

# THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

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

October 2009

## *The Chair's Corner*

Without doubt, the number one issue this semester has to be the state budget and the related challenges with enrollment. In brief, San José State University and several departments, including Kinesiology, have become more popular than the state budget will currently support. Several actions have resulted:

- the Kinesiology Department has declared impacted status, meaning that starting in fall 2010, all new freshmen and transfers will need to satisfy supplemental criteria to be eligible for admission. See the website ([www.sjsu.edu/kinesiology](http://www.sjsu.edu/kinesiology)) for full details. If you know of students who will be applying, please let them know of this situation
- we have temporarily suspended the availability of the minor in Kinesiology for those who have yet to start a minor. Students who have already declared a minor may continue working on it, of course
- although we had a significantly reduced ability to accommodate students this fall, we believe we have accommodated all graduating seniors. In order to continue to try assist everyone who can graduate on time to do so, we will offer a significantly increased range of classes both this winter (see list of classes later) and also this summer
- for spring 2010, please check the pre-publication list of classes in SPX 56 to check that you have no class overlap issues. We can add a few additional sections of classes if we know NOW. January will be too late to add sections!

Despite all the above, the department has taken on a very significant new venture, and that is the operation of the Timpany Center. Many faculty, students, and staff have helped us achieve our early successes, and the prime mover has been Dr. Nancy Megginson. On Thursday, October 29th, we will have a grand re-opening of the center, from 4-6 PM. If you would like to attend, please let her know. In addition to serving the needs of the community in swimming and various gymnasium-based activities, the Timpany Center is also a place for faculty and student research in gait, recovery from stroke or other movement-impairing challenges, and a variety of biomechanical and psychological methods of assisting in recovery. Even if you cannot attend this event, you are always welcome to stop by. For opening times and location, please check out [www.timpanycenter.org](http://www.timpanycenter.org)

All the best for a great fall; furloughs, funding issues, and all.

*Shirley H. M. Reekie, Chair*

## **Welcome our newest faculty member, Al Douex!**

Our newest member of the Kinesiology Department team is Al T. Douex, Jr. Al comes to us from the University of Delaware, where he is finishing up his PhD in Biomechanics and Movement Science with a dissertation entitled "The Gender-Related Effects of Functional Neuromuscular Fatigue on Jump-Stop Biomechanics." His bachelor's degree in Physical Education, Athletic Training option, is from CSU Fresno (but we'll try to forgive him for that) and his master's degree is from the University of Florida. Al has taught a range of classes including: human movement science, anatomy and physiology, emergency management of injury, and first aid/CPR classes and has worked as an Athletic Trainer most recently for Men's Ice Hockey (University of Delaware) and for programs at West Chester University, PA, Cecil College, MD, at various high schools, and at lacrosse, soccer, baseball, and basketball camps. Al is particularly interested in motion analysis captured from video, kinetics from force plates, and muscle activity measured from EMG. His teaching philosophy includes the idea of teaching students to think for themselves rather than memorize the thoughts of others. Thus, he emphasizes a problem-solving approach to athletic training that can also be applied in other aspects of life and work. He also utilizes humor in his presentations as he works to link didactic and practical aspects of the field and give his students the maximum number of tools from which to choose. In his spare time, Al enjoys spending time with his nieces (ages 2 and 5), working out, and raising reptiles (3 snakes, 1 lizard). Al is originally from San Jose, CA (Mt. Pleasant High School) and has been away from the Bay Area for 18 years, hence he is very happy to be back near his family. Welcome, Al!



The SJSU Ballroom Dance Club will host its 13th Ballroom Classic Competition here on campus on Saturday November 21st. The location is the Student Union Ballroom and details can be found on the web at: <http://studentorgs.sjsu.edu/sjsubdc/>. Questions can also be directed to **Dr. Shifflett**, the club's faculty advisor.

This event will coincide with the celebration of the 30 year anniversary of its opening. Originally designed to provide a space for children and adults with disabilities to swim and exercise in the gymnasium, and run by various groups, the Timpany Center is now being operated by the Department of Kinesiology. Supported by the College of Applied Sciences and Arts and working cooperatively with the Departments of Nutrition, Nursing, Journalism, and Occupational Therapy, the center provides activities for a range of people with special needs in the community, while providing hands-on learning opportunities for our students.

