

Fall 9-2012

Communicator, Sept. 2012

San Jose State University, Department of Kinesiology

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The Chair's Corner

We are fortunate to have been one of the few departments permitted to hire a new faculty member last year. I would like to take this opportunity to introduce to you the new Director of our Graduate Athletic Training Education Program, **Dr. Masaaki Tsuruike**. Prior to his appointment at SJSU, Dr. Tsuruike was a full time faculty member at Osaka University of Health and Sport Sciences from 1997 to 2012. Dr. Tsuruike received his BS in Physical Education from Osaka University of Health and Sport Sciences in 1989, his MS in Kinesiology from Indiana University, Bloomington in 1996 and his PhD in 2010 from the same institution where his major area was Human Performance and his minor area was Neuroscience. He was also a visiting scholar there from 2004-2005.



Dr. Tsuruike writes: "I remember the University of California, Riverside (UCR) where I first learned English to prepare for graduate school in the United States more than 20 years ago, and Del Mar in San Diego where I proposed marriage to my wife in front of Pacific Ocean view right before sunset almost 10 years ago. My wife, Yasuko, and I really enjoyed the weather, beach, Disneyland and all the atmosphere we saw in Southern California. Yasuko is currently teaching in public elementary school in Osaka Japan, also learned English and enjoyed cable cars, Fisherman's Wharf, bay cruise and Napa Valley! This year I joined San Jose State University as Graduate Athletic Training Education Program Director, which was one of the biggest changes in my life and, I guess, one of my dreams coming true. One thing I'd like to look forward to at SJSU may be Judo. I practiced Judo for 10 years up to high school level. I'm always excited to watch Judo. Indeed, I practiced Judo with Coach Mike Swain once in Los Angeles while participating in UCR's Judo club in 1990. I still have the photograph with him" Dr. Tsuruike has studied in the field of motor control and is especially interested in the modulation of spinal motoneuron excitability. The modulation, called plasticity, has been shown to be different between elderly and young subjects. He has a very recent publication: Tsuruike, M., et al. (2012). Differential control of H-reflex amplitude in different weight-bearing conditions in young and elderly subjects. *Journal of Clinical Neurophysiology*, 123, 2018-2024.

Welcome, Masaaki!

Shirley H. M. Reekie, Chair

Faculty News

Dr. Ted Butryn has been promoted to Professor. Congratulations, Ted! Ted was also selected as a Salzburg Fellow and you can read about his experiences there this summer at <http://blogs.sjsu.edu/kinesiology/2012/08/27/go-in-global-a-summer-salzburg-adventure/>

Dr. Jay Johnson received tenure and was promoted to Associate Professor. You may have noticed, however, that he is no longer among us, having moved over the summer to the University of Manitoba. Congratulations and all the best!

Dr. Bethany Shifflett is teaching biostatistics this fall in the new Doctorate of Nursing Practice Program - a joint venture between SJSU and Fresno.

Dr. Daniel Weng writes that using exercise as a remedy is the new trend of alternative medicine. He developed a "Therapeutic Taiji(Tai Chi) Qigong" course at the East-West University. This course taught the concept and method of combining fitness and wellness. Dr. Weng has also lectured this subject at the Department of World Arts and Culture at UCLA and as part of the PhD Program of Doctor of Acupuncture and Oriental Medicine. Dr. Weng continues to be the Advisor to the San Jose Karatedo Club meeting 4:30pm Wednesdays at SPX 89. He welcomes anybody who is interested in Therapeutic Taiji Qigong or Cardio Tai-chi to visit the club.

Dr. Shirley Reekie earned her Coastal Kayak Day Trip Leadership Certificate in May at Half Moon Bay.

Dr. Nancy Megginson is busy blogging from the Paralympic Games in London. Read her blogs at: <http://blogs.sjsu.edu/casa/>

Our own **Lar Caughlan** will be doing a book signing for the 3rd edition of his book *Yoga: The Spirit of Union* this Saturday at Yosemite! See p. 5 for details.

Student News

Jacquelyn Huynh has returned from her 12 month study abroad at Napier University in Edinburgh, Scotland. She will be presenting her impressions on Thursday Sept 20th at noon in Clark Hall—room TBD.

Jeff Chan was named an American Kinesiology Association Outstanding Scholar in May. Congratulations, Jeff!

At May's Student Leadership Gala, KIN won two awards: **Jeff Chan** won the highest award of the night, the Vice President of Student Affairs Award, for Exemplary Leadership and Service. Jeff has served on the CASA Student Affairs Club, chairing it this year, and in a variety of other clubs. Congratulations to Jeff and the KA; there's certainly a continuing need to let people know what we do!

