

THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

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Department of Kinesiology, San José State University - KIN Student Major Newsletter

December 2006

THE CHAIR'S CORNER

Did you know that next year will be San José State University's sesquicentennial (150th)? Here's a brief department history, in reverse. How much of this can our readers remember personally? In 2004, we changed our department's name from Human Performance and the most recent additions to the department were Sport Management in 1991 and Athletic Training in 1980. In 1978 we had changed our name from the Department of Physical Education, which was a brief interlude following the separate departments of Physical Education for Women, and Physical Education for Men that had existed since 1927. If you ever wondered about the geography of YUH and SPX, it may make more sense if you know that the west end was originally the men's building (complete with pool, now disused), and the east end was originally the women's building. You can still just see where the old name used to be if you look very closely outside the doors into the courtyard.

Briefly, there was a separate Department of Intercollegiate Athletics for Women, with its own AD, parallel to the Department of Intercollegiate Athletics for Men. Before that, Men's Athletics was housed within Men's Physical Education, and Women's Athletics (in a somewhat less competitive format known as the Women's/Girls' Athletics Association) was within Women's Physical Education. If you go back to the 1920s and 1930s, women's sports was sometimes conducted via telegraphic meets where, for example, San Jose State College (as it was in those days) might have its women swim in the Women's Pool at, say, 3 PM, while at the same time, another college's women swimmers were racing at their own pool. Only later, when times were telegraphed, did the competitors know who won. This was designed to keep the women's sports less highly competitive because such competition was thought to be both unladylike and unhealthy for women.

Our department also gave rise to the separate Dance Department in 1974, because their goals were more performance-oriented than were ours, and to the Recreation Department in 1957 because it was less concerned with the physical education perspective. Also in the 1950s, we hired our first professor with a PhD, Dr. William F. Gustafson, who still visits the department from time to time.

All of our faculty until quite recently had their professional preparation in Physical Education teaching with perhaps a specialization in their area of expertise, be it measurement, philosophy, or exercise physiology. Indeed, it was only in the 1930s that SJSC offered its first non-teaching degree in any subject. At that time, enrollment was 2,700, the population of the City of San Jose was 80,000, and fees were \$9 per quarter. By comparison, today the enrollment is approximately 30,000; the city's population is over 1 million, and fees are \$1650 per semester. It wasn't until 1968 that Physical Education offered

non-teaching concentrations, in science, dance, sport, or humanities.

In the 1920s, the university rejected a complete move to south campus, so as to support the local merchants. The land at South Campus cost \$25,000. There was a rise in enrollment following World War I (and II) but most of the students were women, so the numbers were not greatly affected. Numbers were much more affected by the 1917/18 influenza pandemic which gave rise to concern about student health and to our first college physical education requirement. In 1901, Swedish Ling gymnastics was popular, beating out the more stunt-oriented German gymnastics. Women's sports from England (such as field hockey) became popular alongside those from the US (such as basketball). For the men, football and baseball were popular but there was often a problem finding enough men for either team, since women outnumbered men by about 10 to 1.

Only in 1871 had the State Normal School (as it was then) moved to San Jose from San Francisco because the people were "intelligent, hospitable and moral" according to the catalogue. And so we get back to 1862, when a lady named Adele Parot offered the first classes in Physical Culture. She had been trained at the only US-based institution where such teachers were educated, the Dio Lewis Normal School in Massachusetts. That she made it from Massachusetts to California, before there was a transcontinental railroad, and before the telegraph, is little short of miraculous but from her small beginning came the first state physical education requirement anywhere in the US, in California in 1866, and from that, eventually, came you!

Look out for the many historical events in the spring and fall of 2007, commemorating the university's founding. This will be a very special year to be associated with San José State University and I hope you will take part in some events and thus be part of the unbroken chain. Check out <http://www.sjsu.edu/150TH/events.html> for more information.

Shirley H.M. Reekie, Chair

Upcoming event!

AEROBICTHON 2006

An aerobic event filled with FUN, a way to reduce STRESS, and condition the BODY as you enjoy HI/LO AEROBICS, KICKBOXING, CARDIO HIP HOP, LATIN AEROBICS, and more. Fabulous instructors, great entertainment, and refreshments. Come and participate in these different styles of aerobics. Friday, Dec. 1, 2006, 4:00 to 6:00pm, SPX-C 44B (gym). Admission: \$5.
Contact Ms. Carol Sullivan for more information.