For more information, please contact **Dr. Megginson** at [nmegginson@kin.sjsu.edu](mailto:nmegginson@kin.sjsu.edu) or call 924 3014 and see [www.timpanycenter.org](http://www.timpanycenter.org) for location. If you know of anyone who would benefit from warm water (92 degrees) therapy in a supportive environment--people who have had joint replacement, or a stroke or heart attack, or who have balance issues--please encourage them to visit us.



**Shannon Zimmerman** (undergraduate student) writes: “I’m currently a senior planning to graduate this May with a BS in Kinesiology and a minor in psychology. I’m an intern working towards my 150 hours for Kin180 at the Timpany Center working with the disabled and senior citizens using the 92 degree pool as a warm modality four days a week. As well as being an intern and trying to survive the demands of eighteen units of course work, I’m currently training for Cirque Du Soleil. I travelled to Las Vegas this past month where I tried out for Cirque Du Soleil with head producer, Guy Laliberté, and to my surprise I even got to be a part of the wonderful show KÀ at MGM Grand. I’m hoping that working for Cirque Du Soleil will be able to pay for my graduate program at the University of Nevada Las Vegas where I plan to get my doctorate in Physical Therapy with a specialty in Pediatrics, because as we all know education is not cheap. Along with school and internship, I’m also the head coach of a Junior and Senior Elite USA gymnastics team and a nanny to Jake, Nolan, Meg, and Liam. I also face the demands of family life, as my dad is disabled and I often have to tend to my two younger brothers and my puppy CoCo Chanel....” Hope to see you in Cirque du Soleil soon, Shannon!



offers. The professors are really helpful since they know that I am an international student. Everything is going well though and hopefully I am making SJSU and the Kinesiology department look good.

Well that's it for now. I hope everything is going well back in the department. See ya.

Best wishes,  
Michael Dao



## Alumni News

**Terry Felix**, (BS, '05), a recently credentialed teacher from our program, was elected the CAHPERD VP for Dance.

**Jeff Tanaka, ATC** (MA, '01) has been appointed Assistant Athletic Trainer with the Chicago Bulls.

**Ramin Naderi** (MA, '02), Community Wellness and Outreach Director, Indian Health Center of Santa Clara Valley Inc. writes: "Our wellness center won a national award. The new director of Indian Health Service appointed by President Obama gave us an award for Innovation. It is an award from American Diabetes Association "Voices for Change". It was for our Diabetes Prevention Program and our "Walking Spirit" team. It is on the ADA website, and it will go in the Diabetes Forecast national publication." For more on this award, see: [http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=20477720&filename=20090710/comtex20090710iw00007708KEYWORDMissingEDIT.xml&WTLPromo=RSS\\_IDT](http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=20477720&filename=20090710/comtex20090710iw00007708KEYWORDMissingEDIT.xml&WTLPromo=RSS_IDT)

**Daisuke Daiku** (BS, '04, MA, '08) has been accepted into the MBA program at SJSU for fall 2009. Dai is currently the Fitness Center Coordinator at Mills Peninsula Health Services in Burlingame.

**Ashley Stidham** (BS, '08) will be starting an 18-month radiography program at Johns Hopkins School of Medical Imaging this summer/fall. While at SJSU, Ashley did her internship in the Radiology Dept. at Community Hospital of Los Gatos.

**Travis Smith** (BS, '08) earned his Certified Strength & Conditioning Specialist certification from the National Strength & Conditioning Association. He is moving to Baltimore this summer and applying to PT programs on the East Coast.

**Shiren Assaly** (BS, '08) has been accepted into the PT program at University of Pacific for fall '09.

**Ryan Andrews** (MA, '05) and his wife Machele, have started a mobile fitness business. Because they have been asked for help doing the same by so many others, they have put together a manual for others. He writes: "Machele and I have completed *The Mobile Fitness Trainers Guide to Business Success!* This was quite an undertaking but we feel really great about the outcome and we know that it will help a lot of fitness professionals who are trying to take their services "on the road". This CD-ROM manual includes everything from considerations for going into business, to market research, to marketing & sales, risk management and on and on. What's best about it is that each topic is specifically geared for a mobile fitness trainer. "On a similar note, Machele and I will be presenting a 4-hour seminar on how to start a successful mobile fitness business at the upcoming World IDEA Health and Fitness Convention. For those that don't know, this is the Mercedes-Benz of fitness conferences, so we are very excited for this opportunity to share what we've learned and to see mobile fitness continue to grow! Here's the link to our page- <http://www.the-invisible-gym.com/mobile-fitness-professionals.html> Way to go, Ryan and Machele!

