

The Chair's Corner

Kinesiology declares impaction—how it will affect you

We start this year with a little breathing room, compared to last year, in terms of accommodating students in most classes, although I am aware that some classes still have a significant backlog (see winter class schedule on p. 4 for a way to get back on track). Here's why things had become so difficult for students to get classes: in fall 2005, we had a total of 543 students (undergraduate and graduate total), in fall 2006 it was 613; in fall 2007 it was 778, in fall 2008 it was 849, and last fall it was 894. This is a 61% increase in student numbers in 4 years and at the same time, we actually lost tenure track positions!!

One result is that, for the first time in history, the undergraduate Kinesiology degrees have become impacted majors at San José State. Thus, numbers will now start slowly to decline to more manageable levels. This fall, students needed a GPA of 3.05 to declare Kinesiology as a major and this has several implications for you: first, be aware that the new students have these high GPAs and expect to have to work hard to keep up. Second, should you unfortunately become disqualified, you will need to reach the current admission GPA to be readmitted. I hope you will take this very seriously and do everything you can to work to keep up your GPA so that this does not happen to you.

San José State admitted many students as "Undeclared" and some are now seeking to show a GPA that will admit them into Kinesiology as a major. The criteria are outlined on the home page of our department's website at www.sjsu.edu/kinesiology

You have chosen to study Kinesiology, one of the fastest growing majors in the entire CSU! Now that you're in, don't blow it!! Be sure to talk with your advisor during the fall semester and before spring registration, to be sure you are on track and taking the right classes.

Shirley H. M. Reekie, Chair

Faculty News



Dave Williams became a new Dad to Caitlyn Sofia Williams at 7:29 AM on July 17, 2010

Al Douex was an invited speaker and represented Filipino-Americans in Higher Education at the National Federation of Filipino American Associations' Kick-Off of the NaFFAA's Empowerment Conference 2010 in August. He has been asked to return to speak at the NaFFAA Empowerment Conference in November.

For the second year in a row, **Lee Pate** was rated "Best Aerobics Instructor" in Santa Cruz County. Here's what they said about her: "You love this woman. Why? She's like lightning in a bottle. Truly. Beyond the fact that...she can actually instruct, she moves with true grace. There is, of course, that big heart and smile of hers, which warms the senses of her many students." Lee will be attending some additional fitness exercise format trainings this Fall and will be getting trained in "Masala Bhangra" fitness, which is a format that combines the traditional Bhangra dance style with fitness making it "spicy" (Masala=spicy). In October, she will be getting trained in the "Drums Alive" format, which was designed and developed by **Carrie Ekins** who also taught for the then Human Performance Department for 6 years in the early 1990's. It is a fitness format that combines drumming with a stability ball and cardio exercise. Here's a link to it: <http://www.drumsalive.de/index.php?dir=Start&lang=US>

Dr. Bethany Shifflett is serving this academic year as the College of Applied Sciences and Arts faculty support for SJSU's new online management system - Desire2Learn.

Dr. Emily Wughalter has recently been appointed to the SJSU Student Union Board of Directors.

Dr. Ted Butryn was quoted in the San Jose Mercury News on August 4, concerning Mixed Martial Arts. Check it out at: http://www.mercurynews.com/ci_15672168?IADID=Search-www.mercurynews.com-www.mercurynews.com&nclick_check=1

Student News

This past summer, Thao Pham studied abroad in Beijing, China, with Tsinghua University, also known as the M.I.T of the east. It was a two and a half week program to teach oral English in the rural areas of China. The first portion of the program consisted of studying the language and culture. The second portion was traveling to a rural part of China to teach English to Chinese students ranging from elementary school to high school. Thao taught juniors in high school. She didn't really know many details about the program and didn't know what to expect. In the end, she learned a lot about the Chinese culture and about herself. Mostly, she learned about Chinese education and the daily lifestyle of Chinese students. Thao experienced so many things there that she will never experience in the US. While she taught those students English, they taught her so much more. They taught her to appreciate everyone and everything in her life, especially her education. It was definitely a life changing experience for her and she says she would do it again in a heartbeat. If anyone is interested in this program, contact Thao at thaonpham1@gmail.com and she will gladly give you more information.



In the spring, the American Kinesiology Association recognized (now alumnae!)

Melissa Rudick and **Hilary Barnes**, for being outstanding students.

Amy Greenhaw, ATC, presented at FWATA (Far West Athletic Trainers' Association) in July.

