

Spring 4-2011

Communicator, April 2011

San Jose State University, Department of Kinesiology

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The Chair's Corner

Why should my son/daughter attend SJSU KIN?

In the past few weeks, I have had the opportunity to talk with many parents of prospective students, at several different events. One question many have asked is "Why should X come to SJSU's Kinesiology Department? What makes you special?" Here's my answer!

1. Our students are outstanding. These days, it is difficult even to get in to the department. While KIN is growing on all campuses of the CSU, it is impacted at only a few, and we are one. This means new students need to meet supplemental criteria, such as a higher GPA than for regular entry into the CSU. While we have always had some really great students, I am convinced from my contact with the newer students, that the proportion of great students is now higher than ever.
2. Our department engages students. Many students (maybe most?) are now active in one or more of our student clubs, all of which are experiencing growth at this time. They are what you make them, and they are a great way to get started in the profession, and with networking.
3. Our faculty are outstanding. A quick glance through any Communicator will show how very professionally engaged our faculty are in an extremely broad range of activities, from papers, to presentations, to hosting events. The number of awards that our faculty receive is amazing and there are more this month. Our staff are also there to help both students and faculty, and many students tell me how much they appreciate our staff.
4. Our curriculum gives lots of opportunity for hands-on learning. We strongly believe that students learn best when they "do" as well as study.

You'll note that "a great facility" isn't on my list :(Fingers crossed that the renovation will start in spring, and we'll all be able to add that to the list soon.

I hope these have been among your experiences, and congratulations to all those about to graduate! We hope to see you at the Banquet and/or at Commencement—details in Clubs and Events (upcoming).

Shirley H. M. Reekie, Chair

Student News

KIN major earns top honors

Gymnast Shanice Howard, a senior in Kinesiology, is the 2011 female national winner of the Arthur Ashe Sports Scholar Award as awarded by *Diverse Issues in Higher Education*. Click on the link below to see her on the April 28 magazine cover and her story inside. See page 1 and the main story that begins on page 13. Student-athletes from all NCAA and NAIA divisions are eligible for this awards program.
<http://mydigimag.rrd.com/publication/?i=67352>

Ashley Ladd received the NASPE (National Association for Sport and Physical Education) Major of the Year award at the recent AAHPERD with Drs. Wughalter and Lilienthal in the cheering section.



Congratulations to graduate AT student **Ryan Laperle** who competed on April 15th and 16th at the Sea Otter Classic and won his criterium race on Saturday and finished 4th in the mountain bike event on Sunday. Check out his triumphant photo finish jubilation captured by the Monterey herald found at the link below (photo #2). http://www.montereyherald.com/ci_17867452?IADID=Search-www.montereyherald.com-www.montereyherald.com&nclick_check=1

Undergraduate ATEP students, Michael Mayes, Racquel Cervania, and Steven Mosher-Stockinger

presented "Efficient Peripheral Joint Mobilization Techniques on Larger Athletes" at the 2011 Far West Athletic Trainers' Association (FWATA) Annual Meeting and Clinical Symposia at Las Vegas. Our undergraduate athletic training education program (ATEP) was one of nine ATEPs that were accepted to present among 16 CAATE accredited ATEPs at FWATA, NATA District 8.



Students! Get your advising for your fall classes NOW. Most advisors are not here over summer. Please think ahead.

Faculty News

At the recent AAHPERD Convention in San Diego, **Dr. Emily Wughalter** received the AAHPERD Honor Award, and presented the following paper: "Inclusive excellence for retaining and recruiting diverse faculty and students in the university." This is a HUGE deal, and congratulations, Emily!

Our newest visiting professor, **Dr. Amid Mozafari**, from Iran, is interested in studying student responses to physical activity classes. He got his PhD in 1975 in Sport Management from Florida State, his masters in 1975 from the University of Iowa, and his BS in physical education from Tariat Moallem University in Tehran in 1970.

Dr. KyungMo Han has published an article entitled "Effects of 4 Weeks of Elastic-Resistance Training on Ankle-Evertor Strength and Latency" in the May 2011 issue of the *Journal of Sport Rehabilitation*, 20(2), 157-173. Also, Dr. Han's research, "Learning Effects for the Timed Cross Over Hop Test" has been accepted for presentation at the 2011 National Athletic Trainers' Association (NATA) 62nd Annual Meeting and Clinical Symposia at New Orleans.

