

Winter 2-2011

Communicator, Feb. 2011

San Jose State University, Department of Kinesiology

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Recommended Citation

San Jose State University, Department of Kinesiology, "Communicator, Feb. 2011" (2011). *Communicator (Kinesiology)*. Paper 22.
<http://scholarworks.sjsu.edu/communicator/22>

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The Chair's Corner

Make the most of your time in KIN!

A recently-published book, *Academically Adrift: Limited Learning on College Campuses*, by Richard Arum (New York University) and Josipa Roksa (University of Virginia), concludes that many undergraduates actually learn little to nothing while in college. According to their research, many students have few classwork requirements and their academic gains (as measured by the Collegiate Learning Assessment, designed to assess critical thinking, analytic reasoning and other “higher level” skills) are minimal. Their research indicates that 45% “did not demonstrate any significant improvement in learning” during the first two years of college, and 36% “did not demonstrate any significant improvement in learning” over four years of college. Students who did improve, improved on average only 0.18 standard deviations over the first two years of college and 0.47 over four years. “How much are students actually learning in contemporary higher education? The answer for many undergraduates, we have concluded, is not much,” write the authors. For many students, they conclude: “drifting through college without a clear sense of purpose is readily apparent.”

San José State University is accredited by the Western Association of Schools and Colleges (WASC), and at our most recent evaluation, they stressed the need for classes to have clear assessment measures. You may have noticed Student Learning Outcomes and Program Learning Outcomes on your course syllabi. This is why! Faculty need to make clear what they will teach students and then measure to see how successful they were in doing so. This process may also point out potential changes that may need to be made for next semester.

I believe that students also bear responsibility for their own learning. My personal philosophy is that students should be helped to internalize what is being taught and become less dependent, not more dependent, upon the teacher as they progress through the class and the years of study. To achieve this, students need to:

1. *be there for every class!* (“90% of life is just showing up”) Do NOT ask a faculty member “Did I miss anything?” Of course you missed something! Furthermore, getting the notes from someone else, while better than nothing, is a very poor substitute for actually being there. Even better, check out some extra learning—attend guest lectures.
2. *participate!* Sitting in class is only part of “showing up.” If you challenge yourself to answer questions, you are much more likely to retain the knowledge imparted in class.
3. *ask questions!* Sometimes, we are content to sit there and maybe answer the occasional question but what really makes you (and the professor!) think, is when students ask [good] questions. Most professors love it when their students ask questions because it means they are engaged in the learning process. And if you’re engaged in the learning process, you will NOT be among those who graduate having learned almost nothing. What a waste that would be!

Shirley H. M. Reekie, Chair

KIN Speakers' Series

(see # 1 in The Chair's Corner!!)

Jin H. Yan, PhD, of the Department of Sports Science/Physical Education at The Chinese University of Hong Kong, and alumnus of the department, will present on “Exercise Neuroscience: Brain, Cortical Plasticity, and Exercise” on Monday April 9 from 4:00-5:30. Location TBD.

Announcing the New CASA Student Success Center!

Need Advising? Transfer student? Undeclared? Want a quiet place to study with wireless connection and i-pads? In the College of Applied Arts and Science?

Talk to our professional and peer advisors; we are here to help students connect, succeed academically, and meet educational goals.

We are located in Mac Quarrie Hall, room 533

(408)-924-2810

Hours: Open daily, check door each week

Check out our Facebook page: CASA Student Success Center

Majors CASA offers: Nursing, Kinesiology, Justice Studies, Nutrition, Food Science, Packaging, Journalism & Mass Comm, Public Relations, Aerospace, Health Science, Hospitality, Recreation & Tourism, Occupational Therapy, Library & Information Science, & Social Work.

Faculty News

Ongoing research by **Dr. Ted Butryn** and **Dr. Matt Masucci** was talked about at length in the November issue of *Fight! Magazine*, in an article entitled "The psychology of losing." *Fight! Magazine* is the premiere magazine covering mixed martial arts. <http://www.fightmagazine.com/mma-magazine/mma-article.asp?aid=636&issid=42>

Recently, **Dr. Peggy Plato** measured body composition of 24 San Jose Earthquakes athletes using the Bod Pod. **Hank House**, Assistant Athletic Trainer for the SJ Earthquakes and SJSU alum (BS 2006, Athletic Training) set this up.

