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Communicator, Feb. 2009

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Recommended Citation

San Jose State University, Department of Kinesiology, "Communicator, Feb. 2009" (2009). *Communicator (Kinesiology)*. Paper 14.
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THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

Vol. 21, No. 3

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

February 2009

The Chair's Corner

I hope classes are going well for you and that you were able to get into at least some of the classes that you need. As you probably know, our practice in past years has been to add winter classes in which we did not accommodate everyone in fall, and add summer classes to try to accommodate spring "overflow."

The picture for this summer, however, is looking different and I wanted to explain why and suggest what you can do now to be proactive. Several years ago, the CSU required that all campuses go to Year Round Operation (YRO). The thinking was that this would be a more efficient way to help students graduate in a timely manner. This change was also mandated as a part of additional funds that came to campuses. Unfortunately, one of the results that we face now is that because we have been told to reduce enrollment in the fall, we probably can't afford to offer summer classes in YRO because that funding then won't be there to pay for instructors for the fall and spring. That's really the problem; the state doesn't have funds to supplement both summer, and fall/spring classes.

Confused? The outcome for you is likely to be that, in common with most departments in most CSUs, our summer class offerings this year will be greatly reduced, perhaps to nothing. The faculty are aware that both 175 and 158 need additional sections and in a normal summer we would offer them but this clearly is not going to be a "normal" summer. And because this summer is unlike one anyone here has ever experienced before, perhaps no one really knows the big picture but the state budget looks as if it may include a 10% reduction to the CSU.

So, for those who might be hoping to take 175 or 158 this summer at SJSU, it remains a possibility but a very slim one. Here are two other suggestions:

1. Take the class you need at East Bay. They are on quarters and spring quarter starts March 30 and ends June 12. Both Biomechanics and Measurement will likely be offered (see <http://edschool.csueast-bay.edu/departments/kpe/blockUD.html>) To take a class at East Bay, get a form for Concurrent Enrollment from the Student Success Center and we will sign it to say you are enrolled at SJSU.

2. Check for online class offerings at other institutions. I have an informal list that I've put on the bulletin board outside my office (SPX 56). I do NOT know which courses are offered which semester.

Finally, I believe that 2009-2010 will be extremely challenging for all, especially for students. I am confident we will all get through it but it's always a good idea to give yourself as many options as possible and pay special attention to meeting deadlines. Another outcome: there will be virtually no late adds permitted next year, as the university will be penalized for taking additional/late students. The priority, of course, is still to get those in the system, that's you, to graduate!! As always, if you have questions, please email me.

Shirley H. M. Reekie, Chair

What's New in KIN?

The Graduation Banquet will be held on the evening of Friday May 22. Save the date now and more details later!

Save the date April 18th and come to the Spring Swing-a-thon hosted by the SJSU Ballroom Dance Club! Whether you've taken a social dance class, love to dance, or would love to learn to dance you'll have a great time. Workshops (beginning and intermediate) on East Coast Swing, West Coast Swing, and Jive; open dancing; jack & jill contests; Come join the fun. Starts at 5pm. For more information check: <http://studentorgs.sjsu.edu/sj-subdc/> or contact **Dr. Shifflett** (club advisor).

Dr. Butryn has a new blog! Check it out at <http://tedbutrynsportpopculture.blogspot.com/>

In early February, **Dr. Shirley Reekie** attended the Chairs' Meeting of the American Kinesiology Association (of which the Kinesiology Department at SJSU is a member) in Florida. The purpose was to agree on a common core of experiences that every KIN major in the US should share. The outcome is given below:

AKA Common Core

The American Kinesiology Association believes that undergraduate majors in Kinesiology should share a common core of knowledge. The common core establishes broad knowledge categories that can be used by faculty in Kinesiology to examine and refine current educational expectations, policies and practices.

The undergraduate degree in Kinesiology includes principles and experiences focused on physical activity across the lifespan. These include:

- Physical activity in health, wellness and quality of life
- Scientific foundations of physical activity
- Cultural, historical and philosophical context of physical activity
- The practice of physical activity



Student News

Congratulations to **Stacey Hallarces** for being accepted to USC's PT school, her first choice school.

