

# THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

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

September 2007

## THE CHAIR'S CORNER

Welcome back to a great new academic year in Kinesiology! I hope people had a refreshing break some time over the summer. I was fortunate enough to be invited to be a keynote speaker at Shenyang Sport University in the People's Republic of China just after the semester started. I spoke on the Olympics, past, present and future, and what we might learn. The trip was especially interesting for me as the last time I had been in China was in 1988, so I saw major changes.

Shenyang Sport University (SSU) (Dr. Gong Chen's alma mater and the reason we started a sister-institution relationship with them many years ago) is an amazing place. The city of Shenyang has a population of about 8 million (San Jose is 1 about million) and is the economic hub of the north eastern part of China. SSU was founded in 1954 but last year outgrew its original site, which was sold to provide income for a new site 6 miles out of town. The new purpose-built campus covers 180 acres (SJSU is about 150 acres) and ALL of the campus relates to sport/physical education! There are approximately 7000 undergraduates and about 550 graduates (our department has about 650 and 100 respectively) and they study 11 possible majors: physical education teaching, sport translation, sports training, martial arts, sport physiology, sport psychology, sport sociology, sport marketing, sport performance, sport journalism, and sport tourism. Their students have won an impressive 32 Olympic gold medals.

The facilities are astounding: several gymnasias (each the size of our one) each dedicated to tennis, table tennis, martial arts, gymnastics, volleyball, basketball, or badminton; a swimming pool, and an indoor track. In addition, there is a big library building and several lecture halls, and a separate snow and ice facility a little farther away. Most of the classrooms have overhead projectors and—most impressive of all to me—several of the rooms had energy-saving light fixtures.

Twenty years ago I was stopped from taking one photograph, in a sports shoe factory because the working conditions were not good. This time, I was also stopped from taking one photograph, in a fashion store (what was I doing in there?!) because they suspected I would copy their merchandise. This told me a lot about the changes in at least some parts of the country.

Of course, much though we might be envious of the facilities, I believe it is the people—students, staff, and faculty—who make or break an institution. Their faculty, staff, and students were very friendly; however, we have a truly great group of students, a dedicated staff, and an excellent faculty, too. China is working very hard to put itself on the map, especially in sport, but in almost everything they do. In Beijing next year at the Olympics, watch for China to do really well. Their work ethic is amazing. Let's take note!

*Shirley H.M. Reekie, Chair*

## Spotlight on our new faculty!

**Dr. Tamar Semerjian** comes to us at San José State University from the School of Kinesiology and Nutritional Science at CSU Los Angeles where she was an Assistant Professor. While at CSULA, Tamar's research focused on exercise psychology, particularly among older adults and those with spinal cord injuries. She was the co-recipient of a 5 year multi-disciplinary grant from the US Department of Education to study exercise and the use of adapted exercise equipment among individuals with spinal cord injuries with an emphasis on examining the barriers to participation. Tamar's doctoral degree was from the University of Iowa in 2001, and her dissertation is entitled "I Just Don't Think of Myself as Old": Physical Self-Perceptions, Social Comparison Style, Physical Activity, and Functional Fitness Among Older Women. She is interested in continuing her collaborative research here while also addressing community needs. She will be teaching primarily in the area of sport and exercise psychology.



**Dr. Jay Johnson** is a native of Canada and most recently taught sport sociology and sport philosophy at the University of Windsor. Last year, he conducted research at McMaster University into bullying patterns with children in regards to coaches, players, parents and officials. His PhD is from the University of Toronto and his dissertation is entitled "An Examination of Alternative Orientations and Their Effect on Initiations in Varsity Culture." Jay has often been interviewed on Canadian TV and radio regarding the effects of hazing and initiations in sporting contexts and has presented on anti-bullying and conflict resolution at a variety of seminars and conferences and in print. In addition to teaching and researching in the area of sport studies, Jay will be teaching in the physical activity program. He is a certified triathlon coach and recently coached the University of Toronto men's and women's triathlon teams. He also teaches hockey, canoeing, basketball, and volleyball, and has worked with students on ropes courses and climbing walls.



