

Winter 12-2008

## Communicator, Dec. 2008

San Jose State University, Department of Kinesiology

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# THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

Vol. 21, No. 2

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

December 2008

## *The Chair's Corner*

We've all heard about the state of the budget in California but here's what I think the effects may be for KIN. It sounds as though spring 2009 will have most likely just a few cuts in classes. This is because the financial planners at SJSU saw what was coming and put money aside so, unlike some of our sister campuses, things should be pretty much as normal in spring. And by the way, winter classes should also be unaffected. It's too early to say how summer classes may pan out and people are pretty pessimistic about fall. That will likely mean significant cuts in classes although our first priority will be to try to preserve major and graduate classes. For those students currently at SJSU, we will do our very best to keep you going toward graduation. For those coming in, in fall, it will be significantly tougher; with system-wide "Impaction" having been declared, it will be harder to get accepted, and fewer classes will likely mean a longer time to graduation.

So, what can we do about all of this? We are thinking about all manner of possible "Band-Aids" which might or might not include such things as scheduling larger classes (this might need to be at non-traditional times since there are so few bigger classrooms on campus; I'm thinking about perhaps some core classes at night, very early in the morning, or on weekends, if students would attend and faculty would teach); we also need to make absolutely certain that classes a student needs don't overlap, and we're working seriously on that for fall to help you progress toward graduation in the most timely manner possible, given the circumstances; increasing the number of graduate students teaching some classes for us will give us greater flexibility and help them achieve their goals more readily; and finally, we need to do some fundraising ourselves.

I have put together a small task force to look at ways that students, faculty, and staff may raise some additional funds so that we can continue to have the necessary equipment for our labs, and to encourage students and faculty (both full and part time) to travel to conferences. I hope that you will want to help. We are all in a tough spot together but I am confident that, by working together, we will help each other achieve our goals and even gain by working more closely through this adversity. It will end!

Meanwhile, we are fortunate that the CAHPERD conference will be held in Santa Clara in March (see later in this Communicator) and I hope we can have many students and faculty attend. We need to beat Long Beach in attendance! It should be something all teaching and adapted emphasis students attend and I think all students would benefit from the networking, product exposure, and topics covered.

*Shirley H. M. Reekie, Chair*

## What's New in KIN?

### Shenyang Sports University

**Dr. Sonja Lilienthal** has been invited to teach at our sister campus in China, Shenyang Sports University, in the winter session. She will follow **Drs. Chen, Payne, and Reekie** in this endeavor. Our relationship with Shenyang enables both faculty and students to teach/attend classes there, as they have visited SJSU.

### New KIN activity website

We are proud to announce a new website, the KIN Activity Website. There are links to research on the benefits of regular physical activity, guidelines, exercise tips, health, injury prevention and treatment, news, events, photos, etc. Picture, written, and link contributions from KIN faculty, students and staff are welcome! It will soon be linked from our KIN home page but for now, check <http://www.kin.sjsu.edu/faculty/gongchen>

### After School All Stars

After School All Stars of Greater San Jose recently received the Bronze Medal from the 2008 Governor's Council on Physical Fitness and Sports Spotlight Awards. The Executive Director is **John Poch** (BS, '01) and **Dave Williams** is the judo instructor.

### Ballroom Dance Club

On Saturday November 1st the SJSU Ballroom Dance Club hosted its 12th annual Ballroom Classic Competition. **Dr. Bethany Shifflett** (faculty advisor for the club) reports it was a huge success with competitors from all over the state (USD, UCSB, Sacramento, etc.) and Bay Area. In addition to SJSU and many independent competitors, 12 clubs brought competitors for events in American Smooth, American Rhythm, International Latin, International Standard, and night club events. If you would like to drop in, the club meets on Fridays in SPX 89 at 7:30. Check their website for more information: <http://studentorgs.sjsu.edu/sjsubdc/>

### CATS

CATS (the faculty and staff Cross Aerobic Training System offered by the KIN department to any interested faculty and staff across SJSU) will be run in Spring 2009 by two KIN students on different days: **Yao Fa Lu** and **Julie Narciso**. This is a paid position and we recruit each semester via the student email listserv. It may also count for internship units, depending on your emphasis area. Please contact me now if you may be interested for fall 2009 at [sreekie@kin.sjsu.edu](mailto:sreekie@kin.sjsu.edu)

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## Alumni News

**Brian Bettendorf** (MA, '00) has taken a job as the Assistant General Manager with the new Women's Professional Soccer League local team, FC Gold Pride. Home games will be held at Santa Clara University, starting in the spring. The press conference in mid November had standing room only.

