

Fall 9-2008

Communicator, Sept. 2008

San Jose State University, Department of Kinesiology

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Recommended Citation

San Jose State University, Department of Kinesiology, "Communicator, Sept. 2008" (2008). *Communicator (Kinesiology)*. Paper 12.
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THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

Vol. 21, No. 1

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

September 2008

The Chair's Corner

Do you do volunteer work? Is it related to your major? Would you like it to be? Many departments on campus require students to undertake some type, often around 80 hours, of volunteer work and perhaps Kinesiology should, too. The benefits to the community would be great—they would get, at little to no cost, an enthusiastic, knowledgeable person who could really make a difference in children's and adults' lives. In turn, the student would get a memorable and relevant learning experience that might really change her/his life. On the other hand, some might argue that this is undermining and undervaluing an important part of kids' education/adults' experience and "you get what you pay for."

I must get around one hundred requests each year for students to help with organizations from local schools and libraries, to city and county parks and other organizations. Some examples are:

- * an elementary school wants help starting an after school sports program
- * a community group wants someone to lead an exercise program for adults
- * a library wants to offer basic activities to kids after school
- * a park wants help offering exercise programs to the public in the parks

We seem to have two groups: the organizations that recognize their need but have no funding, and students who might well want to assist but may need to spend their "free" time working to pay for school. Kinesiology can serve as a link to bridge the need (community) and the resource (students). All that is missing is some funding, so that every student can gain this insight and opportunity without putting him or her self in a sticky financial situation.

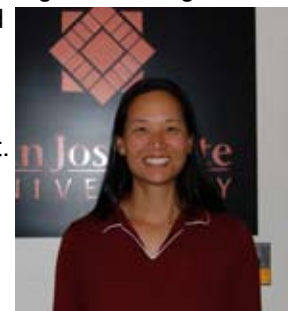
Of course, these types of opportunities aren't going to make students rich but wouldn't it be great if we could find a grant or grants so that our students could at least not make a loss (i.e. not be in paid work) to help out these groups? To this end, I am working with several offices across campus and with potential donors to see if we can identify funding because I'd argue that we SHOULD be a community resource.

If you have ideas/connections about how to better serve these groups, or if you have a suggestion for funding sources to help make these links, please let me know: sreekie@kin.sjsu.edu Maybe we can have a debate about it online and find out what others think....

Shirley H. M. Reekie, Chair

What's New in KIN?

This semester, we welcome new faculty member **Dr. Jessica Chin** to the Department of Kinesiology. Jessica recently completed her PhD degree at the University of Maryland with a dissertation entitled "Global capitalism meets postcommunism: Tensions in transition as manifested through female body culture and consumerism in Romania." Jessica will teach mostly core classes at the undergraduate and graduate levels (e.g. 70, 100W, 185/185H, 250 and 251). Her undergraduate degree was in foreign language and biology and she studied physiological responses to exercise, and her masters degree was in international communication with a major paper on the globalization of sport. She has published in the Journal of the Philosophy of Sport, and made presentations to organizations that include the North American Society for the History of Sport, the North American Society for the Sociology of Sport, the International Society for the History of Physical Education and Sport, the International Sociology of Sport Association. She has taught a wide variety of activity classes while a graduate assistant at the University of Maryland for which she received the outstanding teaching award, and has also taught a writing class at Towson University, MD. Welcome, Dr. Chin!



We are also very pleased to welcome the following new or returning instructors: **Holly Brown** returns to teach in the undergraduate Athletic Training program, and she and **Jon Cohen** will be teaching the classes and labs formerly taught by Jeff Roberts who is now at Ohlone College. Holly was formerly at Bishop O'Dowd HS in Oakland, and Jon is the trainer at Menlo School.

In teacher education, following the resignation of Dr. Jin Jung, we are very fortunate to have **Donna Quartaro** bringing her long experience of public school teaching to the 171A class, and **Rob Friedrich** will teach the 173 class. Rob is a teacher in Pacific Grove and also taught this same class at CSUEB over the summer.

Welcome to all our new instructors!

Check the 2009 spring KIN schedule NOW!

The tentative spring KIN schedule is available in SPX 56 for you to check. We hope this may help you in scheduling classes so that you graduate in a timely manner. If you have filed for graduation in spring 2009 and you notice that you will have a class conflict in KIN, please let me know immediately so we may look into the matter. Send an email to sreekie@kin.sjsu.edu explaining the nature of the conflict.

Faculty News

This summer has been a busy one for **Dr. Daniel Weng** who traveled to Korea, El Salvador and Honduras lecturing on Cardio Tai-chi. The places Daniel was invited to lecture in Korea were Sookmyung Women's University in Seoul and Jechu University in Jeju Island. Daniel conducted seminars at the National Olympic Center of El Salvador for the National Karate and Tae Kwon Do Federations, National El Salvador University, and the Central American University, and was interviewed by a national Newspaper and three TV Stations. The Ambassador from Taiwan invited Daniel for lunch to recognize his endeavor of promoting Cardio Tai-chi in Central America. Daniel later traveled to Honduras and taught at the Goya Garden Center and was interviewed by a newspaper and TV for a special featured report.