Stephanie Mendelsohn has started her exchange program time in Scotland. Here's an excerpt from a recent email from her: "It's freezing cold in Edinburgh, it's already snowed twice and the first time it was blizzard-like. The first day or two was very very cold in the flat as well but it's finally starting to warm up - I no longer have to walk around with double layers of pants, double layers of socks, triple layers of tops, a scarf, and gloves!! Now I'm just fine with pants, socks, a shirt, and a light hoodie. What else...hmm. My University has several campuses around Edinburgh. If I get into the classes I want then I will be at three



different campuses, two of which are within walking distance of my flat, the other a short bus ride away. I'll start classes next week. Today, I went walking with the girls in my flat for a bit. We walked through a little park area near the base of the castle. It started snowing shortly after we left (only a little though). I've been to several pubs, passed by TONS of little shops (mental note: must go window shopping one



of these days), and walked more than I have in a really really long time :)"

MG Pogue will be presenting at the Far West Athletic Trainers' Conference April 17th with the title of "Manual Therapy."

One of our Pre-Professional students, **Tim Opyd**, has been accepted into the University of Illinois Medical School and will begin his studies in the Fall 2009. Congratulations, Tim!

Alumni News

Lawrence McNeil (MA, '08) has started his own strength and fitness business. He says it is going well, is constantly booked, and he is acquiring a partner and three employees.

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



Faculty News

Holly Brown has been invited to travel with the USA Softball teams this July. She will travel to Canada and Japan to provide athletic training coverage to the team. Last year, Holly traveled with USA Softball during their Bound for Beijing pre-Olympic tour throughout the United States. She is excited to have another opportunity with the national team.

Chris May and **Shirley Reekie** attended the City of San Jose Parks & Recreation Pricing and Revenue Meeting in early February. Discussed were budget issues, and methods for increasing revenue.

Dr. Chuansheng (David) Dong, Associate Dean of Graduate School at Shenyang Sport University, has arrived at SJSU. He will be a visiting professor at Department of Kinesiology for six months. Dr. Dong is interested in visiting different kin classes, seeking opportunities for collaborative studies, and talking to KIN faculty and staff.

A series of self-defense instructor training workshops started in early February. This project is a joint effort of KIN and CAHPERD, and these workshops are sponsored by a grant that **Dr. Gong Chen** and **Dr. Shirley Reekie** received from the CAHPERD Foundation. We have successfully offered the first workshop for Antioch School Districts on February 6 with 35 middle and high school PE teachers participated. The second one was offered on February 7 at SJSU with 18 participants including middle and high school teachers and a county youth correction officer.

Dr. KyungMo Han has published an article entitled "Effects of Therapeutic Strengthening Exercises and Postural Modification in Individuals with Chronic Low Back Pain and Disability" in the December 2008 issue of the *International Journal of Human Movement Science*. Also, Dr. Han's article entitled "Effects of a 4-Week Exercise Program on Balance Using Elastic Tubing as a Perturbation Force for Individuals with a History of Ankle Sprains" has been accepted for publication in the May 2009 issue of the *Journal of Orthopaedic & Sports Physical Therapy*.

Dr. Semerjian has three recent publications:

Semerjian, T. Z. (2009). Transgender athletes. In M. Atkinson (Ed.), *Battleground: Sports*. Westport, CT: Greenwood Publishing Group, Inc.

Waldron, J. J., Semerjian, T. Z. & Kauer, K. (2009). Doing 'drag': Applying queer-feminist theory to the body experiences of queer individuals. In J. J. Reel & K. Beals (Eds.). *The Hidden Faces of Eating Disorders and Body Image*. Reston, VA: National Association for Girls and Women in Sport.

Cohen, J. H. & Semerjian, T. Z. (2008). The collision of trans-experience and the politics of women's ice hockey. *International Journal of Transgenderism*, 10 (3/4), 133-145.