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Slocum Lab has three-fold goal

Extends programs to community

By Chris Chan
Emerald Contributor

The Slocum Lab, located in Esslinger gym, has a three-fold mission.

The lab provides learning opportunities for students in the fitness management, exercise physiology and athletic training programs, research opportunities for faculty and graduate students, and offers community service programs to the campus population and the community.

The lab, initiated in 1983, is operated by the College of Human Development and Performance's physical education and human movement studies department, where it receives much of its funding.

In addition, the lab receives generous contributions, one in the form of an equipment loan from the Bowerman Foundation.

One of the community service programs offered by the lab is the Community Health Improvement Program (CHIP), which functions in cooperation with Sacred Heart Hospital and serves a number of faculty and community members.

The program's primary goal is to increase participant's awareness and knowledge of health and fitness by administering initial fitness evaluation, individual consultations, bi-weekly supervised exercise periods, blood pressure monitoring and health education classes.

"CHIP has given me the opportunity to involve myself in some physical activity on campus," said Margo Ramsing, international services foreign student adviser who is an active participant in the program. "The program is excellent, and the instructors are aware of working with people between the ages of 40-70."

"The sessions have a lot of variety in terms of ways to keep fit, such as aerobic sessions, stretching, jogging or walks and a 15 minute seminar every week on nutrition, or anything related to health care is also offered," Ramsing said.

Additional services provided by the lab are hydrostatic weighing, underwater weighing to determine one's percentage body fat, graded exercise, only offered to clinical clients and participants of CHIP, and a collaborative study with the Oregon Research Institute looking at self-care in Type II Diabetes.

"Our future goal is to provide services to the community and the campus population in line with the three fold mission," said Janice Lettunich, director of the Slocum sports medicine lab.

At present, the lab is involved in a project for metabolic study with McKenzie Willamette Hospital.

The study is designed to determine the resting metabolic rate of clients involved in weight control programs for about a year.

Other projects include the New Weigh Plan, which is an exercise component for the weight control programs with the Eugene Clinic and the Adult Exercise Program, a research project funded by the National Institute of Aging directed by Dr. Edward McAuley, physical education and human movement studies department assistant professor.

McAuley's program illustrates how the lab can fulfill the three-fold mission.

"The project itself provides research opportunity for both faculty and graduate students and serves a dual purpose," Lettunich said. "For not only does the project provide a much needed community service, potentially enhancing the health of about a hundred community members, it has also provided student education for the fifteen students who have assisted in the project."

Lettunich, assisted by Kathy Ober, CHIP assistant director, is a certified preventive/rehabilitation exercise specialist certified by the American College of Sports Medicine.

In addition, she was a former technician at the Oregon Heart Center at Sacred Heart, and as an intern she worked at the car-

diac-rehabilitation center at a community hospital in Carmel, Calif.

Ober is a certified family nurse practitioner with experience from the University of Chicago and Mercy Hospitals. Her responsibilities include the marketing of the CHIP program and assistance in its teaching program, exercise sessions and health lectures.

Under the supervision and administration of Lettunich and Ober, the Slocum Lab is hoping to receive greater recognition for its projects, services and programs.

Library hours to lengthen

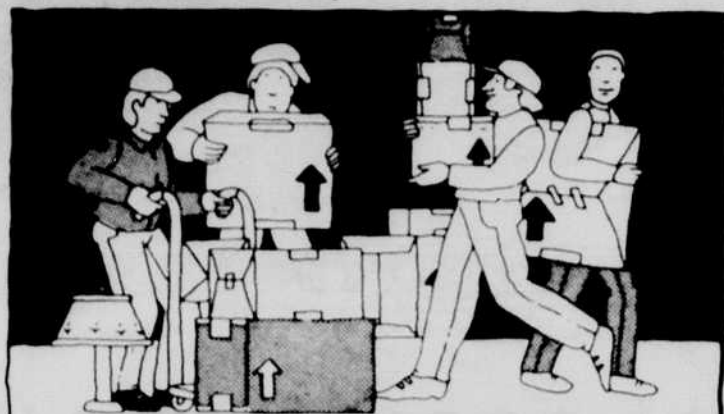
The University Library will extend its hours of operation to 2 a.m. during Dead and Finals weeks.

Hours of service will be extended in the Knight, Architecture and Allied Arts and Science libraries from today until Wednesday, June 7.

Circulation service, study space and access to the collections will be available, but no reference service will be provided after early evening hours, said George Shipman, University librarian.

Shipman said the University administration has provided the funding for these extended hours in response to the heavy use of the libraries during comparable periods in previous academic terms.

For more information, call the University Library's Office of the Librarian at 686-3056.



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