

THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

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

December 2009

The Chair's Corner

One of the things I've really enjoyed as chair, is seeing students getting more and more involved in the various student clubs. Currently, we have the following student clubs based in Kinesiology: Adapted Physical Activity Club, Spartan Athletic Training Organization, Pre-PT Club, Sport Management Club, and the overall KIN Club and PEK Honor Society. One thing that's happening this year, thanks to undergraduate student **Hilary Barnes**, is a more integrated approach to these clubs. Thus, the Pre-PT Club announced (and many members attended) the Adapted club's Disability Sport Expo, and a group hike was recently organized. Each of the bulletin boards has more and more information posted on them each semester and it's great to see such activity. Also, next semester, we hope to put together a council of clubs within the department to promote even more interaction. More on this later.

Why join a club? One thing I always say to KIN 70 students when I have a chance to talk with them is "get involved." When you think about it, if there are 100 students graduating each year with a BS degree in Kinesiology or Athletic Training from San José State, and there are 20 CSUs that offer this degree area, that means about 2,000 graduates in our field every year just from the CSU! When you apply for a job, or admission to a graduate degree program, what will make YOU stand out from the other 1,999? I've talked to many employers and they tell me that, yes, they look for good grades, but they also look for involvement, volunteering, giving back, and doing more (much more, in these days of job scarcity!) than the minimum. Some suggestions for how to achieve this include attending club meetings, volunteering to be an officer (this looks great on a resumé but you also need to do something in that capacity), volunteering at one of the many community events I request from students during the year, and getting as much hands-on internship/fieldwork experience as you can. In my experience, however, the realization of the need to make yourself stand out from the majority often comes right before graduation. It's almost too late, then, so I urge you to get more involved now!

Here's one student's input on the subject:

My first year here at SJSU I became a member of the Pre-PT Club and attended some of their events. I had fun at all of the events, so I decided it would be worthwhile to seek a position in the club. Since then, I have become more and more involved with the group and I am currently a Co-President in the club alongside **Melody Epp**. As my graduation date approaches, I am extremely thankful that I got involved with the club early on. I realize that my involvement with the club has not only been fun, but has taught me many skills applicable to my future career and is definitely going to be beneficial when applying to graduate school. I recommend that all students in the department join a club or participate in department sponsored activities. By participating you will not only make friends that share common goals and have fun, you will help build your future resume. (**Hilary Barnes**)

Finally, we have recently started up a Facebook page for alumni (and current students) of the department. Thanks to Hilary and **Holly Brown** for making this happen and to **Dr. Ted Butryn** for having the idea, to keep us all connected. From Facebook, search for the "SJSU Kinesiology Alumni" group, then request to join. Currently, it's at 14 members, and growing!

Get involved in this now, and it will continue after you graduate. Who knows, one day you may be the one asking for an intern to come work with *your* business!

Shirley H. M. Reekie, Chair

Scholarship recipients

The winner of the 2009 Dr. David Furst Scholarship (awarded to a graduate student, working on a thesis in sport psychology or sport sociology) is **Alyson Jones**. She is researching the experiences of depression in female collegiate athletes. Congratulations, Alyson.

The Joyce Malone Scholarship for 2009 is awarded to **Talia Gragert**. This scholarship is awarded to an undergraduate or graduate student majoring in Kinesiology and involved in women's athletics or planning a career in sport management/administration. Congratulations, Talia.

Upcoming Important Dates

Dec 8, 2009 Last Day of Classes

Dec 10-16, 2009 Final Exams

Dec 22, 2009 Fall 2009 Grades Available on MySJSU

Dec 22-24, 2009 SJSU Furlough days

Dec 25, 2009 - Jan 1, 2010 Winter Break - campus closed

Jan 4, 2010 SJSU Furlough day

Jan 5, 2010 Winter Session Begins

Jan 18, 2010 Martin Luther King, Jr. Day - campus closed

Jan 22, 2010 Winter Session Ends

Jan 27, 2010 Spring 2010 Semester Begins

Student Club Section (see also Chair's letter on p. 1!)

Spartan Athletic Training Organization (SPATO) is having a canned food drive in the Kinesiology department. All the food that will be collected will be delivered to Loaves and Fishes. We will be collecting donations until December 4th. The Food bin will be located inside SPX 56. Giving back to the community is a strong value of SPATO and your support in this cause is greatly appreciated. Please support by offering any can foods to those in need. (sent in by **Adam Mendez**, SPATO Community Services)

SPATO members have also been busy with the medical team at the finish line for the Rock and Roll Half-Marathon on October 4th, 2009, and at the American Cancer Society's Making Strides Against Breast Cancer run/walk where they aided in traffic control, merchandise sales, and clean-up.

SPATO general meetings have included activities such as an ice cream social, taping workshop, and post-meeting bowling to promote an atmosphere that is conducive to social and professional growth. They also attended a San Francisco Giants game in September.

