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San Jose State University, Department of Kinesiology

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The Chair's Corner

How will you give back?

Tuition has risen a lot in the past few years, of that I'm sure you are aware! But are you also aware that giving to the department has risen, too? Many alumni, current students, faculty and staff regularly give--at all levels--to the department to support scholarships and equipment purchases. Will you?

And why should you? Well, the support from the state has steadily gone down over those same few years. Some say we have gone from "state supported" to "state assisted" to simply being "in the state"! As an eight-year chair, I have seen state support wither away over those few years. But **your name here** support, at whatever level, shows your commitment to continue the cycle of giving that has supported you, in your time here. One story that illustrates that is about Susan Tinkley, whom I first met at a department alumni reunion. These are held every four years in the spring of each summer Olympic year, easy to remember, the next one being scheduled for spring 2016 to coincide with what should then be the completed YUH and SPX. SPX is currently slated for renovation July 2014 to July 2015.

Susan Garcia Tinkley was born in LA in 1944. She was the third of four children and her parents valued education, doing one's best, discipline, and compassion. With parents who grew up during the Great Depression, Susan learned from them about hard work and financial responsibility. Sound familiar?

Susan decided to attend San José State University, in our department, because it was (and is!) the best in the state. With a scholarship, she graduated in four years with her teaching credential in physical education. She remembers her graduation as one of the most rewarding days of her life and her father was so proud of her. She states: "Graduation changed my life forever and San José State and the department made it possible."

Susan went on to teach at three schools, at one of which she met her future husband to whom she was introduced by her own students. Susan and Bill have been married for over 40 years, and she spent 39 years teaching. Many of her former students pick her as their favorite teacher and tell her she was the reason they graduated.

Of her career, Susan states: "Graduating from San José State did so much for me. It enabled me to get a good teaching job, where I met my husband, with a good retirement. I am doing things I never thought I would be doing. Most important, I have access to money that can do good for students in the department at San José State, and I want to share my good fortune. So you see, graduating from San José State did change my life and maybe others', too."

Thank you, Susan and Bill Tinkley. Now, how can you help? Donations, of any size, at any time, can be sent to the department office.

Shirley H. M. Reekie, Chair

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Faculty News

New instructors in KIN!

We have several new part time instructors and graduate teaching assistants this year: **Dr. Tiffany Kloeppel**, who heads up the PETE program, is also a public school teacher in Fremont. She replaces some of **Dr. White's** responsibilities following the latter's move to Texas. **Nicole Anecito** will assist **Dr. Kao** in biomechanics and instrumentation classes; **Farzaneh Ghiasvand** returns to teaching with us--she will teach many of the classes formerly taught by **Carol Sullivan**, who has retired; **Dr. Jin Yan** (MA, '92) returns to the department to teach motor development; **Ying Mitchell** will be teaching aerobics; **Erick Schlimmer** and **Andrea Trader** are assisting **Dr. Chin** with Intro to Kinesiology; **Matt Haack** and **Ryan Scott**, and **Ellie Monobe** and **Joel McKown** are teaching weight training and swimming classes respectively; Teaching Assistants **Darren Farias** will teach body sculpting and **Zach Deges** will take on fitness walking and jogging. Welcome to all of you and we hope your classes are going well!

Junko Linafelter—won the Kanpu Award (the highest award) at the Tanabata Calligraphy Competition, from the Japanese Calligraphy Education Foundation.

Also, she was promoted to a Certified Associate 5th Dan of Calligraphy.

Dr. White's new baby, Weston Charles, was born July 11th. Congrats to all!

Dr. Masucci and **Dr. Butryn** have a book chapter entitled, "*Caged quandaries: Mixed martial arts and the politics of research*" coming out in "*The psychology of sub-culture in sport and physical activity: A critical approach.*"

Dr. Butryn, **Dr. Semerjian**, and three other colleagues have an article entitled, "We walk the line: An analysis of the problems and possibilities of work at the Sport Psychology-Sport Sociology nexus" in the forthcoming issue of the *Sociology of Sport Journal*.

Dr. Butryn has accepted an invitation to serve on the editorial board of the *Sociology of Sport Journal*. He also serves on the editorial boards of *Athletic Insight* and *Qualitative Research in Sport, Exercise, & Health*.

Over the summer **Jenn Schachner** attained her 4th Dan Black Belt in Taekwondo as well as earning a new instructor title of Bu Kwan Jang Nim (Assistant Master). It had been 15 years since she earned her last rank and title in the arts!

Dr. Reekie completed work for the American Canoe/Kayak Association Coastal Instructor certification.

Student News

Scholarship recipients from the department this year are **Kathryn Elston** (Lecturers' Scholarship), and **Allison Kimura** (Joyce Malone scholarship). Congratulations to both!

