

6-2018

Communicator, June 2018

San Jose State University, Department of Kinesiology

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Chair's Corner

Welcome to another edition of the Department of Kinesiology Communicator! We have been busy since our last newsletter was published and as you will see in the following pages, there is much to be proud of. In addition to the successes of our students, faculty (current and retired) and alumni, we have been managing a steady growth in enrollment in all of our program areas and are currently the 3rd largest major on campus. Of course, the growth in enrollment must be balanced with advancing the mission of the department to “create and disseminate knowledge; engage in community service; prepare and graduate exemplary kinesiology professionals; as well as meet individual and societal needs for physical activity, sport, movement, and wellness.” Along with our more seasoned members, we are fortunate to have added several dynamic new faculty to our ranks. You can read their bios below, but suffice it to say, they are already helping to transform the department with their energy and enthusiasm as we prepare our students for their future careers. As always, we put the success of our students at the forefront of what we do. Whether fostering student engagement in research, connecting theory and practice in the community through our internship programs, or by providing a relevant and forward-thinking curriculum, many of our students, at both the undergraduate and graduate levels, go on to become leaders in their respective fields and ambassadors for the value of kinesiology.

When you have a moment, I'd like to direct your attention to the new and improved department website: <http://www.sjsu.edu/kinesiology/>. Under the capable leadership of long-time lecturer and former KIN graduate student, Daniel Murphy, the newly organized and expanded website provides a great resource for prospective, current and former KIN students, faculty and staff. I'd like to highlight in particular a newly added section on the history of the department (<http://www.sjsu.edu/kinesiology/about/history/>). Drawing from former department chair Shirley Reekie's 2012 book, Bean Bags to Bod Pods: A History of 150 years of San José State University's Department of Kinesiology, this site provides an overview of the storied history of one of the oldest departments of physical education in the country to present day. As part of the ongoing commitment to preserving our history, I would encourage you to forward electronic copies of photographs and/or scans of documents and archival materials to me at matthew.masucci@sjsu.edu so we can continue to expand this virtual space.

Last but not least, your continued generosity helps us to support the academic mission of the department. We have identified several areas of need including funds for student scholarships, equipment for research and the physical activity program, funds to bring renowned speakers to campus and resources to support faculty and student research in sport and physical activity. More details may be found at the following link: <http://www.sjsu.edu/kinesiology/donations/>.

As you will see by reading though the following pages, our alumni, students, faculty and staff are accomplishing amazing things within the SJSU campus community and beyond. I am exceptionally proud to be serving as chair during this exciting time in the department's history and welcome your suggestions for how we can continue to improve.

-Matt Masucci, Chair

Welcome New Faculty Members!



(L-R) Drs. Daum, Lee and Siebert @ KIN Fall Social



Dr. Seung Ho Chang



Dr. Areum K. Jensen

New Faculty

Last academic year in Fall 2016, we were fortunate and ecstatic to bring on board two new tenure-track faculty. In the two years since their arrival, **Dr. Seung Ho Chang** and **Dr. Areum Jensen** have already begun to make their mark in our department and the university.

Dr. Areum K. Jensen earned her Ph.D. in Medical Physiology at University of Missouri, M.S. in Exercise Physiology at San Francisco State University, and B.S. in Biology at Sangmyung University in Seoul, Korea. Dr. Jensen joins the Department of Kinesiology as an Assistant Professor specializing in clinical exercise physiology. She teaches various undergraduate and graduate courses in the field of exercise and clinical physiology. The primary focus of her research is the investigation of mechanisms of impaired autonomic and vascular function in individuals with neurological disorders, such as autism and cerebral palsy. Her goal is to identify a physiological basis for possible effects of exercise among these populations. Dr. Jensen is a true believer of “Exercise is Medicine”, and she aims to investigate how exercise can improve the lives of individuals with autism and cerebral palsy and their families. One of her personal dreams is to develop a single activity exercise program for children of all backgrounds (regardless of age, ability, or state of neurological disorder, e.g.). She is an active member of American College of Sports Medicine, Southwest regional chapter of American College of Sports Medicine, and the American Physiological Society. Outside of the classroom and laboratory, Dr. Jensen loves to BBQ with friends and family.