Dr. Leamor Kahanov had two articles in the NATA News this summer. In the second article **Erin Coleman**, the lead author, was a student here. The article is based on her thesis.

Kahanov, I. Lamarre, W. Hiring Criteria among Athletic Training Employers. NATA News. June, 2008.
Coleman, E., Kahanov, L., Latissimus Dorsi Tear in a Collegiate Baseball Player: A Case Report. NATA News August, 2008, Pg 44-48.

Dr. Gong Chen provided a self-defense session for SJSU Welcome Fair for freshmen in August 2008; co-organized the 6th NCCAF annual badminton tournament in August 2008; received a donation of four new mats (worth \$4,000) for martial arts or gymnastics from Li's Wushu Academy in July 2008; co-organized the 2008 NCCAF annual volleyball tournament in June 2008; co-organized 2008 National Youth badminton tournament with Badminton Alley Company in May 2008. Many of these events were, in part, department fund-raisers. Thank you, Gong!

Sollis, PD & Cisar, CJ. Assessing osteoporosis learning needs and preferences of exercise physiologists. *JEPonline* 2008;11(3):13-19.

Dr. Shirley Reekie worked with various city and county water and recreation agencies at a conference in late May on ways to combat the spread by watercraft of the invasive zebra/quagga mussels.

She also worked with Lake Cunningham Regional Park on a history of the use of the park in its 25 years. The project is on display in the City of San Jose council offices. Finally she worked as a volunteer docent for County of Santa Clara Department of Parks and Recreation, putting on two kayaking classes for the public in April and May. She also took a group of children from EMQ Children and Family Services kayaking in June.

Announcements

Picnic/BBQ

On Tuesday September 30th from 11:30-1:00 the department will hold a Welcome Back BBQ/picnic in the BBQ pit near SPX courtyard. This will be jointly sponsored by the department and Sports Basement, making it once again FREE to all majors! Tickets available in advance in class from your instructor.

KIN Speakers' Series

Tom Abendour, Head Athletic Trainer for the Golden State Warriors is going to speak to our student body on professional opportunities as well as medical and training issues in professional sports: **September 17th 6pm. Room TBD.**

Alumni Legends Series, Dick Vermeil

On Wed Oct 1 from 12-1 in the Student Union, Dick Vermeil, an alumnus of Kinesiology and former coach of the Philadelphia Eagles (1976-1982), St. Louis Rams (1997-1999) and Kansas City Chiefs (2001-2005) will be sharing his experiences with students. He will be interviewed by a KIN student!

KIN in the news(papers):

From the New York Times of August 20, 2008:

"Last year, Research in Sports Medicine published a study from San Jose State University showing that in 30 healthy test subjects, use of the tape along the lower trunk area appeared to increase the range of motion" and the link was to: "The effect of kinesio taping on lower trunk range of motions" by Yoshida A, and Kahanov L. I mentioned this in my first visit with our new President, Dr. Whitmore.

From the San Jose Mercury News of August 20, 2008:

"You may think you have tried everything to get rid of that spare tire around your waist. But have you ever tried donating it to charity?"

That's right. You can now donate your fat. Generations Community Wellness, a Sunnyvale non-profit organization, would be delighted to take the stuff off your hands - or your tummy - and you'll get a fat tax deduction.

Generations doesn't actually want your extra pounds; it wants you to lose them. Its new "Donate Your Fat to Charity" campaign challenges participants to go on a 40-day regimen of exercising and eating more fruits and vegetables, which is almost guaranteed to take off at least a few pounds. For every pound you lose, you pledge a dollar amount. Ask friends and family members to make per-pound pledges, too. Then send them weekly updates on your progress.

Half the money collected will support Generations' health and fitness programs for kids and seniors throughout the valley. The other half will go to Second Harvest Food Bank and Church World Service.

The idea for "Donate Your Fat" was born at a staff meeting in McClure's back yard."

SCHOLARSHIPS

Both graduate and undergraduate scholarships are available for KIN students. Please go to the website, www.sjsu.edu/kinesiology for full details. Deadline for each is Oct 1.

Alumni and Student News

Dr. Dan Landers (BS, '63) was recently inducted into the National Association for Sport and Physical Education (NASPE) Hall of Fame. The citation indicates his "profound impact on the field of sport and exercise physiology." Highlighted were his works in theory-driven research into social facilitation in motor performance, psychophysiology of kinetic energy and on patterns of brain activity during micro- and macro-phases of motor performance. Dan was co-founder and first editor of the *Journal of Sport Psychology* (now *Journal of Sport and Exercise Psychology*), has served on the USOC, as president of the AAPHERD Research Consortium, of the North American Society for the Psychology of Sport and Physical Activity, and the Division of Exercise and Sport Psychology within the American Psychological Association. He is currently Regents' Professor at Arizona State University. Many congratulations, Dan!

