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San Jose State University, Department of Kinesiology

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THE DEPARTMENT OF KINESIOLOGY COMMUNICATOR

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

October 2006

THE CHAIR'S CORNER

How flat is your world? You probably learned in grade school that before the first circumnavigation, most people assumed the world was flat and thus one could "fall over" the edge. So, why is one of the best-selling books of the year entitled "The World is Flat"? Because author Thomas L. Friedman (three time Pulitzer Prize winner and Foreign Correspondent at The New York Times) argues that these days it doesn't matter if you live in Barbados, Brazil, or Bhutan, people everywhere can have access to modern technology and communication. This phenomenon has spread so fast it's not just something affecting governments and big companies; it affects individuals, even you and me! Among other points, Friedman states that students (that's all of us!) need to be aware that:

- **how** we educate/learn is more important than **how much**
- **learning how to learn** is crucial to keeping up with the pace of change
- they must find teachers, of any subject, who are **enthusiasts**
- they must always **be curious**
- learning to **interact well with many different people** is crucial to success
- **taking classes outside** their "comfort zone" stretches them
- **education is a process** not a place
- one can't be a **good writer** unless one is a **good reader**
- at the heart of every dead civilization is a **major sports coliseum!**

San José State University is ideally placed to give you this background IF you use it well. You are welcome to borrow my copy of the book, and there are several copies in the library. Reading this book could change how you think about the world, your attitude to school, and your future in the world!

On the subject of reading, this year's campus book is *The Kite Runner* by Khaled Hosseini. One of his characters attends San José State University! Check out the various meetings to discuss the book at www.sjsu.edu/ugs/reading/ I also have a copy of this and the bookstore is selling copies at a special rate for our students. The author will be on campus March 7 & 8, 2007.

Shirley H.M. Reekie, Chair

CLOSE UP!

This new feature will focus on full time and part time faculty and staff

Dr. Sonja Lilienthal has always been passionate about promoting sport. Her first committee position (at age 10) was the media and PR director for the local swimming club. Since then she has held numerous volunteer positions in amateur and collegiate sporting organizations in Australia and in the USA. Dr. Lilienthal has taught sport management at the University of Canberra (Australia) and at the Hong Kong Sports Institute and has many practical experiences in sport management. She has worked in venue management at Penn State, Ohio State, at the 1996 Atlanta Olympic Games, and most recently worked at the 2004 US Olympic Trials for Rhythmic Gymnastics as the Volunteer Coordinator. She is the author of a book entitled "Newtown Tarts: A History of the Sydney University Women's Sports Association" detailing the unique beginnings of women's collegiate sport in Australia. Dr. Lilienthal spends any free time exploring Northern California with her trusty canine companion on the look out for the next In-N-Out Burger! She has lived throughout the world, returning to San José State following a one year stint as a "Gator" at the University of Florida. A fan of many sports, overseas travel, and Study Abroad Programs, she directs the Sports Management programs within the Department of Kinesiology.



Dr. JinHong Jung earned his Bachelor's and Master's degree in Physical Education at Seoul National University and his doctorate in Physical Education Pedagogy at the University of Georgia. He has over ten-years teaching and coaching experience at public schools in South Korea. While there, he served as a lead teacher of the Action Research Team of the public schools as well as a coordinator of Korean Sport Pedagogy Association. He was recognized as an outstanding teacher by the Ministry of Education of South Korea. Prior to his joining San José State University in 2006, he also taught courses in the Physical Education Teacher Education Program at Bridgewater State College. His major research interest is curriculum and instruction in physical education. In particular, he is interested in reflective teaching, teachers' knowledge development, and alternative teaching models such as responsibility model, sport education model, and games for understanding. He is a member of American Educational Research Association (AERA), the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), and the National Association of Sports and Physical Education (NASPE).



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Faculty/Staff News

While on sabbatical this past spring **Dr. Bethany Shifflett** redesigned the CASA web site, converted the KIN portion of the course "Development of Human Potential" to a stand-alone online format, and submitted two articles for publication

Dr. Greg Payne was recently honored by the American Academy of Kinesiology and Physical Education for two years of service on the executive board. He has just completed the 7th edition of *Human Motor Development: A Lifespan Approach*. According to McGraw-Hill, it is the most used motor development text. He is also co-editor, along with a Chinese Scholar, of an intro to motor development book for the People's Education Press of Beijing, China. Dr. Payne was invited to make the first E.C. Davis Honor Lecture honoring the first society president of the Western Society for Kinesiology and Wellness, "A healthy mind in a healthy body" in Reno in October.

