

THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

Vol. 20, No. 4

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

May 2008

The Chair's Corner

The really, really good news and the not so great news.....

As I hope you have experienced for yourself, the educational experience you receive(d) in the Department of Kinesiology is outstanding. We have extraordinarily well qualified faculty in activity, GE, undergraduate and graduate classes. And recently, with some fantastic one-time support from the Dean's Office, we have brought our equipment much more in line with what it ought to be. This isn't just your Kinesiology Department down the street!

Evidence of this comes from many sources. Please allow me to share two recent happenings to illustrate. First, we were notified last week that the Outstanding Thesis Award for the entire university will this year go to a Kinesiology student! Nahida Lebbos' thesis entitled *Mouse Device and Method of Support on Muscular Activity* examined two mouse types and two methods of hand support. Her work is now entered into the CSU-wide competition. Congratulations to Nahida and to her thesis chair (Dr. Wughalter) and committee members (Dr. Conry and Dr. Kao)—that's fantastic! Nahida will be among the platform party at Commencement on Saturday, May 24. Let's give her a rousing KIN cheer as she receives her recognition!

The other outstanding news is that Dr. Gong Chen will receive the Outstanding Service Award for the College of Applied Sciences and Arts for 2008. Gong's tireless work with students in his classes, with badminton and table tennis club members, and the wider northern California community, sees him on campus many weeknights, weekends and over breaks. Additionally, his work in self defense has taken him to make presentations locally, nationally and internationally. The tournaments he has run, as a volunteer, have raised over \$50,000 for the good of the Kinesiology Department as a whole. He also participated in the faculty mentor and university fellow programs, and of course has served on a wide variety of department, college and university level committees. Please congratulate him if you see him!

But now the not so great news and why we need to fund-raise in the department more than ever. As you may know, California has a projected budget shortfall. What follows is excerpted from President Don Kassing's April Message to the Campus Community: "Because of the budget crisis, the CSU has launched a major unified advocacy effort to motivate the legislature and the Governor to support alternative options to maintain the state's investment in the CSU.... As part of this effort, each member of our San José State community – whether faculty, staff, students, administrators, or alumni – is being asked to play an active advocacy role in supporting the CSU.

"In January, when Governor Schwarzenegger announced his proposed 2008/09 budget, it did not include funding for the budget plan approved by the California State University Board of Trustees last November. Faced with a growing \$14.5 billion state deficit, the Governor has proposed a \$312.9 million or 10 percent cut in state general fund support for the CSU. In addition, the proposed budget does not include funding to cover the \$73.2 million necessary to avoid a 10 percent student fee increase. Thus, we are facing an alarming \$386.1 million reduction to the CSU budget.

"Although the specific budget impact to San José State will not be known until the May budget revision, a 10 percent reduction in funding would mean up to a \$15.6 million cut to our current budget.....The budget reduction – which comes in addition to funding cuts of \$522 million between 2002 and 2005 – would mean that the CSU would be unable to provide access to 10,000 qualified students....

"The Governor's current budget proposal also would mean more than a \$1 billion loss in economic activity for California. Considered the state's "economic engine," the CSU returns \$4.41 to the California economy for every dollar invested by the state. In addition, the CSU plays a major role in supplying the state's workforce....We must do everything in our power to urge state legislators to restore our budget and protect the state's investment in higher education. I urge each one of you to help us advocate for the California State University by calling or writing your legislators and asking others to do the same. Let's take a stand and support the important educational mission of the California State University system and San José State University."

For more information on how you can help, please see <http://www.sjsu.edu/comm/units/government/budget0809/>

Shirley H. M. Reekie, Chair

Congratulations!

to all our students who have earned a

BS or MA

in Winter 2008 or Spring 2008



Faculty News

Dave Williams coached Lisette Abad, a participant in the After School All Stars, to a bronze medal in the Pan American Championships and Argentinian Open. She has also qualified for the Olympic Trials in Judo. This is outstanding—way to go Lisette and Dave!

Chris May attended the Department of Boating and Waterways Aquatic Center Directors conference in March.

Dr. Gong Chen will receive the Outstanding Service Award for the College of Applied Sciences and Arts (see p. 1).

Dr. Gong Chen participated in reviewing abstracts for the 2008 International Convention on Science Education and Medicine in Sport, at Guangzhou, China, August 1-5, 2008.

Dr. Shirley Reekie and **Dr. Gong Chen** have received a grant from the CAHPERD Foundation to offer self-defense instructor training workshops for middle and high school self-defense instructors.