## Faculty/Staff News

**Dave Williams** and the After School All stars group, that meets in the judo room and computer lab most of the year recently had great results at the nationals and the Junior U.S. Open this summer: Lisette and Jessica Abad and Matthias Montez all went to San Antonio to a great event - over 700 competitors. Jessica won the 9-10 - 26 kg - Silver Lisette won the 15-16 - 48 kg - Gold Matthias won the 15-16 - 81 kg - Silver

**Dr. Leamor Kahanov** has been appointed to the CAATE review committee. In this capacity she will be one of a team who reviews programs with AT programs across the US. Congratulations!

**Dr. Gong Chen** gave a speech on "Protecting your life: self-defense for university students in China" at Northwestern Polytechnic University at Xi-an, China, as a guest professor at this institute this summer. Gong and his son Victor demonstrated badminton skills for an instructional DVD series for school physical education programs produced by HopSports Company in Southern California. Gong defeated the university badminton champion (24 years old) of Dalian Polytechnic University in China while conducting his collaborative research there.

A delegation from the National College of Physical Education and Sports (NCPES), Taiwan, visited the San José State University campus in August. NCPES is a long-term partner with SJSU in an international exchange program. The delegation made this informal stop on their way to Indiana State University, another US exchange partner. **Dr. Daniel Weng** escorted the four-member delegation led by President of NCPES, Dr. Hong-Shi Chou, on a campus tour. The visiting delegation expressed their interest in continuing the existing exchange program agreement between NCPES and our College of Applied Science and Arts.

**Dr. Bethany Shifflett** has been appointed interim chair for one year for the new Department of Hospitality, Recreation and Tourism Management, which was formed after the recent merger of the Department of Recreation and Leisure Studies and the Department of Hospitality Management.

**Dr. Greg Payne** has been appointed Associate Dean of the College of Applied Sciences and Arts, effective August 2007.

**Jeff Roberts** has been appointed to the exam development committee for the board of certification responsible for writing the national certification exam for athletic trainers.

## Alumni & Student News

**Mary Olks** (MA, 98) moved back to Wisconsin three years ago to be closer to her family, and to buy a house. She is now Graduate Admissions Counselor for Mount Mary College, a small private women's college (with men also in graduate programs) in Milwaukee, where she is also the Volleyball Coach. She works with the program coordinators for all seven of their graduate programs and just got approval for an MBA program to begin next spring.

**Gideon Oswitch** (BS, 87) has just celebrated 15 years of marriage to Beth and has 2 daughters, Sadie (7) and Celia (6). Kent, Ohio has been home the past 19 years. He's just hit 17 years working in Human Resources for Saint-Gobain Corporation, ran his 400th race this past July and is zeroing in on qualifying for Boston. His HuP memories include getting an A-1 education, the friendly atmosphere, and faculty members that were very approachable. Thanks, Gideon, and hope you made Boston.