Students who assisted with the testing were: **Derek Baure**, **Melissa Hymes**, and **Barret Formslag**. Makes for a great student/alum/faculty/community endeavor AND a fund raiser!

Drs. Jessica Chin and **Jay Johnson** presented their paper, "Making the Team: Threats to Health and Wellness within Sport Hazing Cultures" at the International Conference on Health, Wellness and Society (January 2011) in Berkeley, CA. Their paper was an investigation of the negative impact of initiation ceremonies on the health of athletes, and included suggestions for shifting to more healthful, team-building activities.

Dr. Jessica Chin authored "The New 'Superwoman': Intersections of Fitness, Physical Culture, and the Female Body in Romania", which was recently published in *Women and Exercise: The Body, Health, and Consumerism* (Eds. Markula, P. & Kennedy, E., 2010). The book is a unique collection of qualitative social research that focuses on the wide and diverse physical activity experiences of women across the globe.

Dr. Daniel Weng was recently recognized by the President of Taiwan ROC, Dr. Ma Ying-jeou (see photo) for winning the 2010 16th Hsin-chuan Global Chinese Culture and Arts Prize.

Dr. Weng was the winner for the item under Chinese Martial Arts. The prize's title of "Hsin-chuan" literally means passing on traditional culture and arts to generations like keeping the fire by burning wood constantly. This is been recognized in Taiwan as the highest honor in the various traditional culture and arts. The different traditional arts cover subjects in



literature, martial arts, painting, calligraphy, sculpture, drama, music, puppetry, dance and tribal arts. This year 13 winners were chosen out of more than 600 applicants, through three rounds.

The award ceremony was held on 10/23/10 in Taipei and broadcast nationwide. President Ma later invited all the winners of this prize to his office and awarded everyone a commemorative watch. Afterwards, Dr. Weng was invited to lecture at 6 universities and attended an international conference on recreational sports in Taiwan before he returned in December. Dr. Weng will return to Taiwan in the spring to prepare the celebration program of Year 2011, the 100th Anniversary of The Republic of China at Taiwan.

Dr. Gong Chen conducted four self-defense workshops for SJSU students in residence halls and at the SJSU Organization Leadership Conference in Fall 2010. He also published numerous articles in Chinese on three websites on self-defense and crime prevention.

Dr. Emily Wughalter has been chosen by the AAHPERD Awards Recognition Committee to receive the College/University Honor Award for 2011. Congratulations!! Some years ago, **Dr. Greg Payne** also received this award, so to have two recipients from SJSU's KIN department is truly outstanding. We're not just any local KIN department, you know!!

Dr. Tamar Semerjian has been awarded a \$150,000 grant (and consequent reassigned time) from The Health Trust to develop a new Silicon Valley Health Aging Partnership (SVHAP). This is designed to increase the impact and reach of effective health promotion programs for older adults in Santa Clara County, including those in physical activity, falls prevention and disease management. In partnership with The Health Trust and other stakeholders in health promotion for older adults, SJSU sought funding for two years to launch and manage the SVHAP, including the development of a collaborative plan for selecting 3-5 evidence-based health promotion programs (EBPs), recruiting and providing training to increase the number of trainers in these EBPs, and targeting expansion of these programs to areas and populations in greatest need, particularly multicultural populations. The SVHAP leadership will initially include SJSU, The Health Trust and Council on Aging Silicon Valley with planned engagement with the City of San Jose Department of Parks and Recreation, other city recreation departments, senior centers and health funders.

Lawrence McNeil (MA, 2009) sponsored this issue of the Communicator. If you or your company is interested to do something similar, please contact Shirley.Reekie@sjsu.edu



BOYS & GIRLS CLUB

Bulldog Sports and Fitness

In partnership with

Boys and Girls Clubs of the Peninsula



Attention: Menlo College Student Athletes:

Help build a lasting legacy of health, wellness, and a love of athletics in the community!