Dr. Gong Chen will co-organize the 2008 Bay Area Youth Badminton Open, the 2008 NCCAF (Northern California Chinese-American Athletic Federation) Badminton Open, and NCCAF Volleyball Open in May and June at SJSU.

Dr. Ted Butryn, along with colleague Dr. Theresa Walton from Kent State University, presented a paper entitled, "Wrestling with representation: A critical analysis of YouTube content following the Chris Benoit family tragedy" at the annual American Cultural Association/Popular Culture Association conference in March. The interdisciplinary conference, held in San Francisco, was attended by approximately 3,000 professionals and graduate students.

Dr. Leamor Kahanov has accepted a position as Chair of the National Task Force on Medication Handling in Sports Medicine Venues.

Dr. Leamor Kahanov has the following publications:

Yoshida, A., Kahanov, L. (2007). The Effect of Kinesio Taping on Lower Trunk Range of Motions. *Research in Sports Medicine*, 15:1-10

Kahanov, L. (2007). Kinesio Taping: An Overview of Use with Athletes, Part I. *Athletic Therapy Today*. 12(3): 8-10

Kahanov, L. (2007). Kinesio Taping: An Overview of Use with Athletes, Part I. *Athletic Therapy Today*. 12(4): 17-18

Tablia, E., Kahanov L. (2007). Grip Lock: A Unique Mechanism of Injury in Gymnastics. *Athletic Therapy Today*. 13(6): 7-10

Kahanov, L. (2007). Therapeutic Effect of Joint Mobilization: The Role of Joint Mechanoreceptors and Nociceptors. *Athletic Therapy Today*. 12(4) 32-35.

Distinguished Alumnus

Vic Convertino will be the department's Distinguished Alumnus for 2008. Dr. Convertino is a senior research physiologist for the US Army Institute of Surgical Research at Fort Sam Houston, Texas. Previous positions included those at Stanford University School of Medicine, the University of Arizona, NASA's Kennedy Space Center, and the U.S. Air Force Research Laboratory. Dr. Convertino's research career includes more than 200 publications in peer-reviewed manuscripts, impacting areas ranging from basic cardiovascular physiology, to applied aspects of exercise science, to aviation and military medicine. Perhaps his most important work is his current research on therapeutic devices to advance the capabilities of combat medics to save the lives of



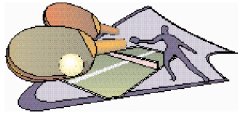
battlefield casualties. Dr. Convertino was a consultant to the U.S. Department of the Navy Bureau of Medicine and Surgery during Operation Desert Storm, and testified to the Presidential Commission on the Assignment of Women to the Military. He has received numerous recognitions and awards including the U.S. Air Force Scientific Achievement Award, the Research Citation Award from the Society of Critical Care Medicine and was recently inducted into the U.S. Space Technology Hall of Fame. In addition to his professional contributions, Vic Convertino is dedicated to his family and community. Since 1994, he has coached more than 25 youth teams in soccer, baseball, softball and basketball, has officiated over 1000 soccer, baseball, softball, and basketball games and, in 2006, Dr. Convertino was recognized by the Archdiocese of San Antonio with the CYO Outstanding Adult Leadership Award. Dr. Convertino has a strong connection to the Kinesiology (then Human Performance) Department at San Jose State University. In 1972, he received his baccalaureate degree from the department and he was also a member of the first SJSU rugby team. From 1981 to 1982, he taught graduate courses in exercise physiology. Congratulations, Vic!

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



Announcements

The Kinesiology Department and A.S. Students are co-sponsoring the first SJSU Table Tennis Cup tournament on May 8th, 2008. This event is for team competitions. Each team will have four players, playing two singles matches and one doubles match. Contact **Dr. Gong Chen** for more information.



In April, the department took delivery of the gift of 4 (used but in great condition) Sunfish sailboats from the City of Foster City. These are the same type of boats as currently used for our sailing instruction program and will bring the total number of Sunfish to 12. Thanks to **Larry Caughlan** for making this connection for us.

Revised summer schedule

The KIN summer schedule has been revised since the previous version of The Communicator. KIN 175 was inadvertently excluded on the previous schedule. KIN 100W has been cancelled. Also, we have added another lab section for KIN 155. See the full schedule details on the back page.

KIN graduation dinner

The KIN graduation dinner has been confirmed. It will be held at the Corinthian Events Center on Friday, May 23rd at 5:00 pm. Tickets will go on sale starting April 28th. See the back page for full details.

Lindsey M. Eliopoulos (graduate student) is the recipient of this year's Mary Bowman Fellowship. Lindsey will study the reading materials of primary school students and attempt to include information relevant to physical activity. Congratulations to Lindsey!

