

THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

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

February 2010

The Chair's Corner

Graduation—make plans now!

As usual, the Department of Kinesiology will be holding a Graduation Banquet on the Friday night preceding Commencement. The date of this year's banquet is Friday, May 28. Details of ticket availability and prices will be announced soon but please mark your calendars now!

This is a semi-formal event and this year, we will hold a competition for the best photograph or collage of photographs, which will go on the front of the program for the evening. The theme for the cover is:

“All that's best in Kinesiology at SJSU”

It could be a picture of classmates (you'll need their permission), a photo of an illustration or diagram, an activity, something that identifies one of the careers in Kinesiology, a series of small pictures, or anything that is representative of the department. The total size when reproduced will be approx. 4" wide by 3" high, so please bear that in mind. The winner(s) will receive a small prize and name credit(s) on the program. Entries must be in .jpg format and please send to Catherine at cchavez@kin.sjsu.edu to arrive before April 9th. Only one entry per student, please!

And, a follow up to the last Chair's Corner in The Communicator: last week, representatives of the various Kinesiology Clubs (Spartan Athletic Training Organization, Adapted Physical Activity Club, Pre-PT Club) met to discuss collaboration. They are working on planning for a 5K event, a Timpany Center fundraiser, and a Kinesiology careers fair. While each club will maintain its autonomy, they will also work with one another for the greater good of the entire department. If you are planning events, please email Dr. Masucci with details; he will keep and post a master list. Thanks to all for making this great stride; I think all the clubs (and students) will be better for this change.

Shirley H. M. Reekie, Chair

In Memorium

Genevieve Torresola, a former staff member, died on December 24, 2009, surrounded by her family. For many years, Genevieve worked as the Administrative Analyst in the Kinesiology office and was a frequent attendee at department events. We'll miss her.



Alumni News

Leslie Sweet (BS, '02) writes that she was a student with Dr. Cisar: “I've been doing what I set out to do in acquiring my degree: personal fitness training. With a B.S. in Kinesiology from SJSU I have more credibility as well as more knowledge than many trainers. My first position after graduating was at the Beach & Tennis Club, Pebble Beach, a highly sought-after and respected position in our area. I also worked as a physical therapy aide, to expand my knowledge base. My degree made me a desirable candidate for both jobs. Currently I am self-employed, training out of a studio in Carmel, operated by my former manager at the Beach & Tennis Club, who invited me to join him. My preferred population is older adults and post-rehab clients. I also work extremely part time for a chiropractor as his fitness consultant. I am currently training to walk the 2010 Big Sur International Marathon.”

Please see http://www.aakpe.org/newsletr/AAKPE_31_1_Final.pdf for information on **Dr. Dan Landers** (BS, '63) and what he has achieved since his student days at SJSU. Dr. Landers was chosen by the department to receive the Distinguished Alumni Award in 1996.



Faculty News

A third faculty member has recently been accepted into a PhD program! **Karin Jeffrey** will be studying sport psychology in the College of Education at Florida State University, along with her former classmate **SeongKwan Cho** (MA, '09), who was also one of Dr. Butryn's graduate students. She'll be working with such luminaries as Gershon Tennenbaum, David Eccles, and most of all Robert Eklund, whose research interests are exactly aligned with her own. She joins **Holly Brown** (University of San Francisco) and **Jennifer Schachner** (UNLV) in taking this exciting educational step. Congratulations on your acceptance, Karin!

In December, **Drs. Butryn, Johnson and Masucci** received notice of their successful grant funding from the World Anti-Doping Agency (WADA). The work, "A qualitative examination of knowledge of doping, and motivations and/or deterrents to dope, among American and Canadian elite female triathletes", was submitted to WADA for the 2009 Social Science Research Grant Program. Congratulations to all!

The NATA BOC (Board of Certification) invited **Dr. KyungMo Han** to be the Korean representative and to make a presentation on "The BOC Task Force on Global Practice and Credentialing of Athletic Trainers and Therapists" at a meeting in Dallas, TX, Jan. 29-30, 2010. In the meeting, those present included the US representative, NATA BOC, and 13 representatives who discussed and shared their athletic training and therapist credentialing programs in their respective countries. The committee will investigate the internal and external environments as they relate to the current global practice of ATT and the need/opportunities for credentialing.

