snediker. Speaker tonight M73 CS 7:00 Topic – Steps to create more inclusive spaces in rural communities. (Transgender).

8. Adjournment: The meeting adjourned at: 3:41 p.m.

Future Meetings/Speakers:

- | | |
|--|--|
| • May 10, 2023 – Abbey Reynolds
(Quest); Lauren Snelson | • June 14, 2023 – Lauren Snelson,
Angela Joyner |
| | • July 12, 2023 – Officer Elections |

AP Bylaws Proposed Changes:

PROPOSED NEW COPY:

Article IV – Membership

Definitions

University Division Numerical Code: Radford University’s Administrative and Professional Faculty are assigned to a university division with a numerical code. Each university division numerical code will have representation on the senate.

As of May 2023, the university divisions with Senate representation are as follows (*University Division - Numerical Code*):

Academic Affairs - 10

Central Administration - 40 (Example: Presidential/Athletics/Others within the 40 numerical code)

Enrollment Management - 80

Finance & Administration - 20

Student Affairs - 50

University Advancement - 70

A Radford University organization chart is available

at: <https://www.radford.edu/content/president-office/home/organization-structure.html>.

CURRENT COPY:

Article IV – Membership

Definitions

University Division: Units headed by the President or a Vice President/Provost as defined by the current University organizational chart available on the President's web

site: <https://www.radford.edu/content/president-office/home/organization-structure.html>.

As of November 2020, the areas with Senate representation are as follows:

Academic Affairs

Central Administration (Presidential/Athletics/Center for Career and Talent Development/Institutional Equity)

Enrollment Management

Finance & Administration

Student Affairs

University Advancement

For up-to-date information, please see the University organizational chart.

Email on Summer Professional Writing Certificate:

I teach graduate courses in Radford's post-baccalaureate Professional Writing Certificate. Often, these courses attract Radford staff and faculty who want to develop in-demand workplace

writing skills while utilizing the university's tuition benefits. One such course is ENGL 610 - Proposal Writing, which will be offered during Summer II 2023 (5 weeks) in an asynchronous, online format. Could you share information about ENGL 610 with your constituents? Here's the course description:

ENGL 610 - Proposal Writing - Summer II (Async. Online)

Dr. Amy Rubens (arubens@radford.edu)

ENGL 610 approaches proposal writing as a tool for managing change and solving problems in the workplace and other contexts of importance. Students will be guided in the entire proposal process, beginning with interpreting requests for proposals (RFPs) to responding to these calls using the best rhetorical (persuasive) strategies. Methods for revising and editing one's work also will be addressed. This course is suitable for all skill levels.

Dr. Amy Rubens

Director [Interdisciplinary Humanities Research Lab](#)

Associate Professor and Co-Coordinator of the [Health Humanities Minor](#)

Department of English

Email on University 100 Teaching Team:

Student Connection Programs within the Highlander Success Center invites you to express your interest in teaching UNIV 100 in the fall. This year, we are excited to incorporate a common read into the course and together will be reading How to Be Perfect: The Correct Answer to Every Moral Question by Emmy Award winning Michael Schur. If you are interested in being part of the UNIV 100 teaching team, please fill out this interest survey by April 12. If you have any questions, please contact Heather Hollandsworth at hhollings@radford.edu.

https://radford.co1.qualtrics.com/jfe/form/SV_01fGKat8MoVCRgO

Heather Hollandsworth

Associate Director, First-Year Experience

Radford University Athletics

Sport Performance

Jennifer Norton, M.S., CSCS

Assistant Athletic Director for Sport Performance



Who are we?



Jennifer Norton, Assistant AD for Sport Performance

- *Men's & Women's Basketball, Baseball, Women's Soccer*
- *5th year at Radford University*



