

## The Chair's Corner

### Are you always plugged in?

Do you feel as if there's too much information and yet, if you are not connected in some way, you worry you will suffocate? You're certainly not alone! Even the ancient Romans thought there was information overload, and after the invention of the printing press, people in the Middle Ages were worried how they would store and manage all the new printed information. In James Gleick's best-selling new book, *The Information*, he writes about the fact that although our brains are good at processing information from so many more sources than before, we ironically risk becoming more superficial thinkers as a result. He charts the growth of information sharing from a historical perspective, examining the talking drums of Africa that long preceded the telegraph, but pointing out that both systems were able to share knowledge with vast numbers of people simultaneously. So, of course, do Twitter, Facebook and many forms of social media. Perhaps we are returning to the more oral culture of our ancestors.

Because we can now get instant answers to so many questions, we are able to find out more than ever before but Gleick cautions that of course "information is not knowledge; knowledge is not wisdom; wisdom is not truth" to quote Frank Zappa. How do we find meaning from the morass of information that we now can access? How can we know what is true and what is false? Surely learning today should be less about memorizing and repeating and more about learning how to find and use information. Students should be helped to develop skills in understanding and evaluating, and the purpose of education should be learning how to learn. (See also <http://americanradioworks.publicradio.org/features/tomorrows-college/lectures/> for a critique of "lecturing" as a teaching style and suggestions on better ways to engage students as active learners.)

The problem may be confounded, according to Nicholas Carr in *The Shallows*, because 21st century plugged-ins increasingly can't focus on any one thing for any lengthy period of time. We crave distractions, and any new email, text message or tweet will do just fine to provide the sought-after distraction. The fast-paced gathering of information, he says, causes us not to pay attention, or even be able to pay attention, to any one thing. Perhaps being constantly distracted is causing us to lose our ability to be contemplative or reflective. It used to be that scholars (that's us!) had to spend weeks or months gathering information in libraries, but then they reflected and refined before writing. Now, the emphasis seems to have switched to gathering the information (perhaps because that is now the easiest part), followed by minimal reflection and the temptation to "copy and paste" because the mass of gathered information is overwhelming.

Participating in a physical activity/sport is perhaps a chance to focus, to concentrate on the present, and to value your isolation and your own thoughts. But many people exercise while plugged in, too!

*Shirley H. M. Reekie, Chair*

## Clubs and Events (for the record...)

**From Dr. Jay Johnson:** I wanted to take the opportunity to thank you all for your generous donations this past semester. We successfully collected and delivered (see the candid shot of Beth and Annette): 60 pairs of shoes, 45 soaps, 27 shampoos, 74 toothbrushes, 68 tubes of toothpaste, 27 towels, what felt like a couple of hundred pounds of non-perishable food items, 5 large bags full of clothing and even some dental floss! I would especially like to thank **Shawna Bryant** for organizing the athletic training room and the athletes to donate their shoes, **Beth Harberts** for helping to organize and deliver everything, **SPATO** for supporting the drive during their excellent 5k event, and finally, to **Dana Moore** and all at AS for hosting the 4th annual SJSU triathlon which made all of this possible. Check out the link below to see where it all went and the excellent work that is being done in our community. Stay active! [http://www.ehclifebuilders.org/whatwedo/programs\\_brc\\_onestopshop.php](http://www.ehclifebuilders.org/whatwedo/programs_brc_onestopshop.php)



## Student News

**LaShae Ingram** has been awarded a scholarship from the Stadium Managers Association. This is a national program and only two students are chosen each year across the entire US. Congratulations to her, and take a look at: [http://www.stadiummanagers.org/index.php?option=com\\_content&view=article&id=160&](http://www.stadiummanagers.org/index.php?option=com_content&view=article&id=160&)

**Shelby Baldini** was awarded the College of Applied Sciences and Arts Alumni Association scholarship for Fall 2011. The Alumni Association provides two scholarships to each of the University's seven colleges. Shelby is currently in her first year in the Undergraduate Athletic Training Education Program.

