The Chair’s Corner

Social media involved in physical activity campaign

Many of you have already heard that the University—and the entire CSU— is likely to face severe economic challenges next academic year unless additional funding can be found from somewhere by the state legislature. Our administration is trying to take a prudent approach and thus they are looking at every reasonable possibility to save money. One of the items being considered is the elimination of the physical activity program. Being the foundation of our major and the means to better health for all who take these classes, we consider these classes to be a vital component of our university—indeed of any university. Thus, a small group of students and faculty have carefully prepared a strategic response to this possibility, which starts with a very thorough information phase. This includes individual meetings, buttons, online and on-paper petitions, a position statement including references to the enormous amount of scientific research on the benefits of regular physical activity throughout life, and use of social media—more on this later. If necessary, the next stage will include a more wide-ranging public campaign, utilizing both on and off campus media.

So, I know you are now asking: What can I do? And here’s what:

1. wear a campaign button obtainable from SPX 56. Please wear it all the time when on campus and be totally prepared to respond when anyone asks you why you are wearing it

2. talk to other students and faculty in other departments about this threat to student health; be able to articulate clearly the value of regular physical activity to anyone who will listen. Explain why students need these classes available on campus conveniently and affordably. Engage non-Kinesiology majors in this campaign, so that the decision makers fully understand the impact that such a move would have on the entire university

3. first do so yourself, then encourage others to sign the online petition at https://www.change.org/petitions/save-the-sjsu-physical-activity-program As of this writing we are more than half way to our target of 5000 signatures, within one week. Make yours count!

4. see our other social media links:SJSU Dept. of KIN PA Program Facebook: http://www.facebook.com/pages/Kinesiology-Physical-Activity-Program-SJSU/149289011860624

SJSU Dept. of KIN Facebook page: http://www.facebook.com/KinSjsu

Youtube: http://www.youtube.com/channel/UCGgxpvv4eGz0QoLPQotMfQ?feature=guide

Twitter: http://twitter.com/#!/KinSJSU (@KinSJSU)

Pinterest: http://pinterest.com/kinesiologysjsu/

5. CARE ABOUT THIS ENOUGH TO BECOME AN ACTIVIST! You make a difference!!

So, in our 150th year, we find ourselves fighting to keep the very program that we were the first to offer, all that time ago, when our forebears first understood the value of daily physical activity and spread it, through our department’s young teachers, throughout the west.

With all that we now know today from research: We must do NO LESS!

Shirley H. M. Reekie, Chair
Student News

The Spartan Racquetball Team played in the Collegiate Tournament at UCSC on April 14th. Our team is growing but still needs to work on recruiting more women players. The racquetball class (where most players start) is just one of the many classes threatened by the possibility of closure of all activity classes. If this were to happen, the team would lose its main recruiting place—the activity classes! The instructor and coach for both is Dr. Ray Kwok, of the College of Engineering, who has done a fine job building up the team over the past few years.

Graduation Banquet News

We look forward to celebrating with those of you who will be attending our sold-out event on Friday, May 25, 2012. The event is being held at the San Jose Airport Garden Hotel located at 1740 N. First Street, San Jose, CA 95112. The event will begin with a cocktail hour at 5:00 p.m. with the festivities starting at 6:00 p.m.

If you will be attending from out-of-town, the hotel has offered us a group rate of $69.00 per night per room. When you make your reservation, please let them know you will be attending the SJSU Department of Kinesiology Banquet. There will also be a florist on site selling bouquets and leis as gifts for the graduates. To make sure they have just the gift item you want, you can pre-order by contacting Rosies & Posies Downtown Florist at (408)293-3773. Twenty percent of all floral sales will be donated to the Department of Kinesiology.

Graduate student Robert Reed is taking Dr. Lilienthal’s suggestion: “pack two suitcases in your car, and move to anywhere for a great opportunity.” Robbie Reed is moving to Disneyland... literally. Robbie Reed, a Graduate Student in Sport Management and starting center for the SJSU Football team has earned a full year, full time, stipend paying, internship with the Disney Institute of Sport. He will be working with various athletic organizations to enhance their customer service and fan experience through Disney training. Robert will join thirty-five other interns selected from throughout the country for a period of 12 months.