**Christine Cree Guardino** (BS, '91) is a chiropractor, practicing in Willow Glen.

**Jack Cooney** (BS, 07) is a Graduate Assistant Athletic Trainer at the University of Hawaii.

**Michelle Schukraft** (BS, 04) is working as the Assistant Athletic Trainer at Foothill College in Los Altos Hills.

**Carmen Charleston** (MA candidate) is the Head Athletic Trainer at The Kings Academy in Sunnyvale.

**Edgar Tabila** (MA, 07) is at Mississippi State University.

**Valentina Fey** (BS, 07) is a Graduate Assistant Athletic Trainer at Fresno Pacific University.

**Brittney Weekes** (BS, 07 pending) is volunteering as an athletic training student with the UC Berkeley football team.

**Daniel Easley** (MA, 07) is at the Atlanta Braves Organization

**Ryan Cisek** (MA, 07) is with the SF 49ers

**Rebecca Maxfield** (BS, 06) is a Graduate Assistant Athletic Trainer at Baylor University.

**Aivaras Sajus** (BS, 06) started Physical Therapy school at Sacramento State University this fall.

**Erin Coleman** (MA, 07) is working as an Athletic Trainer at Boyce College.

**Alice Loeb sack** (MA candidate) is at Vanguard University as a trainer

**Brooke Kennedy** (MA candidate) is an AT at Whitman College

**Christela Fabio** (MA, 07) is working at Ohlone College

**Hisashi Imura** (BS, 06) is a Graduate Assistant Athletic Trainer at UC Berkeley

**Rosemary Workman** (BS, 06 and current MA candidate) competed in the 2007 Miss Korea Hawaii

Scholarship Pageant in June and took the title. She also won tuition and an all expense paid trip to Korea for one month. She writes: "I am really excited for this opportunity and I cannot wait to travel out of the US. It was amazing how much PR San Jose State received and the Kinesiology Department was mentioned and recognized several times on my behalf in the newspaper, on the radio, and on the news in Hawaii, LA, and in Korea. (I had to explain over a dozen times what exactly Kinesiology was...) I just wanted to say thank you for making me proud of representing the Kinesiology department!"



The following Undergraduate Athletic Training Education graduates are working at: **Lynn Castro** (BS, 06) Gunn HS, **Henry House** (BS, 07) Prospect HS, **Candice Davis** (BS, 07) UC Santa Cruz and **Eugene Deluna** (BS, 07) Fremont HS. They are all members of the Graduate Athletic Training Education Program.



## Notices

### Judo earns rings!

Over the summer, President Kassing received a letter informing us that our very own judo dojo was designated as a USA Judo National Training Site by the USOC. Congratulations to Head Coach **Mr. Yosh Uchida** and all the assistant coaches and judo players for bringing this honor to SJSU through many years of great work and achievements. Look out for those Olympic rings!

### NEW!! David Furst Scholarship

Recently retired KIN faculty member, **Dr. David Furst**, has generously donated a scholarship for graduate students in sport psychology. Applications are available in SPX 56. Criteria include having a major GPA of 3.5, and must be doing Plan A, research thesis.

### The 11th Annual Ballroom Classic

This will be hosted by the SJSU Ballroom Dance Club (**Dr. Shifflett** advisor) will be on Saturday November 3rd in the Union Ballroom. For more information check their website: <http://studentorgs.sjsu.edu/sjsubdc/> or call (408) 924-SPIN.

### Urgently needed—KIN rep for Student Affairs Committee

KIN is in need of a student rep to sit on the CASA Student Affairs Committee. Meets every other Tuesday, 3:30-4:30 in MH 438A. Next meeting Tues Oct 9th. If interested, please email [sreekie@kin.sjsu.edu](mailto:sreekie@kin.sjsu.edu)

**Homecoming at SJSU** has quite a range of activities. Check out the whole schedule at: <http://www.sjsu.edu/homecoming/events/>. In addition, don't miss the free west coast swing and salsa classes with **Dr. Shifflett** on Saturday Oct 6th in SPX 89. West coast swing: 9:30-10:30; Salsa: 10:45-11:45. It's all part of the 'alumni college' day during homecoming. Come join the fun!

### Off Campus Kinesiology Lab Open House

Wednesday October 3rd, 9-12  
1068 The Alameda (corner of Race/Alameda)  
Come see what's going on in the lab this semester!  
Free parking!!

### Kinesiology Department Speakers' Series

From Iraq to Space: Physiological Research and Clinical Applications  
Tuesday September 25, 5:00-6:30  
King Library, Room 255 & 257  
Victor A. Convertino, PhD  
Research Physiologist at US Army Institute of Surgical Research  
US Army Research Program for Combat Military Care  
Fort Sam Houston, TX

**ALL KIN MAJORS – PLEASE  
PROVIDE our Main Office (SPX 056) WITH YOUR  
E-MAIL ADDRESS,  
SO YOU CAN BE A PART OF  
THE ONGOING KIN LISTSERVE.**

## Team P.R.I.D.E

Team P.R.I.D.E of San Jose State University stands for *Putting Reality Into Dreams Everywhere*. The team was created to offer students an opportunity to train with a group of peers, participate in an official marathon event, and fundraise for a charity organization of their choice. The team is coached and lead by a San Jose State Kinesiology Instructor, **Alicia Forbrich**, who just completed her first Olympic Triathlon. Alicia had trained with Team in Training for the past 4 months for this event and has found it to be one of the most inspiring and rewarding challenges of her life. Not only did she completed a .93 mile swim, 25 mile bike ride, and 6.2 mile run, but she also fundraised over \$3,800 for The Leukemia and Lymphoma Society. She hopes to bring this inspiration and motivation to her students as they join Team P.R.I.D.E.