The **Kinesiology Ambassadors' Club**, which seeks to let people know what Kinesiology offers by talking with students/other groups, and visiting community colleges, high schools etc. won the Outstanding New Program/Club award.

Andrew Hua was selected to be the CASA student who travelled to China this summer with the Global Technology Initiative group from the Engineering Department. He writes: "The time I spent with some of SJSU's best was a great learning opportunity for myself and everyone else involved with the program. China and Taiwan were beautiful places. The culture clash of Western vs. Eastern traditions was quite interesting. Places like Taiwan were more "westernized" while China was still quite stuck in their ways from our observations, though what was most striking was the people's resilience and determination to do well and get ahead in this world. Again, this was a truly great opportunity that I got to interact with another department as well as travel the world—thank you."



Tsinghua University 2012

Winter Schedule 2013*

Kin 14A Beg. Volleyball	M-F	1000-1200
Kin 27A Beg. Table Tennis	M-F	1400-1600
Kin 35A Beg. Weight Training	M-F	0800-1000
Kin 46A Beg. Social Dance	M-F	0800-1000
Kin 55A Beg. Self Defense	M-F	1200-1400
Kin 61A Beg. Hatha Yoga	M-F	1000-1200
Kin 69 Stress Management	M-F	0900-1210
Kin 101 Sport in America	M-F	1230-1540
Kin 155 Exercise Physiology	M-F	1100-1320
	Sec. 2 Lab	M-F 0830-1050
	Sec. 3 Lab	M-F 1330-1550
Kin 169 Div. Stress & Health	M-F	0900-1210
Kin 175 Measure. & Eval.	M-F	1100-1320
	Sec. 2 Lab	M-F 0830-1050
	Sec. 3 Lab	M-F 1330-1550
Kin 186 Pharmacology	Online	
Kin 188 Prev. Care Ath. Inj.	M-F	0830-1050
Kin 189 Prev. Care Ath. Inj. Lab	M-F	1100-1320

*all classes are tentative and subject to meeting enrollment targets

Need KIN 100W but can never get the class?

KIN is offering an additional section of 100W this winter/spring (Special Session) on Fridays and Saturdays (yes, Saturdays) for 6 weeks, from 8:30 AM to noon, for 12 meetings, starting on Jan 4 and ending on Feb 16. Instructor is Ms. B.J. Grosvenor, from the Recreation Dept.

KIN Scholarship Winners

Kinesiology Lecturers' Scholarship recipient for 2012 is **Dominic Jackson**; runner up recipient is **Julia Gonzalez**.

Joyce Malone Scholarship recipient for 2012 is **Darcie Anderson**.

Dr. David Furst Scholarship recipient for 2012 is **Matt Bejar**.

Congratulations to all!

Announcements

From **Dr. Alison White**: SJSU has announced that applications for the Spring 2013 Single Subject Credential Program are now being accepted. To be accepted, applicants must be a Spring, Summer, or Fall 2012 SJSU graduate. If you graduated, or will graduate, during these semesters and are interested in getting your Physical Education Teaching Credential please contact Dr. Alison White, alison.white@hotmail.com, to get more information.

The Undergraduate Athletic Training Program was recently notified that the program's accreditation has been extended to 2019-2020! Thanks to **Dr. KyungMo Han** for achieving this notable milestone.

Are you a KIN major looking to get more involved with the department? If so, consider joining Kinesiology Ambassadors!! The **Kin Ambassadors Club** helps advocate the values of our department by promoting kinesiology both within SJSU as well as the community. Through event planning and volunteer work, members will learn career and leadership skills and will be able to network with other students and faculty. If you are interested in the club and would like more information, please email Camille Flores or Amy Jewett at sjsukinambassadors@gmail.com. Officer positions are still available!!

The KA is pleased to announce a sweat shirt design competition:



From **Dr. Tamar Semerjian**: The Silicon Valley Healthy Aging Partnership (SVHAP) directed by Dr. Tamar Semerjian and coordinated by Jennifer Schachner is funded by The Health Trust for \$160,000 and has been awarded an additional \$25,000 from the Council on Aging. The mission of SVHAP is to create and support partnerships between community organizations to ensure that evidence-based health promotion programs are widely available on an on-going basis throughout Santa Clara County for all older adults. In the past 2 years SVHAP has held 2 conferences, trained over 30 master trainers in the evidence-based programs a Matter of Balance and EnhanceFitness, and worked to assist over 20 community organizations to implement these programs. Additionally SVHAP has had 18 student interns engaged in the project to date. We look forward to continued engagement between the university, our students, and senior serving community agencies.

DESIGN A SWEATSHIRT FOR THE DEPARTMENT OF KINESIOLOGY!

Submit your sweatshirt design for the new department sweatshirt to the Kinesiology Ambassadors Club and receive a free sweatshirt!