LaShae Ingram, graduating senior will build upon her long list of scholarships, awards and University Extra-Curricular involvement in becoming a full time employee of the San Jose State Athletic Department. LaShae has earned a fantastic opportunity to grow within a Division IA program starting as the Front Office Coordinator.
**Announcements**

**New Coaching Certification Program.** The Kinesiology Department at San José State University will launch its Coaching Certification program this summer. If you have been involved in youth sports coaching or have an interest in coaching, check out the two 10-hour weekend workshops that are planned. The first is the Coaching Principles workshop. Completion of this workshop enables participants to sit for the American Sport Education Program (ASEP) National Certification exam and/or the California Interscholastic Federation (CIF) Certification exam. The second workshop is focused on Strength and Conditioning for athletes.

Participants earn 1 continuing education unit (CEU) for each workshop.

Coaching Principles ($190 + $60 materials)
Friday, 7/13, 6-10pm
Saturday, 7/14, 10am-4pm
Register by 7/2 or mail postmarked by 6/29
Workshop location: Timpany Center: 730 Empey Way; San Jose, CA 95128; 408-283-9036

Strength & Conditioning ($250)
Saturday, 7/28, 10am-4pm
Sunday, 7/29, 10am-2pm
Register by 7/16 or mail postmarked by 7/13
Workshop location: Timpany Center: 730 Empey Way; San Jose, CA 95128; 408-283-9036

To register for the Coaching Principles workshop, complete the attached registration form at the link below and send with a check for $190. Once you are registered, we will send you information on how to obtain the coaching principles text and test materials. To register for the Strength and Conditioning workshop complete the registration form and send with a check for $250 (or credit card information) to this address:

International & Extended Studies,
210 N Fourth St, Ste 301,
San Jose, CA 95112

Check our website for additional information:
http://www.sjsu.edu/kinesiology/coaching/

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**The 3rd Annual Spartan 5K: Run, Walk and Roll**

Come enjoy the beautiful campus of San Jose State while running, walking, or rolling the 5K. You will be among other people enjoying the circumference and the ins and outs of the campus; surrounded by squirrels, palm trees, fountains, and historic architecture.

This year’s event will be held Sunday, April 29th at 9:30am. Check in at 8:30am. All age groups are encouraged to participate, sorry no pets.

The 3rd Annual Spartan 5K: Run, Walk and Roll will help raise funds for San Jose State Athletic Training student to participate professional regional and national conference and the Far West Wheelchair Athletic Association (FWWAA). The FWWAA is a non-profit organization which promotes, develops, and organizes wheelchair sports for individuals with physical disabilities.

Registration and more information can be found online at http://www.active.com/running/san-jose-ca/the-3rd-annual-spartan-5k-runwalk-and-roll-2012.
Announcements

**Dr. Chin, Dr. Johnson** and Re-Play are collecting shoes for our most recent shoe drive to get shoes on the feet of those most in need. You will find bins around the Department as the drive will continue until May 14th so please feel free to bring in and donate your gently worn shoes. To date we have collected and donated over 300 pairs of shoes, thank you.

Re-Play would also like to thank **Dr. Butler** for facilitating a large donation of sports equipment which included baseball gloves, volleyballs, baseball bats, racquetballs, tennis racquets, racquetball racquets, basketballs, footballs, soccerballs, softballs, tennis balls, wiffle balls/bats (over 130 items in total!) that went to Mckinley school in conjunction with CommUniverCity San Jose whose mandate is to build community by engaging residents and students in service learning projects that accomplish neighborhood-driven goals.

Faculty News

**Dr. Jay Johnson** has been awarded tenure effective fall 2012. Congratulations!!

And now for something completely different. Our own yoga master, **Larry Caughlan**, is on CBS radio. Not about yoga but about eagles! Check it out :)  


In the current issue of Kungfu Taichi Magazine (P.76 June 2012) a news article “US Collegiate Taiji Federation Established” KIN Faculty **Daniel Weng** was announced as having been elected first President of the organization. His Tai Chi teaching activity will become more associated with other higher education institutions.

**Dr. Shirley Reekie** has been named as the College of Applied Sciences and Arts Outstanding Professor. and has just published her book, *From Bean Bags to Bod Pods*. (For sale in SPX 56 for $25, all profits going to the department.)

**Dr. Jessica Chin** and **Dr. Jay Johnson** had their most recent paper titled “Making the Team: Threats to Health and Wellness within Sport Hazing Cultures” accepted for publication in The International Journal of Health, Wellness and Society.

