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San Jose State University, Department of Kinesiology

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THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

Vol. 19, No. 3

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

February 2007

THE CHAIR'S CORNER

In what I hope was a good example of generations working together, Kinesiology student Zack Snead and I co-facilitated a **book discussion** this week on *When Generations Collide* by Lynn C. Lancaster and David Stillman. While Zack and I agreed that parts of the book were tough to get through, there's no doubt in my mind that the diversity of different generational thinking is yet another very real form of diversity, along with others with which we are perhaps more familiar, such as age, sexual orientation, race, or gender, for example. The authors divide the generations into four groups, according to birth year: the Traditionalists (1900-1945), the Baby Boomers (1946-1964), the Generation Xers (1965-1980), and the Millennials (1981-1999). Of course, awareness of these groups can be mis-used to stereotype, like any thinking of people only as belonging to a group, but can usefully be acknowledged to inform one's thinking.

Among other areas in which the different generations may think and act differently are attitudes toward work, and this is where the authors concentrate their writing. They suggest that Traditionalists are likely to be intensely loyal, Baby Boomers optimistic, Gen Xers skeptical, and Millennials realistic. If you'd like to join the second and final discussion on this book, it will be held on Tuesday, March 20th in Clark Hall 547 from noon until 1:30 PM; I have a copy of the book available for loan. And if you wondered whether different generations really do think differently, surely the (re)action of the Boston PD to the widespread display of a cartoon character/security threat a couple of weeks ago was proof!

On another matter entirely, the faculty met on the day before the semester started in January to do some serious thinking about **where we want to go as a department** from here. The workshop was facilitated by Dr. Elissa Foster from the Department of Communication Studies. One of the principles upon which we agreed was that would promote the department as having the study of physical activity as our central

focus, and teach and interconnect classes around this theme. We are thinking next about what are the essential skills and knowledge our graduates should possess so that we can determine what should form the core for our majors, and also about our role in society. KIN now has well in excess of 500 majors and perhaps we need to rethink how we can best serve these larger numbers of students.

Other ongoing matters: we had a very successful start to the **KIN Majors' Speakers Series** when Dr. Luke Seaward spoke to around 80 people on Managing Stress. The next presentation is on Mon Feb 27 at 1:30 in MLK 255/257 by Andrew Ritchie and is entitled "Major Taylor - Pioneer African American Athlete & World Champion." In addition to being part of our new Speakers' Series, this event is also part of Black History Month: Well before the athletic careers of boxer Jack Johnson, track and field star Jessie Owens and baseball player Jackie Robinson, cyclist Major Taylor challenged the racist segregation of American sports and succeeded in breaking into the booming world of professional bicycle racing in the 1890's. Ritchie teaches sport history in KIN and I understand that this book has been optioned by a movie company.

A student group is meeting about **changing the vending machine snacks** to more healthy items. Contact me if you have input. Another combined group of faculty, staff and students is working on an **overhaul of the website**--any input here, please send to Dr. Shifflett.

We are now into the **interview season**. We have three candidates for the Sport Psychology position being interviewed in February and early March. After that, we will interview candidates for the Physical Activity/Sport Studies position. If you are interested in attending any of the presentations, please see Dr. Plato or Dr. Chen respectively.

Shirley H.M. Reekie, Chair

Student News

Current undergraduate athletic training education program student **Kei Sato** has been awarded an athletic training internship position with the Oakland Raiders.

At a recent meeting of the Undergraduate Committee, the faculty members on the committee discussed each application and then voted on the two Majors of the Year. I am please to announce the two awardees.

The Major of the Year in Kinesiology is **Candice Becking**.

The Major of the Year in Kinesiology - Athletic Training is **Lynnette Castro**.

Daisuke Daiku (BS, '04) currently enrolled in the Master's program, recently passed the ACSM Exercise Specialist exam.

Announcements

The undergraduate athletic training education program is in the final stages of completing an agreement with Kaiser Permanente whereby students will participate in general medical, orthopedic and physical therapy observation experiences with the clinicians at Kaiser - Santa Teresa in San Jose.

