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Communicator, April. 2013

San Jose State University, Department of Kinesiology

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The Chair's Corner

What if the price of an airline ticket were based on your weight? Or if your BMI determined the cost of your health insurance? Suppose your company paid you to participate in activity classes! These might sound far-fetched but each is already in existence to a limited extent somewhere. These and other examples lead me to think that many, perhaps most, of the KIN jobs in the future may be based somewhere in "the community," meaning not in a specialized gym/sport setting but in some type of public location for those who are probably not regularly exercising for a variety of reasons. If that is the case, then we need to educate our students on how to instruct large numbers about healthy physical activity, which in turn means combining aspects of several different emphasis areas.

With this in mind, KIN is actively working on both modifying the curriculum and on increasing the number of internships (and some paid positions!) in places such as city and county parks. Both the City of San Jose and Santa Clara County are trying to help all citizens become more active, but especially those who are in lower socio-economic groups (who may not have easy access to a costly gym or be near to a safe open space) by working with Kinesiology to provide staffing for boot camps and to take folks hiking, all run through parks' organizations. How about taking a group hiking some weekends, and along the way, talking about healthy eating or showing a variety of stretches? Or perhaps you see yourself inspiring a morning group to become more healthy through a boot camp run by you? Of course, we already work with the public at the Timpany Center, helping those who are older, are obese, or who have a disability, to be physically active. It is this program model that has inspired the city and county parks to ask about working with Kinesiology students on a wider basis. It's also a very similar program to the CSU Northridge "100 Citizens" project, which was recently recognized at the White House for encouraging community physical activity.

Look for emails on both jobs and internships to come your way in the next few months with a variety of public agencies! And if you are not yet on the KIN student email distribution list, please come to the office and sign up or call 408 924 3010 and leave a message with your email address clearly stated.

Finally but importantly, to those graduating, many congratulations! Please fill out our exit survey to be distributed soon and please stay in touch with your alma mater and let us know what you are doing. There's no doubt that more people are aware of the need for physical activity and the many benefits to be gained, than ever before. Let's capitalize on that awareness!!

Shirley H. M. Reekie, Chair

Graduation/Convocation events!

KIN Convocation Tickets

- The deadline to purchase KIN convocation tickets is Wednesday May 1st. \$13 each. Checks only. Pay in the KIN main office: SPX 56.
- You need a ticket for yourself and one for each of your guests age 3 and older.
- Please keep tickets in a safe place. If you lose any you will have to re-purchase.

KIN Convocation Event Info

- The date is Friday May 24th and the time is 4-6pm; location is the SJSU South Tower Lawn.
 - Check in for graduates will be at a table on the south end of South Tower Lawn. Check in table will be ready at 3:30pm.
 - You and your guests should arrive some time between 3:30 and 4pm. There will be light refreshments available for you and your guests.
 - If you have a large group that wants to sit together best to arrive closer to 3:30.
 - Grads Line up for processional 4:10 and march in at 4:20. Members of the convocation committee will be there to help out and answer questions.
 - You do need your cap and gown for the KIN convocation. Regalia information here: <http://www.sjsu.edu/commencement/graduates/regalia/>
- ### University Commencement Ceremony
- The date is Saturday May 25th and details can be found here: <http://www.sjsu.edu/commencement/>
 - There is no charge for this event.

Announcements/ Events/ Club News

The Silicon Valley Healthy Aging Partnership (SVHAP), directed by **Tamar Z. Semerjian, Ph.D.** and **Jennifer Schachner, M.S.** has had a busy start to the year. SVHAP is pleased to announce that we have received \$90,000 from The Health Trust to continue our work for another 18 months. The Health Trust has also included SVHAP in a grant for \$25,000 from the Council on Aging to fund translation of the Matter of Balance program into Vietnamese and to update and increase the functionality of our website (www.svhap.org). SVHAP was also awarded a grant from El Camino Hospitals for \$70,000 to fund work for a Falls Prevention Task Force. This will primarily involve workshops and outreach to senior serving organizations, their clients, and emergency medical service providers on how to prevent falls in the community. Dr. Semerjian and Ms. Schachner presented the work they have done over the past two years for SVHAP at the Center for Healthy Aging in Multicultural Populations (CHAMP) conference on April 5th. **The Third Annual SVHAP meeting will be at the Sunnyvale Senior Center** from 9 am-12 pm on April 19th, 2013. The meeting will include the announcement of the launch of new SVHAP supported programs, Tai Chi: Moving for Better Balance and the Arthritis Foundations' Walk with Ease. Programs already supported by SHVAP are: EnhanceFitness, Matter of Balance, and Better Choices Better Health. SVHAP looks forward to another productive year of making evidence-based health promotion programs widely available to all older adults in Santa Clara County.