**Sarah E. Merkel**, graduate student in Athletic Training, writes: "The Napa Valley Register did a great story on my new position. Enjoy!" See [http://napavalleyregister.com/sports/high-school/depauw-university-graduate-is-braves-first-ever-athletic-trainer/article\\_578266ec-d840-11e0-b204-001cc4c002e0.html](http://napavalleyregister.com/sports/high-school/depauw-university-graduate-is-braves-first-ever-athletic-trainer/article_578266ec-d840-11e0-b204-001cc4c002e0.html)

## Announcements

Applications for Spring 2012 enrollment in the SJSU Single Subject Credential Program are **due by December 1, 2011**. If you would like more information about obtaining a physical education teaching credential, please contact Dr. Alison White at [alison.white@sjsu.edu](mailto:alison.white@sjsu.edu). A list of application requirements can also be found at [www.sjsu.edu/secondary/Application\\_Requirements](http://www.sjsu.edu/secondary/Application_Requirements)

## Upcoming

The ballroom dance club is hosting its 15th annual Ballroom Classic Competition on Saturday November 19th. Come join the fun as a spectator to cheer for SJSU or as a competitor. Whether you are a beginner or accomplished dancer there are events for you to compete in with others at the same level as you. Contact the club advisor **Dr. Shifflett** or Check this URL for more info: <http://studentorgs.sjsu.edu/sjsubdc/competition.htm>

## Jeff Chan writes:

"I just wanted to share some photos shot from my classmates and myself from our trip to China this summer. It was a grueling experience, yet it was one of the most mesmerizing and profound experiences I have ever had. We visited several local and global companies, cultural sites, and top universities in China (Beijing, Shanghai, and Hangzhou) and Taiwan (Taipei and Hsinchu). Thank you for your selection and recommendation.

"Contrary my personal beliefs, I learned the Chinese were very friendly and open to other cultures and businesses. I also learned that there are vast opportunities in China, including people of our major. For instance, China's population is currently experiencing rapid rates of obesity and overweightness, and though there are strategies now implemented to curb this increase, there is always opportunity for extra help."

Here are three links and pictures about their experiences (and look for the SJSU Pre-PT Club T-shirt on the Great Wall!):

Engineering website: [www.engr.sjsu.edu/about/news/gti-tour-2011-huge-success](http://www.engr.sjsu.edu/about/news/gti-tour-2011-huge-success)

In SJSU today: [blogs.sjsu.edu/today/2011/students-and-faculty-expand-horizons-in-china-and-taiwan/](http://blogs.sjsu.edu/today/2011/students-and-faculty-expand-horizons-in-china-and-taiwan/)

A Peer-created blog: [wamad.engr.sjsu.edu/gti2011/mission-goals/](http://wamad.engr.sjsu.edu/gti2011/mission-goals/)



## Alumni News

**Hawley Almstedt** (MA '01) has just been tenured and promoted to Associate Professor in the Department of Health and Human Sciences at Loyola Marymount University, in Los Angeles.

**Andrew Peters** (MA, '11) writes: "First and foremost, thank you for all your support this summer during my job search. Thankfully, I am now gainfully employed. It's been a crazy week, but I have moved to Durango, CO to take an Assistant Athletic Trainer position at Fort Lewis College. I will be working with the men's soccer and men's basketball teams. Once again, I want to thank you for all that you've done for me throughout this process."

**Bryan McGinnis** (BS, '07) who graduated with a Sports Management emphasis, has recently been hired as the Director of Football Operations at SJSU.

**Jason Whitcomb** (BS, '11) has been offered a job in one of the Sport Management Industry's premier organizations; the NFL! The NFL has a special program called the Junior Rotational Program. From more than 2500 applicants, he endured a nearly 3 month process to secure one of only six spots in the nation in this very prestigious program. He earned a special type of internship which is actually a paid job with the NFL for two years. Read more about this program at: <http://www.nfl.com/careers/internships> During their time, each participant completes 4-5 project-based assignments in various departments within the NFL. In addition, participants will receive comprehensive orientation and training, mentor assignments with upper management and the opportunity to network with other Junior Rotational Program participants. This is a really great opportunity for any student, and the other five participants this year are all graduates of Ivy League colleges. Let's hope one of our own is heading for a big-time career in the NFL! Jason moved to the Park Ave offices of the NFL in Manhattan, New York in July.