Faculty/Staff News

Dr. Mo Han is the new faculty contact for the Sports Medicine Club.

Dr. David Furst ran, among other races, the Back to School 5k earlier in the fall. He not only won the 60+ event but his time was faster than all the 50 year olds; one shouted to him "You're my role model"! Way to run, David! David retired from the department in the fall, and we wish him well.

Lilienthal, S. K. (November, 2006) Socio-economic Inclusion in the Management of Sport: Experiences of Minimum Wage Workers in the Sport Industry. Paper presented at the Western Society for Physical Education for College Women Conference, November 16-19, 2006, Asilomar, CA.

Lilienthal, S. K. & Pitts, B. (November, 2006). "Gay Market goes Mainstream": A Discussion on the Gay and Lesbian Consumer Revolution in Sport. Presented at the Sport Marketing Association Annual Conference, November 2-4, 2006, Denver, CO.

Dr. Emily Wughalter will be returning to the department full time in the spring following her successful time as Associate Dean for First Year Experience. She recently attended the annual conference of the Western Society for Physical Education of College Women and completed her presidency of that organization. Welcome back, Emily!

The Sixth Annual DisAbility Sport Expo was organized by **Dr. Nancy Megginson**, with assistance from **Mrs. Janet Clair** and students, held Nov. 13th in the SPX 44B gymnasium and was a huge success! KIN 159 students and the Adapted Physical Activity Club sponsored the event which consisted of three hours of various disability sports, food, raffles, and a silent auction. Approximately 100 persons were in attendance at some point during the Expo!

Dr. C. Daniel Weng led a cardio tai-chi team to Taiwan to the 1st World Cup Tai-chi Chuan in November. The five member California Cardio Tai-chi Team did very well and received a Certificate of "Excellence in Performance." Over one thousand athletes from a 28 countries participated in this event watched by the Vice President of Taiwan. Leaders of teams from Malaysia, South Africa, Brazil and the hosting organizations were so impressed by the performances of Dr. Weng's teams that they have invited him to introduce this sport to their countries in the near future.

During his trip **Dr. Weng** lectured on Cardio Tai-chi at three cities. Lectures were given to the Department of Chinese Martial Arts, Chinese Culture University, the Department of Coast Guard, Central Police University, and the Graduate School of Leisure Study and Management of Recreational Sports, National Taiwan Institute of Physical Education. Dr. Weng met with Dr. Kuei-yuan Wang, Secretary General of Taiwan National Association of Self Defense, Fitness and Recreational Sports, and received from her an appointment letter as an Honorary President of their organization.

Dr. Ted Butryn and **Dr. Matt Masucci** each presented a research paper at the North American Society for the Sociology of Sport Conference in Vancouver, British Columbia in November. Dr. Butryn's paper was entitled, "Documenting the ring: An analysis of professional wrestling documentary films." Dr. Masucci's paper was entitled, "As real as it gets?: An autoethnographic examination of a mixed martial arts academy."

Dr. Butryn also has a chapter in the recently released textbook entitled, "Foundations in kinesiology: Studying human movement and health." His chapter is entitled, "Technology, sport, and the body."

Dr. Nancy Megginson attended the 2006 National Conference on Physical Activity for the Exceptional Individual held in Los Angeles, Nov. 9-11. Three Kinesiology students also attended-- **Rita Brum**, **Liz Gonzalez**, and **Rachel Christensen** --and should be congratulated on their self-initiated professional involvement and development!

Dr. Jinhong Jung gave two presentations at the National Physical Education Teacher Education Conference which was held on October in Long Beach: "A Guided Reflection Protocols in PETE," and "Levels in Action: Make Hellison's Model Fun with Games."

Dr. Bethany Shifflett served as MC for the 10th annual SJSU Ballroom Classic. It was a tremendously successful event with 85 competitors entered in one or more of 75 American or International style events. Participants included competitors from 12 teams including Utah State, Stanford, Cal Poly SLO, San Diego State, and UCSB. For those looking to brush up on their dancing or looking for a place to get started, check the SJSU ballroom dance club website: <http://www.sjsu.edu/orgs/sjsubdc/>

Student News

The 2006 Adapted Physical Activity Club has new board members! **Adam Elix**--President; **Philip Dao**--Vice-President; **Nicar Bocalan**--Treasurer; **Rita Brum**--Secretary; **Chris Navas**--Public Relations. The club is planning a trip to Lake Tahoe for a Blaze Disability Winter Sport Camp training conference, Dec. 14-16, 2006. Anyone interested may contact any of the board members or Dr. Nancy Megginson for more information.