**Jen-Hao Chen** (BS, '07) got in to 4 out of the 6 schools applied to, and is currently attending USC for a DPT degree. Jen-Hao thanked Dr. Wughalter and San José State for a great foundation.

**Jay Green** writes: "My time in the Human Performance department at SJSU was one of the best times of my life. The faculty was incredible. I always thought that they were teaching for all of the right reasons, because they enjoyed passing on their knowledge. I never missed class because I didn't want to miss out on a thing they taught... and grades had nothing to do with it. I am a personal trainer in the area...."

**Steve Sekimoto** (BS, '01) wrote to Dr. Wughalter, "I don't know if you remember me but I just wanted to say hello to one of my favorite instructors at SJSU. I recently took a trip to NYC with my wife and family and thought about you and the stories you would tell us about the education system and life over there. We had a fabulous time. After graduating from SJSU my wife and I moved down to Chula Vista, CA (just south of San Diego) so she could open up her pediatric dental practice. I assumed the position of Office Manager when we learned that we would have to pay somebody else \$50k a year to do it. It just did not make financial sense for us to have me teach. It has been working out really well so far. We're still married, LOL. I do however utilize the things that I've learned at SJSU through coaching AYSO soccer. I'll never forget the things I've learned from you. Thank you forever."

# AEROBICTHON

## 2008

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

**FRIDAY, DECEMBER 5, 2008**  
**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."

Fabulous  
Aerobics  
Instructors

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

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' ??? aerobiction

For more information see or contact CAROL GULLIVAN, 924-3022 or cgullivan@sjsu.edu

## Faculty News

**Dr. Daniel Weng** was invited to participate in the 2008 2nd World Cup Tai-chi Chuan Championships 10/18-10/19 Taipei Arena. In the grand opening ceremony he performed with the allied Cardio Tai-chi Team he supervised. This team included athletes from Taiwan, and Brazil. Cardio Tai-chi is now widespread in Taiwan as a hybrid of aerobic exercise and Tai-chi. Daniel was also invited to teach seminars at Central Police University, Chinese Culture University in Northern Taiwan and traveled to lecture at National Pin-tung Polytech University. His topics included "Cardio Tai-chi for Police Officer", "Tai-chi for Wellness", and "The Trend of Tai-chi Movements".

**Dr Matt Masucci, Dr, Jay Johnson, and Dr. Ted Butryn** all presented papers at the North American Society for the Sociology of Sport conference held in Denver. Dr. Masucci presented, "Constructing Meaning in the Wake of a Cycling Tragedy." Dr. Johnson (with KIN grad student **Lindsey Eliopulos** as second author) presented, "Shifting Ice Floes: The Impact of Climatic Change on our Physical Experiences." Dr. Butryn (along with co-author Theresa Walton from Kent State University), presented, "Submitting Chris Benoit: YouTube Testimonials Following the Benoit Family Tragedy."