**Mia Engala** (BS, '10) writes: "I have been recently accepted into Ohlone College in Newark, CA, for the Physical Therapy Assistant Program for this Fall 2011. Here I will get my A.S. as a PTA. It is a 2-year Program (4 semesters long) and will finish in 2013. I couldn't be more excited. I am currently working as a PT Aide and Certified Massage Therapist at an Out-patient PT Office, and am applying all my skills learned from SJSU there."

**Taichi Kitagawa** (BS, '10) has been accepted to Oregon State University and is going to work for football and golf as a Graduate Assistant at the school.

**Pete Schierling** (BS, '09) has a Paramedic Internship in Fresno County with American Ambulance. If all goes well, he should be done in mid October, and have his Paramedic License some time soon after that.

**David Janke** (BS, '07, MA, '09) was recently hired as an exercise physiologist in the cardiac rehabilitation program at California Pacific Medical Center.

**Dipak Patel** (MA, '10) returned to India for a vacation and is now working as a physical therapist in Michigan.

Kinesiology is well represented in the current issue of *Washington Square*, SJSU's magazine. See <http://www.sjsu.edu/wsq/fall2011/> and check out items by and about alums **Hisashi Imura** (BS, '06, MA, '09), **Ariko Iso** (MA '95), and **Teri Schroeder** (BS '87) under the Fit for Life link, and about **Dr. Shirley Reekie** under the Spartan Heritage link. In the print version, there's also an item (and a great picture!) about scholar-athlete **Shanice Howard** on page 28. Copies are in the SPX 56 office.

**13<sup>TH</sup> ANNUAL**



**DISABILITY  
SPORT  
EXPO  
2011**  
SAN JOSE STATE UNIVERSITY

**Come and Join in On the Fun**  
Monday Nov. 7<sup>th</sup> 2011  
4-7pm

*As we Provide you With the Awareness Of the Sports accepted  
Around the World, Played by Those whose Abilities allow Them to Be  
the Best at Who they Are And what They can Achieve  
with Their Mind, Body, and Spirit !!!!!*

**FREE ADMISSION!! Free Food & Drinks!!**

*Held in the SPARTAN COMPLEX 44B GYM  
Event is wheelchair accessible  
Games Include:  
Wheelchair Basketball  
Goalball  
Sitting Volleyball and more....*

*Raffle!!* *Silent Auctions!!*

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Adapted Physical activity Club      Kin 159 Sport and Adapted Activity class

## Faculty News

**Liu Liu**, visiting scholar from Beijing Sport University as a doctoral candidate, has completed her research at KIN. She has published three refereed articles with **Dr. Gong Chen** and finished her dissertation during her one-year stay. She has assisted the department in many events, such as the Wellness Fair, CASA Research Showcase, and SJSU Table Tennis Championship. She also assisted Dr. Chen on his lecture at Tierra Linda Middle school on self-defense to several hundred 5th-8th graders.

Former visiting professor (and now **Dr. Elsa Kristiansen**) and KIN faculty member **Daniel Murphy** co-authored a study, "Organizational Stress and Coping in US Professional Soccer," that was accepted, and will be published by, *The Journal of Applied Sport Psychology*. The study is the first ever academic examination conducted on US professional soccer and stress/coping.

Over the summer, **Dr. Ted Butryn** had the following articles accepted for publication, the latter two of which are co-authored with former KIN graduate students:

Butryn, T. M. (Forthcoming). Dancing with quantitoids: A brief and benevolent commentary on the special issue of QRSEH. *Qualitative Research in Sport, Exercise and Health*.

Clegg, J., & Butryn, T. M. (Forthcoming). A phenomenological examination of parkour and freerunning. *Qualitative Research in Sport, Exercise and Health*.

Jeffery, K. J., & Butryn, T. M. (Forthcoming). Motivation of marathoners in a caused-based training program. *Journal of Sport Behavior*.

Dr. Butryn also had the following book chapter accepted:

Butryn, T. M. (2112; Forthcoming). Cyborg Sidelines, Cyborg struggles: Coaching and Technology. In J. Denison, P. Potrac; & G. Tennebaum (Eds.) *Routledge Handbook of Sports Coaching*. Routledge Press.

**Dr. Jessica Chin** traveled to Havana, Cuba in July to attend the International Sociology of Sport Association (ISSA) World Congress where she presented her paper "Subversion or Submission: Sport and Physical Activity for Girls and Women in Contemporary Romania".

