

The Chair's Corner

Explosion of career choices in KIN!

As you may know, next year we will start to celebrate the department's 150th birthday. Students who were here in 1862 were all going into schools, either as teachers (the women) or administrators (the men). Even as recently as the 1980s, the majority of our undergraduates planned to become teachers and/or coaches. Now, I want to emphasize that teaching is a wonderful career for KIN majors and in fact, that is what I was educated to do, and still do! However, since then, at first slowly and now in a torrent, there are a vast number of new areas into which KIN graduates may enter.

While I encourage students to get a broad-based education at the undergraduate level, increasingly students need to take a master's degree in a specialized area to get the better paying and more stable positions. In 1862, students knew a little about exercise and how to teach it, whereas today we have a rigorous, increasingly evidence-based and scientific curriculum, which may or may not, lead to teaching.

It seems to me that our field is trending more toward the health and medical aspects of what movement can do for people, outside the classroom setting. Therefore, we have students applying to physical or occupational therapy school, to medical school, in athletic training, working in cardiac rehabilitation and with older folks and those with disabilities, and setting up their own businesses to do any of a myriad of possibilities. And even the teaching of physical education has been privatized by some entrepreneurs.

As we look at the aging of the population in the West, the rising cost of health care, and the increase in the incidence of obesity, this trend toward more careers in health and exercise must surely only continue to increase in its rapid upward movement. I challenge you to think of an invention that you can patent that will help people, or to dream of a new method of delivering a movement-based service, or to consider partnering with others in allied health fields to interact in a different and more cost efficient manner. In short, be creative as you plan your path to your degree and think to future needs in the job market but also learn all you can about doing activities, because they form the foundation of our discipline, then and now.

And finally, as part of our year-long celebrations to mark our 150th birthday, I draw your attention to the KIN T-shirt design competition. See page 2 for more information. I hope the end of your semester is good—study early, study hard, and have a great winter vacation!

Shirley H. M. Reekie, Chair

Faculty News

Hearty congratulations to **Dr. Jay Johnson** and **Dr. Peggy Plato**, who were selected as two members of the 2011-2012 class of Center for Applied Research on Human Services (CARHS) Grants Academy participants! The review process was pretty intensive and rigorous, and their submissions made the cut. Participants in the Grants Academy, sponsored by CASA, involves the commitment of resources as well, including a \$500 grant submission incentive, mentoring, workshops, and individual attention and support from University grant-writing experts.

The department has another new visiting scholar from China. **Jing Yu** is a doctoral candidate at Beijing Sport University, and associate professor at Shenyang Sport University. She will be here for one year, visiting classes, talking to faculty for potential collaboration of research, and working on her dissertation. She has been helping on the activity survey two days after she arrived. She has input open comments on almost a thousand survey forms into the computer. Welcome to KIN and thank you for your contributions, Jing!

Dr. Matt Masucci, Dr. Ted Butryn, and Dr. Jay Johnson presented a paper entitled, "An examination of doping knowledge among world-class professional female triathletes" at the 2011 North American Society for the Sociology of Sport conference in Minneapolis.

Dr. Ted Butryn also presented a paper on the NASSS presidential panel entitled, "Resistance is futile(!?): Transhumanism, body(purity) policing, and a critical cyborgology of sport and exercise." He was the only American on the 3-person international panel.

Dr. Tamar Z. Semerjian and Jennifer Schachner were awarded a grant for \$150,000 from The Health Trust to launch Silicon Valley Healthy Aging Partnership (SVHAP). The goal of this organization is to work in cooperation with agencies serving adults throughout Santa Clara County to provide evidence-based health promotion programs such as Matter of Balance (MOB), EnhanceFitness (EF), and Chronic Disease Self Management Programs. To date there have been instructor trainings offered in MOB and EF and classes have already begun at some sites and many more will begin in January. Students from the Kinesiology department are also participating in this program at various levels through internships.

Student News

Student's research reported in San Jose Mercury News!
Ramonda Collins' experiment with older adults and balance using Nintendo Wii Fit for her Master's thesis was described in some detail—see: http://www.mercurynews.com/ci_19008425?IADID=Search-www.mercurynews.com-www.mercurynews.com

Changes coming to priority registration! Thanks to **Jeff Chan** (KIN rep to CASA Student Affairs Committee) for reporting the following two items:

If a student is on academic probation, below a GPA of 2.0 for a semester, please note: Dr. Steve Brantz, Associate Dean of Curriculum spoke to us about the revised academic probation and disqualification process. For information follow the link (http://slisweb.sjsu.edu/enrollment/academic_problems.htm#academic_probation) and for specific information, contact (stephen.branz@sjsu.edu).

Priority Registration for classes had minor changes this semester. Please Note for Seniors:

- *Graduating seniors are defined as those in their last two semesters, instead of their last semester.
- *Graduating seniors can obtain priority-identification cards for in-class registration.

Undergraduate student, **Carolyn Badillo**, received one of the Sport Medicine Internships at the Olympic Training Center in Chula Vista, CA.