Currently, Team P.R.I.D.E consists of 14 San Jose State students. They meet every Tuesday and Thursday from 12:30 – 2:00pm on the South campus track to train their running and strength training skills. Some students will choose to walk the race while others will choose to run it. Regardless, the whole team will work together to enhance each other's physical capabilities and encourage one another to do their best. The team believes that everyone can raise a minimum of \$200 per person and potentially reach their goal of \$3,000 by November 1st. The charity of their choice is CommUniverCity, a collaboration between the community, San José State University, the City of San José and partnering non-profit organizations to address important issues regarding community health, education and neighborhood environment in the Five Wounds / Brookwood Terrace Neighborhood.

Team P.R.I.D.E will be doing The Silicon Valley 5K Run/Walk on Sunday, November 4th at 7:30 am. It will be the first race of any kind for each of the team members and they are more than excited to meet the challenge.

Whether they are looking forward to the training, the fundraising, or the race itself, Team P.R.I.D.E will have a great time making new friends, getting into shape and finding pride within themselves. If you would like to donate funds to the team or help them

accomplish their goal in any other way, checks (made out to Team PRIDE) and letters may be dropped off at Alicia Forbrich's SJSU mailbox in the Kinesiology Department office. If you would simply like to learn more about Team P.R.I.D.E, feel free to contact Alicia at [Aforbrich@aol.com](mailto:Aforbrich@aol.com).



## Department of Kinesiology Contacts

### Department Chair

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### Activity Program Coordinator

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### General Education Program Coordinator

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### Interim Graduate Program Coordinator

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### Graduate Athletic Training Program Director

Dr. Leamor Kahanov – leamor@kin.sjsu.edu

### Undergraduate Athletic Training Program Director

Dr. KyungMo Han – han@kin.sjsu.edu

### 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!**

**\*\*TENTATIVE\*\***

**Winter 2008**

## Kinesiology Schedule of Classes

January 2 – 18

COURSE	DAYS	TIME
KIN 14A <b>Beg. Volleyball</b>	MTWRF	1200 – 1355
KIN 15A <b>Beg. Basketball</b>	MTWRF	0800 – 0955
KIN 26A <b>Beg. Table Tennis</b>	MTWRF	1000 – 1155
KIN 30 <b>Pilates</b>	MTWRF	1000 – 1155
KIN 32 <b>Aerobics</b>	MTWRF	1400 – 1555
KIN 35A <b>Beg. Weight Training</b>	MTWRF	1400 – 1555
KIN 35B <b>Inter. Weight Training</b>	MTWRF	1400 – 1555
KIN 61A <b>Beg. Hatha Yoga</b>	MTWRF	0800 – 0955
KIN 69 <b>Stress Management</b>	MTWRF	1300 – 1615
KIN 70 <b>Intro to Kinesiology</b>	MTWRF	0800 – 1220
KIN 101 <b>Sport in America</b>	MTWR	0900 – 1315
KIN 163 <b>Physical Fitness &amp; Nutrition</b>	MTWR	1500 – 1915
KIN 165 <b>Motor Development</b>	MTWRF	1300 – 1630
KIN 169 <b>Div., Stress, &amp; Health</b>	MTWRF	0900 – 1215
KIN 185 <b>Senior Seminar</b>	MTWRF	0830 – 1200
KIN 185H <b>Senior Seminar Honors</b>	MTWRF	0830 – 1200
KIN 186 <b>Pharmacology</b>	Online	

**Note:** Classes are subject to cancellation if they do not meet minimum enrollment guidelines.

