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San Jose State University, Department of Kinesiology

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THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

Vol. 20, No. 2

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

December 2007

THE CHAIR'S CORNER

What does Kinesiology have to do with climate change?

You can hardly listen to, read, or watch anything these days without hearing the words "global warming" or the now preferred "climate change." The change in phraseology has come about because more changes than just warming alone are predicted, including some places becoming wetter, some drier; loss of polar ice and sea level rise; changes in plant and animal survival and/or distribution; and changes in lengths of growing season.

There's a difference between weather and climate, however. Weather is described in the day-to-day forecast you may hear on the radio; climate is a more long term trend determined by looking at statistics over many years. This is why it's been difficult to know whether climate change is really happening because it takes many years to be into a change before it can be statistically recognized as such. Climate changes have happened many times before in human history but this time, this change may be caused more by human activity than by anything else.

But what does all this have to do with kinesiology, you might ask. Let's start by looking at your favorite sport. If it's golf, maybe there won't be as much or any water for the greens; if it's wake boarding on a lake, maybe there won't be any lake; if it's skiing, maybe there will be less or no snow; if it's soccer, maybe it will be too hot or too polluted to play or practice. Already, some places have stopped the two-a-day August high school football practices. Maybe the equipment we use for our sports contributes to the problem by its manufacture? Maybe the folks at NASCAR and in F-1 racing are right to change their fuel composition? What changes will be necessary in stadiums, in schools, in gyms, to deal with increasingly expensive energy costs?

Sports Illustrated devoted an issue to this topic this year (March 17, 2007). Now I hope we all know that SI isn't a scholarly journal but a popular magazine but in this case, that's the point! SI often gets hold of stories and popularizes them to people who might never read a scholarly journal. On the other hand, I haven't seen too much in scholarly journals about the effects of climate change on sport and physical activity. Maybe San José State could take the lead in publishing a journal on many aspects of the topic (on line only, of course, so as to save trees!). Let me know if you're interested.

Most experts don't think it's too late to stop these predictions from becoming reality and physical activity can help here, as in so many other areas of life. Not only is walking or biking to work/school good exercise, it produces less greenhouse gas than driving and is cheaper. Then think about the electrical appliances (leaf blowers, electric toothbrushes, bread machines) that are designed to save your energy—which IS renewable—but which use non-renewable sources, such as gas, or electricity generated from coal burning.

Even if you don't believe climate change is real, it still makes economic sense to turn off the lights and unplug appliances when you're not using them, whether at home or school!

Shirley H.M. Reekie, Chair

Student News

The SJSU Family Fun and Fitness Fair was held in October.) Students **Vatsana McKean**, **Carter Phan** and **Brianna Brown** volunteered.



Juliet Rose (masters student in sport psychology) has been awarded the first Dr. David Furst scholarship from the Department of Kinesiology. Congratulations!



The following Kinesiology students were honored at the recent Arm and Pat Hanzad Student-Athlete celebration: **Hiroki Akiyama**, **Keri Anne Anglin**, **Eric Kristian Bucholz**, **Savio S. Carrijo**, **Andrew C. Cheng**, **Jennifer Dawn Gonzalez**, **Beth C. Harberts**, **Geraldine Marie Hazlett De Jesus**, **Kasey Marie Igarta**, **Travis Wallace Jones**, **Melissa Ann Logan**, **Juliet Nicole Moss**, **Thao Ngoc Pham**, **Ksenija Poljak**, **Erica Joy Sahli**, **Tanya Jeanne Torres**. Congratulations, all!

Kristina Drummond's thesis, *Effects of Odor on Weightlifting in Men and Women*, was selected for 1 of 5 student research awards by the Southwest Chapter of the American College of Sports Medicine. The Southwest Chapter includes California, Nevada, Utah, New Mexico, Arizona, and Hawaii. Kristina presented her research in San Diego at the SWACSM annual meeting in early November.

Announcements

The undergraduate Athletic Training Education Program (ATEP) application due dates have changed as follows:

Students may enter the undergraduate ATEP at one of two times a year (either in the Fall or in the Spring). However, the ATEP coursework commences each Fall.

The application deadlines are April 10 for the Fall Admission and November 10 for the Spring Admission. Please note that if an application deadline falls on a weekend, the deadline will be the Friday just prior to the Saturday or Sunday weekend deadline.

Team P.R.I.D.E

Putting Reality Into Dreams Everywhere

On November 4th, 2007, Team P.R.I.D.E of San Jose State University completed their very first marathon event. The team had been training intensely since the beginning of the semester to prepare for running, or walking, the Silicon Valley 5k and Half Marathon. The results were quite pleasing. One male and one female participated in the Half Marathon. The male, Patrick Gimeno, finished 4th in his age category, completing the race in 1:53:02. The female, Candelaria Salcedo, finished 1st in her age category, completing the race in 1:59:16. The remaining eight Team P.R.I.D.E members participated in the 5k event and also finished successfully. One of the 5k runners, Caitlin Murphy, finished 1st in her age category; the other seven all beat their personal records. In addition to a victorious race, Team P.R.I.D.E managed to raise over \$2,000 for their charity organization, CommUniverCity. The team will be presenting the handsome check at the organization's December meeting. Team P.R.I.D.E is looking forward to another great semester as they train for another marathon and triathlon next Spring. The marathon/triathlon team will be coached and lead by faculty members Alicia Forbrich and Jay Johnson. Those interested in joining may contact Alicia at Aforbrich@aol.com.