The following students have accepted offers of admission to the Undergraduate Athletic Training Education Program for the 2007 spring semester: **Kyle Tanedo**, **Kiira Rodriguez**, **Sunly Chan**, **Adam Mendez**, **Nathan Ubl**, **Mikel Jackson**, **Sean Nafarrete**, **Jennifer Reed**, **Yoshiaki Tsuboyama**, **Amanda Farmer**, **Austin Toloza**, **Leily Kazemi**, **Steven Alcantara**, **Richard Osheim**, **Ashley Mamola**, **Tarin Gambello**, **Candase Heath**, **Cory Floyd**, **Javier Margarito**, **Matthew Guthrie**, **Timothy Leong**, **Lauren Dykema**, **Jessica Stacy**

The following affiliated clinical sites have been added as new venues for athletic training students to complete their required practicum experiences: Bishop O'Dowd HS in Oakland, Cañada College in Redwood City, St. Mary's College in Moraga (pending risk management approval), Presentation HS in San Jose, Westmont HS in Campbell.

December Dodson was the Athletic Trainer of the Month for November for the Undergraduate Athletic Training Program. Congratulations!

Brien Arakaki created the following high school website link: <http://www.mvla.net/apps/comm.asp?Q=397> Check it out!

Check out the Department of
Kinesiology website at
www.sjsu.edu/kinesiology



CLOSE UP!

Focus on full and part time faculty and staff. This time: **Ms. Heidi Peterson...**

Since I graduated from SDSU with my P.E degree I have often wondered at the "tool-kit" of skills, abilities, knowledge, and confidence I gained through my educational experiences. I was a typical student, with a twenty hour-a-week job and a twenty-hour-a-week Athletic Training Internship, so finding time to study was always a struggle. It became clear early on that P.E was no cake-walk, my studies encompassed a variety of sciences, history, sociology, psychology, and philosophy, not only in a theoretical manner but I had to learn to apply the concepts to real world, life and death situations. I found that coming to class with some preparation - actually reading the recommended information as delineated on the course description (green sheet) led to better understanding and an ability to successfully apply the information - and I learned more!

Our field has grown and expanded significantly in the past thirty years, and while I may not remember everything I learned, I do know how to find the information and comprehend it. This

has served me well as in order to make ends meet, I have often encountered the question "Can you also..." teach an activity, coach a sport, run an event, operate a press conference, serve as a research intern, write a policy and procedures manual, negotiate a contract, sell season tickets, raise money, promote, speak, - well, you name it and I seem to have been asked to do it! Because I had a solid foundation in anatomy, kinesiology, biomechanics, motor learning, pedagogy, administration/management, exercise physiology, sports psychology, nutrition, and perhaps, most importantly, human nature, I have managed to not only survive but succeed!

I am proud to be a Physical Educator first and foremost, as well as a Certified Athletic Trainer, and I can think of no other area of study that encompasses so much variety in scope and skills and better prepares one for whatever the future may bring.

Heidi J. Peterson

...and **Dr. Gong Chen:**

Gong Chen graduated from Shenyang Physical Education Institute in 1976 and became an instructor there. He received his master's degree from Beijing Physical Education University in 1981 and returned to Shenyang as a lecturer. He went to Cal Poly Pomona as a visiting professor 1985-1987, and became Dr. Chen in 1990 at the University of Arkansas, Fayetteville. He joined SJSU as an activity specialist in 1990.

Badminton is Chen's favorite activity. He started the SJSU badminton club in 1995 with 20+ students and had 160+ members in fall 2006. The club won the Northern Collegiate championship in 1995-06 with a 8-0 record after defeating Stanford, UC Berkeley, UC Davis. The club won the championship again in 1996-97 with a 7-0 record. The club's achievement was commended by Former President Caret, former Provost Bain, and the Academic Senate. Chen also started badminton camps; in 1990 the invited coach was 9-time national champion Ben Lee and the 2002 camp featured world champion Dr. Ling-wei Li. These professionals brought new concepts, professional skills and instructional strategies to SJSU badminton. Chen has published two badminton books and a DVD, and co-organized many badminton tournaments including the annual spring and fall Bay Area Open, Northern California Championship, Northern California Collegiate Championships, and annual NCCAF (Northern California Chinese Athletic Federation) Open.