Dr. Seung Ho Chang received a B.S. degree in Physical Education and Master’s degree in Physical Education (emphasis in Motor Development and Control) from Seoul National University, South Korea. He earned his Ph.D. in Kinesiology with a specialization in Motor Development and Physical Education Teacher Education (PETE) from The Ohio State University. Dr. Chang’s research agenda focuses on two complementary areas: Motor Development and Physical Education Teacher Education. His primary research area is motor competence and physical activity of disadvantaged preschoolers with developmental delays. With an understanding of the complex interactions of multiple subsystems from the task, environment, and child, Dr. Chang uses his research to inform the development and implementation of high quality motor skill interventions in schools, communities, and families. His second line of research includes identifying types of teacher content knowledge (CK) and pedagogical content knowledge (PCK), and examining the role of CK and PCK in promoting students’ fundamental motor skills in physical education class. His hobbies include watching Buckeye football and playing sports with his son Liam.

New Faculty

In Fall 2017 our Teaching and Adapted programs in Kinesiology got a major boost with the addition of three new faculty. We are excited to welcome our newest tenure-track assistant professors: **Dr. Jihyun Lee** (Adapted Physical Education (APE)), **Dr. Erin Siebert** (APE and Physical Education Teacher Education (PETE)), and **Dr. David Daum** (PETE))

Dr. Jihyun Lee earned her Ph.D. in Physical Education Teacher Education (PETE) with an emphasis in APA/APE from The Ohio State University. Dr. Lee worked as an assistant professor at Sam Houston State University from 2013 to 2016 and San Francisco State University from 2016 to 2017. Since then she has coordinated undergraduate APA/APE programs. Her research interests include mechanisms underlying the effects of physical activity on motor and social development of children with autism, and fitness and workability of young adults with disabilities. She has worked extensively to engage undergraduate students in service-learning experiences related to APA. Further, she has conducted research in community-based intervention programs such as movement-based social skills programs for children with autism and a fitness program for youth with disabilities in community transition programs. Dr. Lee is an accomplished scholar with numerous publications in national and international physical education and disability-related academic journals and textbooks. In addition to her scholarly achievements, Dr. Lee is also an Olympic swimmer ('96 and '00)! Since joining our department, though, she enjoys the leisurely pace of swimming with Dr. Chin. She has practiced yoga for more than 10 years and likes drawing, painting, and indulging in chocolate and baked goods.

Dr. Erin Siebert comes to us by way of Oregon State University where she earned her Ph.D. in Kinesiology and Master of Public Health. Dr. Siebert has expertise in adapted physical activity/education (APA/APE), physical education (PE), and health promotion. In the classroom, she uses examples from her time as an itinerant K-12 adapted physical education specialist to illustrate how to connect concepts and theories to teaching practices. Dr. Siebert has taught courses focusing on APA and PE teaching methods. With an aim to enhance health and wellness, promote physical activity, improve policies, and advocate for individuals with disabilities, her research addresses inequities faced by this diverse population in physical activity and PE settings. Dr. Siebert looks forward to working with the Timpany Center to provide adapted aquatic and land-based activities for individuals requiring modified equipment and instruction, as well as partnering with neighborhood schools and community programs to provide adapted and inclusive physical activity opportunities. She has previously served as a student representative on the National Consortium for PE for Individuals with Disabilities board, working as part of a

New Faculty (cont)

team to put on the annual conference and to advocate for quality physical education for people with disabilities. As a new faculty member in the Department of Kinesiology, she has already started to play a significant role in curriculum development and program planning, while teaching and training physical education teacher candidates. Dr. Siebert is looking forward to many of the exciting opportunities the Bay Area has to offer including attending Sharks games, checking out the different cities and downtown activities, and exploring hiking trails in the abundant California sunshine.

Dr. David Daum is the new Physical Education Teacher Education (PETE) Program Director. Dr. Daum earned his Ph.D. in Kinesiology with a concentration in pedagogy from the University of Illinois at Urbana-Champaign. He earned his master's and bachelor's degrees, also in Kinesiology, from California State University at Chico. Prior to coming to San Jose State University (SJSU) he was an Assistant Professor at the University of Southern Indiana. At SJSU he teaches a wide breadth of courses in both the undergraduate and credential programs and supervises student teachers. Dr. Daum is active in scholarship with one book chapter, seven journal articles, nine funded grants, and 34 professional conference presentations. He is an active member of the California Association of Health, Physical Education, Recreation, and Dance (CAHPERD) and the Society of Health and Physical Educators (SHAPE- America). His primary areas of research include investigating online physical education (OLPE) and its implications regarding meeting the purpose of physical education, the use of technology in physical education, and youth physical activity levels during the school day. Additionally, he is a peer-reviewer for three professional journals (Strategies, JOPERD, and Journal of Online Learning Research). Dr. Daum is an avid learner and is always trying to grow professionally. He is a basic archery instructor with the National Archery in Schools Program (NASP), a Quality Matters Peer Reviewer, and a certified coach for California public schools. He and his wife grew up and reside in the Bay Area and have a young son. They enjoy being active and outdoors by running, road biking, hiking, camping, and backpacking.

