

San José State University Emeritus Faculty Association Biography

Name: Dr. Carol L. Christensen

Department: Human Performance (currently Kinesiology)

Academic Rank: Professor

Year Retired: 2004

City of Residence: San Jose, CA



Facebook Page or Website URL: <http://www.facebook.com/profile.php?id=529154665>

Birthplace: Long Beach, CA **Birth Year:** 1941

Marital Status: **Spouse or Partner's Name:**

Children's Names:

No. of Grandchildren: **No. of Great Grandchildren:**

Colleges or Universities Attended:	Year	Degree
San Jose State College	1963	BA
University of California, Santa Barbara	1976	MS
University of Utah	1980	PhD

Teaching Experience:	From	To
SJSU	1980	2000
University of Utah (TA)	1976	1980
Ventura High School	1970	1974
Marina High School	1965	1967

San José State University Emeritus Faculty Association Biography

La Serna High School

1963

1965

Administrative, Business, or Professional Experience (other than teaching):

Dean, College of Applied Sciences and Arts, SJSU, January to July 2005
Associate Dean, College of Applied Sciences and Arts, SJSU , 2000-2004 and 1986-1988

Selected Publications:

I authored or co-authored 1 book (*Fitness Survival Guide*), 3 book chapters, 2 sections in encyclopedia of sport, 13 scholarly papers and 32 scholarly presentations (at local, national, and international professional conferences). And I made 28 professional presentations. In addition, I gave talks to a variety of groups on several topics including fitness for women, nutrition for sport and exercise, and guidelines for conditioning. Examples follow:

- Christensen, Carol L.(2001). Women's physiology and exercise: Influences and effects. In Cohen, Greta L. (Ed), Women in sport: Issues and controversies (2nd Edition). Oxon Hill, MD: AAHPERD Publications.
- Christensen, C. L. (2000). Immunity. International Encyclopedia of Women and Sports. Editors: Christensen, K., Guttman, A, and Pfister, G. New York, NY: Macmillan Reference USA.
- Ashworth, J., Christensen, C. L., & Cisar, C. J. (2000). _The effects of caffeine on power output during intermittent high intensity leg ergometry exercise. Sport Medicine, Training, and Rehabilitation.
- Christensen, Carol L, & Weber, Janet. (1996, second printing 1998). Fitness Survival Guide. Dubuque, IA: Kendall/Hunt Publishers.
- Chen, G. & Christensen, C. (1994). Creative thinking ability of female and male physical education teacher education students. Perspectives, 14, 51-57.

Personal Commentary (please limit comments to one page):

I am a native Californian who found the perfect field in exercise physiology where I was able to combine my love of sports and science. My undergraduate education from San Jose State College in Women's Physical Education was excellent and provided me with a great set of teaching skills. In my first teaching assignment, I taught track and field – activities that I had never engaged in. But with the help of the track coach, who taught me how to perform the events, and the skills developed at SJS,C I survived and thrived that year.

San José State University Emeritus Faculty Association Biography

From this start, I went on to gather more degrees and a position at San Jose State University (a change from when it called SJS College). The faculty and experiences there contributed to my growth as a person and professional. Serving on committees across campus introduced to many faculty in others fields and broadened my already broad interests. There were students who were challenging and those who added much to the classes I taught. Every once in awhile I see a student while out in the community and hear about their successes. This all makes me proud to have been part of their education

Not only did I have a wonderful career at SJSU, but it provided me with the resources for my most enjoyable retirement. My life now includes a variety of activities: RV trips, golfing year round, exercise, photography, and gardening. Being a generalist I'm proficient in each of these activities but not outstanding at any of them. I also volunteer with Nike Animal Rescue Foundation and am on the SJSU Emeritus Faculty Association executive board. Since retirement my travels have taken me to Iceland, Tanzania, Mexico, Costa Rica and Canada. Photos from my trips are posted at <http://gallery.me.com/carollic>. My plan is to continue the above activities for as long as possible. Considering that I golf with a woman in her late 80's and take RV trips with a couple who are nearly 90 years old, I should be on the road and golf courses for many years to come.

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