- Must be a kin major or minor
- Must include kin and SJSU logos
- Must say 'Department of Kinesiology' and 'San Jose State University'
- Must be submitted by Friday, October 12th

**Design may need to be modified to meet SJSU branding criteria

Please submit designs to sjsukinambassadors@gmail.com





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Interim Undergraduate Athletic Training Program Director

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Alumni News

Cori Wright (BS, '11) is now going to Western University of Health Sciences for a Doctorate of Physical Therapy. Cori writes: "My undergraduate education has already helped me immensely. Thank you for that! I hope all is well!!!"

Rick Aning (BS, '92) writes: "I just finished my season out at Lake Cunningham. I'm one of the Rec Leaders that oversees the Rec Aides/Parking Staff. My next assignment is at City Hall with our Recreation Superintendent."

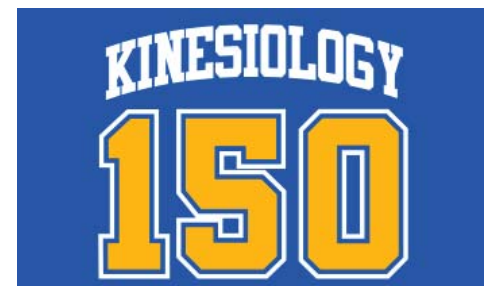
David Cobillas (BS, '12) writes: "I just wanted you all to know that I have been accepted into USF's Teacher Credential and Masters Program. I just had orientation last night and I'm super excited! Thank you all so very much for your guidance, caring, time, and sometimes a good kick in the ass, because without you, I would not be where I am today!"

Jessica Clausen (MA, '12) has been accepted to the University of the Sciences in Philadelphia to study to become a DPT.

Thomas J. Lionvale, (BA '59. MA '65); PhD '79 at Oregon in motor learning and psychology. Tom was part of "Speed City" and ran track. In his letter, he recalled many fond memories, including of Titchenal, Bosco, Gustafson, Hartanft, Menendez, Mumby, McPherson, Krikorian, Sobsczak, Walker, Winter, and O'Neil.

In April, we celebrated our department's birthday with many current and former students, staff, and faculty. We are the oldest west of...Ohio, I think. Thanks to undergrad student **Brittany Manrubia** for filming and editing the video of the event.

See: <http://www.youtube.com/watch?v=9BEX7LfuwEo>

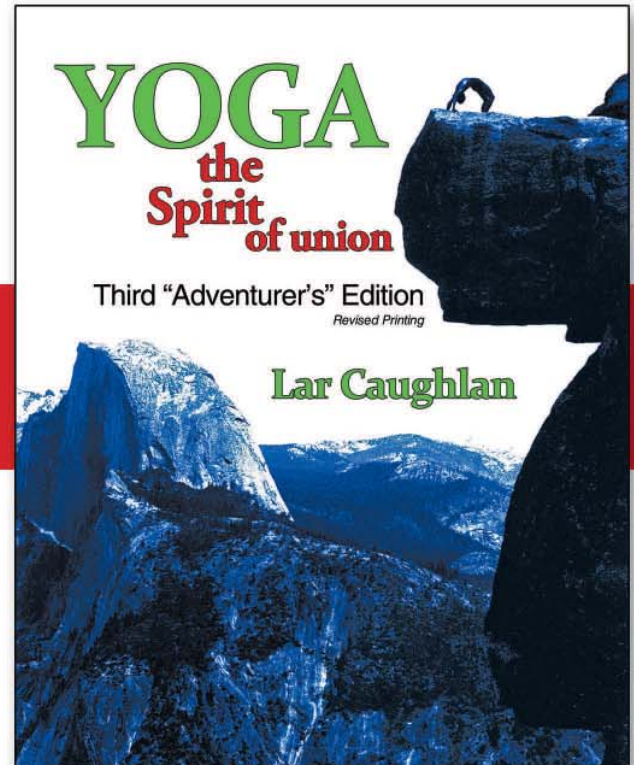


BOOK SIGNING

Lar Caughlan

**Saturday, September 15th
12:00 - 1:00**

**The Ansel Adams Gallery
Village Mall
Yosemite National Park**



Author, Educator, and Yoga Instructor will have a signing of his publication, *Yoga: The Spirit of Union* on Saturday, September 15th at Ansel Adams Gallery at Yosemite National Park.

Yoga: The Spirit of Union inspires the reader to reach this apex through examples of beautiful and powerful postures that are presented in environments of great power and beauty. The book includes 65 inspirational quotations and poems and 124 amazing photos, including many stunning images from Yosemite National Park.

For more information on the publication,
visit www.kendallhunt.com/caughlan