Dr. Nancy Megginson has received a Jefferson Award for Community Service for her work at the Timpany Center, through KCBS Channel 5. They came out to film at the center last week, and the item with Nancy will be aired on May 18. She now goes on to compete regionally. Way to go, Nancy.

Dr. Barbara Conry will be returning to the Kinesiology department full time in the fall, after many years in the Dean's office as Associate Dean, Acting Dean, Interim Dean, Associate Dean, and several interim department chairs. Welcome back!

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*.

Dr. Emily Wughalter will receive the Outstanding Service Award from the College of Applied Arts and Sciences in May. Congratulations, Emily!!

Dr. Bethany Shifflett made a presentation at the SJSU eCampus Showcase on April 18th. The showcase highlights the utilization of technology and online resources in an educational setting. Her presentation focused on web-based resources to facilitate the transfer of information. This academic year Dr. Shifflett also served as the D2L Learning Management System support person for faculty in CASA.

At the NATA National Meeting (June 19-22, New Orleans, LA), **Al Douex** will be presenting under Special Topics: "Neuromuscular Fatigue: A Predisposing Factor for Injury?" which will be filmed for DVD.

Dr. Gong Chen published a new book on child self-defense for parents in China in the Chinese language *Monitor their growth to stay away from violent crimes - a dialogue with Chinese parents on self-defense of their children* by Beijing Sport University Publisher, China. Gong also presented self-defense and taichi at the 2011 CAHERD convention.



Staff News

Carol Bare will receive the first ever Staff Award from the College of Applied Sciences and Arts in May. Very well deserved, Carol.

From the desk of Al Douex...

To the Faculty, Staff, Administrators and Students of KIN:

In the coming weeks, many of us will vanish from the halls of SPX and YUH, either briefly (to return for summer classes) or for an extended period (perhaps, for summer “research” of familial behaviors in Montgomery County, MD, the UK, some may even venture into Canada). I am very sad to say that my summer peregrination, though it will focus on research, will not find me returning back to the warm, welcoming halls of SPX come fall. I believe Dr. Reekie stated it best when she said that “(my) zeal to work with (Graduate Athletic Training) students and the program, unfortunately, means that (I am) still ABD.” So, I will be returning to Delaware to focus all of my attention on the completion of my dissertation.

“Blue” only begins to describe my feelings about leaving San José State University. I will forever appreciate the opportunity that Dean Bullock, Dr. Reekie and the Department granted to me. Coming to SJSU, not only allowed me to return home after a 19 year stint away, but it afforded me the chance to do that which I am most passionate about and forge wonderful bonds with all of you. One thousand thanks are due to the Dean and the “Boss Lady” for too many reasons to name, so in the spirit of one old sailor (certainly not me) to another, I’d like to convey “an attitude with gratitude” as I, once again, deal with these “changes in latitudes” (It is likely she will need a Parrothead to translate). Dr. Plato, thanks for being a wonderful mentor, colleague, and officemate, I will continue to rely on your wisdom, objectivity, and guidance in my future endeavors, when dealing with students or trying to manage the balancing act of being Junior Faculty (which I never did achieve); thank you. To the Grad Committee, AT Staff and my fellow thesis committee members, thanks for listening to what I had to say and helping me feel like I belonged, right away. To my AT Faculty colleagues, thank you for persevering with me, I wish you the best of luck with all of your future endeavors. To the support staff, I couldn’t have made it through the first week without all of you (in some capacity), thank you, I will miss our pleasant talks (I was never quite sure how Post-It’s cost \$10, but I do hope you get someone to pay at some point, Vy!!!). To the rest of the KIN faculty, thank you for listening, advising, redirecting, teaching, reassuring, and helping me through the good and bad times. I would, especially, like to thank Dr. Johnson and Dr. Chin for their (sometimes hard-nosed, sometimes nurturing) support and friendship the last 2 years; many thanks! Saving the best for last, to my students (Grad AT’s, thesis or project students, and undergrads), thank you for allowing me the opportunity to come into your lives and share my stories (about the Kinetic Chain, the spine boarding fire ants, the Star Wars referencing cover letter, etc.). Equally, I’d like to thank you for sharing your stories with me and building new stories together. It has been a pleasure to watch all of you grow as fine, young professionals and I look forward to your contributions to the fields of Athletic Training and Kinesiology. I do hope you learned as much from me as I did from you and that you all walk away from here more knowledgeable about AT, KIN or life, as I will.

