

Winter 2-2008

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San Jose State University, Department of Kinesiology

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THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

Vol. 20, No. 3

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

February 2008

The Chair's Corner

I don't know whether or not you voted in the California primary but of course, the voting isn't done for this year! Maybe you are one of those people who doesn't vote because you think "it doesn't affect me." Well, come this November, it will definitely affect you, if you are a Kinesiology student at San José State University! No, I'm not talking about voting for President of the United States but about something that, according to Tony Valenzuela, Vice President for Facilities Development & Operations at SJSU, will be a Bond Measure on that November ballot. This Bond measure will ask whether the State of California shall be allowed to sell bonds designed to finance the building and renovation of many projects throughout the CSU. Quite high up on that list, and the only project on this campus, is the renovation of YUH and SPX!

I hope you will agree that we have fantastic faculty, super students, and stalwart staff. But we also have broken buildings. Having been to many places in the world where facilities are very poor, I'm certainly aware that people are more important than buildings, but:

If you've ever been in class when the roof was leaking or water was streaming down the walls, or seen a ceiling tile fall down when a class was in session, or had a fuse blow when one more piece of equipment was plugged in, or endured the freezing mornings in the winter when the heating was broken, or had a cold shower because the boiler wasn't working, or not had space to sit down in a lab, or didn't even have a lab room at all for your emphasis area, then you'll know why it's finally our turn to be renovated.

A lot of people, and certainly going back through several chairs—Dr. Payne, Dr. Christensen, Dr. Bryant for sure—have worked with university and state officials to bring the state of our buildings to the attention of the state. So, when this bond measure makes it on to the ballot in November, please support it and ask everyone you know to do so, too! With the number of our majors and graduate students continuing to rise, coupled with the generally increased public awareness regarding the health benefits of regular physical activity, the timeliness of this renovation is clear.

I'll certainly remind folks as the time gets closer but here's a chance to vote for something that directly affects you and your friends/colleagues.

Shirley H. M. Reekie, Chair

Events

A Special Olympics Aquatic Coaches training is scheduled for Sunday, March 16, from 10 AM to 4 PM in SPX 77 and the SPX 79 pool. Please contact **Mrs. Janet Clair** (jclair@kin.sjsu.edu) for more information.

The Graduate Athletic Training Education Program (GATEP) is hosting the California Athletic Trainers' Association (CATA) statewide meeting on campus April 28th from 5:30 - 9:30 pm in the IRC.

Team P.R.I.D.E. *Putting Reality Into Dreams Everywhere* Hard work, Self-Improvement, Determination, Charity, Teamwork and Success... that's what Team P.R.I.D.E is all about. Created as an SJSU marathon team last semester, Team P.R.I.D.E is now aiming to compete in triathlons as well. The idea has caught on like wildfire across campus, as the team of 12 has now grown into a team of 40+. This semester the team will be coached and lead by Kinesiology Instructor Alicia Forbrich and Dr. Jay Johnson.

The team practices 5 - 6 times a week: Mondays and Wednesdays are reserved for indoor cycling; Tuesdays and Thursdays are reserved for outdoor running; Fridays are reserved for outdoor swimming; and every other Saturday is reserved for long run or bike rides off-campus. Anyone at San Jose State may join. It is open to all ages and all fitness levels. There are some team members who don't know how to swim or bike, but as Alicia and Jay promise, they will be ready for the triathlon in May.

The event the team will be competing in is called *The AVIA Wildflower Triathlons Festival*, held in Lake San Antonio, Monterey County, CA. It will be taken place on May 3rd and 4th and offers three different races: The Long Course, Mountain Bike, and Olympic Distance. Team members will register for the race they feel most comfortable with and will participate in fundraising for a local charity they will soon select. The coaches are very excited for the challenge that lays ahead for Team P.R.I.D.E and are more than confident every student will succeed!

For questions regarding Team P.R.I.D.E, feel free to email Alicia Forbrich at aforbrich@aol.com or Jay Johnson at jayanthony-johnson@gmail.com



Student News

Congratulations to our two majors of the year, **December Lotz** (Athletic Training) and **Brianna Brown** (Kinesiology). They will be honored at the AAHPERD National Convention in Fort Worth, Texas on Thursday, April 10, 2008. Each will receive \$300 from the department to attend the conference, which runs from April 8 to April 12.