Dr. Peggy Plato gave two presentations at ACSM this summer in Denver: "Predicting lactate threshold in cyclists using ventilatory threshold" with **Michael McNulty** (MA, '02), Steven Crunk (Ph.D. in Mathematics) & **Alev Tug Ergun** (MA, '05); and "Cardiovascular and metabolic responses to noncontact kickboxing in Females" **Alev Tug Ergun, Peggy Plato, & Craig Cisar**. The conference was also attended by **Kristina Drummond** (current grad student & part-time instructor), **Mary Rosenberger** (MA, '04) currently in a doctoral program at Boston University, **Jennifer Han** (MA, '03) currently in a doctoral program in Oklahoma, and **Alev Tug Ergun** (MA, '05, part-time instructor)

Dr. Gong Chen met with Vice Minister Xiao-ya Chen of Ministry of Education of China, and Dr. Jin Yang, division president of Basic Instruction in the Ministry of Education of China regarding promoting self-defense education in K-12 in China. He was given the title of guest professor by Northwestern Polytechnic University, a top university in China. Dr. Chen is the first guest professor from the physical education profession. Dr. Chen also completed the project "Teaching self-defense in public schools in Zhejiang Province" in collaboration with Shaoxing Institute of Sciences and Arts.

Dr. Shirley Reekie recently attended the bi-annual CSU Kinesiology Chairs' meeting at Cal Poly San Luis Obispo, and the CSU New Chairs' meeting at CSU Long Beach.

Dr. Stan Butler again directed the summer National Youth Sports Program (NYSP). This program offers a free five-week long summer sports and education program for children from disadvantaged families. In addition to giving free medical exams, this year Kaiser Permanente donated \$10,000 to help support the program.

On Sept 19th, **Dr. Jin Jung** and his wife became the proud parents of a baby boy. He weighed in at 7 1/2 lbs and was 20" long, and is named Jimin. All are doing well, apart from the waking up every couple of hours in the middle of the night.....

Members of the After School All Stars Judo Program, run by Program Director **Dave Williams**, participated in the National Junior Olympic Judo Championships, held at the Event Center in early July. They has another great tournament with four students winning medals.

Former KIN Professor and SJSU Water Polo Coach, **Lee Walton**, recently coached the NorCal Alums to the US Water Polo Masters 55+ Championships. Along the way, the former Spartans defeated the team from Stanford and another team composed of former Southern California collegian stars. Walton's team followed the National Championship with a tournament championship at the FINA World Masters Water Polo Championships held at Stanford University. Among the former SJSU water polo stars playing for the Nor Cal Alums was KIN alum **Bruce Watson** ('76).

In the most recent volume of JOPERD: **Lilienthal, S. K. & Mowrey, R. J.** (September, 2006). Stop "Passing the Trash": Addressing the Circulation of Repeat Sex Offenders in Coaching. JOPERD 77 (7), 3-5, 54.

Amy Freitag (MA, '05), former student and front office staff member, now has a baby daughter, Ariana Elena, born Sept. 13th.

CLOSE UP! continued from page 1

Dr. KyungMo "Mo" Han is the Director of the Undergraduate Athletic Training Education Program (ATEP). Prior to his current position, Mo was the ATEP Director at CSU Dominguez Hills. Currently, Mo is the Chair of the Sports Rehabilitation Specialist Education Council and Sports Rehabilitation Specialist Board of Certification of the Korean Association of Certified Exercise Professionals (KACEP) in Seoul, Korea. He also serves as a Board of Certification (BOC) Examiner. Dr. Han's research interests are lower extremity injury and rehabilitation, and lower extremity biomechanics.



FREE KIN PICNIC!

Our traditional fall picnic for all students, faculty, and staff in the Department of Kinesiology will be on **Monday, October 16th** at the barbecue pits behind Spartan Complex, from 11:30—1:15.

Tickets are free and need to be obtained in advance either from your KIN instructor or from the KIN main office in SPX 56. A limited number of veggie burgers will be available.

Please do join in this opportunity to get to know your fellow KIN students, KIN staff, and KIN faculty a little better, and have a good time!

In Memorium

Armando Morales Moreno (BS, '57) was a champion for disadvantaged students and recent immigrants, an avid golfer, restaurant entrepreneur, and active Senior Olympian. Armando served in the United States Naval Air Service. He loved spending time with his two children and eight grandchildren. A memorial service was held on July 17th, 2006.

Alumni News

Sara Seibert (BS, '05) a graduate of the pre-professional emphasis, has started her first year in the PT program at CSU-Fresno.

Kellie Arnone (PP emphasis grad, BS, '05) has been accepted to and will start PT school at CSU-Long Beach this fall.

Cesar Cardenas (BS, '06) was hired as the head athletic trainer at Holy Names University in Oakland, CA.

Becky Roark (BS, '06) is a graduate assistant in athletic training at Azusa Pacific University, in Azusa, CA working with the women's volleyball, and baseball teams.

Jeremy Lawson (MA '03) was just appointed Head Strength & Conditioning Coach at Marin Catholic High School in the Bay Area.