This Spring, **Dr. Jay Johnson, Dr. Ted Butryn**, and **Dr. Matthew Masucci** had their most recent paper titled “A qualitative examination of doping knowledge among elite female triathletes” accepted for publication in Sport in Society. As well, Dr. Johnson’s paper, “Glory (D)haze: The transformative space(s) of team orientation rituals as a replacement for historical hazing”, and **Lindsey Eliopulos** and J. Johnson’s “Inside the vortex of sport celebrification: A content media analysis of traditionally constructed gender roles” International Journal of Sport Communication have also been accepted for publication.

In June, **Dr. Jessica Chin** and **Dr. Johnson** will be presenting their paper, Complicating the impact of Title IX: A media analysis of hazing in female sports at the North American Society for Sport History (NASSH) in Berkeley, California. In April, **Dr. Johnson, Dr. Chin**, Dr. Fitzgerald, had their paper, “Catching” the green wave: A critical examination of the eco-marketing initiatives of professional sports teams. Accepted for the Cultural Studies Association Meeting—Environment, Space, and Place Division in San Diego, California.

**Dr. Johnson** was an Invited speaker and facilitator in March for an all day anti-hazing workshop titled “Hazed and Confused” at the University of Alberta, Canada, sponsored by the Faculty of Student Affairs, Athletics and Student Services.

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Alumni News

Most items provided are from the Department’s Alumni Reunion that was held Saturday, April 21st, 2012. Photos are from the collections of faculty and alumni.

Maryjoyce Delos Reyes (BS, ’07) writes: “I am currently in my first term of PT school at the University of St. Augustine in SoCal. During this first term, I was thinking about how well SJSU prepared me for PT school and I just wanted to say thank you.” Thank you for letting us know—it’s always uplifting to read such an emails. All the best!

Renee C. Fini (BS, ‘11) Pre-Pro KIN Major, recently accepted to University of the Pacific as a Doctor of Physical Therapy student. “I am very excited to be moving forward with my goals!” she writes.

Don Christiansen (BA/MA, ’59) Taught physical education and coached baseball and football for over 30 years at Mt. Eden High School (Hayward), Laney Community College (‘65-’76), Chabot Community College ( ’76-’93). Inducted into California Community College Baseball Coaches Association Hall of Fame (1993). Married (47 years, 3 daughters, 6 grandkids.

Christian Ross (BS, ’06) “I work at Google in Mountain View as a Health Fitness Specialist/Personal Trainer. I also help run sports programs and monthly fitness challenges. SJSU taught me everything about fitness!”

Taijiro Hide (MA, ’11) successfully defended his thesis entitled Effects of Mouth Guard Condition and Movement Complexity on Simple Reaction Time in late October. His research was accepted and presented as a poster for the 12th Measurement and Evaluation Symposium: Approaches in Measuring and Assessing Physical Activity. The M&E Symposium was held in conjunction with the AAHPERD National Convention in Boston, Massachusetts on March 13, 2012. The authors of the study include Taijiro Hide, Emily Wughalter, James Kao (San Jose State University), and Kent Adams (from Cal State University, Monterey Bay).


Andre C. Morrow (BS, ’91 and MA ’94) “Married for 28 yrs with 6 children and 4 grandchildren. I work for the City of San Jose and manage a park district which has 65 parks, a couple of regional parks, including Lake Cunningham, and the largest regional skate park.”

Heidi York (BS, ’91 and MA, ’95) “Working for the City of San Jose as the Assistant Financial Manager for the San Jose Police Department and currently into riding my bike where I participated on the California AIDS/Lifecyle ride and rode my bike from SF to LA, over 545 miles!”

Lauren Piccinini (BS, ’11) BS, ATC, writes : “I am pleased to announce that I am pursuing my Master’s Degree and have accepted a Graduate Assistant Athletic Training position at the University of Hawaii-Manoa this fall! I want to give a big thank you to the Kinesiology Department, especially to Dr. Han, Holly Brown, and all of my former A.C.I. S for preparing me for the next level of my educational career. I am truly thankful for the undergraduate education and experiences that I received during my time at San Jose State University.”
Alumni News


Carolyn Lewis (BA, ‘70) Masters degree at Washington State University in 1972. 1972-1974, received first college teaching job at Cal Poly Pomona. In 1974, returned to SJSU to teach and coach in Women’s Physical Education. In 1976, promoted to Assistant Athletic Director in the new Women’s Intercollegiate Athletics and Assistant Field Hockey Coach. In 1981, became the Head Coach for field hockey and Assistant Athletic Director for combined Intercollegiate Athletics. In 1997, became the acting Athletic Director at SJSU Division of Intercollegiate Athletics. In 1998, promoted to Senior Associate Athletic Director. Retired from SJSU in 2003, and is currently enjoying herself as an active member of the SJSU Alumni Association Board.

