

NEWSLETTER

Welcome to the Department of Kinesiology

Academic Year 2016-2017



INSIDE THIS ISSUE

This Newsletter is intended to keep you up-to-date of the efforts of our faculty and students here at CSUSB. In addition, it provides us with an opportunity to share news about some of our alumni. If you do not see information about yourself and your recent achievement(s) or news about yourself and family, it is because you have not shared that information with us. Please send us information about you, your professional endeavors and personal experiences.



Kinesiology

Letter from the Department Chair...

Bryan L. Haddock
Professor and Chair,
Kinesiology



Welcome to the Department of Kinesiology at California State University, San Bernardino. When I joined CSUSB as a faculty member in September of 2000, I was excited about the opportunities to help train future leaders in Kinesiology. I had spent the previous 12 years working in both a clinical setting and graduate education at Loma Linda University. Coming here, I had the privilege of working in a department chaired by Dr. Terry Rizzo. One could not ask for a better beginning to an academic career in Kinesiology.

Now, I am finishing my first academic year as the Department Chair, attempting to fill the very large shoes of Dr. Rizzo. The more time that I spend with other department chairs and at professional conferences, the more I realize how fortunate we, as a Kinesiology department, were to have him as the leader for our department and for that matter a leader in the field of Kinesiology for the past 21 years. As evidence of this, Dr. Rizzo has been selected by the American Kinesiology Association as the Distinguished Leader for Undergraduate Degree granting institutions. This is a very prestigious award, given out to one leader in the field each year. We are all very fortunate to have been part of the department which he led for many years.

As we continue to try and build on this legacy we as a department continue to advance opportunities for our students to get hands on experience. Our students are actively involved in not only doing research with faculty, but presenting this research at professional conferences. For instance, Drs. Dabbs, Escalante, Ng, and Roper have taken several students to present at conferences such as the National Strength and Conditioning Association (NSCA) along with the Regional and National American College of Sports Medicine (ACSM). Drs. Rymal and Roper have supervised two students who presented at the Annual CSU Student Research Competition in San Luis Obispo in April. In addition, Dr. So, will be taking 10 students to the Western Society of Kinesiology and Wellness (WSKW) this coming October for professional presentations. The Kinesiology department is well represented at professional conferences and our students and faculty are becoming well known across the nation.

Our faculty continue to actively publish their research in professional publications. They serve as reviewers and editors of multiple professional journals. They are also viewed as leaders in their respective fields. Dr. Escalante serves on the executive council committee for the Nutrition and Metabolism special interest group of the NSCSA. Dr. Dabbs sits on the board for the Southwest ACSM and is chair of the Women's committee for the NSCA. Dr. Gentry is the Vice President of CAHPERD Unit 404 (representing all San Bernardino and Riverside counties) and has hosted a conference here on campus.

Our student population increases every quarter. There are currently almost 1,000 Kinesiology majors here at CSUSB. Our faculty is strong and continues to grow as well. We are hiring two new full-time faculty members this Fall. Dr. Chen who specializes in bone metabolism and aging, along with Dr. Wee who specializes in cerebral blood flow and cognitive function in Down's Syndrome. Unfortunately, we will be losing two full-time faculty members (Drs. Godwin and Roper). They will be greatly missed, but we wish them success in their future careers and appreciate their contribution to the lives of our students.

The Kinesiology Student Association (KSA) continues to develop and advance. They are regularly involved in service activities, including the DisAbilities Sports Festival and the All-Star Swim program. They recently hosted the 2nd Annual Kinesiology Awards Banquet in which several students and faculty were recognized for their achievements.

One huge change that is coming upon CSUSB is that we will be switching from the Quarter system to the Semester system beginning in the Fall term of 2020. Currently, our faculty are busy making the necessary adjustments to the curriculum and planning for the transition of student programs. Regardless, we will continue to aim to provide a top-notch educational environment for all of our students. We always enjoy hearing from alumni. Please send a note and tell us what you are doing, or stop by the office when you are in town. As always, you can follow the activity of the department by visiting our website: <http://kine.csusb.edu>

Sincerely,

Bryan L. Haddock

“Exercise should be regarded as tribute to the heart.”

-Gene Tunney



UPDATES FROM LAST YEAR...

Satellite Laboratory: Dr. Dabbs and Dr. Ng worked on updating HP 126, the Kinesiology's Satellite Lab. This lab is currently being used for the Fitness Assessment Program and is planned to be used as extra lab space for lab courses.