Sam Pyles, Assistant Strength & Conditioning Coach

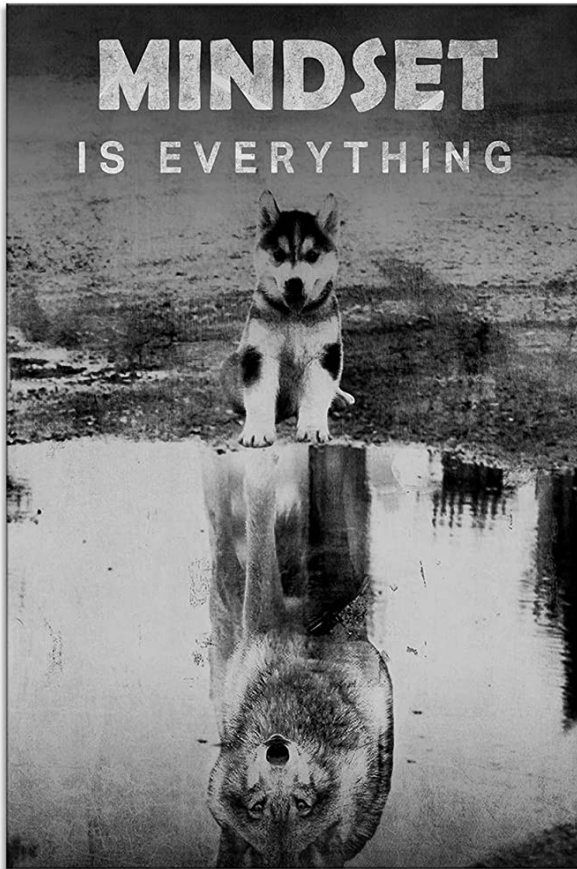
- *Track & Field, Volleyball, Lacrosse, Men's & Women's Golf*
- *5th year at Radford University*



Luke Mason, Assistant Strength & Conditioning Coach

- *Men's Soccer, Softball, Men's & Women's Cross Country, Men's & Women's Tennis*
- *9th year at Radford University*

Mission Statement



The mission of the Radford University Strength & Conditioning Program is to professionally serve student-athletes by cultivating the attitude, discipline, and work ethic that is necessary to achieve success in every aspect of life.

Core Values



- ✓ We want to establish a mentality of **desire & intent** in each student-athlete
- ✓ We believe this can only be done by strengthening the base of this pyramid first amongst our staff & then our student-athletes
- ✓ We are committed to **respecting** each other, holding each other **accountable**, and doing things the **RIGHT** way



Where are we?



Dedmon Center

- *16,000 sq. ft.*
- *Home to all Div. I Teams*



What is our purpose?



We assess each student-athlete and develop individualized programs based on scientifically proven principles to maximize athletic performance, minimize injury, and produce highly skilled athletes who compete for Big South Conference championships.



Initial Assessments



- The first 2-4 weeks following periods away from team organized training are deemed a “transition period”
 - Start of Summer, Fall, & Spring semesters
 - Individual student-athlete returning from illness, injury, or periods of inactivity
- *Incidence of Exertional Heat Illness, Exertional Rhabdomyolysis, & Cardiorespiratory failure has **increased significantly** in recent years
- *Data indicates these injuries & deaths **occur during periods when athletes are transitioning from relative inactivity to regular training**

- Student-Athletes are the most **vulnerable** during this period of time
- It is **OUR** duty to protect them and progress them through training properly
- All training is reproducible, intentional, and specific to the sport and time of year



*At the start of a transition period prior to a teams off-season, each student-athlete will go through our full **Performance Assessment** during the first 2 weeks of organized training.*

ONE STEP AT A TIME.



PERFORMANCE ASSESSMENTS



1. FMS (Functional Movement Screen)

- Helps identify any limitations and asymmetries that may increase risk of injury

2. Fitness Assessment

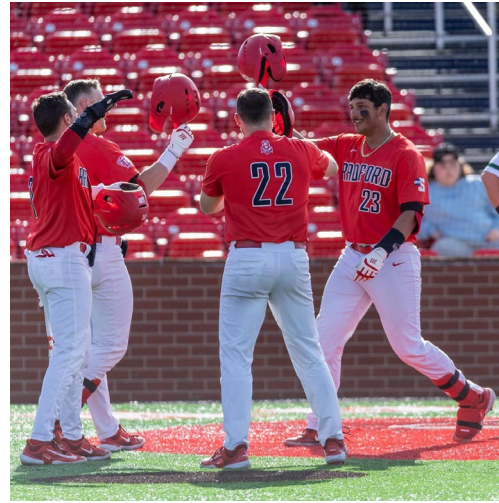
- Gives us a baseline of general fitness and whether or not they can safely participate in higher intensity training

3. Radford Sport Performance Combine

- Includes jumps, speed, agility, general strength exercises

**physicals are also completed by the sports medicine staff to review injury history and current general health prior to any sport performance assessment*

But Why?



**You're awesome!
Thank you!**