Faculty News

Awards and Recognition

Dr. Ted Butryn was recognized as a member of the inaugural class of 26 research fellows for the North American Society for the Sociology of Sport (NASSS) in Windsor Ontario, Canada. The NASSS Research Fellow is awarded to members that have had a consistently productive record of published scholarship and academic presentations over the balance of their career. Dr. Butryn has published over 20 refereed journal articles, and along with numerous published book chapters, he also has presented over 50 juried presentations at various academic conference. Dr. Butryn is pictured below with 2017 NASSS president Dr. Theresa Walton-Fisette.



James Fonda (pictured below) was recently elected to the **USA Rugby Collegiate Management Council**.



Faculty News

Awards and Recognition

Congratulations to **Daniel Murphy** who received the prestigious **2017 CASA Faculty Service Award**. He is pictured below (center) with KIN Chair **Dr. Masucci** and **Drs. Chin, Plato and Chen** at the awards ceremony.



Junko Linafelter received a **Kanpo Award**, which is the highest award for the Tanabata calligraphy competition by the Japan Calligraphy Education Foundation, Japan July 2017.

Dr. Peggy Plato presented a talk on exercise testing to the O'Connor Hospital sports medicine fellows on August 10, 2017.

Institute for the Study of Sport, Society and Social Change (ISSSSC)

San José State University recently launched the **Institute for the Study of Sport, Society and Social Change (ISSSSC)**. With strong support from Dr. Harry Edwards, the ISSSSC was established to facilitate interdisciplinary collaboration, analysis and education to further our knowledge on the intersection of sport, society and social justice issues. Professor of Sport Sociology and Sport Psychology, **Dr. Ted Butryn** was appointed as the interim founding director of the ISSSSC and **Dr. Cole Armstrong** was appointed to the advisory committee.

For more information about the Institute and upcoming events, go to: <https://www.sjsuwordstoaction.com/>

Faculty News

Research, scholarship, and creative activity (RSCA)

We have an abundance of research, scholarship, and creative activity (RSCA) in our department. Congratulations to our department's CASA RSCA awardees: **Dr. Tamar Semerjian**, **Dr. Seung Ho Chang**, **Dr. Areum Jensen**, **Dr. Jihyun Lee**.

In addition, KIN is proud to have two faculty who were awarded a **University Central RSCA grant** in Fall 2017. These were highly competitive grants and show a real commitment on the part of our faculty to advance scholarship in their respective areas of study and to promote a culture of research in the department, college and university. **Dr. Armstrong's** work is titled: "Creating Organizational Impression Congruence: A Case Study of a Professional Golf Event". The title of **Dr. Jensen's** project is, "The effect of exercise training on musculoskeletal health in individuals with cerebral palsy".

Dr. Areum Jensen started the first seminar series event titled, "Exercise is Medicine Seminar Series I: Type I Diabetes and the effect of exercise" on September 20th. This seminar series was a big success as about 100 students attended the lectures presented by Dr. Marialice Kern from San Francisco State University and Ms. Nichole Ventura from Chico.

Dr. Jihyun Lee is a co-investigator on two funded California Commission on Teacher Credentialing: **Integrated Teacher Preparation Program Grants** (\$250,000.00 each). The projects include: "Integrated bilingual educators for social transformation (I-BEST): an integrated Multiple Subjects Credential with Bilingual Authorization to be completed within four-year bachelor's degrees at San Francisco State University (SFSU)" and "Integrated Program Leading to a Baccalaureate Degree with the single subject Physical Education at SFSU". For the latter, **Dr. Lee** participated in the initial planning stage for a 4.5-year program with an Added Authorization in Adapted Physical Education that blends undergraduate teacher subject matter preparation in Physical Education teaching credential.

Dr. Lee was also awarded a **2017 Autism Speaks Local Grant** (\$ 5,000) for her project, "Improving Fitness and Fitness Knowledge of Young Adults with Autism in Transition Programs".