On November 13th, a team representing SJSU and drawn from their *Beginning Rowing* class, competed in a 5k rowing regatta in Foster City. One of the crew, **Ashley Christiansen**, is a KIN senior, **Brittany Manrubia** is undeclared but hopes to declare KIN, and the coxswain was instructor **Dr. Shirley Reekie**. **José Rangel** is also in the class but was unable to attend the regatta. They began rowing on the water in mid September, after 3 weeks of using rowing ergometers, and finished fourth. The class will be offered again in the spring and they hope to form a rowing club.



T-Shirt Design Contest

Help SJSU and Department of Kinesiology celebrate 150 years!
 1862-2012

- ◊ All contestants must be Kinesiology majors or minors
- ◊ The shirt will be Spartan blue with white and/or yellow writing
- ◊ Front OR back (Specify which)
- ◊ Needs to have the SJSU and Department of Kinesiology logos
- ◊ Include "1862-2012" and "150 years"; Can include more, must include this
- ◊ Designs are due by **Tuesday December 6, 2011 by 5:00pm**
- ◊ Email designs to Dr. Reekie at Shirley.Reekie@sjsu.edu as a JPEG



The winner will receive a \$100 Gold Card
 and Department of Kinesiology Polo



Alumni News

At the beginning of November, the *Pre PT club* invited a panel of physical therapists to campus to talk about their work.



The *Ballroom Dance club* hosted its 15th annual ballroom classic competition this year on 11/19. 130 competitors from 12 different studios, universities and clubs participated in the 74 events covering all levels from beginners to advanced dancers in the Latin, Standard, Smooth, Rhythm and Night Club styles. KIN major and club treasurer **Amy Parker** worked out arrangements this year with Jamba Juice to raise money at the event and a portion of the funds raised will go to CAHPERD.

KIN Ambassadors' Club The Kinesiology Ambassadors club will work with all KIN clubs and its primary mission will be to promote healthy and active lifestyles, as well as promote Kinesiology, the major, in the community. They are seeking KIN students interested in outreach and are passionate about Kinesiology. This is an excellent opportunity to network with your community and develop leadership skills. If interested, please contact Jeff Chan for more information at JeffChan415@yahoo.com

The *2nd Annual Midnight Madness* event was an enormous success. 400 fans enjoyed the music, the t-shirts, the RedBull, and an introduction to the SJSU Men's and Women's Basketball teams as they begin their journey toward the 2011-12 season. Thank you all for the post-event congratulations. The KIN Sport Management program thanks the SJSU Athletic Department for the close working relationship we have developed over the years.

The KIN 282 Sport Marketing Class (**Richard Aubert, Pompey Festejo, Matt Goudreau, Amy Greenhaw, Lauren Greif, Lisa Herbert, Dominique Hunter, Philip Lehman-Brown, Alexis Musante, Jason Namanny, Manu Ngatikaura, Robert Reed, Kulwinder Sandhu, Amber Saucedo, Erick Schlimmer, Richard Stern, Mike Stryker, Chase Turner, Shelby Williams, Alyssa Wong**)

would like to extend a huge circle of "thank you"s to the following awesome people for co-operation and support during the planning and execution of the event: *SJSU Athletic Department Staffers*: Leilani Llantero, Matt Goudreau, Dan Hackett, Richard Stern, John Poch and Michael Beubian; *SJSU Basketball Coaches*: George Nessman and Tim LaKose and all Assistant Coaches for agreeing to the event; *Kinesiology Student Volunteer*: **Romeo Douangmala**; *Kinesiology Staff members*: **Carol Bare, Vy Bui**, and especially **Curt Sennewald** for day-of cooperation and last minute requests; *90.5 KSJS*: General Manager: Nick Martinez who was courageous as the MC with very little notice and the KSJS remote staffers and DJ. *SPONSORS (alphabetical order)*: California Autism Foundation, Billy Berk's, Habana Cuba, Pizza My Heart, Red Bull, San Jose Sharks, SJSU Spartan Bookstore, SJSU Women's Basketball, SJSU Men's Basketball, Yogurtland.

We know there is always room to improve and the current class will undertake an extensive event evaluation to help plan for next year. We already know that for next year, we are planning NOW, and will employ the best current class members as the Senior Event Planners and Supervisors for the 3rd Annual Midnight Madness in October 2012.

Rock n Roll Marathon SJSU/KIN through the various clubs, manned the entire finish line as sports medicine volunteers. All these fine students gave up their early morning time this past Oct 2nd. Included were the Pre-Professional club, SPATO and also the Adaptive Physical Activity club. SJSU has been covering this event since 2007, starting with the athletic trainers and has since grown to cover the final 3 stations and the final sweep team. **Lauren Dykema, Courtney No, and MG Pogue** have worked every year starting with 2007. They worked with O'Connor Sports Medicine each year and one of their folks went on to be the Director of Sports Medicine at Yale University.