Rick Aning (BS,’92) “I free lance my Athletic Training skills for the City of San Jose. Since graduation, I further enhanced my AT skills by becoming an EMT/Paramedic and volunteered for Milpitas Fire Dept. My main job is unrelated to Physical Education, but I work for Granger Industrial Supplies as a distribution linguistics specialist. My 2nd job is working for the City of San Jose in the Parks Division. To this day I am very focused on my fitness. I am currently involved with a boot camp class, I still ride my bike, and in May I have 3 5K races ‘Fit for Life.’”


Missy Walters (BS, 02) Teaches at San Jose High School. VP of Dance for CAHPERD next year. Has 2 kids, Skylar and Logan.

Tom Lionvale (BA,’59,MA,’65) Sends his good wishes to the department!

Linda Owens (BA,’86,MA) Has taught in the PE Dept. at Evergreen Valley College and San Jose City College since 1988.

John Owens (BA,’66,MA) Taught PE and Spanish at Willow Glen and San Jose High schools. Coaches track at Willow Glen, and officiates football and basketball.

John Bessa (BA,’67) “I was a teacher, counselor, and varsity basketball coach at Oak Grove High School in San Jose. My retirement after 34 years of service in 2002. My wife and I live in Hollister.”

Patricia Keller (BA,’50) Raised 5 children, then returned to SJSU in the 1970’s to earn a teaching credential. Taught and coached at St. Francis High School for 17 years until retirement in 1990. Spent many years traveling and now is pretty much at home enjoying grandchildren and great grandchildren.

Steve Scott (BA,’60) Teacher/coach at Lodi High and Tokay High; 35 years total coaching and teaching cross-country, track, basketball, PE 9-12, Driver’s Ed., Driver’s training, drafting, woodshop, metal, and first aid. He enjoys traveling and family. Has 2 children, Kathy and Eric, 3 grandchildren, and a wonderful wife of 48 years. He is still involved with sports part time working for Sac CIF.

Jane Hurner (BS,’75) Taught APE for 30 years and is involved with the Special Olympics and Special Games.

Vic Convertino (BS,’72) Is a senior researcher physiologist for the US Army Institute of Surgical Research at Fort Sam in Houston, Texas.
Regina Aning (BS, ’87) Played Intercollegiate Softball from 1986-1987. She has been working for the City of San Jose, Dept. of Parks, Recreation, and Neighborhood Services since 1985. She works in various capacities- older adult activities, chairperson of San Jose Senior Games 1997-2002, oversight of operations and maintenance of city-wide adult sports programs, youth track and field teams, basketball teams, and programming the city-wide aquatics programs and opening of Fair Swim Center. Currently works in the Parks Division where she is the general manager for Happy Hollow Park and Zoo and the Kelley Park Complex. Still, she remains active walking her dogs daily, playing women’s softball 1-2 nights a week, and enjoys hiking and visiting the many fun and exciting things in the Bay Area.

Lawrence Cho (MS, ’06) Unfortunately, there isn’t much to tell, except engaging in some endurance running. The toughest was a 50k. I have run a few tough marathons, 50-mile, and attempted to try 100-mile. But I keep enhancing my beloved ballroom dance and have a plan to open my ballroom dance studio....


Jim Colvin (BS, ’06) Worked with Dan McClure at Generations CommunityWellness educating kids, families, and seniors in health and nutrition. Taught diabetes prevention and currently working at The Forum and The Decathlon Club keeping the community fit and healthy, one step at a time.

Christine Belanger (BS,’77) 1979-2010 worked at Oak Grove School District in south San Jose. Taught 7th, 8th PE and coached after school sports. She taught APA preschool to 8th grade at 12 schools. Also, taught 8th grade science and 7th grade guidance class. She is presently retired.