## Faculty News

In the late spring/early summer, **Lee Pate** received the award for the 2009 Best Aerobics Instructor in Santa Cruz County and she appeared on TV doing a routine with her class.

The department is welcoming two more visiting professors from China in addition to the previous four. Professor **Cheng Wang** is a full professor and the vice chair of the P.E. Department at Northwestern Polytechnic University at Xi'an. He was a line judge for the men's volleyball final in the 2008 Beijing Olympics. He is here to study our activity program and instruction of self-defense. Professor **Xiao Sun** is a full professor and the chair of the P.E. Department at China Medical University in Shenyang. He is here to study our activity program.

**Gong Chen** and visiting professor Cheng Wang have published a bilingual textbook on self-defense in 2009. Gong is working with a professor at Beijing University on his fourth book in Chinese language on self-defense.

**Gong Chen** conducted a self-defense instructor training workshop for Fairfield-Suisen School District on August 15, 2009. It was one of the series self-defense instructor training projects sponsored by CAHPERD Foundation. Two KIN graduates (**Anthony Fucella**--middle school teacher and **Rachel Fucella**--high school teacher) and visiting professor **Cheng Wang** co-taught the workshop with Gong Chen. Sixty teachers from elementary, middle, and high school teachers participated in the one-day long workshop and enjoyed their learning and the comprehensive course reader provided by Gong Chen.



Check out the Department of  
Kinesiology website at  
[www.sjsu.edu/kinesiology](http://www.sjsu.edu/kinesiology)



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### Club Advisors

### Phi Epsilon Kappa & KIN Majors' Club

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### 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!**

## Winter 2010 Schedule

3 Week Session  
January 5 - 22, 2010

<u>Course</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>
<b>KIN 14A</b> Beginning Volleyball	M-F	1130 - 1335	May
<b>KIN 15A</b> Beginning Basketball	M-F	0830 - 1035	May
<b>KIN 20A</b> Beginning Badminton	M-F	1030 - 1235	Chen
<b>KIN 21A</b> Beginning Tennis	M-F	0900 - 1105 Church	Nguyen-
<b>KIN 27A</b> Beginning Table Tennis	M-F	1430 - 1635	Chen
<b>KIN 35A</b> Beginning Weight Training	M-F	1330 - 1535	Montgomery
<b>KIN 54A</b> Beginning Tae Kwon Do	M-F	0830 - 1035	Schachner
<b>KIN 61A</b> Beginning Hatha Yoga	M-F	0930 - 1135	Caughlan
<b>KIN 69</b> Stress Management	M-F	1230 - 1600	Butryn
<b>KIN 70</b> - Sect. 1 - Lec	M-F	0800 - 1225	Chin
<b>KIN 70</b> - Sect. 2 - Act	TBA		Chin
Introduction to Kinesiology			
<b>KIN 155</b> - Sect. 1 - Lec	M-F	1130 - 1400	Cisar
<b>KIN 155</b> - Sect. 2 - Lab	M-F	0900 - 1130	Cisar
<b>KIN 155</b> - Sect. 3 - Lab	M-F	1400 - 1630	Cisar
Exercise Physiology			
<b>KIN 158</b> - Sect. 1 - Lec	M-F	0900 - 1130	Douex
<b>KIN 158</b> - Sect. 2 - Lab	M-F	1130 - 1400	Douex
Biomechanics			
<b>KIN 161</b> Philosophy of Sport	M-F	1230 - 1600	Masucci
<b>KIN 163</b> - Sect. 1 & 2 Physical Fitness & Nutrition	M-F	0830 - 1230	Sullivan, M. Bloom
<b>KIN 165</b> Motor Development	M-F	0800 - 1200	Payne
<b>KIN 167</b> Sports Psychology	M-F	1230 - 1600	Semerjian
<b>KIN 169</b> Diversity, Stress, & Health	M-F	0900 - 1230	Murphy
<b>KIN 186</b> Pharmacology	Online	Online	Han
<b>KIN 188</b> Prevention & Care of Athletic Injuries	M-F	0800 - 1015	Brown
<b>KIN 189</b> Prevention & Care of Athletic Injuries Lab	M-F	1015 - 1330	Brown

**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.