In May, **Dr. Tamar Semerjian** was awarded tenure at SJSU. Congratulations on your achievement!

**Dr. Jessica Chin** is one of 25 faculty who was recently awarded a Junior Faculty Research Development Grant by SJSU. Her proposed study is "Qualitative Examination of Hazing Practices among Female Student-Athletes."

**Dr. Nancy Megginson** and **Dr. Peggy Plato** have been awarded Student Success grants at SJSU. Dr. Megginson's grant is to work with interns at the Timpany Center and Dr. Plato's grant is to involve undergraduate students in research.

**Dr. Wen Jian Zhang** is our newest visiting professor. Over the past 10 years or so, we have hosted more than 25 visiting professors who have come to the Kinesiology Department from all over the world to observe classes, interact with faculty and students, and conduct research. Dr. Zhang is the Associate Dean at the Wenzhou University near Shanghai, PR China.



The 2011 Celebration Banquet held the evening before Commencement, was a great success, as you can see from these pictures. Thanks to all who helped out but especially to **Dr. Alison White** and **Ms. Carol Sullivan** (and family!) for organizing this annual BIG event.



## Department of Kinesiology Contacts

### Department Chair

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### General Education Program Coordinator

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### Interim Graduate Athletic Training Program Director

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

### Undergraduate Athletic Training Program Director

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### Club Advisors

#### Phi Epsilon Kappa & KIN Majors' Club

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

Ms. Carol Sullivan - Carol.Sullivan@sjsu.edu

#### Adapted Physical Activity Club

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

#### Spartan Athletic Training Organization (SPATO)

Holly Brown - Holly.Brown@sjsu.edu

#### Pre-Physical Therapy Club

Rachel Vimont - rvimont@email.sjsu.edu

#### Sport Management Club

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

## Winter 2012

3 Week Session  
January 3 - 20, 2011

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>
KIN 14A - Beg Volleyball	M-F	1000 - 1155	May
KIN 27A - Beg Table Ten.	M-F	1430 - 1625	Chen
KIN 35A - Beg Wgt Trn.	M-F	0800 - 0955	Montgomery
KIN 55A - Beg Self Def.	M-F	1230 - 1425	Chen
KIN 061A - Begin. Yoga	M-F	0800 - 0955	Caughlan
KIN 069 - Stress Mgmt	M-F	0900 - 1210	Butryn
KIN 070 - Sect. 1 - Lec	M-F	1100 - 1320	Chin
KIN 070 - Sect. 2 - Act	M-F	0850 - 1050	Chin
KIN 070 - Sect. 3 - Act	M-F	1330 - 1530	Chin
<b>Introduction to Kinesiology</b>			
KIN 155 - Sect. 1 - Lec	T-F	1100 - 1320	Cisar
KIN 155 - Sect. 2 - Lab	T-F	0830 - 1050	Cisar
KIN 155 - Sect. 3 - Lab	T-F	1330 - 1550	Cisar
<b>Exercise Physiology</b>			
KIN 163 - Sect. 1	M-F	0930 - 1240	Bloom
KIN 163 - Sect. 2	M-F	0930 - 1240	Moreno
<b>Physical Fitness and Nutrition</b>			
KIN 169 - Div, Stress, Hlth	M-F	1230 - 1540	Murphy
KIN 186 - Pharmacology	TBA	Online	Han
KIN 188 - Prev Care Ath In	T-F	1100 - 1320	Brown
KIN 189 - Sect. 1	T-F	0830 - 1050	Brown
KIN 189 - Sect. 2	T-F	1330 - 1550	Brown
<b>Prevention Care Ath. Inj. Lab</b>			

**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.

### Upcoming Important Dates

**November 11, 2011** Veteran's Day - Campus Closed

**November 24-25, 2011** Thanksgiving Holiday - Campus Closed

**December 8, 2011** Last Day of Classes

**December 12-16, 2010** Final Exams

**January 3, 2012** Winter 2012 Session Begins

**January 16, 2012** Martin Luther King, Jr. Day - campus closed

**January 20, 2012** Winter 2012 Session Ends

**January 25, 2012** Spring 2012 Semester Begins

### Academic Unit:

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