Intern With Bulldog Sports & Fitness



Want a paid position in the Sports and Fitness Business? A six-week internship with Bulldog Sports & Fitness can help you reach your goal! We need:

- Coaches
- Tutors
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 - Accounting
- Create your own internship!

Contact Coach McNeil ASAP!



PLEASE CONTACT:

Lawrence McNeil | Email: coachlaw@bulldogsportsandfitness.com
Tel: (408) 417-7769 | Website: www.bulldogsportsandfitness.com

Student News

Victor Delgado, Michelle Pascua, and Tina Beck have been selected as 3 of the 7 peer mentors for the new CASA Student Success Center, in MH 533 (see page 1). They will give advising assistance to students in CASA, and should be a great bridge between the university's Academic Success Center and department advising. Check it out!



Three students, **Steven McMurray, Darcie Anderson, and Michelle Watson**, plus the SJSU Gymnastics team, have volunteered to help at the upcoming Seven Trees Healthy Families Day. And at December's Scholar Athlete breakfast, **Shanice Howard** (gymnastics) received the award for the highest overall GPA for a student athlete, and she's a Kinesiology major. Her GPA was 3.989!!

Chelsea Loveall has been accepted into her first choice school, Samuel Merritt College, to study physical therapy.

New Sport Management Club!

Although we are a newly formed club we are off to a great start and have big plans for this semester and the future. Currently we working on getting the Sport Management Club recognized by the Associated Students and making club shirts. We have already elected:

Alyssa Wong	President
Adam Saalinger	Vice President
Karan Ram	Secretary
Martin Lopez	Treasurer
Stephen Bayer	VP Recruitment
Daniel Hackett	VP Marketing

If anyone is interested in joining please email us at SJSUSportManagementClub@gmail.com

Dianne Montances spent her winter break on a trip to Honduras with the Global Medical Brigade. She was based in San Antonio de Oriente and treated over 300 people! Common problems included treating people for parasites, owing to the water supply; dealing with skin rashes; the early stages of skin cancer, jaundice, hyper-tension, and malnutrition.



Following the superb work of **Yao Lu**, who has now graduated, **Michelle Watson** has taken over as coordinator of CATS (Cross Aerobic Training Sessions), the Kinesiology-run program for faculty and staff fitness on campus. This is a paid position that becomes vacant when the previous student graduates.

A group of 20 SJSU AT students (both undergrad and grad) and alumni met on Dec. 19, 2011 at The Tech Museum to view the Bodies Exhibit. Look for more all AT Gatherings to come in the future and to contact **Holly Brown** by email at holly.brown@sjsu.edu if you are not currently on our AT Listserve.

Jeff Chan was selected from all of CASA, to go on an expenses paid trip to China to view schools and learn something of the language and culture. Congratulations, Jeff!

Alumni News

In addition to Chelsea Loveall, **Abby Linford** (BS, 2009) has been accepted to graduate school to study physical therapy at Samuel Merritt.

Hilary Barnes (BS, 2010) will study Physical Therapy at Chapman College.

Crystal Voss (BS, 2007) is working as a personal trainer at Optimum Results in San Jose. She has started doing adventure racing and triathlons, and just finished the Catalina sprint triathlon.

Crystal Miles-Threatt (MS, 2010) writes: "I am an RN at a community hospital in Stockton. I work in the emergency room. I was fortunate enough to be hired into a Versant Residency Program. Versant is an 18 week orientation into the hospital. We have clinical days and classroom educational days. I am very excited about my new career. It has been a difficult transition but very rewarding."

Alum Advocacy!

It all started with a phone call requesting action. **Jim Colvin**, (BS, '06) recently experienced first-hand how making a difference in the field requires taking action on advocacy opportunities. Jim teaches diabetes prevention for Native Urban Indians and other at risk populations in downtown San Jose.