We are all lifelong learners, whether standing behind the podium (sweating!!!) or sitting in the desks facing the front of SPX75 or any other classroom, the roles only dictate which way we are oriented towards one another. As a whole, we should all be facing and moving the same direction, for progress requires the efforts, knowledge, and love of the great masses. Thank you all. Good luck in your future endeavors. Hail Sparta!

ADx

Alumni News

Former graduate student **Laura Andersson’s** (MA ‘10) thesis titled “Impact of a Professional Runner’s Sudden Death on His Training Communities” was selected as the lone representative from all Departments in CASA for consideration in the campus wide Outstanding Thesis Award competition.

Melody (Epp) Chad-Benzel (BS ‘09) was just accepted into Western U’s DPT program.

Davor Vasiljevic (BS ‘10) is off to Washington University in St. Louis for a DPT program with lots of research opportunities.

Stephanie Pascucci (BS ‘03, MA ‘05) is now a law enforcement officer in southern California.

William Lee (BS ‘09) will be attending Columbia University for the physical therapy program, starting in August.

Vicente Ceja (BS ‘10) has been accepted into the program for physical therapy at the University of the Pacific.

At the NATA National Meeting (June 19-22, New Orleans, LA), the following KIN-PPATEP Alumni will be presenting :

Gina Biviano (MA ‘10), MA, ATC, “Athletic Trainers Comfort and Competence in Addressing Psychological Issues of Athletes” Co-Authors: Semerjian (chair), Butryn, Brown and Douex

Kendall Grow (MA ‘10), MA, ATC, “The Sleeper Stretch: Effects on Range of Motion and Injury in Baseball Players” Co-Authors: Butryn (chair), Plato, Brown and Douex

The students’ abstracts will be published in JAT.

Clubs and Events

Upcoming

Celebration of Excellence Banquet, Friday, May 27th 5:00 p.m., San Jose Airport Garden Hotel (1740 N. 1st., San Jose, CA 95112) Event includes dinner, guest speaker, graduate recognition, and raffle/auction. Reminder for graduating Graduate and Undergraduate students to purchase tickets in main office (SPX 56), \$36/adult \$20/child 12 and under. First come-first served ticket sales started 4/12 (while supplies last). Tickets must be purchased no later than May 16, 2011.

FUN! FUN! FUN! This weekend (April 29,30,May1), the SJSU Department of Kinesiology will be hosting the western try-outs for the **USOC USA National Team for Men's Wheelchair Basketball**. SJSU is one of four sites across the nation that is hosting these try-outs. Those athletes who make the USA National Team will represent our country in world competition and the 2012 Paralympics in London. **Dr. Nancy Megginson's** KIN 156 "Intro to APA" students will be helping with the event as well as **Holly Brown's** AT students throughout the weekend. The KIN APA student club has provided lunch for the athletes, too! So come see the action as it is open to the public and, best of all, FREE!!!! Plan on stopping by on Friday or Saturday (830-1130AM; 2-430ishPM; and 6-8PM) or Sunday (830-1130AM) in YUH 6. Go USA!!!!!!

Come celebrate **National Dance Week** with the SJSU Ballroom Dance Club. They are hosting a Spring Fling on Saturday April 30th from 5-10pm in the event center. Night Club Dancing is the focus this spring. Come learn Hustle, Night Club Two Step, and Salsa! There will be both beginning and intermediate workshops in each. In addition, there will be Jack & Jill contests and a performance by the SJSU spring formation group (doing a hustle-cha cha combo piece). For more information check website:<http://studentorgs.sjsu.edu/sjsubdc/events.htm> or contact Dr.Shifflett (faculty advisor).