Faculty News**Publications****Check out some of the latest publications from our faculty:**

Chang, S. H., Ward, P., & Goodway, J. (2017). The influence of pedagogical content knowledge on the throwing performance. *Research Quarterly for Exercise and Sport, 88(supplement)*, S1. A-171.

Chang, S. H., & Kim, K. (2017). A review of factors limiting physical activity among young children from low-income families. *Journal of Exercise Rehabilitation, 13(4)*, 375-377.

Chang, S. H., & Lee, J. (2017). Teaching striking skills in elementary physical education using Woodball. *Journal of Physical Education, Recreation & Dance, 88(8)*, 21-27.

Chin, J. W. (2017). [Review of the book *Striking distance: Bruce Lee & the dawn of martial arts in America*, by C. Russo]. *Sport in Society, 21(3)*, 574-576, DOI: 10.1080/17430437.2017.1379187

Lee, J., Santiago, J. A., **Chang, S. H.,** & Haegele, J. A. (2017). Academic community engagement research in kinesiology: Undergraduate students' attitudes toward individuals with disabilities. In Evans, Heather K. (Ed.). *Community Engagement Best Practices across the Disciplines: Applying Course Content to Community Needs* (pp. 349-392). Rowman & Littlefield.

Lee, J., & Vargo, K. K. (2017). Physical activity into socialization: A movement-based social skills program for children with autism spectrum disorder. *Journal of Physical Education, Recreation and Dance, 88(4)*, 7-13.

Haegele, J. A., **Lee, J., & Chang, S. H.** (2017). Physical activity of parents of children with autism spectrum disorder. *The International Journal of Disability, Development and Education, 64(4)*, 368-377.

Johnson, J., **Masucci, M. A.,** & Signer-Kroeker, M. A., (2018). Everything Looks Better from the Seat of a Bike: A Qualitative Exploration of the San José Bike Party. *Leisure/Loisir.*

Payne, V.G., & Chang, S.H. (2017). *Lifespan Reflexes*. The Sage encyclopedia of lifespan development, Los Angeles: Sage Publishing.

KIN is on Social Media! @KinSJSU

Be sure to follow KIN on all our social media platforms to get the most up-to-date news and announcements.

<https://www.facebook.com/KinSjsu/>

<https://twitter.com/kinsjsu>

<https://www.pinterest.com/kinesiologysjsu/>

<https://plus.google.com/114335069666545175283>

Subscribe to the KIN YouTube Channel:

<https://www.youtube.com/channel/UCGgxpvv4eGz0QoLIPQotMfQ>

Be the first to get notified about KIN in the news and see fun pics by subscribing to the KIN blog:

<http://blogs.sjsu.edu/kinesiology/>



Celebrating and honoring our 2018 graduates at commencement. Heartfelt congratulations to all our graduates! #SJSU18 #KinSJSU

Faculty News

Dr. Emily Wughalter and **Dr. Karin Jeffery** collaborated with Bethany Winslow, an instructional designer from SJSU's eCampus Department, to present their work at the 2017 Academic Technology Expo (ATXpo), held at Stanford University on October 2, 2017. While discussing their ideas with other conferees during an ideas workshop, they presented a short video, looped throughout the presentation, demonstrating how interactive display technology can be integrated to teach scholarly writing.

The goal of the project is to assist students' critical thinking and scholarly writing by intentionally integrating interactive display and mirroring technologies with activities that specifically target large writing assignments. In addition to the three presenters, two SJSU students, **Debbie Hallett** and **Rachel Christensen**, joined in for the day (pictured below).



Faculty News

Faculty Led Program to Great Britain

Last summer, the second Faculty Led Program (FLP) to Great Britain spent three weeks with **Dr. Shirley Reekie** hiking, kayaking, and learning about sport and recreation in Wales, England, and Scotland. Kinesiology students who participated were **Ro-Anne Galleta**, **Jose Mercado**, and **Serey Nouth**, together with students from other majors.

Visits included to Manchester United FC, Caernarfon Castle, a leisure/sports center, a kayak manufacturer, an outdoor pursuits center for those with disabilities, a 5000-year-old stone circle, a Highland Games, and the largest underground trampolining center in the world. We participated in shinty and cricket practices. Various hikes included along the scenic Anglesey Coastal Path, up Skiddaw Mountain, around Derwentwater Lake, and along the Caledonian Canal and into Loch Ness. We didn't see Nessie but will try again next year!