On June 1-2, 2013 the Department of Kinesiology will be co-hosting the **NSCA Southwest Regional Conference** in which 6 speakers will be presenting on various topics related to strength and conditioning. Two of the presentations will also involve "hands on" activity in strength and conditioning. More information can be obtained by contacting either Robert Linkul (1-916-955-1586 or robertlinkul@gmail.com) or **Dr. Craig Cisar** (1-408-924-3018 or craig.cisar@sjsu.edu) To see the program, go to: <http://www.nscalift.org/Events/State-Clinics/Southwest-Regional-Conference/>

It is almost time to welcome our new Kinesiology peers! This coming summer of 2013, Kinesiology Ambassadors and our fellow KIN campus organizations will be presenting the first **"How To Succeed as a KIN Major"** workshop during Frosh Orientation. If you are interested in joining the fun, contact Erin Enguero at e3enguero@gmail.com

Mark your calendar for the **2013 College Spring Fling** hosted by the Ballroom Dance Club at SJSU! It's a college night out dancing at Dance Boulevard (where our dance classes will be during the SPX renovation). Come have a blast with folks who love dancing as much as you do. Location: Dance Boulevard; 1824 Hillsdale Avenue, San

Jose, CA 95124; <http://www.danceboulevard.com>. 7-8 Beginning and Intermediate West Coast Swing Lessons; 7:30-8:30 Beginning Salsa & Merengue Lessons. Open Dancing and Jack & Jill contests after lessons. Any questions, contact **Dr. Shifflett** (club faculty advisor).

The Spartan Athletic Training Organization (SPATO) is holding our **4th Annual Spartan 5K** on Saturday, May 4th, 2013. The race starts at 8:30am at the famous John Carlos/Tommie Smith Statue Lawn. The race is open to participants of any and all levels and abilities. All SJSU faculty, staff, and students can register to run the race for \$15 before race day or \$20 on the day of the race. This year we have partnered with Silicon Valley Endurance Timing to provide participants with accurate times which will be uploaded in real time online. The proceeds from this year's 5K will be used to help SJSU Athletic Training students attend our profession's national conference as well as the Second Harvest Food Bank of Santa Clara and San Mateo Counties. Register at <http://www.svetiming.com/SPATO/events/2013/4th-Annual-Spartan-5K> and get ready to enjoy a day of running on our beautiful campus.

SAN JOSÉ STATE UNIVERSITY

4TH ANNUAL SPARTAN 5K
WE STRIDE AS ONE

SATURDAY, MAY 4TH
San Jose State University Campus,
Smith/Carlos Lawn
Check-in/Registration @8:00am
Race Starts @8:30am

REGISTER ONLINE
[HTTP://TINYURL.COM/SV5SP1](http://tinyurl.com/sv5sp1)

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*contact spato@sjsu.edu for group rates for groups of 8 or more

KINESIOLOGY | COMMUNICATOR

The first annual "Panel of Kinesiology Professionals," organized by the **Kinesiology Ambassadors Club**, was a great success with about 25 students in the audience. Panelists (and alums) **Ryan Sales**, (BS, '99) MPT, ATC, CSCS, from Silicon Valley Sports and Orthopedic Rehabilitation, **Steven Williams**, ATC (BS, '10) Santa Clara Athletics and founder of SPATO, **Brandon Moreno**, (BS, '03) Community Relations Manager for San Francisco 49ers, **Jenny Manassau**, (BS, '08) Physical Education Teacher, The Kings Academy, and Alison George (MS, OTR/L, alum of, and lecturer in, SJSU's OT department) spoke and answered current KIN student questions. The organization, the panelists, and the questions were superb. The event was sponsored by Delta Epsilon Iota. Way to go Kinesiology and hope to see you at next year's event! See pictures below.



Department of Kinesiology Social Media Technology

We urge you to click on the links below and join our online community of students, faculty, and professional organizations. Join, comment, share, email, tweet, pin, and post across our social media sites.

KIN BLOG

We are looking for contributors for our dept blog (<http://blogs.sjsu.edu/kinesiology/>). Send articles, 200-300 words, to Daniel.Murphy@sjsu.edu. Include a profile pic and a blog title.

SM LINKS

Facebook Dept. KIN Main Page - <http://www.facebook.com/KinSjsu>

[https://twitter.com/ - %21/KinSJSU](https://twitter.com/%21/KinSJSU)

Facebook KIN Physical Activity Program - <http://www.facebook.com/pages/Kinesiology-Physical-Activity-Program-SJSU/149289011860624>

<http://www.youtube.com/channel/UCGgxpvv4eGz0QoLIPQotMfQ?feature=guideTwitter> - <https://twitter.com/SJSU>

Youtube - <http://www.youtube.com/user/KinesiologySJSU>

KIN Blog - <http://blogs.sjsu.edu/kinesiology/>

Pinterest - <http://pinterest.com/kinesiology/sjsu/>

Google+ - <https://plus.google.com/u/0/112796596815930486420/posts>



Faculty News

Dr. Bethany Shifflett gave a presentation at the CAHPERD conference on Youth Ballroom Dancing.