The **2nd Annual Spartan 5K: KEEPING KIDS IN THE GAME** hosted by SPATO (Spartan Athletic Training Organization) will take place at 9:00 AM on May 7, 2011. **Who this race benefits:** The race will help raise money for students to go to athletic training conferences and classes. These conferences and classes help expand SJSU athletic training students' knowledge and experience with injury prevention, evaluation and rehabilitation. This extra knowledge will be used to keep youth, college, recreation and

professional athletes playing hard. The race will also help a local organization called **Re-Play**. **Re-Play** is a non-profit organization that is promoting youth recreation through a recycling and reuse. They receive donated sporting good items and refurbish them so kids in our community can use them. Visit their website <http://www.replaysj.org/> **Check-In** begins at 7:00am and same-day registration ends at 8:50am. Race for the 5k begins at 9am. For Registration please go to <http://www.active.com/running/san-jose-ca/the-second-annual-spartan-5k-walkrun-2011> **First 240** registered participants receive a Spartan 5K shirt. **First 300** registered will receive a goody bag. Every registered participant will receive a raffle ticket for **a chance to win:** a Nintendo Wii Console, Sabercat tickets, gift certificates and more! If you donate a pair of new or wearable shoes, you will receive a raffle ticket! So come clean out those closets and please register early!

The Sport Management Club next meetings are April 27th and May 11 at 7pm in SPX 107.

The **3rd SJSU table tennis championship** will be held on Friday, April 29, 2:30-6:30pm in 44B. See Dr. Chen for entries.

The 4th Annual Spartan Triathlon takes place on May 13th at 9AM. **Cost:** \$10 for students, \$15 for faculty and staff, \$25 for community. Students, faculty and staff, and community members are invited to participate in the Spartan Triathlon at the Aquatic Center. Check-in begins at 8:30am and each event lasts 15 minutes (swim, stationary bike and run). All you need is a pair of running shoes and a swimsuit. Take part as an individual or group up in pairs or teams of three! Distance covered in each 15 minute leg of the race will be rewarded points. Cycling will be done on stationary bikes. Participants have the option of bringing SPD compatible shoes.

Sign up: Sport Club or online www.as.sjsu.edu/asrc Contact: 408-924-6218 for more information

Start Time: 09:30 AM **End Time:** 12:00 PM

Location: SJSU Aquatic Center. Participants are encouraged to bring shoes, soap, new toothbrushes, or new towels to donate to Inn vision (www.innvision.org), and Life Builders Shelter (www.ehclifebuilders.org), charities that support displaced women and families and the San Jose homeless population.