In response to student need, we plan on offering second sections of several major classes in the fall of 2007. Look out for multiple sections of KIN 70, 100W, 158, and 185.

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

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KINESIOLOGY

Faculty/Staff News

Dr. Daniel Weng and members of Cupertino Kung Fu Club were scheduled to receive a Proclamation from Mayor Kris Wang of the City of Cupertino at the City Council's meeting on Feb. 20. The Proclamation is about the invention of Cardio Tai-chi by Dr. Weng and for the many medals and awards won by his Martial Arts Team Members competing in international Chinese Martial Arts Tournaments held in Beijing, Taipei, and San Jose last year. Daniel has also been invited to Taiwan in March to attend a National Collegiate Cardio Tai-chi Instructors' Training Course as the main lecturer. Many universities and high schools are now offering Cardio Tai-chi courses in Taiwan. The Cardio Tai-chi Textbook, with DVD, by Dr. Weng was published last year and can be found at : www.huntertextbooks.com

Dr. Leamor Kahanov and **Mr. Jeff Roberts** attended the Athletic Training Educators' Conference in Dallas, TX on January 12-14.

During the winter break, **Dr. JinHong Jung** visited his home country, South Korea, for the first time since 2001 when he came to U.S. to pursue his Ph.D. degree. While he stayed in Korea, he worked with Dr. Lee who is one of the foremost scholars in the Sport Pedagogy field to finalize a book entitled "Sport and Responsibility" for publication. The book is a Korean version of "Teaching Personal and Social Responsibility through Physical Activities" by Don Hellison. In the late 1990's Dr. Jung first introduced the concept of teaching personal and social responsibility through physical activity into Korea and provided practical implications for incorporating this concept into middle grades physical education curriculum through his thesis. Since then, Dr. Jung has devoted his efforts to adapting this responsibility teaching model to be suitable to Korean educational situation. His newly published book is an example of his efforts. Dr. Jung expects that this new book will serve as a catalyst for pre-/in-service teachers in Korea to teach social and moral values through physical activities.

ALL KIN MAJORS – PLEASE PROVIDE our Main Office (SPX 056) WITH YOUR E-MAIL ADDRESS, SO YOU CAN BE A PART OF THE ONGOING KIN LISTSERVE.

You are most cordially invited to the

Alumni Luncheon

of the

Kinesiology Department

*(including the former Department of Physical Education for Men,
Department of Physical Education for Women, and
Department of Human Performance)*

at San José State University

on Saturday, April 28th, 2007

our 150th year!

12:30 social for 1:00 lunch

in the University Room

Take a 45 minute tour of the 150th anniversary display in the new MLK library on campus, meeting in the lobby beneath the red neon number display at 10:30 or 11:30 (no reservation required)

Lunch followed by a tour of the department facilities at approx. 2:30

*RSVP by April 6 to Department of Kinesiology Alumni Luncheon,
San José State University, San Jose, CA 95192-0054*

Further details/questions to cchavez@kin.sjsu.edu or 408 924 3010

Please bring memorabilia—photos, year books, artifacts of all kinds!

Overflow seating will be outside – please bring a hat/sunscreen!!

Present and former faculty and staff also invited.

Spouses/significant others welcome!

Name of graduate _____

Year of graduation _____

Contact phone number _____

Email address _____

(please include email addresses if you have one; we are beginning an alumni email list)

I/we wish to attend the Kinesiology Alumni Luncheon on Sat April 28th at San José State University, at 12:30.

1 ticket \$30

2 tickets \$60

Food Choice(s)

Beef Dish # _____

Chicken Dish # _____

Veggie Pasta Dish # _____

Please enclose a check for that amount, payable to Department of Kinesiology - SJSU.

No receipt will be sent. Tickets to be picked up at event. Event limited to first 300.

CLOSE UP!

Focus on full and part time faculty and staff. This time: **Dr. Stan Butler...**

Dr. Butler received a B.S. degree from Culver-Stockton College, M.Ed. from Northwestern State University and Ed. D. from Texas A&M University. Dr. Butler spent four years teaching in the public schools of Missouri where he attended as a student before starting his university teaching experience at Texas A&M University in 1981. He joined the SJSU faculty in the fall of 1989.