Dr. Stan Butler was a featured speaker at CAHPERD; the title of his presentation was “The Heart and Soul of a Twenty-First Century Profession.”

Dr. Daniel Weng recently participated at the 2013 China Yixing Shuai Jiao International Invitational Tournament. He writes: “Over 143 competitors from around the globe filled the Yixing Sports Center to compete in the tournament held in the Jiangsu Province of China. With a total of 25 teams representing 21 different countries and districts from 6 continents, many different styles of Shuai Jiao were on display. The US team, led by Dr. Weng, gave an outstanding performance earning six individual medals and a third place finish overall.” Daniel lead the team, gave a demonstration, gave an invited paper, and appeared on Chinese TV. See below.



Dr. Emily Wughalter will be completing her second 3 year term as a Board of Governor for AAHPERD on which she represents the Research Consortium. At the AAHPERD National Convention to be held at the end of April in Charlotte, North Carolina, Dr. Wughalter will be presenting on a panel entitled Conducting Research with Female Athletes: Strategies for Success.

Dr. Jessica Chin has had a manuscript accepted for publication in *Loisir et Société/Society & Leisure*. In collaboration with colleagues in France and Romania, she co-authored the article, “Ideological challenges to developing leisure sport in Romania: A cultural and historical analysis of the impact of elite sport on popular sport practice.”

Alumni News

Calling all WPE/MPE/HuP/KIN alums: If you are reading this and wondering if your news will ever be included—it’s simple! Please just send me an email and we’ll include it in the next Communicator (Sept/Nov/Feb/ April).

Rick Aning (BS, '93) writes: “I’ve been doing a lot of fun stuff lately. As a Rec Leader, I pick up project work in the Parks Division. At City Hall, I managed some tasks with the Business Intelligence Team where we are currently analyzing the type of work and costs to run & maintain our city parks. It’s quite interesting. Most of my time has been managing a portion for the San Jose Family Camp new web site. I also prepared all the materials needed for their pre-reg day and I contacted customers regarding their reservations. My work site is currently at Leininger Center in Kelley Park. I utilize the park as much as possible by taking my breaks and lunches in the park and on Fridays I go for a run.”

Geri Lamble (Kovacevich) (BS, '81) writes: “I am a re-entry graduate student looking for a research topic. I had been in a PhD program in Computer Engineering working on parallel computing. Over the last few years I have been a research assistant at NASA Ames in the Human Performance Lab. Specifically I was supporting the vision lab optimizing algorithms for NexGen Air Traffic Control. I am now a research assistant supporting the Chief Technologist, Engineering and Projects offices at Ames Research Park looking for research ideas to apply towards a PhD study. “ See: <http://gradap2010.angelfire.com/>

Tentative Summer Schedule 2013

5 Week Session: June 3rd- July 5th

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Room</u>	<u>Instructor</u>
Kin 14A Beg Volleyball	MTWR	8:00-9:20am	SPX 44B	May
Kin 27A/B Beg/Inter Table Tennis	TR	1:30-3:50pm	SPX 44B	Chen
Kin 35 A/B Beg/Inter Weight Training	MWF	9:30-11:10am	SPX 218	Montgomery
Kin 50 Tai Chi	M-F	4:00-5:10pm	SPX 89	Weng
Kin 55A Beg Self Defense	MTWR	11:30am-12:50pm	SPX 218	Chen
Kin 61A Beg Hatha Yoga	MWF	8:00-9:40am	SPX 218	Caughlan
Kin 155 Exercise Physiology Lec Act Act	MW	11:00am-1:45pm	SPX 208	Cisar
	MW	8:00-10:45am	SPX 208	Cisar
	MW	2:00-4:45pm	SPX 208	Cisar
Kin 169 Diversity, Stress, and Health	MW	12:00-4:00pm	SPX 68	Murphy
Kin 175 Measurement & Evaluation Lec Act Act	TR	11:00am-1:55pm	SPX 77	Wughalter
	TR	8:00-10:55am	SPX 77	Wughalter
	TR	2:00-4:55pm	SPX 77	Wughalter
Kin 185/185H Senior Seminar/ Honors	MW	8:30am-12:30pm	SPX 77	Lilienthal

5 Week Session: July 8th- August 9th

Kin 21A/B Beg/Inter Tennis	MWF	9:00-10:40am	SPX 89	Nguyen-Church
Kin 38 Beg Jogging	MTWR	9:30-10:50am	SPX 44B	Watson
Kin 165 Motor Development	MW	12:00-4:00pm	MH	Payne

Department of Kinesiology Contacts

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Adapted Physical Activity Club

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Looking for Faculty?

Effective December 12th, the following will have a new office space in the Student Success Center:

Stan Butler SSC 514

Ted Butryn SSC 512

Gong Chen SSC 517

James Kao SSC 513

Matt Masucci SSC 515

Upcoming Dates:

May 14th, 2013 -Dead Day

May 15th-21st, 2013- Final Exams

May 22nd, 2013- Make-Up Exams