Alumni News

Under the Directorship of **Ramin Naderi**, (MA, '02) the Indian Health Center of Santa Clara Valley received Honorable Mention from the Archstone Foundation and the Aging and Public Health Section of the APHA in the 2011 Award for Excellence In Program Innovation.

Undergraduate AT alum, **Anthony Reyes**, (BS, '04) is now the Assistant Athletic Trainer for the SF Giants.

Jim Meyer (MA, '11) has started a full-time position as the Supervisor (Asst. Manager) of the university wellness/fitness center at UC Santa Cruz. He states : "I'm definitely putting my SJSU education to good use! Thanks again, and stay in touch."

Former grad student **Alyson Jones** (MA, '10), along with Dr. Ted Butryn, former KIN faculty member Dr. David Furst, and Dr. Tamar Semerjian, recently had their paper entitled, "A phenomenological examination of depression in female college athletes" accepted into Athletic Insight: The Online Journal of Sport Psychology.

Announcements

The Kinesiology Department will launch its coaching certification class this coming summer 2012! Following a 10 hour workshop, participants will be prepared and eligible to take the American Sport Education Program (ASEP) National Coaching Certification exam and the California Interscholastic Federation's coaching certification exam. A second workshop on strength and conditioning principles for coaches will also be offered in summer 2012. Both are planned for July of 2012.

Look for more information on the Kinesiology website in the spring. If you have questions, contact Dr. Reekie: shirley.reekie@sjsu.edu.

We will likely have openings for a few hours to work with CATS (Cross Aerobic Training System) in the spring. This is our SJSU staff and faculty fitness program, held in SPX 202A at lunch time. A background in personal training is helpful. To read the full job description and to apply, please send an email to shirley.reekie@sjsu.edu ASAP!

AEROBICTHON 2011

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

FRIDAY, DECEMBER 2, 2011

4:00 TO 6:00 PM

SPX-C 44 (GYM)

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

SAN JOSE STATE UNIVERSITY

San Carlos Street between 4th and 7th Streets

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

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

**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' ??? aerobicthon

For more information see or contact CAROL SULLIVAN, 924-3022 or carol.sullivan@sjsu.edu

Department of Kinesiology Contacts

Department Chair

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Interim Graduate Athletic Training Program Director

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Undergraduate Athletic Training Program Director

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

Club Advisors

Phi Epsilon Kappa & KIN Majors' Club

Dr. Alison White - Alison.White@sjsu.edu

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

Pre-Physical Therapy Club

Rachel Vimont - rvimont@email.sjsu.edu

Sport Management Club

Dr. Sonja Lilienthal - Sonja.Lilienthal@sjsu.edu

Winter 2012

3 Week Session
January 3 - 20, 2011

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>
KIN 14A - Beg Volleyball	M-F	1000 - 1155	May
KIN 27A - Beg Table Ten.	M-F	1430 - 1625	Chen
KIN 35A - Beg Wgt Trn.	M-F	0800 - 0955	Montgomery
KIN 55A - Beg Self Def.	M-F	1230 - 1425	Chen
KIN 061A - Begin. Yoga	M-F	0800 - 0955	Caughlan
KIN 069 - Stress Mgmt	M-F	0900 - 1210	Butryn
KIN 070 - Sect. 1 - Lec	M-F	1100 - 1320	Chin
KIN 070 - Sect. 2 - Act	M-F	0850 - 1050	Chin
KIN 070 - Sect. 3 - Act	M-F	1330 - 1530	Chin
Introduction to Kinesiology			
KIN 155 - Sect. 1 - Lec	T-F	1100 - 1320	Cisar
KIN 155 - Sect. 2 - Lab	T-F	0830 - 1050	Cisar
KIN 155 - Sect. 3 - Lab	T-F	1330 - 1550	Cisar
Exercise Physiology			
KIN 163 - Sect. 1	M-F	0930 - 1240	Bloom
KIN 163 - Sect. 2	M-F	0930 - 1240	Moreno
Physical Fitness and Nutrition			
KIN 169 - Div, Stress, Hlth	M-F	1230 - 1540	Murphy
KIN 185 - Senior Seminar	T-F	0830 - 1145	Lilienthal
KIN 185H - Sr Sem Honors	T-F	0830 - 1145	Lilienthal
KIN 186 - Pharmacology	TBA	Online	Han
KIN 188 - Prev Care Ath In	T-F	1100 - 1320	Brown
KIN 189 - Sect. 1	T-F	0830 - 1050	Brown
KIN 189 - Sect. 2	T-F	1330 - 1550	Brown
Prevention Care Ath. Inj. Lab			

Note: Classes must meet minimum enrollment requirements or are subject to cancellation. These courses are tentative and are subject to class time changes or cancellation.

NEW!!

Academic Unit:

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Upcoming Important Dates

December 8, 2011 Last Day of Classes

December 12-16, 2010 Final Exams

January 3, 2012 Winter 2012 Session Begins

January 16, 2012 Martin Luther King, Jr. Day - campus closed

January 20, 2012 Winter 2012 Session Ends

January 25, 2012 Spring 2012 Semester Begins



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