In order to raise money for the organization, SPATO hosted a Massage-o-Thon. This 2-day event brought in some much needed funding and gave students the opportunity to promote athletic training and build community awareness about the diverse services athletic trainers can provide.

SPATO collected 168 signatures in support of *Athletic Trainers' Equal Access to Medicare Act of 2009* (H.R. 1137). The postcards were mailed to Congresswoman Zoe Lofgren, representative of the 16th district of California, on Monday, November 16th. and the *National Athletic Trainers' Association Political Action Committee* has expressed an interest in spotlighting our group in upcoming social media updates.

Future SPATO events

Blood Pressure Screening SPATO will be doing FREE blood pressure screening the week after Thanksgiving. After eating all that food who wouldn't want to know if their blood pressure is in check. Bring yourself and your friends to make sure you are all healthy! November 30th thru December 2nd, 11:30am-12:20pm, Student Union

Pizza Fundraiser

Enjoy pizza? Have you ever been to 4th. St Pizza in Downtown SJ? Well this is the perfect opportunity to try their delicious pizza! Come and eat as much as you can, and while you are munching away, be satisfied that you are helping your organization at the same time! A portion of your bill will go back to SPATO. Invite all your friends and family! The more the merrier. December 9th (Dead Day), 5pm – closing, 4th St. Pizza (across from City Hall), 150 E. Santa Clara St.

San Jose Sharks

Come and support the home team! SPATO is planning on going to a Sharks game either December 1st, 3rd, or 5th. If we get at least 25 people to come, everyone will get \$6 off their tickets! You are welcome to invite whomever you like! If interested, please send us back an email on the date that you would prefer and how many people you plan to bring. GO SHARKS!! (SPATO info supplied by **Steven Williams**)

Alumni News

Ronald Imbat (BS, '09) writes: Currently, I am working as a PT Aide at Fields in Motion Spine and Sports Physical Therapy. It is a small, two year old, clinic in Campbell. I was preparing to take the GRE and apply for PT school this year, but I decided to wrap it all up next year since I still have to take prerequisites and save up a little more for school. That about sums up what I have been doing since graduation. Please keep me posted if there are any events going on with the Kinesiology department. I would still like to be a part of SJSU.

Ramin Naderi (MA, '02) writes: I wanted to share this article that came out subsequently to the ADA award in the September Diabetes Forecast. It is about our DPP. <http://forecast.diabetes.org/magazine/your-ada/making-grade>. Also, we presented our DPP program at the NIH (National Indian Health Board) annual in Washington DC and received an award for local impact.

2009 NIH Local Impact Award - Washington DC



Ramin Naderi / Community Wellness and Outreach Director
Indian Health Center of Santa Clara Valley

Announcements

Kyudo, a Japanese form of archery requiring a 7' bow and a lot of discipline as well as accuracy, now has its own club at SJSU. It meets on Thursdays and the advisor is KIN archery instructor, **Kathy Bruga**. Please contact her for more information at kbruga@comcast.net

AEROBICTHON 2009

Sponsored by: Aerobics section of the
Department of Kinesiology,
San Jose State University

FRIDAY, DECEMBER 4, 2009

4:00 TO 6:00 PM

SPX-C 44 (GYM)

SAN JOSE STATE UNIVERSITY

San Carlos Street between 4th and 7th Streets

Bring your club,
family,
sorority,
fraternity...!!!

"Tell a friend,
bring a friend."

Aerobics for Your Heart!!
Aerobics for Your Stress!!
Aerobics for Fun!!

**Fabulous
Aerobics
Instructors**

Hi/Lo Aerobics

Cardio Hip Hop

Kickboxing

Zumba

Bollywood Aerobics



Admission: \$5.00 per person

(Fees will go towards purchase of aerobic equipment)

How do you spell 'STRESS RELIEF' ??? aerobicthon

For more information see or contact CAROL SULLIVAN, 924-3622 or csullivan@kdn.sjsu.edu

Faculty News

Dave Williams was married on November 7th. Congratulations Dave and Marie!!



Dr. Bethany Shifflett in the fall of 08 began leading a team that tackled the conversion of content on the SJSU web site to an accessible format. This included the conversion of our own KIN site among other academic departments and administrative sites. The object is to have the content conform to standards designed to enable those with disabilities to access the content of web sites hosted by San Jose State University.

Al Douex has had a Learning Lab presentation accepted for the NATA National Convention in Philadelphia in June 2010. He is co-instructing (both lecture and lab to 150 ATCs) with his advisor (Dr. Tom Kaminski) on Functional Performance Testing: A Patient Oriented Approach.

Al Douex has accepted an appointment to the American Society of Biomechanics (ASB) Diversity Committee, where he is 1 of 8 committee members.