MaryAnn Shiosaka (BS,’74) Started at Pacific High School in San Leandros, then moved to Oak Grove High School in East Side Union High School District. Retired in 2007 with 30 years, and is now traveling and gardening. Enjoys her daughter’s growth and development.

Carmen V. Ellis (BS,’73) From 1974-1975, coached gymnastics, field hockey, and developed dance program at Live Oak High School. Remained PE Dept. Chair at Live Oak until 2003. In 1985, went on European Tour. From 2003-2007, became one of the founding staff at Sobrato High School, developed the dance program, field hockey program, and became the head coach for the newly developed field hockey team. She was also the Dept. Chair for PE at Sobrato. In 2007, she retired and in 2011 she toured China. In 2012, she finally finished her home construction that was started in December of 1979.

Distinguished Alumna 2012

Kathy Reed (BS, ’65) As a student at San Jose State College, Kathy served as vice-president and president of the Women’s Physical Education Club, was selected as the outstanding senior of her graduating class, and graduated with honors from the Women’s Physical Education Department, known for its excellent teacher preparation program. Following graduation, Kathy taught physical education in Santa Clara County for 36 years. She was one of the founding teachers at Independence High School, teaching there for 25 years until her retirement in 2001. Under Kathy’s leadership, the Independence High School Physical Education faculty created a cutting-edge curriculum. One of their innovative programs was Self-Awareness, which included recognizing the cycle and types of violence (physical, emotional, sexual and neglect), as well as how to respond to violence and seek help. It is interesting to note that 20 years later, the L.A. Unified School District expressed a strong need to develop a course dealing with teen violence. The Independence curriculum also offered lessons in eating disorders, nutrition, fitness & holistic health, teen stress, as well as CPR certification and training for over 3,000 students. Kathy received the Bay District CAHPERD award in 1977 for her outstanding contributions to teaching. Over the course of her teaching career, Kathy impacted over 20,000 high school students by providing exemplary physical education and health programming/teaching. Kathy Reed and her faculty are commended for their foresight, excellence in teaching and willingness to move beyond the ordinary. In her retirement, she has continued to provide service by supervising Kinesiology student teachers, thus helping to prepare the next generation of teachers. The current Kinesiology Department began as a teacher preparation program. During our 150th anniversary this year, it is most appropriate that the Kinesiology Department honor an outstanding teacher – Kathy Reed!
Department News

Technology! The Kinesiology Department is excited to announce, under the media directorship of faculty member Daniel Murphy, the roll-out of our new social media platforms. We have integrated Facebook, Twitter, University Blogs, Youtube, Google+, and Pinterest pages. We encourage students, staff, faculty, and friends to use our social media pages regularly. There is a ton of interesting popular and academic postings on each site; content is being developed every day. Articles, videos, pictures, and more. Our goal is to be leaders in technology. A number of current and former students have already joined! Our online community is growing and we want you to be a part of that movement and help accelerate learning at SJSU. Are you interested in joining the technology group in the Kin Dept? Contact Daniel Murphy at Daniel.Murphy@sjsu.edu

Facebook (faculty and students):
Dept. of KIN page: http://www.facebook.com/KinSjsu

Log in to your facebook account. Go to the links. “Like” both pages. Post comments, videos, links, and pictures.

Blog: http://blogs.sjsu.edu/kinesiology/
Read interesting stories from faculty, staff, and students.

Google+: https://plus.google.com/u/0/112796596815930486420/posts
Log-in. Join the circle. Post comments on the page.

Youtube: http://www.youtube.com/channel/UCGgxpvv4eGz0QoLIPQotMFQ?feature=guide
Like videos, comment on videos, send me videos to post. Request that your students do the same.

Twitter: http://twitter.com/#!/KinSJSU @KinSJSU – twitter handle
“Follow” the KIN twitter handle. Forward tweets. Reply to tweets. Request that your students do the same.

Pinterest: http://pinterest.com/kinesiologysjsu/
Like, pin, re-pin, and follow us on Pinterest.

New international connection: Currently, KIN is in the process of establishing academic relationship with the College of Physical Education from Wenzhou University in China. The agreement of Intention will be signed soon. Wenzhou University is located in Southeastern China, and is welcoming KIN faculty to visit their campus and conduct research or lectures.

Club news: SJSU table tennis club advised by KIN faculty Dr. Gong Chen has been ranked in the top four in the United States by National Collegiate Table Tennis Association. The club has just won the Western Regional final and is going for the national final next week.