In May, at the Gold Rush Regatta, Sacramento, a team drawn mostly from the SJSU Beginning Rowing class came second in the women's masters novice 4+, fourth in the men's novice masters 4+, and won gold in the mixed 8+. Teams were coached by **Dr. Shirley Reekie** and crews included KIN major **Brittany Manrubia**, and alum, **Ashley Christiansen** (BS, '12)



Erin Enguero recently returned from her Salzburg Scholar experience. She writes: "When I began college, I knew that there would be many opportunities to expand my knowledge not only as a future health care professional and kinesiologist, but as an educated, well-rounded individual. However, the last thing I would have expected was to find myself in Austria at age 20 for the Salzburg Global Seminar to learn about Global Citizenship. (You may recall that our very own KIN faculty member, **Dr. Theodore Butryn** attended the Seminar last year too!)

"Since our field centers around the study of human movement, it would appear strange on the surface to leave the United States to discuss topics such as ethnocentrism, maps, conflict, world history, educational opportunities, and religion at the Schloss Leopoldskron (where the Sound of Music was filmed).

Yet who can turn down the opportunity to converse with amazing scholars from all over the country, experience a new culture, enjoy the beautiful green landscape, indulge in the local cuisine, and for some of us, travel to at least three different countries after the seminar was over? This trip made me realize the importance of an open mind amidst the numerous individuals who will eventually cross our paths. A wide range of knowledge is truly an invaluable tool that may determine whether you get along with your co-workers and clients, or simply how you decide to live your life.

"Attending the Salzburg Seminar changes one's mindset in other ways: To be reminded of a journey's novelty, rather than a goal's completion. To explore the human potential of resilience that often defies all scientific and logical explanations. And to be determined to reach for the elusive meaning of our lives so we can look back and smile at our most memorable moments. My time in Salzburg, Austria was without doubt an unforgettable experience (read more on our Salzburg Scholars 2013 Blog!) and I encourage my supportive peers and admirable professors to consider embarking upon this wonderful opportunity. After all, kinesiology representatives move the world! I look forward to incorporating this love for movement in my upcoming Salzburg project this 2013-2014 school year."



Erick Schlimmer has submitted an article, "Addressing Psychiatric Disorders among Student-Athletes: Challenges Facing Mental Health Professionals in NCAA Division I Athletics" to the *Sport and Sociology Journal*.

Announcements, Events, and Clubs

Newer students—advising help

In another effort to help all students succeed and graduate in a timely manner, a small group of students in Kinesiology is holding Peer Advising sessions on the following dates/times, all in SPX 107. Please write these dates down NOW and then just show up. This is a great opportunity to get some help planning your spring schedule or with your major form. If you need questions answered, here's a place to get good answers. These students also spent much time this summer advising new students, so are experienced :) Thanks to them all.

10/16/13 - 1230pm -130pm SPX 107

11/6/13 - 700pm - 800pm SPX 107

11/14/13 - 700pm - 800pm SPX 107

Life West Chiropractic College in Hayward will have a table in the hallway by SPX 56 on Thursday Sept 19, from 8-5, and will answer your questions about attending chiropractic school.

SJSU students, staff and faculty get 10% off all the time! **Sports Basement** is a local bay area sporting goods store with locations in Campbell, Sunnyvale, South San Francisco, Presidio and Walnut Creek. As a San Jose State University student, faculty or staff you get 10% off ALL THE TIME. Just show your ID at the register when you checkout and enjoy a discount on us. For more information visit our website at www.sportsbasement.com. Many thanks to Sports Basement for sponsoring the recent Welcome Back picnic AND for the \$3000 check donation in addition. Thanks, alum **Kirstin Tanaka** for always keeping in touch!

Mark your calendar for the 17th Annual **SJSU Ballroom Classic Competition**. It will be hosted by the SJSU Ballroom Dance Club on Saturday Nov. 16th from 10am-10pm at the Calvary Gym in Los Gatos. \$25 for competitors with no limit on number of entries. \$5 for spectators. Details posted at: <http://studentorgs.sjsu.edu/sjsubdc/competition.htm>. Whether you are experienced or new to ballroom competition this a great event. All dances in American Smooth, American Rhythm, International Standard, and International Latin have beginning through advanced levels for competitors to enter. In addition, there are nightclub dance events

in Salsa, West Coast Swing, Hustle, and Night Club Two step. Come join the fun! Questions? Contact **Nhu-y Tran** (Kin major and club officer) or **Dr. Shifflett** (club advisor).

KIN/AT hosted (in partnership with TEAM Clinic) the SJ Sharks Youth Ice Hockey athletes for Impact Concussion testing. We took baseline tests for over 200 young athletes from the San Jose area. **Will Leonard** (BS, '11) is a partner with TEAM Clinic and Director of Sport Performance at TEAM Clinic and **Alexander Lopez** (BS, '09) is the Head Athletic Trainer there as well.