James Chang (BS, '08) received the Fitness & Nutrition Director Award from Bally's Total Fitness for Dec. 2007 and Jan. 2008. He also set a new monthly revenue record for his club.

Thaao deOrnelas (BS, '08) will be going the University of the Pacific to earn his Doctorate in Physical Therapy (DPT). He will be starting at the end of August this year and is very excited about this opportunity.

Bhavesh Mody (MA, '08) is completing his masters degree in our department this semester and will start at Touro College of Osteopathic Medicine in New York in August.

Congratulations to **Liz Gilmore** and **Jamii North** for being accepted as presenters at FWATA April 2008. See the topics below:

Methicillin-Resistant Staphylococcus aureus: MRSA's Past and Our Future

Elizabeth Gilmore

New Techniques/"Tips from the Field"

This presentation will discuss methicillin-resistant staphylococcus aureus (MRSA) and its impact on athletic and certified athletic trainers. It will include the following sections: MRSA: A definition and brief history, Recognizing MRSA, MRSA and athletics, Preventing MRSA infection, and MRSA and certified athletic trainers. It will also touch upon results of study surveying athletic trainers' knowledge of MRSA and common disinfectants.

Total Shoulder Arthroplasty in Young Active Individual

Jamii North

Case Study

A history of the evolution of a Bankart Lesion to Total Shoulder Arthroplasty will be presented. This will include brief description of each of the 11 surgeries undertaken by the subject over the 7 year time period since the onset of the Bankart Lesion. Also to be presented in this is the physical therapy approach to the subjects rehabilitation.

Check out the **NEW** Department of
Kinesiology website at
www.sjsu.edu/kinesiology



Alumni News

Laurel Stender (BS, '04) was featured in the September 2007 issue of Rugby magazine. Laurel started playing rugby while at San José State and continued while pursuing her masters degree at UNLV. After playing for only three years, she played on the Eagles (the US) team in a 7s tournament in Barbados. She also toured in Dubai with the team. She says she is excited that rugby 7s was added to the Pan Am Games and that women's rugby 7s will have its first World Cup in 2009.



La Stender during the US v USA game at the 2007 USA 7s.

(www.NuminaPhoto.com)



Photos from Rugby Magazine by NuminaPhoto.com

Faculty News

Dr. Jim Kao has been asked (once again!) to fill a temporary vacancy on the Academic Senate, thus continuing the long line of Kinesiology faculty serving on the Senate.

Dr. Gail Evans, a faculty member in Kinesiology for many years and more recently Associate Dean for Undergraduate Studies, will be leaving San José State University for San Francisco State University to take up the position of Dean of Undergraduate Studies on April 1st. We wish her well but are sorry to see her go.

Dr. Leamor Kahanov will be making the following two presentations at FWATA April 4-6:

Drug-Dispensation and Drug-Administration in the Traditional Athletic Training Room Setting

and

Getting and Nailing Your Interview

Dr. Susan Wilkinson continues as Executive Director of the California Physical Education-Health Project (C PE-HP), a statewide professional development program for physical education and health education teachers and recently received an additional \$ 534,000 to provide programs for teachers in standards based instruction. This grant brings her funding to over \$3 million.

The Project has just completed its first year working with and supporting the first cadre of its kind in California. Twenty National Board Certification Candidates, those physical educators throughout California that are working on becoming nationally board certified, work on-on-one with currently National Board certified teachers in deepening their content knowledge, assessment strategies, and prepare their professional portfolios for the assessment process. National Board advances the quality of teaching and learning by maintaining high and rigorous standards for what accomplished teachers should know and be able to do and teachers become leaders and advocates for education and educational reform. Currently C PE-HP is accepting nominations for the second year of this program. C PE-HP's program has been given national and state attention and recognition. This year C PE-HP will introduce for the first time in the nation, the same subject specific one-on-one support for health education teachers who also desire to become nationally board certified.

Dr. Wilkinson has been selected to represent all California Institutions of Higher Education at the Health Education National Standards Training of Trainers in Atlanta this February sponsored by the American Cancer Society and the Centers for Disease Control. Her training in Atlanta will provide insights and strategies into the development of the training program that will be used by the California Department of Education and the California Physical Education-Health Project to train all health education teachers in standards-based health education throughout the state with the new Health Education Content Standards soon to be adopted by the State Board of Education this March.