Bill Yanowsky (BS, '93 MA, '99) was hired as the Head Athletic Trainer at Delaware State University. Bill was formerly the Associate Head Athletic Trainer here at SJSU.

Courtney Siler (BS, '05) is serving as a graduate assistant in athletic training at Portland State University.

Rachael (Rolle) Joye (MA '06) just accepted the position the Head Athletic Training position at Philadelphia Biblical University, a NCAA D III school in Langhorne, PA.

Teoma Taylor (BS, '05) has been accepted to Howard University's Physical Therapy Program in Washington, D.C.

Kelly Dybdahl (BS '06) Exercise & Fitness Specialist emphasis had a second son, Dominic, born on June 2.

Amy Chang (MA, '06) recently gave a presentation at the Association for the Advancement of Sport Psychology conference in Miami, FL. Her presentation, based on her thesis, was entitled: "The Resonance Performance Model: Applications on Exercise Adherence and Well-Being" and her co-authors were **Dr. Butryn**, **Dr. Furst**, and **Dr. Masucci**.



Announcements

Good news from Sacramento for physical education! The Governor has allotted \$500 million dollars in his current budget (that is a half a billion dollars) to be spent for the Visual and Performing Arts and Physical Education Standards-based instruction. During the summer months professional groups from dance, music, art, drama and physical education came together to discuss the use of the money and created recommendations for how the money could best serve K-12 schools. As a result, a series of Administrator workshops are being provided up and down the state to assist superintendents, assistant superintendents, principals, district curriculum coordinators and department chairs to think critically about the implementation of standards based instruction in physical education and the visual and performing arts. One such workshop will be held in San Jose on November 1 and 2. The committee has made their recommendations. They believe that the money should be invested in improving the quality of teaching by providing standards based professional development for teachers, leadership based professional development for school site administrators, standards based curriculum development, assessment of student learning and the evaluation of instructional programs, and instructional resources to support standards based visual and performing arts and physical education. The committee also agreed that the money should reach all five content areas to provide sufficient access for all students in schools. This is an exciting time for school physical education. The hope is that the money will be spent "wisely" and evidence will be collected to be used to convince the Governor that more money will further the goal of implementing standards based instruction in the future.

Dr. Susan Wilkinson

On Dec 2nd from 1-4, Dr. Kahanov will be teaching CPR for the professional rescuer. If you are interested, the cost is \$20.00. (There's a class for AT students in the morning; this afternoon class is for anyone else interested.)

There's a minimum of 6 students and a max of 20.

If you are interested, please contact Dr. Kahanov in the next couple of weeks. (leamor@kin.sjsu.edu)

As we move into the 8th week of this semester, it is our pleasure to announce that beginning this month (October, 2006), ATEP will elect its first recipient for the Athletic Training Student (ATS) of the Month Award. The procedures for the election are provided below:

1. All current KIN 197 A, B, C, D students are eligible to be elected.
2. An award recipient will be elected each month.
3. A student cannot be elected for two consecutive months.
4. A student cannot be elected more than two times a year.
5. The monthly recipient of the ATS of the Month Award will be announced via our UndergradAT list serve & KIN Department Communicator and the recipient's photo will be posted on the ATEP Board in SPX.
6. An Award Certificate will be delivered to the recipient.
7. ATEP Faculty will discuss and elect all of the ATS of the Month Award recipient.
8. ATS of the Month Award Criteria include: 1) Academic achievement; 2) Ethical behavior; 3) Interpersonal skills; and 4) Service.

If you have any questions regarding the procedures for the ATS of the Month Award election, please let us know. Thank you!

Dr. Mo Han

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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 2007

Kinesiology Schedule of Classes

January 2 – 19

COURSE	DAYS	TIME	INSTRUCTOR
KIN 15A Beg. Basketball	MTWRF	0900 – 1055	May
KIN 26A Beg. Table Tennis	MTWRF	1100 – 1255	Chen
KIN 30 Pilates	MTWRF	0830 – 1025	Linafelter
KIN 32 Aerobics	MTWRF	1330 – 1525	Tug Ergun
KIN 35A Beg. Weight Training	MTWRF	1300 – 1455	Osterhaus
KIN 35B Inter. Weight Training	MTWRF	1300 – 1455	Osterhaus
KIN 55A Beg. Self Defense	MTWRF	0800 – 0955	Chen
KIN 61A Beg. Hatha Yoga	MTWRF	1030 – 1225	Caughlan
KIN 70 Intro to Kinesiology	TWRF	0830 – 1330	Butryn
KIN 155 Exercise Physiology	TWRF	0900 – 1430	Cisar
KIN 163 Physical Fitness & Nutrition	MTWR	1500 – 1915	Cisar
KIN 165 Motor Development	TWRF	0900 – 1330	Kao
KIN 185 Senior Seminar	TWRF	0800 – 1230	Payne
KIN 186 Pharmacology	Online		Kahanov

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

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