In Memoriam

Some of you may recall and others know of **Julie (Julius) Menendez**, a former coach, faculty member, and distinguished alumnus, who died recently at age 90. A public memorial service was held May 19 in Morris Dailey. Julie is, as far as we know, the only person to have been a US Olympic head coach in two sports, boxing (1960) and soccer (1976). In the former, he coached the then Cassius Clay, later Muhammad Ali, to a gold medal. In the former Department of Human Performance, Julie taught soccer classes for many years and, always generous with his time, made “guest speaker” appearances in many of my sport history classes. I remember him best for a story he told about travelling around central America with the US soccer team, giving out soccer balls as he went. He happened to return to a small village about a month later and found the ball bald and much used. He said he was very touched that so small a gift could have meant to so much and he gave them another.

Alumni News

Ramin Naderi, MA ('02), Community Wellness and Outreach Director at the Indian Health Center of Santa Clara Valley, has won a National Impact Award from the National Indian Health Board.

Jon Wilson (BS Kin, 03, Exercise & Fitness Specialist) is the Program Manager at Club One, AMD Fitness Center and has recently been certified as a Wellness Coach through Wellcoaches (endorsed by ACSM).

Charlene Wonpat (MA, '11) is currently the fitness director at Channing House, a life care retirement community, in Palo Alto.

Souren Avanesian (BS Kin, '10) is currently in the DPT program at Fresno State.

Ruel Lacno (BS Kin, '10) is currently the Fitness Program Director at Oracle Corporation in Santa Clara.

Camille Flores, (BS, '13) writes: “I was recently offered and have accepted a career as the Engage Life Director for atria senior living here in San Jose.”

Nancy Alytzel Moran (BS Kin, '13, Exercise & Fitness Specialist), recently started a new job as a health and fitness specialist for Club Oracle in Santa Clara (contracted by Reach Fitness Corporation). The position includes fitness and body composition assessment, program development/promotion, front desk duties, and teaching group exercise classes.

Kerry Huang (BS Kin, '12) is currently enrolled in the chiropractic program at Palmer College.

Matt Bejar, (MA, '13) is attending the University of Tennessee for a doctoral program in Sport Psychology and Motor Behavior. Because he co-taught stress management this past semester in addition to some activity classes at SJSU, the folks at UT have asked

him to teach an undergrad sport psychology class in addition to stress management and activity classes. Good luck at UT, Matt!

Justin Paysinger (MA, '09) writes “Wanted to let you know that the NFL accepted an article I wrote for their May NFL Prep Newsletter! It was released Monday.” <https://www.nflplayerengagement.com/prep/articles/football-dreams/>

Valeri Garcia (Quintero) writes: “I graduated from SJSU with a degree in Kinesiology, emphasis in Teaching in 1998. I wanted to be a college coach and believed that SJSU would give me the best education to become one. I was one but for only two years. I turned my attention to college advising but knew, in my heart, that it was youth sports that I would enjoy the most.

“During college and after graduation, I continued to coach but stopped until I had my own kids and it was time for them to play sports. I now have three amazing, beautiful daughters. Annelise is 10 years old and Mia and Micaela are 7 (yes, twins!). I’m a youth sports coach in multiple sports, mostly softball. Recently, I was awarded the Positive Coaching Alliance’s Double-Goal Coaching award. At a recent banquet, I was given the opportunity to speak and when I did, I made sure to speak about how wonderful and amazing the faculty and my department was at SJSU and how much I learned from them. I’ve been asked how I know how to coach and I tell them that I have had great coaches to learn from but I was extremely lucky to have had professionals in the field to teach me through my major.

“It’s long overdue but I want to extend my gratitude for the faculty and education I received from all of you. I recognize many names from the website that are still teaching that were my professors when I attended. I’m so glad to know that SJSU’s Kinesiology department continues to have the BEST faculty.” See also <http://www.sacbee.com/2013/08/27/5683034/bruce-maiman-positive-coaching.html>

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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 always on the look out looking for contributors for our department blog (<http://blogs.sjsu.edu/kinesiology/>). Send articles, 200-300 words, to Daniel.Murphy@sjsu.edu. Include a profile pic and a blog title.

Social Media Links

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

Twitter - [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>

Youtube - <http://www.youtube.com/channel/UCGgxpVv4eGz0QoLIPQotMfQ?feature=guide> Twitter - <https://twitter.com/SJSU>

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

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

Pinterest - <http://pinterest.com/kinesiologyjsu/>

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

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Upcoming Important Dates

October 14- Major/minor forms are due

November 11- Veteran's Day- campus closed

November 27- Classes that start at 5:00pm or later will not meet

November 28- Thanksgiving Holiday- campus closed

November 29- Rescheduled Holiday- campus closed