Kinesiology Summer 2011 Schedule

5 Week Session June 6 - July 8, 2011

<u>Course</u>					
KIN 002A - Beg Swimming	MTWR	1400-1520	SPXE 079	Lilienthal	
KIN 002B - Inter Swimming	MTWR	1400-1520	SPXE 079	Lilienthal	
KIN 014A - Beg Volleyball	MWF	0930-1120	SPX 044B	May	
KIN 014B - Inter Volleyball	MWF	0930-1120	SPX 044B	May	
KIN 015A - Beg Basketball	MTWR	0900-1020	YUH 006	Butler	
KIN 015B - Inter Basketball	MTWR	0900-1020	YUH 006	Butler	
KIN 027A - Beg Table Tennis	MTWR	1430-1550	SPX 044B	Chen	
KIN 027B - Inter Table Tennis	MTWR	1430-1550	SPX 044B	Chen	
KIN 034 - Step Training	MTWR	0800-0920	SPX 044B	Sullivan	
KIN 035A - Beg Weight Training	MWF	0800-0950	YUH 202A	Montgomery	
KIN 035B - Inter Weight Training	MWF	0800-0950	YUH 202A	Montgomery	
KIN 054A - Beg Tae Kwon Do	MTWR	0930-1050	SPX 044A	Schachner	
KIN 054B - Inter Tae Kwon Do	MTWR	0930-1050	SPX 044A	Schachner	
KIN 055A - Beg Self Defense	MWF	1230-1420	YUH 202	Chen	
KIN 061A - Beg Hatha Yoga	MWF	0830-1020	YUH 202	Caughlan	
KIN 061B - Inter Hatha Yoga	MWF	0830-1020	YUH 202	Caughlan	
KIN 069 - Stress Management	TR	0900-1300	YUH 201A	Plato	
KIN 101 - Sport in America	TR	0900-1300	CCB 101	Murphy	
KIN 155 - Exer Physiology (Lec)	MW	1100-1350	SPX 208	Cisar	
KIN 155 - Exer Physiology (Act)	MW	0800-1050	SPX 208	Cisar	
KIN 155 - Exer Physiology (Act)	MW	1400-1650	SPX 208	Cisar	
KIN 158 - Biomechanics (Lec)	TR	1030-1320	SPX 208	Khadem	
KIN 158 - Biomechanics (Act)	TR	0730-1020	SPX 208	Khadem	
KIN 158 - Biomechanics (Act)	TR	1330-1620	SPX 208	Khadem	
KIN 161 - Phil Persp of Sport	MW	0800-1230	SPX 068	Masucci	
KIN 163 - Phys Fit & Nutr (Sect 1)	MW	0800-1230	ENG 401	Bloom	
KIN 163 - Phys Fit & Nutr (Sect 2)	MW	0800-1230	ENG 391	Sullivan	
KIN 165 - Motor Development	TR	1230-1630	SPX 065	Clair	
KIN 169 - Diver, Stress & Health	MW	0900-1330	YUH 201A	Murphy	
KIN 174 - Assess of Psych Func	MW	0900-1330	SPX 077	Megginson	
KIN 175 - Meas & Eval (Lec)	TR	1100-1350	SPX 077	Wughalter	
KIN 175 - Meas & Eval (Act)	TR	0800-1050	SPX 208	Wughalter	
KIN 175 - Meas & Eval (Act)	TR	1400-1650	SPX 208	Wughalter	
KIN 185/H - Senior Sem/Honors	TR	0800-1200	SPX 068	Lilienthal	
KIN 188 - Prev & Care Ath Inj	TR	1100-1350	SPX 075	Han	
KIN 189 - Prev & Care Ath Inj Lab	TR	0800-1050	SPX 075	Han	
KIN 189 - Prev & Care Ath Inj Lab	TR	1400-1650	SPX 075	Han	

5 Week Session Jul 11 - Aug 12, 2011

KIN 014A - Beg Volleyball	MWF	0930-1120	SPX 044B	May
KIN 014B - Inter Volleyball	MWF	0930-1120	SPX 044B	May
KIN 015A - Beg Basketball	MTWR	0800-0920	YUH 006	Butler
KIN 015B - Inter Basketball	MTWR	0800-0920	YUH 006	Butler
KIN 035A - Beg Weight Training	MWF	1000-1120	YUH 202A	Butler
KIN 035B - Inter Weight Training	MWF	1000-1120	YUH 202A	Butler

Note: Classes will need to meet minimum enrollment requirements or will be subject to cancellation.

Department of Kinesiology Contacts

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Interim Graduate Athletic Training Program Director

Dr. KyungMo Han - KyungMo.Han@sjsu.edu

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Club Advisors

Phi Epsilon Kappa & KIN Majors' Club

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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

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Rachel Vimont - rvimont@email.sjsu.edu

Sport Management Club

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Clubs and Events

For the record...

The **SJSU Single Subject Credential Program** successfully underwent its CTC/NCATE accreditation review in March, which included both the Physical Education and Adapted Physical Education Credentials offered within our department.

Dr. Chin and Re-Play featured prominently in a recent article in the Spartan Daily highlighting their recent drive to get shoes on the feet of those most in need. You will also find bins around the Department as the drive will continue until May 13th. Please feel free to bring in and donate your gently worn shoes. <http://www.spartandaily.com/news/kinesiology-department-nonprofit-hold-shoe-donation-drive-for-japan-relief-1.2163001>

On March 4, **Holly Brown** and **Al Douex** accompanied a group of graduate and undergraduate AT students to Sacramento, to try to influence legislators to regulate the athletic training profession in CA. For more on their cause, see: <http://ca-at.org/ca-legislation/proposed-legislation/support-our-cause/> and http://www.leginfo.ca.gov/pub/11-12/bill/asm/ab_0351-0400/ab_374_bill_20110214_introduced.html