Dr. Butler's research interests are in the areas of fitness, equity and diversity in sport and physical activity, and youth education and development through sport and physical activity. Dr. Butler has taught courses in the graduate, undergraduate, general education and activity program at SJSU. His areas of specialization include teacher education, fitness, sport activities and African Americans in sport. Dr. Butler served as the President of the African American Faculty and Staff Association of SJSU from 2000 through 2005. By following his passion for assisting underserved and underrepresented populations, he pursued and was awarded a grant to conduct the first National Youth Sports Program (NYSP) at SJSU. Following the NYSP's inaugural year, Dr. Butler has received continued funding over the past thirteen years to provide opportunities for over 3,000 youth from urban underserved

communities to participate in educational, health and fitness and life skills development programs on the SJSU campus within the Kinesiology Department. In 1984 Dr. Butler was selected as a distinguished alumnus of his high school and was invited to deliver the commencement address at Bowling Green High-School in Bowling Green, Missouri. One of Dr. Butler's proudest accomplishments is inspiring underrepresented and underserved children from urban communities to pursue education beyond secondary school.

Since joining the faculty at SJSU and over the past thirteen years, Dr. Butler has exceeded \$1,000,000 through the acquisition of in kind donations and external funding to conduct programs aimed at providing educational enrichment and life skills development opportunities for diverse cultural and underserved youth in the urban setting.

In his leisure time, Dr. Butler enjoys swimming, jogging, cycling, basketball, racquetball, tennis, movies, dancing, traveling, reading, RV trips to the beach, and much more. He has fishing on his to do list as the next leisure activity to develop in his repertoire.

Stan Butler

...and Mrs. Jodi Mercer

Growing up in a small community in Northwestern Pennsylvania, I was quite sheltered and naïve to the outside world. Fortunately, I had traveled quite a bit with my family and studied abroad in both Mexico and Spain while in College. I thank my family for those opportunities, and especially for their encouragement and support. They never held me back. Thus, upon graduation from college, with a Bachelor's degree in both Spanish and English, I made, at that time in my life, a colossal move to Virginia Beach. I knew no one there, and was starting a career in a field reasonably foreign to me. I was to start working for one of the top mutual fund organizations in the United States, The American Funds, as a Dealer Services Representative.

While living in Virginia, I met Patrick, my husband now, who at that time, was serving in the Navy as a Nuclear Technician. We met while playing a competitive game of volleyball which I must say, I "schooled" him that day! Patrick, born and raised in the deep South, wanted to go to Tuscaloosa, Alabama to earn his degree in Electrical Engineering. Roll Tide Roll! Indeed my parents were in complete shock and disbelief when they learned of my decision to move to Alabama. They felt Virginia was far enough South for me to move, let alone to Alabama... Yet they still supported my decision making abilities. (I don't even know if I did at that time!)

Ok, so without going into a play by play of all the places I lived, I will share with you those places I lived as an adult. I lived in Pennsylvania, Virginia, Alabama, Wisconsin, and most recently California. Quite a few places for a young woman who never thought she would leave her family and her home town of Clarion. Living in all these places has, indisputably, helped shape me into the person I am today. I am much more embracing of life and obstacles that cross my path.

Undoubtedly, I am in an improved more knowledgeable posi-

tion to better understand those I encounter. Having a genuine interest in people and their lives, makes working at San Jose State University ideal.

I have been working in the Department of Kinesiology for over 5 years. I enjoy this career immensely. I know some of my friend's question why I choose to work in this role, as an Academic Support Coordinator II, with my background and degrees. Simply, this works well for me and where I am at in my life. Bottom line the fit is perfect. It is extremely rewarding, offers unique challenges and a great variety of work as well. In addition, I thoroughly enjoy working with our faculty, staff and students. Furthermore, where can you find a better mix of academia and physical fitness? In my opinion, our department is "where it's at", and I am pleased to be a part of this amazing team!