For more information go to: <http://www.sjsu.edu/gei/flp/programs/summer/index.html>



Faculty News

A Trip to Japan

Kylie Sakino, 2nd year GATEP student and **Dr. Tsuruike** visited Gunma University, Gunma Prefecture in Japan, about 75 miles north of Tokyo on July 6 and 7, 2017. Kylie shared her graduate assistantship experience at University of California, Santa Cruz and research activity with graduate students in physical therapy. Both **Sakino** and **Dr. Tsuruike** attended the **6th Annual Japanese Society for Athletic Training (JSfAT)** meeting in Karuizawa, Nagano Prefecture, Japan where the 1998 Winter Olympic Games were held. Sakino presented her study in front of more than 200 audience members on July 8, 2017. Kylie and Dr. Tsuruike enjoyed a variety of Japanese food and a taiko (Japanese drum) performance during the meeting reception. **Kylie Sakino** was awarded the *June McCann Scholarship* to assist with expenses for this professional conference.



Dr. Masaaki Tsuruike (left), **Kylie Sakino** (middle), and Dr. Toshiharu Yamamoto, President of Japan Society for Athletic Training (right)

Faculty News

Ariko Iso and SJSU Athletic Training (AT)

Ariko Iso, the first female NFL athletic trainer for the Pittsburgh Steelers, who won two Super bowls under her tenure, shared her cultural and personal knowledge with the students in one of the Graduate Athletic Training Education Program (GATEP) classes, Leadership and Administration in Athletic Training. Several undergraduate Athletic Training students and alumni joined the class.

Iso, originally from Tokyo, Japan, is an alumna of GATEP, and joined SJSU Athletics as a full-time athletic trainer this summer after working as a football head AT at Oregon State University for 6 years. Iso explicitly described that she did not face any barriers to becoming an NFL or head AT. SJSU is very fortunate to have such an experienced athletic trainer, influencing not only our sports medicine field but also athletic training education program.



Ariko Iso presenting to the Leadership and Administration in Athletic Training class

Conference Activity

At the Fall 2017 **Western Society for Kinesiology and Wellness (WSKW)** conference KIN was well represented with presentations from **Dr. Jihyun Lee** (A Therapeutic Exercise Program for Young Adults with Disabilities: Kinesiology Students' Service-learning Project); **Dr. Seung Ho Chang & Dr. Jihyun Lee** (Pre-service Classroom Teachers' Pedagogical Content Knowledge for Teaching Fundamental Motor Skills); **Dr. Gong Chen** (A Study on Violent Crimes to University Students in America-What Contents Should Be Included in University Self-defense Curricula); **Dr. Bethany Shifflett** (Tech-app Exchange); and KIN major **Ro-Anne Galleta** (Dance Therapy for People with Parkinson's Disease). In addition, **Dr. Shifflett** served as the organization's President this past year, while **Dr. Chen** and **Dr. Farzaneh Ghiasvand** were elected to WSKW's executive committee.

Dr. Erin Siebert and **Dr. Jihyun Lee** attended the **National Adapted Physical Educators (NAPE)** Conference 2017 in Sacramento, CA. With her colleague, Dr. Jill Pawloski from Humboldt University, **Dr. Siebert** presented "In School Promotion for of Out of School Physical Activity". **Dr. Lee's** presentation was titled, "University involved fitness and recreation programs for promoting lifetime physical activity of adults with disabilities".

SJSU's Department of Kinesiology had strong representation at the **North American Society for the Sociology of Sport (NASSS)** conference in Windsor, Ontario, Canada in November 2017. **Dr. Matthew Masucci** with co-author Dr. Mark Falcous presented research on bike tribes and cycling identity. In her presentation, **Dr. Jessica Chin** shared preliminary results of an ongoing study on the politics and performance of Chinese identity in 9-man volleyball. **Dr. Ted Butryn's** paper, co-authored with former KIN grad student, **Jordan Schmidt**, was a media analysis of Ronda Rousey's fall from grace. In addition, we were excited to reunite with KIN alumnus **Michael Dao**, who is now working on his PhD at University of Toronto. Michael's presentation "'But you're not really Vietnamese: Identity in Sport for Development Research", was a reflexive account of his experiences conducting ethnographic fieldwork in Vietnam.