**Dr. Jay Johnson** was an invited guest speaker to the Missouri State High School Activities Association in Springfield to present a talk titled *Preventing Hazing and Harassment in Sport Cultures* to 500 student leaders, athletic directors and coaches from across the state. For 5 days in October, Jay was in Kaluui, Kona Hawaii during the 30th anniversary of the Ironman World Championships, collecting preliminary data for a study examining both the post-colonial cultural appropriations of Hawaiian Culture for the promotion and "creation" of the Ironman narrative and media construction and gendered discourses of media framing of the event. This fall, Jay was able to successfully assist **Peter Schierling**, a Kinesiology student, in having the Triathlon Club at San José State achieve official status on campus. The club boasts a membership of 35, hosts 7 different workouts per week in all of the disciplines (swimming, biking and running), and will run the second annual SJSU triathlon in the Spring of 2009. The club is open to all so if you are an interested novice or seasoned veteran, you will find a home with us, all are welcomed. This semester Jay has been volunteering his time assisting with the SJSU Climate Solutions Initiative Course, an experimental 3 unit class on campus that offers students a truly interdisciplinary examination of the complexity of impacts the climate has on our environments. As well, Jay has been working with **Dr. Chin, Dr. Masucci** and 6 Kinesiology students, **Adam Elix, Jessica Murray, Laura Andersson, Lindsey Eliopulos, Robert Wright** and **Abby Linford** to create *RE-PLAY*, an online resource intended to facilitate the core principles of a green lifestyle, by reusing, recycling, and reducing shelved sporting items and redistributing them to communities in need. If faculty, or students are interested in joining for credit towards their major next semester, please contact Jay at [jjohnson@kin.sjsu.edu](mailto:jjohnson@kin.sjsu.edu)

**Drs. Jessica Chin and Jay Johnson** were delighted to meet recently with former SJSU student and athlete, Tommie Smith





## What's New in KIN? cont.

### Internship opportunities

**Daniel Murphy** is excited to announce the development of new internship opportunities for KIN and HS majors in CASA. Internships will involve a variety of disciplines including kinesiology, nutrition, and health studies integrating varied interventions and projects including stress management, nutrition, exercise, self-defense, and social work programs. In particular, Daniel is developing an internship with the community organization First 5 to engage KIN students in solving "real world" health issues in the community in the form of working with at-risk women and children ages 0-5.

An additional internship is being developed with the City of San Jose to conduct health and wellness testing/screening with city employees including police and firefighters. If you are interested, please contact Daniel Murphy directly for more information on the internship opportunities. There are a few spaces and many students who are interested. Phone: 408.924.3015 or at [dmurphy@kin.sjsu.edu](mailto:dmurphy@kin.sjsu.edu)

### Scholarship winners!

The **Dr. David Furst** Scholarship was awarded to **Seong Kwan Cho**. The **Joyce Malone** Scholarship was awarded to **Thao Pham**. Both will receive recognition at the KIN Graduation Banquet in May (scheduled for Friday, May 22, 2009)

### Champions for Change Network for a Healthy California

**Karen Moreno, Manuel Moreno, and Alvaro Bonilla** represented San José State University Kinesiology Department in conjunction with the Network for a Healthy California at the Fiestas Patrias (Independence Day in Mexico) event at the San Jose Children's Discovery Museum on Sunday, September



14, 2008. The Champions for Change network is a statewide movement of local, state, and national partners collectively working toward improving the health and well-being of low-income

Californians through increased fruit and vegetable consumption and daily physical activity. Manuel, Al and Karen joined in the festivities and got their hearts bumping, hips swinging and feet



moving with 40 minutes of Zumba® dance. The three of them concluded the dancing excitement by leading the crowd in a cool down and stretch activity. They had a great time encouraging the crowd to get up and get moving and look forward to the next event. Viva Mexico!

### Theoretical and Applied Sport Psychology Club

"What do Michael Phelps, Tiger Woods, and YOU have in common?" ☺ The KIN department is excited to announce the new Theoretical and Applied Sport Psychology Club, started by Masters candidates SeongKwan Cho and Karin Jeffery. Objectives are:

1. To recognize SJSU to be the birthplace of sport psych due to pioneering figures such as Yates, Ogilvie, and Tutko
2. To help sport psych students network, study together, and help each other with their coursework
3. To facilitate student-faculty collaboration on sport psych studies and research
4. To identify emerging issues; for example, is there more interest in sport psych techniques now that Michael Phelps and Tiger Woods are known to use them? If so, how does this affect our field?
5. To conduct our own research into such issues, in the spirit of Yates et al.
6. Eventually, to host a sport psychology conference here at SJSU and invite other schools in the state university system to participate

The next meeting will be at Grande's on Tuesday, Dec. 9, at 6:15 pm. (Yes, it's right before finals, but that makes it the perfect time to meet other people to help you study!). For more information please contact **SeongKwan Cho** ([seongkwancho@gmail.com](mailto:seongkwancho@gmail.com)) or **Karin Jeffery** ([kjeffrey@kin.sjsu.edu](mailto:kjeffrey@kin.sjsu.edu)).