Faculty/Staff News

On October 20 & 21, a symposium entitled *Sports Training Mastery* was hosted within our department at which **Dr. Craig Cisar** gave two presentations entitled *Multi-dimensional Concepts of Power and Applied Measurement & Evaluation*.

Jennifer Schachner presented at the FEOAA (Fitness Empowerment of Active Older Adults) annual seminar. She spoke about Self Defense and Martial Arts fitness for senior citizens as well as those with disabilities.

Dr. Chen and **Dr. Wang** published a bilingual textbook "Self-defense" in both English and Chinese through Northwest Polytechnic University Publisher in Xi-an, China in November 2007. The book will be used for self-defense classes developed based on SJSU's self-defense curriculum by Chen and Wang.

On October 25, 2007, **Dr. Chen** was invited to teach a two-hour workshop on self-defense for SJSU students in Pi Kappa Alpha Sorority. There were 40+ female and 30+ male students (highly motivated and excited) in the crowded sorority house that night, trying all different kinds of self-defense skills and asking all questions on safety issues.

Dr. KyungMo Han published an article entitled "Comparative Analysis of Loss of Playing Time Due to Injuries on Two Different Floorings in College Men's and Women's Basketball" in the October, 2007 issue of the *International Journal of Human Movement Sciences*.

Carol Sullivan did a Cardio Kickboxing demonstration and group participation at the "Festival in the Park," held at Hellyer Park, San Jose, CA. This was sponsored by the Santa Clara County Parks. She also did a mini workshop/ presentation on Fitness Walking for the Women's Missionary organization of the St. James Church. "Walking For A Healthier You," at the Almaden Lake Park, San Jose, CA, and two presentations on aerobic activity at the Body, Mind, and Spirit sessions, Far West Regional Conference of the Delta Sigma Theta Sorority, Inc., Santa Clara Convention Center. She also coordinated the annual Walk for Health/Walkathon for the Link, Inc. at the Prusch Park, San Jose. The participants walked for three miles and enjoyed a nutrition presentation by the NEAT organization from SJSU.

Carol is coordinating and presenting the annual Aerobicthon '07 on Friday, Nov. 30, 2007, 4:00pm- 6:00pm in the SPX-C 44B. This is an event where students participate in the various styles of aerobics, lead by different instructors. (See separate flyer)

Dr. Nancy Megginson and three of her students, **Rita Brum**, **Philip Dao**, and **Adam Elix**, presented a session entitled, "Steps to success: How to have an effective disability sport expo" at the 36th Annual National Adapted Physical Education Conference on November 3, 2007 at Burlingame, CA.

KIN 159 students and the SJSU APA Club, under the direction of Dr. Nancy Megginson, planned and hosted the 7th Annual 'DisAbility Sport Expo' on November 5th, 2007, in SPX 44B, 430-730PM. The expo was intended to expose the university and community to the opportunities and benefits of disability sport. Special guest speakers at the event included Coach Paul Jackson and Paralympian Chuch Gill from the Golden State RoadWarriors wheelchair basketball team. This year's expo had an attendance of over 135 persons and was a huge success!

Dr. Ted Butryn and **Dr. Matthew Masucci** presented a series of papers at the Association for Applied Sport Psychology (AASP) conference in Louisville, KY, and the North American Society for the Sociology of Sport (NASSS) conference in Pittsburgh, PA. At AASP, Dr. Butryn presented a paper entitled, "Interdisciplinarity, social identity, and inclusivity in Sport Psychology research," and another paper, with co-author Dr. Masucci, entitled, "What a long, strange trip it's been: Two qualitative, longitudinal case studies of stress and coping in professional MMA athletes." Lastly, while at AASP, Dr. Masucci presented a paper titled: "Interdisciplinarity: Meaningful Integration or the Rhetoric of Possibility?" At NASSS, Dr. Masucci organized and chaired a session entitled, "Fighting For Legitimacy?: Emergent Issues in the Critical Investigation of Combat Sport" in addition to presenting (along with co-author Dr. Butryn) a paper entitled, "Technical Knockout: The Ultimate Fighting Championship, Reality Television, and the Marketing of MMA."

Alumni News

Presenters at a pre-PT club panel in October were **Luc Nguyen**, DPT and **Jennifer Mar**, DPT – both KIN graduates (pre-professional emphasis). They also answered questions from students about the application process.

Maria Mitchell Nunes (BS, '95) writes that after graduation she worked in a PT environment for several years then returned to school to study Chinese and herbal medicine and received her graduate degree from Five Branches Institute of Chinese Medicine. She has recently passed the state boards and is currently a licensed acupuncturist/herbalist in Santa Cruz, integrating both eastern and western approaches to sports injury treatment.