Dr. Seung Ho Chang and **Dr. Jihyun Lee** presented their work at a number of conferences over the past year including: **International Sport Science Congress** 2017 in Chunan, South Korea; 2017 **International Conference for the 6th East Asian Alliance of Sport Pedagogy** in Incheon, South Korea; **North American Society for Psychology of Sport and Physical Activity (NASPSPA)** National Conference in San Diego, CA; and 2017 **SHAPE America** National Convention and Exposition, Boston, MA.

Conference Activity

Last fall (Oct 2017), **Dr. Jessica Chin** (below) presented a **keynote address** at the **University Consortium International Congress of Physical Education and Sport** in Timisoara, Romania. To the delight--and surprise--of the Romanian officials, faculty and students in attendance, she began her talk in Romanian; though she quickly switched to English to deliver her address: "Taking an active/activist lead: Engaging social justice, promoting healthy communities and improving quality of life for all".

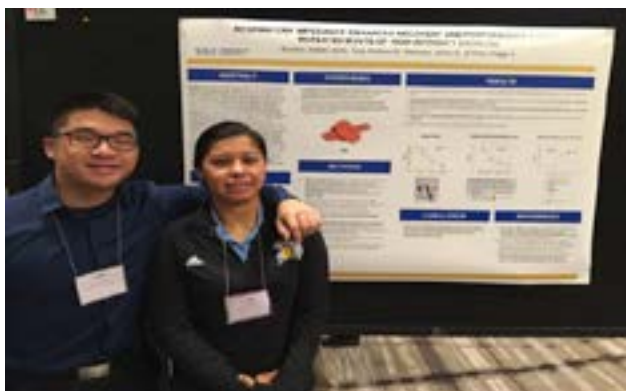


Dr. Areum Jensen and **Dr. Peggy Plato** attended the **Southwest chapter American College of Sports Medicine (ACSM)** annual meeting in October 2017 at Long Beach, CA. They are pictured below with six KIN undergraduate students who participated in the annual Student Jeopardy Bowl (more on next page!).



Student News

Two undergraduate students, **Isabel Romero** and **Andrew Tsao** (below), presented the results of a research project they worked on with **Dr. Plato** at the **Southwest regional meeting of the American College of Sports Medicine** in Long Beach, CA on October 21, 2017. **Olivia Nierhake**, who graduated in August 2017, also worked on the research project as an undergraduate student. The title of the research study is "Respiratory impedance enhances recovery and performance during repeated bouts of high-intensity exercise".



KIN Undergraduate Students win SJSU Research Awards

Under the supervision of **Dr. Areum Jensen**, three KIN undergraduate students received research awards from San Jose State University. Congratulations!

Rachel Christensen - Alterations in autonomic function on cardiovascular system in Autism

Cory Low - The effect of resistance training on skeletal health in cerebral palsy

Pooja Pal - The effect of exercise on muscular strength in cerebral palsy

Congratulations 2017 June McCann Scholarship Recipients

Roanne Galleta **Deborah Hallett**

Rachel Christensen **Pooja Pal**

Alireza Gharami **Jacob Manriquez**

Kelsey Lange **Kylie Sakino**

Student News

Congratulations 2017 Cathy Buell Scholarship for Physical Education Credential Candidates Recipient

Michael Hayes

Six KIN undergraduate students participated in the annual Student Jeopardy Bowl at the **Southwest Chapter American College of Sports Medicine (ACSM)** meeting in October 2017 at Long Beach, CA. The students worked hard to prepare for this tournament and represented KIN well.



Team 1: (L-R) Cory Low, Pooja Pal, Rachel Christensen



Team 2: (L-R) Jacob Manriquez, Alireza Ghavami, Debbie Hallett

Teaching Self-defense

Throughout 2017, **Dr. Gong Chen** shared his self-defense expertise through a series of self-defense workshops for **SJSU women coaches, Stanford students** and the **California Nursing Association**.



Dr. Gong Chen (above) provided a two-hour self-defense workshop for SJSU women coaches in the Department of Athletics. A dozen of excited coaches participated, led by **SJSU Athletic Director Marie Tuite**, showing outstanding learning and performance of self-defense skills.



Dr. Chen (above) presents a self-defense workshop for Stanford University students in Larkin Residence on May 18, 2017. Dr. Chen presented core self-defense concepts, main prevention principles, practical on-site mental defense strategies, and basic self-defense skills dealing with kicks and punches, and releases from hair-pulls, chokes, and-bear hugs.