### Tai Chi group

An excellent Tai Chi and Chinese martial art demonstration was held in SPX 44A for SJSU students in **Dr. Gong Chen's** Tai Chi class. The students were very interested and enjoyed the demonstration. They were excited to have hands-on experience learning new Tai Chi skills and they practiced with these demonstrators. The demonstration included 42-form Tai Chi, Tai Chi Sword, Shaolin form, Southern style form, Whip form, and Broad knife form. The demonstrators included Professor Suitang Cuan (chair of Traditional Chinese Sports and Physical Activities), and his undergraduate students Yang Zhang (national champion), Yan Zhou, Xi Yu, Bide Fu, and Zhi Zhang (all are nationally ranked athletes) from Luoyang Normal University in China. The delegation was led by Dean Songshan Gao of College of Physical Education. Gao and Cuan also met with **Dr. Reekie** on further academic exchange between the two universities. The delegation was here for the opening ceremony of Tai Chi for Wellness Foundation.



### CAHPERD Conference

The California Association for Health, Physical Education, Recreation and Dance will be holding its annual conference in Santa Clara on March 19-22 at the Santa Clara Convention Center. For more details, see <http://www.cahperd.org/> Other CSU KIN departments have over 100 students attend; can we match this, in our own back yard??

## Department of Kinesiology Contacts

### Department Chair

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### Activity Program Coordinator

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### Graduate Athletic Training Program Director

Dr. Leamor Kahanov - leamor@kin.sjsu.edu

### Undergraduate Athletic Training Program Director

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

### Club Advisors

### Phi Epsilon Kappa & KIN Majors' Club

Dr. Matt Masucci - mmasucci@kin.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!**

## Winter 2009 Schedule

2 Week Session  
January 5 - 16, 2009

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>
<b>KIN 14A</b> Beginning Volleyball	M-F	1200 - 1430	Osterhaus
<b>KIN 15A</b> Beginning Basketball	M-F	0800 - 1030	May
<b>KIN 20A</b> Beginning Badminton	M-F	1200 - 1430	Chen
<b>KIN 20B</b> Intermediate Badminton	M-F	1200 - 1430	Chen
<b>KIN 27A</b> Beginning Table Tennis	M-F	0900 - 1130	Chen
<b>KIN 27B</b> Intermediate Table Tennis	M-F	0900 - 1130	Chen
<b>KIN 35A</b> Beginning Weight Training	M-F	1300 - 1530	Montgomery
<b>KIN 35B</b> Intermediate Weight Training	M-F	1300 - 1530	Montgomery
<b>KIN 61A</b> Beginning Hatha Yoga	M-F	0800 - 1030	Caughlan
<b>KIN 70 - Sect. 1</b> Introduction to Kinesiology - Lecture	M-F	0800 - 1315	Butryn
<b>KIN 70 - Sect. 2</b> Introduction to Kinesiology - Activity	TBA		
<b>KIN 101</b> Sport in America	M-F	0900 - 1300	Masucci
<b>KIN 163 - Sect. 1</b> Physical Fitness & Nutrition	M-F	0830 - 1230	Cisar Bloom
<b>KIN 163 - Sect. 2</b> Physical Fitness & Nutrition	M-F	0830 - 1230	Cisar Bloom
<b>KIN 165</b> Motor Development	M-F	0800 - 1200	Payne
<b>KIN 185</b> Senior Seminar	M-F	0800 - 1155	Kahanov
<b>KIN 185H</b> Senior Seminar Honors	M-F	0800 - 1155	Kahanov
<b>KIN 186</b> Pharmacology	TBA		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.