I am a runner as well which lends itself nicely to working in this Department. If I get injured I can seek intervention from one of our Athletic Trainers, or perhaps my stride is off. Ok, let's talk to Dr. Kao and see what I am doing bio-mechanically to affect this. Moreover, if I am struggling with hills and need some Sport Psychology perspective from Dr. Butryn, I just have to ask.

When I first started working here in January of 2002, I was training for my first marathon in San Diego. Now, 5 years later, I have completed 5 marathons and 3 half marathons. I will say this is a considerable feat indeed, less than 1 % of the population has completed a marathon, but even with that said, the greatest feat I have encountered thus far in my life, is that of bringing life, my daughter, Sierra Grace, into this world. In my opinion, parenting is one of the most challenging roles, yet it is also undeniably, the most rewarding. I love being a mom.

Jodi A. Mercer

Department of Kinesiology Contacts

Department Chair

Dr. Shirley Reekie – sreekie@kin.sjsu.edu

Activity Program Coordinator

Dr. Gong Chen – gongchen@kin.sjsu.edu

General Education Program Coordinator

Dr. Peggy Plato – plato@kin.sjsu.edu

Graduate Program Coordinator

Dr. Ted Butryn – tbutryn1@kin.sjsu.edu

Undergraduate Program Coordinator

Dr. Jim Kao – jkao@kin.sjsu.edu

Advising Manager

Janet Clair – jclair@kin.sjsu.edu

Sport Management Program Director

Dr. Sonja Lilienthal – slilienthal@kin.sjsu.edu

Physical Education Teacher Education/Credential Program Director

Dr. Susan Wilkinson – susanwilkinson@kin.sjsu.edu

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!

Alumni News

The following undergraduate athletic training program alums have successfully passed the Board of Certification exam and thus earned the Certified Athletic Trainer (ATC) credential:

Lynn Castro

Alexis Fruge

Henry House

Hishashi Imura

Rebecca Maxfield

Martha Moncada

Eric Bloom (Pre-Pro, 2006) has just been accepted to Duke University's Physical Therapy program for the 2007 fall semester

Ryan Andrews (MS, 2006) was recently promoted from the Wellness Center Director to the Executive Director of the Office of P.E., Recreation & Sports at UCSC. He writes that his is a very big job for him and should definitely keep him busy! He and his wife have been using the business plan that he wrote for his masters project to move ahead with The Invisible Gym. You can check it out at: www.theinvisiblegym.com

Steve Tam (BS, 2002) recalls taking 100W and bravely sends a written contribution! He writes: I am still racing mountain bikes and 2006 was a good year and I was able to surpass all my goals as an athlete. I placed 2nd and the first NORBA (National Off Road Bicycle Association) National. At the USA National Mountain Bike Championships I placed 3rd and also 5th in two different races. In the overall Norba National standings I finished 7th place overall. I was then contacted and informed I had made the USA World Championship Team so I went to race. I finished 11th place at Worlds and was 3rd place American. Racing will be taking a backseat as my wife and I are expecting a new edition to our family. For a link to the Visenka Cycling Team, check out: <http://www.visenka.com>

Summer 2007

Kinesiology Schedule of Classes

6 Week Session

June 4 – July 13

| COURSE | DAYS | TIME | INSTRUCTOR |
|-------------------------------------|------|-------------|------------|
| KIN 155 | MW | 0900 – 1400 | Cisar |
| Exercise Physiology | | | |
| KIN 175 | TR | 0900 – 1330 | Wughalter |
| Measurement & Evaluation | | | |

10 Week Session

June 4 – August 10

| COURSE | DAYS | TIME | INSTRUCTOR |
|---|------|-------------|------------|
| KIN 70 | MW | 1100 – 1400 | Kahanov |
| Intro to Kinesiology | | | |
| KIN 100W | MW | 1300 – 1500 | Ritchie |
| Writing Workshop | | | |
| KIN 185/185H | MW | 0800 – 1000 | Kahanov |
| Senior Seminar/Senior Seminar Honors | | | |

Note: Classes must meet minimum enrollment guidelines or are subject to cancellation