Dr. Han's research paper entitled "Effects of 4-Week Elastic Resistance Exercise Training on Ankle Evertor Strength and Peroneus Longus Latency in Individuals with a History of Ankle Sprains" has been accepted for publication in the *Journal of Sport Rehabilitation* (projected publication date: Fall 2010), as well as his other study "Minimum Detectable Difference Between Legs and Learning Effects of Three Functional Tests" which has been selected for presentation at the 2010 NATA Annual Meeting and Clinical Symposium in Philadelphia, PA.

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



Student News

Graduate student **Alyson Jones** receives the Dr. David Furst Scholarship from Dr. Furst himself! Alyson is examining the lived experiences of depression among female college athletes. Congratulations on the scholarship, Alyson!



Ruel Lacno served on the College of Applied Sciences and Arts (CASA) Student Advisory Committee for fall 2009.

Brooklyn Hovey was recently awarded and recognized as "Coach of the Year" for 2009 Scotts Valley/ San Lorenzo Valley Soccer Club (a recreation league for girls).

Matthew Patjawee has been accepted into the MSOT program at Dominican University of California. He would like to thank Holly Brown for her support and taking the time to write a letter of recommendation.

Upcoming Important Dates

Feb 26, 2010 Campus Furlough Day - No classes held

Mar 12, 2010 Furlough Day - Dept offices closed

Mar 26, 2010 Furlough Day - Dept offices closed

Mar 29, - Apr 2, 2010 Spring Break - No classes held

Apr 9, 2010 Furlough Day - Dept offices closed

May 6, 2010 Faculty Furlough Day - No classes held. Dept office open.

May 7, 2010 Furlough Day - Dept offices closed

May 17, 2010 Last day of Instruction

May 19-25, 2010 Final Exams

Student Club Corner

Adapted Physical Activity Club—upcoming events:



JOIN SJSU'S ADAPTED PHYSICAL ACTIVITY CLUB FOR THE 2010 POLAR PLUNGE!

We'll be braving the ice cold waters of the San Francisco Bay on February 27th to raise money for the Northern California & Nevada Special Olympics. Your attendance and/or support are greatly appreciated!

PLUNGE SCHEDULE:
10:00 am- 11:45 am Registration
11:45 am - Costume Parade and Contest
12 noon - PLUNGE
12:30 pm - Post Plunge Party!

For more information, or to support the APA club with a donation:

- 1) Visit our team site at www.polarplunge.kintera.org and find our team name on the list of rankings on the right.
- 2) Visit our club's site on facebook at www.facebook.com/pages/San-Jose-State-Adapted-Physical-Activities-Club/289665285689
- 3) E-mail Nate Lorenc at nathanaeltl@yahoo.com

March 3rd 2010

ESUHSD Basketball Tournament Fundraiser
(Benefiting children of ESUHSD Special Day Classes)
SJSU 7th St. BBQ Pits

11-3pm

Ribs, links, veggies and more!!

Pre-sale tickets contact David - davidsalles9@yahoo.com

Volunteer & Info. contact Julio - jcllerenas243@hotmail.com

March 5th-7th 2010

Power Charge! - Western Regional Power Soccer Qualifier
San Jose State University Spx44

PRESENTED BY:

Far West Wheelchair Sports & The City of San José

Volunteer & Info. contact Julio - jcllerenas243@hotmail.com

March 17th 2010

ESUHSD Basketball Tournament

William C. Overfelt High School

1835 Cunningham Avenue

San Jose, CA 95122-1799

8-2pm

Volunteer & Info. contact Julio - jcllerenas243@hotmail.com

Three ways to keep in contact with APA on events: APA board across SPX44; become a fan at Facebook: www.facebook.com/pages/San-Jose-State-Adapted-Physical-Activities-Club/289665285689 or contact any of us

President: Julio jcllerenas243@hotmail.com;

Vice-President: Nate nathanaeltl@yahoo.com;

Secretary: Bryan btroyer28@gmail.com;

Treasurer: David davidsalles9@yahoo.com;

Public Relations: Dana mr.ses81@gmail.com

Julio Llerenas

Pre-PT Club

The Pre-PT Club has plans to be involved with several SJSU campus-wide events this semester and will also be hosting a few events of their own. The club will be participating in the SJSU Snow Day on February 25th, and we will be presenting on the components of fitness at Spartapalooza on March 23rd. Currently, the club is holding a successful Crutch Drive to provide assistive devices to those in need. Please drop off crutches, canes, or walkers for donation in the yellow box in front of SHC 208 before Feb. 25th. In April, the Pre-PT Club will be hosting an "Application Workshop" to help students understand how to successfully complete the application process. If you have any questions or would like to get involved in the club, please email SJSUPrePTClub@yahoo.com.