Mary Oiks (MA, '98) moved back to Wisconsin three years ago to be closer to her family, and to buy a house. She is now Graduate Admissions Counselor for Mount Mary College, a small private women's college (with men also in graduate programs) in Milwaukee, where she is also the Volleyball Coach. She works with the program coordinators for all seven of their graduate programs and just got approval for an MBA program to begin next spring.

Gideon Oswitch (BS, '87) has just celebrated 15 years of marriage to Beth and has 2 daughters, Sadie (7) and Celia (6). Kent, Ohio has been home the past 19 years. He's just hit 17 years working in Human Resources for Saint-Gobain Corporation, ran his 400th race this past July and is zeroing in on qualifying for Boston. His HuP memories include getting an A-1 education, the friendly atmosphere, and faculty members that were very approachable.

Christine Cree Guardino (BS, '91) is a chiropractor, practicing in Willow Glen.

Dick Roza (BS, '58) is in his 50th year of teaching at Bishop O'Dowd HS in Oakland. He has also coached both baseball and golf and now watches grandson Ryan play HS baseball in San Mateo.

Stephen Scott (BA, '60) has been retired for 10 years, following 35 years of teaching at Lodi HS and Tokay HS. He has three grandchildren.

Jim McGovern (BS, '96) is in his seventh year of teaching physical education at Harker School, lower school campus. He writes that he has coached fourth graders in five different sports and is finishing up his masters thesis at Bethany University.

Chris Morgan (BS, '71) had a dance emphasis at San José State and still dances three times a week, and swims twice a week. Chris lives in Nevada City and runs a business in sales and marketing workshops.

David Jones, Cori Houston and **Ryan Andrews** are all now working at UCSCs OPERS. All went to SJSU for their MA.

Important Dates

December 7, 2007 Winter 2008 Advance Registration ends

December 10, 2007 Last Day of Classes

December 12-18, 2007 Fall 2007 Final Exams

December 22, 2007 Fall 2007 grades available at MySJSU

December 24, 2007 - January 1, 2008 Winter Break (campus closed)

January 2, 2008 Winter 2008 Session begins

January 15, 2008 Spring 2008 Advance Registration ends

January 18, 2008 Winter 2008 Session ends

January 21, 2008 Martin Luther King, Jr. Day (campus closed)

January 23, 2008 Spring 2008 semester begins

February 4, 2008 Spring 2008 Last Day to Drop classes

February 11, 2008 Spring 2008 Last Day to Add classes

March 24-28, 2008 Spring Break 2008

AEROBICTHON 2007

Sponsored by: Aerobics section of the
Department of Kinesiology,
San Jose State University

FRIDAY, NOVEMBER 30, 2007

4:00 TO 6:00 PM

SPX-C 44 (GYM)

SAN JOSE STATE UNIVERSITY

San Carlos Street between 4th and 7th Streets

*Bring your club,
family,
fraternity...!!!*

*"Tell a friend,
bring a friend."*

**Aerobics for Your Heart!!
Aerobics for Your Stress!!
Aerobics for Fun!!**



**Fabulous
Aerobics
Instructors**

**Hi/Lo Aerobics
Cardio Hip Hop
Kickboxing
Zumba
Bollywood Aerobics**

Admission: \$5.00 per person
(Fees will go towards purchase of aerobic equipment)

How do you spell 'STRESS RELIEF' ??? aerobictbn
For more information see or call CAROL SULLIVAN, KIN DEPT., 924-3022 or 924-3010

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Phi Epsilon Kappa & KIN Majors' Club

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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!

Winter 2008 Kinesiology Schedule of Classes

January 2 – 18

COURSE	DAYS	TIME	Instructor
KIN 14A Beg. Volleyball	MTWRF	1200 – 1355	Osterhaus
KIN 15A Beg. Basketball	MTWRF	0800 – 0955	May
KIN 20A Beg. Badminton	MTWRF	1230 – 1425	Cai
KIN 26A Beg. Table Tennis	MTWRF	1000 – 1155	Chen
KIN 35A Beg. Weight Training	MTWRF	1400 – 1555	Montgomery
KIN 35B Inter. Weight Training	MTWRF	1400 – 1555	Montgomery
KIN 61A Beg. Hatha Yoga	MTWRF	0800 – 0955	Caughlan
KIN 69 Stress Management	MTWRF	1300 – 1615	Jeffery
KIN 70 Intro to Kinesiology	MTWRF	0800 – 1220	Jacobsen
KIN 101 Sport in America	MTWR	0900 – 1315	Masucci
KIN 163 Physical Fitness & Nutrition	MTWR	1500 – 1915	Bloom Cisar
KIN 169 Div., Stress, & Health	MTWRF	0900 – 1215	Murphy
KIN 185 Senior Seminar	MTWRF	0830 – 1200	Kahanov
KIN 185H Senior Seminar Honors	MTWRF	0830 – 1200	Kahanov
KIN 186 Pharmacology	Online		Kahanov

Note: Classes are subject to cancellation if they do not meet minimum enrollment guidelines.

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