While purchasing water for a class at a local Walgreens, the checkout employee asked Jim if he would be interested in purchasing five candy bars for \$0.59, the daily special. Jim's reaction was "you're kidding, right?" The clerk responded, "No, would you like to buy the candy bars with your purchase?" Jim questioned "why would you ask me that and promote a product that had such little nutritious value when our country is battling an obesity epidemic!" He responded, "My boss makes me ask. Once again he said, "you're kidding, right?" Jim, appalled at the ordeal, called the corporate offices for a more detailed explanation.

Two days later, the local store manager contacted Jim apologizing for the clerk's comments and Jim insisted that it had nothing to do with the clerk but rather the policy and he requested to talk to someone else in the chain of command. The store manager said she would pass along the request.

The next morning at 8 AM Jim received a call from the assistant to the regional rep of Walgreens and asked if he would be available for a meeting that day. At 11:00 AM, the state rep for Walgreens arrived at the office and said "Jim, I want to let you know that you have been heard!" The Indian Health Center Director and Jim were surprised at the follow-up. He proceeded to explain the situation again about the incident at the store and they explained that the "sponsor promotion" seemed to be counterproductive when they were around the corner trying to prevent disease. The state rep mentioned that they were looking to partner with local health agencies who had some influence in the community and he asked what "Walgreens" could do to support some health promotion. They asked, "What can you offer?" They could provide two of their downtown stores windows to promote the Diabetes Prevention Program offered at the Indian Health Center. They would also provide a filled fruit and vegetable cart in collaboration with some local farms. The major highlight is that Walgreens has a medical screening vehicle which goes to various sites. Their schedule is booked a year in advance and yet an agreement was made to provide the vehicle at a local gathering. One of the many challenges in health education among this low-income, high minority community is recruitment of people who are pre-diabetic. By providing a screening vehicle at some local events, there may be opportunities to identify participants with health concerns.

The outcome of the meeting was a partnership where the Walgreens' medical screening vehicle set up at a local Powwow offering free screening services and staff to perform the tests. The Indian Health Center found people interested in improving their personal health and they have established a relationship with Walgreens that will develop even further in the future. In this case, 100 individuals received a service worth \$140 at no charge to them.

Jim is always looking for interns to assist in the programming at the Indian Health Center in fitness or nutrition and he can be contacted at 408-445-3400 x263

Remember – advocacy can happen when you make it happen!

Department of Kinesiology Contacts

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Phi Epsilon Kappa & KIN Majors' Club

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Sport Management Club

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

Kinesiology

Summer 2011

(Planned courses - days and times to be announced)

5 Week Session

June 6 - July 8, 2011

Course

KIN 002A - Beginning Swimming

KIN 002B - Intermediate Swimming

KIN 014A - Beginning Volleyball

KIN 014B - Intermediate Volleyball

KIN 015A - Beginning Basketball

KIN 015B - Intermediate Basketball

KIN 027A - Beginning Table Tennis

KIN 027B - Intermediate Table Tennis

KIN 034 - Step Training

KIN 035A - Beginning Weight Training

KIN 035B - Intermediate Weight Training

KIN 054A - Beginning Tae Kwon Do

KIN 054B - Intermediate Tae Kwon Do

KIN 055A - Beginning Self Defense

KIN 061A - Beginning Hatha Yoga

KIN 061B - Intermediate Hatha Yoga

KIN 155 - Exercise Physiology

KIN 158 - Biomechanics

KIN 161 - Philosophical Perspectives of Sport

KIN 165 - Motor Development

KIN 174 - Assessment of Psychomotor Function

KIN 175 - Measurement and Evaluation

KIN 185 - Senior Seminar

KIN 188 - Prevention & Care of Athletic Injuries

KIN 189 - Prevention & Care of Athletic Injuries Lab

5 Week Session

June 6 - July 8, 2011

KIN 014A - Beginning Volleyball

KIN 014B - Intermediate Volleyball

KIN 015A - Beginning Basketball

KIN 015B - Intermediate Basketball

KIN 035A - Beginning Weight Training

KIN 035B - Intermediate Weight Training

Note: Classes will need to meet minimum enrollment requirements or will be subject to cancellation.

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