Hilary Barnes

Spartan Athletic Training Organization (SPATO)

The Spartan Athletic Training Organization (SPATO) officially became a student organization last semester with hard work and help from many of our current members. Our goal was, and continues to be, to get students together to learn about Athletic Training and discuss the issues relevant to the profession. We were also diligent in getting SPATO's name out there and making ourselves known to our department and the university.

This semester, one of our main goals is to raise money to help our members attend the Far West Athletic Trainers' Association clinical symposium in Hawaii. Our main fundraiser this semester is the SPARTAN 5K RUN/WALK on April 10th. This event will take place on campus and is meant to bring our department, university, and community members closer together and generate health awareness. Please visit www.active.com <<http://www.active.com>> to register for the event and find our more information.

As part of our political and professional involvement, our members and others interested in supporting Athletic Training, are encouraged to attend the 2nd annual Hit the Hill Day on March 23rd in Sacramento, CA. The purpose of this important day is to increase support for AB-1646 and AB-1647. These bills are designed to protect our youth athletes and ensure proper qualifications of Athletic Trainers in the state of California. Representing SPATO and San José State University at this event is a great way to show your commitment and dedication to the advancement of the Athletic Training profession.

Steven Williams

Department of Kinesiology Contacts

Department Chair

Dr. Shirley Reekie - sreekie@kin.sjsu.edu

Interim Activity Program Coordinator

Dr. Jay Johnson - jjohnson@kin.sjsu.edu

General Education Program Coordinator

Dr. Peggy Plato - plato@kin.sjsu.edu

Graduate Program Coordinator

Dr. Ted Butryn - tbutryn1@kin.sjsu.edu

Undergraduate Program Coordinator

Dr. Emily Wughalter - ewughalter@kin.sjsu.edu

Advising Manager

Mrs. Janet Clair - jclair@kin.sjsu.edu

Sport Management Program Director

Dr. Sonja Lilienthal - slilienthal@kin.sjsu.edu

Physical Education Teacher Education/Credential Program Director

Dr. Alison White - awhite@kin.sjsu.edu

Graduate Athletic Training Program Director

Al Douex - adouex@kin.sjsu.edu

Undergraduate Athletic Training Program Director

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

Club Advisors

Spartan Athletic Training Organization

Holly Brown - hbrown@kin.sjsu.edu

Phi Epsilon Kappa & KIN Majors' Club

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

Pre P-T Club

Rachel Vimont - rvimont@email.sjsu.edu

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!

Tentative Summer 2010 Schedule

1st 5 Week Session

June 7 - July 8, 2010

| <u>Course</u> | <u>Days</u> | <u>Time</u> | <u>Instructor</u> |
|------------------------------------------------------|-------------|-------------|-------------------|
| KIN 15A Beginning Basketball | TR | 0900 - 1150 | Butler |
| KIN 27A Beginning Table Tennis | MW | 1330 - 1630 | Chen |
| KIN 34 Step Training | TR | 0830 - 1120 | Sullivan |
| KIN 35A Beginning Weight Training | MW | 0830 - 1130 | Montgomery |
| KIN 35B Intermediate Weight Training | MW | 0830 - 1130 | Montgomery |
| KIN 101 Sport in America | TR | 0930 - 1330 | Murphy |
| KIN 169 Diversity, Stress, & Health | MW | 0930 - 1355 | Murphy |
| KIN 174 Assessment of Psychomotor Function | TR | 0900 - 1320 | Megginson |
| KIN 175 Measurement & Evaluation | MW | 0900 - 1320 | Wughalter |

2nd 5 Week Session

July 12 - August 12, 2010

| <u>Course</u> | <u>Days</u> | <u>Time</u> | <u>Instructor</u> |
|-----------------------------------------|-------------|-------------|-------------------|
| KIN 2A Beginning Swimming | MW | 0830 - 1120 | Lilienthal |
| KIN 2B Intermediate Swimming | MW | 0830 - 1120 | Lilienthal |
| KIN 14A Beginning Volleyball | TR | 1330 - 1620 | May |
| KIN 54A Beginning Tae Kwon Do | MW | 1330 - 1620 | Schachner |
| KIN 61A Beginning Hatha Yoga | TR | 0830 - 1120 | Caughlan |
| KIN 165 Motor Development | MW | 0900 - 1320 | Payne |

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.