This photo is of second year PPATEP students, **Josh Pendleton**, ATC (upper right) and **Celty Fitterer**, ATC (lower left), both of whom work at SFSU for their assistantships. Josh and Celty had the opportunity to work with "His Airness" at the Michael Jordan Flight School (Basketball Camp) in Santa Barbara, CA for August 1-11, 2010.



Club Corner

There is now a **TaeKwonDo Club** and **Jenn Schachner** is the adviser. Contact her for more information!

SJSU Pre-Physical Therapy Club

Email: sjsupreptclub@yahoo.com

The purpose of the Pre-Physical Therapy club is to help prospective physical therapy students become stronger candidates for physical therapy graduate programs through networking, providing resources, and information from guest speakers. Volunteer opportunities and updated event information can be found on our club bulletin board in SPX (down the hall from the girls locker room). If you have questions about the club or missed our club sign-ups and are interested in joining please email us!

American Physical Therapy Association: www.apta.org

Find out more about the field of physical therapy, grad programs, and student resources!

Physical Therapy Panel: November 4th 6pm-8pm (on campus - location to be announced)

Come hear from current Physical Therapists from a variety of backgrounds about their experience working in the field and the many opportunities available to Physical Therapists!

The **Ballroom Dance Club** at San Jose State University has begun its fall activities and all are invited. Each Friday there are 2 lessons taught by top notch bay area pros. Then on November 20th the club is hosting its 14th annual Ballroom Classic. A competition open to all levels of dancers. Come check it out. If you have any questions you can contact the club's faculty advisor **Dr. Shiflett** or check the club's website: <http://studentorgs.sjsu.edu/sjsubdc/competition.htm>

Alumni News

Ramin Naderi (MA, '02) Community Wellness and Outreach Director at the Indian Health Center of Santa Clara Valley writes: The Indian Health Center's (IHC) Diabetes Prevention Program (DPP) <<http://www.indianhealthcenter.org/diabetesprogram.html>> has developed a 17-week multigenerational lifestyle change program focusing on healthy eating and physical activity. IHC's DPP is grounded in American Indian traditions such as storytelling, drumming, dancing, and ceremonies. The goal is for participants to lose at least 3 percent of their body weight at the conclusion of the program through increased physical activity and healthier eating. The program is taught by a team of culturally competent professionals including a registered dietician, a certified diabetes educator, a marriage and family therapist, a public health nurse, a kinesiologist, and health education specialists. The evidence-based curriculum includes topics on healthy eating, fitness, stress management, and building support for lifestyle changes. In addition, IHC's DPP adapted NDEP's Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients Food and Activity tracker <http://ndep.nih.gov/media/GP_FoodActTracker.pdf>. The tracker was provided to participants at the end of weekly sessions and reviewed at the start of weekly sessions. The most successful program participants have indicated that the tracker has had the greatest impact on their success.

Lab results and metrics are being collected on all participants. At follow-up, 71 percent of participants were meeting the goal of 150 minutes or more of physical activity per week. At the end of six months, 33 percent met the goal of less than 100 on a Fasting Blood Glucose Test and no longer had pre-diabetes. Data indicate significant decreases in body mass index, significant increases in fruit and vegetable intake, and increased awareness in knowledge, attitudes, beliefs, and motivation toward lifestyle interventions. Success in IHC's DPP can be attributed

largely in part to the integration of NDEP's Food and Activity tracker. <http://ndep.nih.gov/partners-community-organization/PartnerSpotlight.aspx#winners>



Grace Gonzales Chew (BS, '05) is in the nursing program at UNLV and will be graduating in December.

Joseph Allegri (BS, '06), now teaching at Harbor High in Santa Cruz where he is also the head baseball coach, has been tenured. An article appeared on Joe in the Santa Cruz Sentinel newspaper on Aug. 27 (on the KIN bulletin board). Congratulations!

Amber Northam-Vincent (MA, '04) is acting director of Athletic Training Education at Ouachita Baptist University in Arkadelphia, AR

Timothy Opyd (BS, '09) is in his first year as a medical student at Wake Forest University, NC

Mark Tiemeier (MA, '09) is assistant athletic trainer at San Francisco State University

Bob Wake (BS, '67) founded Wings World Wide, the Air Medical Foundation that delivers humanitarian airline and disaster relief flight operations with continued humanitarian support throughout the world, in 1992. He writes that he has just returned from South America and their yearly humanitarian expedition to Peru and the Machu Picchu area. He also recently went to Sweden for the Masters World Games where he competed in water polo.