One of the San José State University Alumni Association's two new board members is a KIN alum. **Chrissy Chang** (BS, '96) now chairs the physical education department at Harker Academy. Congratulations on this new appointment, Chrissy!

Sam Piraro (BS, '75; MA '82) is in his 35th year of college baseball and his 22nd as head Coach at SJSU. He was designated WAC co-Coach of the Year in 2008. Congratulations, Sam!

Shawna Bryant (BS, '05) writes: "I am now Assistant Athletic Trainer working with SJSU Women's Basketball. I graduated from Wichita State University in 2007 with an MEd with an Emphasis in Exercise Phys/Science. That was after my degree here: a BS in Human Performance with an emphasis in Athletic Training. The past year I was working at the Olympic Training Center in Colorado Springs, CO with the Olympic and Paralympic athletes and preparing them for the Beijing Games." Welcome back, Shawna!

Garrett Higashi (BS, '07, Exercise & Fitness Specialist) is currently working at Axis Performance Center in Mountain View as a personal trainer.

Alexis Frugé (BS, '06) has been accepted to the Physician Assistant program at UC-Davis for the fall.

Elizabeth Vitanza (BS, '88, MA, '94) had been on the faculty of Monterey Peninsula College for the past 6 years, teaching wellness and running the fitness testing lab. She is also an RN, specializing in cardiac care.

Dr. Glen Albaugh (BS '54, MA, '60) retired from the University of the Pacific in 1999 after a career as a sport psychology consultant. In 2007, he published a book *Winning the Battle Within* on golf performance.

Vince Sempronio (BS '48) had total knee replacement surgery in 2007 then entered his first masters track and field competition in two years in August at the Hayward Classic. Then he won gold in the Oregon Masters Association Track and Field Championships events in shot, discus, weight thro and super weight throws in the 80-84 age group division. Way to go, Vince!

Joseph Sarti (MA, May '04) is hosting a radio show that began Aug. 13, 2008. The focus of the show is Holistic Health and Wellness, and it will air on Wednesdays, 1-2 pm on <http://www.modavox.com/VoiceAmericaHealth/>

Congratulations to the following students for obtaining employment:

Tarah Daly (MA, '08) Assistant Athletic Trainer at Indiana State University, Terre Haute, IN, **Yosuke Murashima** (MA, '08) Assistant Athletic Trainer at Penn State University, University Park, PA, and **Amy Carroll** (MA, '08) Assistant Athletic Trainer at St. Mary's College in Moraga, CA.

Vincent Gatdula (BS, '06 - Exercise & Fitness Specialist) and **Meredith Holden** (MA, '08) both passed ACSM's Health & Fitness Instructor certification exams. Vincent is working at Fit@Sun (employee fitness center at Sun Microsystems in Menlo Park). Meredith is currently teaching part-time for us (stress management classes) and is launching a new business, Pre and Post on the Coast, offering pre-and post-natal exercise classes.

Alexander Lopez (current student) was recently selected to serve on the FWATA College and University Athletic Training Student Committee, as a member of the District 8 Athletic Training Student Committee.

The FWATA Governmental Affairs Committee is proud to announce that **Gina Biviano** (a current student) has been awarded a grant to participate in the 2008 NATA Hit the Hill Day in Washington DC on February 25th 2009.

Hector Cornejo (current student) participated in Team Up for Youth's Phillips Fellowship Program and worked with MACSA's youth Futsal program (Mexican American Community Services Agency) and created a service learning project centered around parental involvement. **Daniel Caballero** (current student) participated in the Coaching Corps program and coached basketball at the Central YMCA. Both coaches did a tremendous job this summer not only in the coaching element but in developing their leadership skills and a connection to the communities they worked in. If you see them around campus maybe they can tell you more about it!

Jeremy Poss (BS, '03) writes: "First off I was accepted into the Project Pipeline intern program and everything seems to be going quite smooth. Second I began my job search about 2 weeks ago and landed a Physical Education position in Dixon, CA. The school is Maine Prairie Continuation High School. It is a part time position (3 periods 60%) which allows me to start on getting my credential from the program!!! Things are going well so far. I was out of the teaching loop for so long I was nervous, but I kept a variety of different books and lesson plans from SJSU so things are looking a lot more organized. I managed to piece together three complete lesson plans with about 4-5 others that are just missing a few pieces! I can not thank everyone enough (I know it was pretty long ago) the information given to me from SJSU prepared me better than I imagined."

Department of Kinesiology Contacts

Department Chair

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Phi Epsilon Kappa & KIN Majors' Club

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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 Winter Schedule

2 Week Session
January 5 - 16, 2009

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