Joelle Maletis was recently featured in a San Jose City College article (Nov 16) "Dying to Look Good," about eating disorders. Joelle lectures for Sequoia Hospital's Treatment Center, JFKU's Counseling Center, and Foothill College on this topic.

Dr. Tamar Z. Semerjian was awarded a \$27,000 grant from The Health Trust to provide consultations to organizations in Santa Clara County serving older adults to improve physical activity programming. This included a series of 4 workshops and individual consultations with over 10 community organizations. She was also awarded a \$25,000 grant in cooperation with Gerard Manuel, director of the Sunnyvale Senior Center, to conduct an intervention to increase activity among sedentary senior center members and to implement the Exerstart exercise program at the senior center. This grant is employing 2 SJSU students as well as training one Sunnyvale staff member and 2 Sunnyvale Senior Center volunteers. The research conducted through this grant will test the efficacy of an intervention based on the transtheoretical model to increase readiness to engage in physical activity and the benefits of exercise participation.

Bellevue, O., Cisar, R., **Cisar, C.**, Bowen, J., & Wilkinson, S. (2009). Evaluation and comparison of 300-yd and 500-yd shallow water run tests as predictors of aerobic power. *International Journal of Aquatic Research and Education*, 3, 378-397.

For those who are interested in biomechanics, reaction time, snakes, crocodiles, animal biologists, National Geographic Channel, high speed cameras, or watching a NatGeo icon getting hit in the face, this was for you: **Al Douex** was part of NAT Geo Channel's Dangerous Encounters in October. In the spring, he did some biomechanics testing on herpetologist/biologist, Brady Barr, in the lab at the University of Delaware. Could Brady can dodge a simulated crocodile attack or striking snake? See the link below (and check the credits: <http://channel.nationalgeographic.com/series/dangerous-encounters/4173/Overview#tab-Overview>

Timpany Center 30th Anniversary

On October 29, the Timpany Center celebrated its 30 year anniversary. **Dr. Nancy Megginson**, assisted by many students and staff, organized a fantastic event that was attended by about 300 people, including Supervisor Ken Yeager. Commendations were received from Mayor Chuck Reed of San Jose, and US Congressman Mike Honda.



Department of Kinesiology Contacts

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Club Advisors

Phi Epsilon Kappa & KIN Majors' Club

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Sports Medicine Club

Dr. KyungMo Han - han@kin.sjsu.edu

Adapted Physical Activity Club

Dr. Nancy Megginson - nmegginson@kin.sjsu.edu

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!

Winter 2010 Schedule

3 Week Session
January 5 - 22, 2010

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>
KIN 14A Beginning Volleyball	M-F	1130 - 1335	May
KIN 15A Beginning Basketball	M-F	0830 - 1035	May
KIN 20A Beginning Badminton	M-F	1030 - 1235	Chen
KIN 21A Beginning Tennis	M-F	0900 - 1105 Church	Nguyen-
KIN 27A Beginning Table Tennis	M-F	1430 - 1635	Chen
KIN 35A Beginning Weight Training	M-F	1330 - 1535	Montgomery
KIN 54A Beginning Tae Kwon Do	M-F	0830 - 1035	Schachner
KIN 61A Beginning Hatha Yoga	M-F	0930 - 1135	Caughlan
KIN 69 Stress Management	M-F	1230 - 1600	Butryn
KIN 70 - Sect. 1 - Lec KIN 70 - Sect. 2 - Act Introduction to Kinesiology	M-F TBA	0800 - 1225	Chin Chin
KIN 155 - Sect. 1 - Lec	M-F	1130 - 1400	Cisar
KIN 155 - Sect. 2 - Lab	M-F	0900 - 1130	Cisar
KIN 155 - Sect. 3 - Lab Exercise Physiology	M-F	1400 - 1630	Cisar
KIN 158 - Sect. 1 - Lec	M-F	0900 - 1130	Khadem
KIN 158 - Sect. 2 - Lab Biomechanics	M-F	1130 - 1400	Khadem
KIN 161 Philosophy of Sport	M-F	1230 - 1600	Masucci
KIN 163 - Sect. 1 & 2 Physical Fitness & Nutrition	M-F	0830 - 1230	Sullivan, M. Bloom
KIN 165 Motor Development	M-F	0800 - 1200	Payne
KIN 167 Sports Psychology	M-F	1230 - 1600	Semerjian
KIN 169 Diversity, Stress, & Health	M-F	0900 - 1230	Murphy
KIN 186 Pharmacology	Online	Online	Han
KIN 188 Prevention & Care of Athletic Injuries	M-F	0800 - 1015	Brown
KIN 189 Prevention & Care of Athletic Injuries Lab	M-F	1015 - 1330	Brown

Note: Classes must meet minimum enrollment requirements or are subject to cancellation. These courses are tentative and are subject to class time changes or cancellation.