The Kinesiology Department is hosting the California Athletic Trainers' Association second annual state teleconference meeting for the Bay-Area at SJSU April 28. See **Dr. Leamor Kahanov** for more details.

Dr. Craig Cisar and students are to be TV stars! The KQED program Quest is filming in the exercise physiology lab for a program on the subject of the science of athletic training and the use of performance enhancing substances. They are interested in seeing our state-of-the-art equipment and students in action, using such items as the Bodpod, metabolic cart or Cybex machines as well as more traditional-type testing. The broadcast date is Tuesday July 29, 7:30-8:00 PM, KQED (channel 54).

Spartan Mini Triathlon

Last Saturday, the first SJSU Triathlon took place with approximately 100 entrants completing 15 minutes of swimming, running and riding stationary bikes. This was a partnership among Kinesiology, Spartan Rec Connect, and the Associated Students. The Kinesiology part was spearheaded by **Dr. Jay Johnson** and **Alicia Forbrich**, starting from a nucleus of participants from both Team PRIDE and their current activity classes.



The online version of
The Communicator
(available at www.sjsu.edu/kinesiology)
will be the preferred method of
distribution, starting in the fall.

Are you receiving messages
through TIG & FIG (about job,
internship, scholarship opportunities
etc.)?

If not, we don't have your current
email, so you won't receive the next
Communicator.

Please stop by SPX 56 and update us!

Student News

The thesis of **Nahida Lebbos** (Chair: **Dr. Emily Wughalter**) entitled the Mouse Device and Method of Support on Muscular Activity has received the outstanding thesis award from CASA (see p. 1).

Thanks so much to **Ricky Bravo** and **Rita Brum** for actually taking off work to show potential future KIN students around from Andrew Hill High School in April.

In March, the After School All Stars Judo program attended USA Judo's National Scholastic Championship in Wisconsin. Their results included one gold, five silvers, and one bronze. The bronze medal winner, **Anthony Dariano**, also won the "most inspirational" fighter at the event. Anthony is in the intermediate judo class here and is a white belt.

Tarah Daly has accepted a position at Indiana State University as an assistant athletic trainer.

Yosuke Murashima has accepted a position at Penn State University as an assistant athletic trainer.

Upcoming Important Dates

- May 12, 2008** Fall 2008 Schedule of Classes available online
- May 13, 2008** Last Day of Classes
- May 15-21, 2008** Final Exams
- May 23, 2008** KIN Graduation Banquet
- May 24, 2008** Commencement
- May 26, 2008** Memorial Day - Campus closed
- June 2, 2008** Summer Session 2008 Begins

In Memoriam

Sadly, **Sol Aber**, our head handball instructor, died suddenly in March. Sol grew up in New York, playing handball there before moving to California with his family in the 1940s. After service in the US Army, he sold life insurance and became five time US national handball champion. Following retirement, he taught handball at the Y and for Kinesiology. He always played hard but his catch phrase of "Play nice" tells us much about him as a person.

Department of Kinesiology Contacts

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Club Advisors

Phi Epsilon Kappa & KIN Majors' Club

Dr. Matt Masucci - mmasucci@kin.sjsu.edu

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!

Summer Schedule

6 Week Session (June 2 - July 11)

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>
KIN 14A Beginning Volleyball	TR	1400 - 1605	Osterhaus
KIN 61A Beginning Hatha Yoga	TR	0900 - 1105	Caughlan
KIN 155 - Sect. 1 Exercise Physiology - Lecture	MW	1030 - 1300	Cisar
KIN 155 - Sect. 2 Exercise Physiology - Activity	MW	0730 - 1000	Cisar
KIN 155 - Sect. 3 Exercise Physiology - Activity	MW	1330 - 1600	Cisar
KIN 155 - Sect. 4 Exercise Physiology - Activity	MW	1600 - 1830	Cisar
KIN 163 - Sect. 1 Physical Fitness & Nutrition	TR	0900 - 1230	Cisar Bloom
KIN 163 - Sect. 2 Physical Fitness & Nutrition	TR	0900 - 1230	Cisar Bloom
KIN 165 Motor Development	TR	1100 - 1430	Clair
KIN 175 Measurement & Evaluation	TR	0900 - 1245	Wughalter

Kinesiology Department Graduation Banquet!

Friday May 23, 2008

5:00 pm

Corinthian Events Center
196 N. Third St
San Jose, CA 95112

Tickets go on sale in SPX 56
starting April 28th

\$36 per ticket with a 3 ticket maximum

Additional tickets may become
available on May 5th.