In February 2017, **Dr. Chen** presented a workshop to members of the California Nursing Association (below), teaching them prevention strategies for different crimes. Participants were taught to think seriously about applying these strategies in their daily life. They learned important physical self-defense skills, which according to Dr. Chen is always fun and exciting!



CASA Health and Wellness Week

Fitness challenge launched in Kinesiology at SJSU

The Department of Kinesiology's Activity Program launched the first **SJSU Fitness Challenge** in November 2017. About 100 students and faculty participated in the competitions, including situps, pushups, standing long jump, jump rope in three ways, and free throws. The challenge produced 12 champions in 12 events and 12 records for the future. The challenge was conducted during the **2017 CASA Health and Wellness Week** when the Activity Program was assisting the department with these events. Besides the fitness challenge, the Activity Program also assisted the department with other wellness activities, including a Mini Aerobicthon, Tae Kwon Do demonstration, and Tai Chi with an expert.

*Mark your calendars for the next College **Health and Wellness Week October 22-26, 2018**. KIN will again run the SJSU Fitness Challenge along with other fun activities!*

CASA Health and Wellness Week (cont)

Mini Aerobicthon hosted by **Dr. Farzaneh Ghiasvand** and **Angel Batt** (far RT: former KIN faculty **Carol Sullivan**!)



Tae Kwon Do demonstration with **Jennifer Schachner** and **Greg Garcia**



1-minute Push-Up Challenge!



Alumni News

At the 2017 May Honors Banquet, **H. Hugh Mumby** (faculty member 1952-1986) was inducted into the **National Wrestling Hall of Fame & Museum, California State Chapter**, for "Lifetime Service to Wrestling." Hugh served as head wrestling coach at SJSU from 1952-1969, and 1971; his teams won five WCAA titles. Mumby also coached two-time Olympian, Russ Camilleri. Hugh taught a variety of classes in the then Human Performance Department and served for several years as Activity Coordinator. Hugh was an exemplary role model and fine gentleman. Congratulations, Hugh—well deserved!



Alumni News (cont)

Shane Fandinola (B.S., 2012) has been accepted to study for his **Doctor of Physical Therapy (DPT)** at Nova Southeastern University in Florida.

Lisa Lam (B.S., 2017) will be attending Samuel Merritt University in Fall 2018 studying for her **Doctorate of Occupational Therapy (OTD)**.

Ryan T. Scott (M.S., 2016) received a 2017 ASBMR Young Investigator Award for the abstract presentation: "Zoledronate and Mechanical Loading Treatments During Simulated Weightlessness: Cancellous Structure and Osteocellular Responses".

Major Kelly Calway (M.S., 2015), an instructor for the Department of Physical Education at the United States Military Academy, was recently awarded the **Mike Krzyzewski Award for Excellence in Teaching Character Through Sport**. This award recognizes West Point MAJ Calway for her outstanding commitment to the development of noble character through athletic participation and leadership. As the Army West point Marathon Team Coach, MAJ Kelly Calway has consistently exhibited the distinctive attributes that mark the tenets of the award and a true "champion of character" - Respect, Responsibility, Integrity, Servant Leadership, and Sportsmanship.



Major Kelly Calway (center) receives her award from Coach K (left)

Many congratulations to our accomplished alumni on all your great achievements!

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Undergraduate Athletic Training Program Director

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2018 Summer Schedule

For the 2018 Summer Schedule, go to:
<http://www.sjsu.edu/summer/schedule/>

5 Week Session 1
June 4 – July 6

5 Week Session 2
July 9 – August 10

10 Week Session
June 4 – August 10

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DONATION FORM

Name: _____

(*Alumns: Names(s) while at SJSU): _____

Colleges/University(s): _____ BS/BA yr: _____ Deg./Emphasis _____

Colleges/University(s): _____ MS/MA yr: _____ Deg./Emphasis _____

Colleges/University(s): _____ Ph.D./Other yr: _____ Deg./Emphasis : _____

(circle degree)

Home address: _____

City: _____ State _____ Zip _____

Preferred Phone: () _____ (circle: home/work/cell)

Preferred email: _____

Employer: _____

Title/Position: _____

Address: _____

Phone: () _____

Email: _____

I/we wish to support Kinesiology with a gift of \$ _____

I/we would like to be listed for recognition as: _____ or

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