Self-defense is the area where Chen has spent most of his time for research, curriculum design, and promotion. His research included "A study on subjects taught in American nationwide university self-defense courses" and "Chances of survival dealing with different attacks in lab studies". His curriculum design projects include "University Self-defense Curriculum" and "Self-defense in Public School". The university curriculum was presented at the 1993 National Basic Instructional Program Conference, 1996 SW AAHPERD conference, and 2002 World Physical Education Conference. It was adopted by China's leading Beijing University in 2002,

and many other universities in China in 2004 through the National University Self-Defense Instructor Training Project. The school self-defense curriculum was published in *Strategies* in 1999 and featured in several projects in China.

Chen invented a model self-defense curriculum--SmarTough Self-defense--for university self-defense courses. This new system was presented at the 1996 Southwest American Alliance Convention, and was commended as "the first curriculum which turns self-defense into a science". Chen's book, *A new concept of self-defense*, represents this invention, and one year later *Self-defense and crime prevention* was published in the Chinese language, the first systematic and comprehensive self-defense book in China's history. In June 2004, Chen published his third self-defense textbook, *A comprehensive guide to self-defense*. This book included first-hand research results, and new theories and applications for diverse populations. Also in June 2004, Chen (co-authored with Professor Zhang at Beijing University) published another book *Safety education and self-defense* for nationwide university self-defense courses in China. Each new book has a DVD. Chen gave two widely televised speeches on self-defense on Chinese TV in 2004 and was invited as a top researcher and curriculum designer on self-defense to give a lecture to the Chinese nationwide physical education department chairs' training program. Chen was a guest professor at Northwestern Polytechnic University, a top university in China in 2006, and was made an honorary professor at Shenyang Physical Education Institute in 1996.

Chen is also a taichi and table tennis instructor and practitioner. He has published two table tennis books and a taichi book. Chen published a creativity textbook in 1985 and translated (published) a creative thinking book in 1986. These works helped Chen's creation in self-defense. Chen likes to play with ideas since he believes that although necessity is recognized as the mother of invention, the father is the playing.

Gong Chen

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Adapted Physical Activity Club

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PEK (Phi Epsilon Kappa)

- √ Gets you involved in your department
- √ Make some new friends
- √ Looks great on your resume
- √ Participate in worthwhile activities for KIN

Contact Dr. Matt Masucci
mmasucci@kin.sjsu.edu

Consider Joining!

Alumni News

Ms. Lee Pate's sister Lisa Pate-Baum (BS, '92) guest instructed Lee's 12:30 Kin 31 Body sculpting class. Lisa is a successful personal trainer in Aptos (holds NSCA CPT certification) and has also been voted the "Best Aerobics Instructor" in a "Best of Santa Cruz" edition of the local paper. People wait up to 45 minutes to get into one of her classes where she teaches at Spa Fitness Center in Capitola.



The following recent graduates of the Graduate Athletic Training Education Program are now employed in the following places:

Alise McBrien - Vanguard University, Assistant Athletic Trainer

Cindy Mak - Cañada College, Head Athletic Trainer

Brad Sain - Stanford University, Assistant Athletic Trainer

Bryce Schussle - San Francisco State University, Assistant Athletic Trainer

Winter 2007

Kinesiology Schedule of Classes

January 2 – 19

<u>COURSE</u>	<u>DAYS</u>	<u>TIME</u>
KIN 15A - Beg. Basketball	MTWRF	0900 – 1055
KIN 26A - Beg. Table Tennis	MTWRF	1100 – 1255
KIN 30 - Pilates	MTWRF	0830 – 1025
KIN 32 - Aerobics	MTWRF	1330 – 1525
KIN 35A - Beg. Weight Train.	MTWRF	1300 – 1455
KIN 35B - Inter. Weight Train.	MTWRF	1300 – 1455
KIN 55A - Beg. Self Defense	MTWRF	0800 – 0955
KIN 61A - Beg. Hatha Yoga	MTWRF	1030 – 1225
KIN 70 - Intro to Kinesiology	TWRF	0830 – 1330
KIN 155 - Exercise Physiology	TWRF	0900 – 1430
KIN 163 - Phys. Fitness & Nutr.	MTWR	1500 – 1915
KIN 165 - Motor Development	TWRF	0900 – 1330
KIN 185 - Senior Seminar	TWRF	0800 – 1230
KIN 186 - Pharmacology	Online	

Note: Classes are subject to cancellation if they do not meet minimum enrollment guidelines.