Katherine Wilson (BS '07, MA '10) recently accepted a position as Exercise Physiologist at SAIC in San Diego, CA. She works as a contractor in the Warfighter Performance Department of the Naval Health Research Center. The studies she is assisting with are in the field of environmental exercise physiology and focus on such topics as heat tolerance,

hypoxia and spirometry. She is excited to be working in a research environment as well as using a wide array of exercise physiology equipment.

Lawrence McNeil (MA, '09) writes that he actually invented his current business while sitting in Dr. Lilienthal's class! MISSION: Bulldog Sports and Fitness is committed to bringing health and fitness to your life. We offer specialized training programs customized to fit your individual goals and needs. With academic training in exercise science, fitness assessment, exercising programming and nutrition, Bulldog Sports and Fitness is dedicated to helping you achieve your full fitness potential. Through our personal training programs, you will receive a customized training program that includes cardio, weight training, and stretching. We build progressive training programs based on your fitness goals and monitor your progress through monthly assessments. Our personal training sessions offer an intense workout in the environment of your choice. Whether it be in the privacy of your home, outside at the track, or at the park down the street, we bring fitness to you. Each 1 hour session will give you a total body workout that will leave you feeling great and on your way to achieving your health and fitness objectives. "My vision of spreading health and fitness and coaching sports is at the heart of why I founded Bulldog Sports & Fitness. Through Bulldog, I hope to play a critical role in the development of a child's lifelong love of fitness and to instill a fundamental appreciation for healthy living in children and adults alike. Values including sportsmanship and teamwork are critical to me and I am passionate about teaching aspiring young athletes how to be team players. Bulldog Sports & Fitness has provided me with these incredible opportunities and I am committed to building a lasting legacy of health, wellness and a love of athletics in the community today that will ensure a better, healthier future tomorrow." If you are interested, contact Lawrence at coachlaw@bulldogsportsandfitness.com.

Department of Kinesiology Contacts

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Club Advisors

Phi Epsilon Kappa & KIN Majors' Club

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

Sports Medicine Club

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

Adapted Physical Activity Club

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

Winter 2011

3 Week Session
January 3 - 21, 2010

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>
KIN 002A - Beg. Swim	M-F	1230 - 1425	Bruga
KIN 008 - Sect. 1 - Lec	M-F	1900 - 2150	Barry
KIN 008 - Sect. 2 - Lab	TBA		Barry
Skin and SCUBA Diving			
KIN 015A - Beg Basketball	M-F	1030 - 1225	May
KIN 035A - Beg. Wgt Trn.	M-F	1230 - 1425	Montgomery
KIN 035B - Int. Wgt Trn.	M-F	1230 - 1425	Montgomery
KIN 050 - Tai Chi	M-F	1630 - 1825	Weng
KIN 054A - Tae Kwon Do	M-F	0800 - 0955	Schachner
KIN 055A - Self-Defense	M-F	1030 - 1225	Chen
KIN 061A - Begin. Yoga	M-F	1430 - 1625	Caughlan
KIN 069 - Stress Mgmt	M-F	0900 - 1200	Butryn
KIN 070 - Sect. 1 - Lec	M-F	1030 - 1250	Chin
KIN 070 - Sect. 2 - Act	M-F	0830 - 1020	Chin
KIN 070 - Sect. 3 - Act	M-F	1300 - 1450	Chin
Introduction to Kinesiology			
KIN 101 - Spt in America	M-F	0900 - 1200	Johnson
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
Exercise Physiology			
KIN 158 - Sect. 1 - Lec	T-F	1100 - 1320	Khadem
KIN 158 - Sect. 2 - Lab	T-F	0830 - 1050	Khadem
KIN 158 - Sect. 3 - Lab	T-F	1330 - 1550	Khadem
Biomechanics			
KIN 163 - Sect. 1	M-F	0900 - 1200	Bloom
KIN 163 - Sect. 2	M-F	0900 - 1200	Sullivan, M
Physical Fitness and Nutrition			
KIN 169 - Div, Stress, Hlth	M-F	1230 - 1530	Masucci
KIN 175 - Sect. 1 - Lec	T-F	1100 - 1320	Wughalter
KIN 175 - Sect. 2 - Lab	T-F	0830 - 1050	Wughalter
KIN 175 - Sect. 3 - Lab	T-F	1330 - 1550	Wughalter
Measurement & Evaluation			
KIN 185 - Senior Seminar	T-F	0830 - 1200	Lilienthal
KIN 185H - Sr Sem Honors	T-F	0830 - 1200	Lilienthal
KIN 186 - Pharmacology	TBA	Online	Han

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.

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