Activity Program: The Activity Program has just completed its current Position Statement. It will be in print in April 2012. The position statement was written by Richard Montgomery, and Gong Chen with the help of the activity committee and activity instructors.

Dr.Chi-hsiu D Weng, Dean of College of Tai Chi at University of East-West Medicine (UEWM), was elected as the first term President, and Dr.Ying Qiu Wang, President of UEWM, elected as the Chair of the Board.

More photos of faculty and students
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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time Range</th>
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<td>Beg SCUBA</td>
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<td>Inter Swim</td>
<td>MWF</td>
<td>0800 - 0940</td>
<td>SPXE 079</td>
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<td>KIN 020A</td>
<td>Beg Badm.</td>
<td>MWF</td>
<td>0900 - 1040</td>
<td>SPX 044B</td>
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<td>KIN 38A</td>
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<td>Tai Chi</td>
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<td>1330 - 1540</td>
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<td>KIN 070</td>
<td>Intro to Kin (Lec)</td>
<td>TR</td>
<td>1100 - 1330</td>
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<td>Brown</td>
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<td>Intro to Kin (Act)</td>
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<td>Phys Fit &amp; Nutr</td>
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<td>0900- 1300</td>
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<td>Cisar/Bloom</td>
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<td>KIN 163</td>
<td>Phys Fit &amp; Nutr</td>
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<td>1300 - 1700</td>
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<td>Moreno/Hollenbeck</td>
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<td>Senior Sem</td>
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<td>0800- 1145</td>
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<td>KIN 185H</td>
<td>Senior Sem Hnrs</td>
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<td>Prin Conc Motor Lrng</td>
<td>TR</td>
<td>1600-1945</td>
<td>SPXE 077</td>
<td>Wughalter</td>
</tr>
</tbody>
</table>

**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.
Department of Kinesiology Contacts

**Department Chair**
Dr. Shirley Reekie - Shirley.Reekie@sjsu.edu

**Activity Program Coordinator**
Dr. Gong Chen - Gong.Chen@sjsu.edu

**General Education Program Coordinator**
Dr. Peggy Plato - Peggy.Plato@sjsu.edu

**Graduate Program Coordinator**
Dr. Ted Butryn - Theodore.Butryn@sjsu.edu

**Undergraduate Program Coordinator**
Dr. Tamar Semerjian - Tamar.Semerjian@sjsu.edu

**Advising Manager**
Mrs. Janet Clair - Janet.Clair@sjsu.edu

**Sport Management Program Director**
Dr. Sonja Lilienthal - Sonja.Lilienthal@sjsu.edu

**Physical Education Teacher Education/Credential Program Director**
Dr. Alison White - Alison.White@sjsu.edu

**Interim Graduate Athletic Training Program Director**
Dr. KyungMo Han - KyungMo.Han@sjsu.edu

**Undergraduate Athletic Training Program Director**
Dr. KyungMo Han - KyungMo.Han@sjsu.edu

**Club Advisors**

**KIN Majors’ Club**
Dr. Alison White - Alison.White@sjsu.edu
Ms. Carol Sullivan - Carol.Sullivan@sjsu.edu

**Adapted Physical Activity Club**
Dr. Nancy Megginson - Nancy.Megginson@sjsu.edu

**Spartan Athletic Training Organization (SPATO)**
Holly Brown - Holly.Brown@sjsu.edu

**Pre-Physical Therapy Club**
Rachel Vimont - Rachel.Vimont@sjsu.edu

**Sport Management Club**
Dr. Sonja Lilienthal - Sonja.Lilienthal@sjsu.edu

**Kin Ambassadors Club**
Daniel Murphy - Daniel.Murphy@sjsu.edu

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**Faculty Flashback!**

Below is a photo taken when Dr. Ted Butryn was a graduate student and was receiving an award. Also featured in this Dr. Gregory Payne and Dr. Emily Wughalter.

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**Upcoming Important Dates**

- **May 15, 2012**: Last day of instruction for Spring
- **May 16, 2012**: Dead day - no classes or exams
- **May 17-23, 2012**: Final exams
- **May 24, 2012**: Exam make-up day
- **June 4-July 6, 2012**: First 5 week summer session
- **July 9-August 10, 2012**: Second 5 week summer session