Dr. Tamar Semerjian was recently asked to join the Board of Directors at Generations Community Wellness in Sunnyvale.

After three years effort of proposing the first Master of Tai Chi Degree Program at the University of East-West Medicine in Sunnyvale, **Dr. Daniel Weng** and his colleagues have finally got approval from the State of California as well as the Accreditation Commission of Acupuncture and Oriental Medicine to start this first in the world Tai-chi academic program.

Dr. Ted Butryn returns this Spring after a productive Fall 2007 sabbatical. In addition to presenting three papers at the Association for Applied Sport Psychology and North American Society for the Sociology of Sport conferences, Dr. Butryn completed two papers accepted for publication, including: 1) Sweating through the Matrix: Sport and exercise experiences in "technological" and "natural" settings." Journal of Sport & Social Issues, and 2) (Re)examining whiteness in sport psychology through autonarrative excavation. International Journal of Sport Psychology. The former paper included **Dr. Matt Masucci** as a second author. In addition, Dr. Butryn completed two invited book chapters, continued work on his book on pro wrestling, and finished data collection on a year-long study of pro MMA fighters and how they cope with various stressors.

Dr. Gong Chen is preparing to lead a KIN student group to China in June for three weeks. It is a class KIN 180 "Physical Education in China". The group will do most of their work at Shenyang Sport University, including visiting school physical education programs, mass fitness, professional sports, amateur sport schools, and university physical education. Shenyang Sport University is a sister institute of KIN. The maximum number of the group is 15, and interested students should contact Dr. Chen @ 4-3033 for details.

INTERNATIONAL PROGRAMS & SERVICES
San José State University Faculty-Led Programs

Study in
CHINA

SUMMER 2008 (JUNE 1 – JUNE 21)



KIN 180: Physical Education in China
Students will have hands-on experience in:

- School physical education
- University physical education
- Physical education professional preparation
- Mass and community fitness
- Youth sports in sport schools
- Olympic site visit and professional training
- Establish communication and networking with universities and students

ELIGIBILITY REQUIREMENTS
The Program is open to all undergraduate and graduate students from SJSU and other CSU campuses, as well as any other matriculated college students. All majors and minors are welcome to apply.

CONTACT
For more information, please contact Dr. Gong Chen:
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www.sjsu.edu/studyabroad

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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@kins.sjsu.edu

Consider Joining!

Announcements

Vending machines in SPX

Following our survey last semester, you should see some changes in the SPX vending machines in the next few weeks. The vendors will add a trail mix product, unsalted nuts, fruit snacks and baked chips, and will continue to stock Nutrigrain bars, sun chips, granola bars and pretzels. The snack machine will continue to carry the most popular candy bars and chips, although they will be a much lower percentage of total products than before. They will eliminate gum. On drinks, we will be adding a new beverage vending machine with a Gatorade light product and new enhanced waters. We are still waiting to hear if we can add juice to the existing Aquafina machine.

Please note that this is on a trial basis. If some of the new products do not sell before passing their expiration date, it may be necessary to eliminate them. Some of that depends on shelf life of the product.

Thank you to everyone who completed the survey and I hope you enjoy the new products!

Tentative Summer Schedule

- 6 Week Session (June 2 - July 11)

KIN 14A TR 1400 - 1605
Beginning Volleyball

KIN 61A TR 0900 - 1105
Beginning Hatha Yoga

KIN 155 - Sect. 1 MW 1030 - 1300
Exercise Physiology - Lecture

KIN 155 - Sect. 2 MW 0730 - 1000
Exercise Physiology - Activity

KIN 155 - Sect. 3 MW 1330 - 1600
Exercise Physiology - Activity

KIN 165 TR 1100 - 1430
Motor Development

- 10 Week Session (June 2 - August 8)

KIN 100W TR 0800 - 1030
Writing Workshop

Note: There are a number of factors that may affect the summer schedule. A finalized schedule should be available at the end of March.

Upcoming Important Dates

March 24-28, 2008 Spring Break 2008

March 31, 2008 Cesar Chavez Day - Campus Closed

May 13, 2008 Last Day of Classes

May 15-21, 2008 Final Exams