IN PROGRESS....

Pedagogy Laboratory: Dr. Gentry and Dr. Rymal applied for and received the Vital and Expanded Technologies Initiative (VETI) Grant to begin work on a new Physical Activity and Pedagogical Success Laboratory. They received just under \$90,000 to begin renovations. The new lab, which will be in the PE Building, will provide some much needed additional lab space for the department. The new lab is planned on being completed in the year.

Exercise is Medicine on Campus is in its beginning stages. The Leadership team includes me (Dr. Jason Ng, PhD, Professor of Kinesiology serving as the Supervisor and Fitness Advisor), Dr. Richelle Marracino Ghazal, MD, Medical Chief of Staff of the CSUSB Health Center serving as the Health Advisor. The student leaders include Charlotte Hua, Elizabeth Tuason, Margarita Serrano, Sandeep Kaur, Mayra Gonzalez, Rafael Alamilla, and Airah Musni.



WARM WELCOME TO....

Sang Ouk Wee

Sang Ouk Wee received his Ph.D in Rehabilitation Science at University of Illinois at Chicago. His passion in academia is in sports medicine and rehabilitation science, especially exercise rehabilitation in cardiovascular and cerebral regulation in special population. After receiving his master's degree in exercise science at Auburn University, he decided to turn his academic focus to disability rehabilitation and received his second master degree in Adapted Physical Activity (APA) from California state university Northridge (CSUN). Inspiration from APA program at CSUN, he decided to pursue his doctoral degree at University of Illinois at Chicago in cardiovascular/autonomic rehabilitation in special population, specifically in Down syndrome. His work has been recognized by presenting at numerous international conferences, including American College of Sports Medicine (ACSM), Experimental biology (EB), North American Federation of Adapted Physical Activity (NAFAPA), and more. In addition, he was awarded as 2016 young investigator award from Korean United States Applied Physiology society. His passion in academia is not only pursuing his research in rehabilitation in Down syndrome, but also mentoring students to guide them to become a leader in the field of exercise science and rehabilitation.



Zhaojing Chen



Dr. Zhaojing Chen was born and raised in a small city in China. She graduated with her M.S. and Ph.D. degrees in Exercise Physiology from the University of Oklahoma and received her B.S. in Exercise Science from Shanghai University of Sport in China. She is interested in bone and muscle metabolism, particularly in aging research with her dissertation work focused on circulating microRNAs (short, non-coding RNA molecules) as biomarkers of osteoporosis and sarcopenia in postmenopausal women. She would like to further explore circulating microRNAs responses to different types of exercise as well as fall and fracture prevention in the elderly. Zhaojing is passionate about teaching and establishing rapport with students and is looking forward to teaching and getting to know the students in the department. In her free time, she enjoys staying active and being outdoors, running, hiking and

Kinesiology Student Association



KSA 2016/2017 Board Members:

President: Christina Cooper, **Vice President:** Samantha Parra, **Secretary:** Jennifer Orozco, **Treasurer:** Lydia Gonzalez, **Public Relations:** Michael Zavala & Katherine Mendoza, **Events Committee:** Denisse Ledezma, **Community Outreach:** Diana Real, Demizon Sy

Faculty-Student Networking Lunch



Anderson Olympics



Disability Sports Festival



Coyote Cares Day



Tot Olympics



CSUSB Carnival



Kinesiology Awards Banquet

Most Active KSA Member

Amanda Ahlmann



Most Well-Rounded KSA Member

Samantha Parra



Outstanding KSA Member

Diana Real



Most Inspiring Role Model

Christina Cooper



Community Service Award

Amy Gonzalez



Highest GPA for Allied Health Professional

Amy Gaffney & Andrea Likins



Highest GPA for Pedagogy

Jose Esquivel & Ashley MacLeod



Highest GPA for Exercise Science

Joseph Quiroga & Emma Hines



Outstanding Senior Award

Ashley MacLeod



Most Inspiring Professor of the Year

Professor Jim Clover



Most Enthusiastic Professor of the Year

Dr. Amanda Rymal



Adjunct Faculty of the Year

Professor Matt Jackson



Tenure-Track Faculty of the Year

Dr. Nicole Dabbs



STUDENT AWARDS

Ashley MacLeod - American Kinesiology Association (AKA) Undergraduate Scholar Award Winner – 2017. The Kinesiology department was proud to nominate Ashley MacLeod for the AKA Undergraduate Scholar Award. The award recognizes outstanding undergraduates at the national level for their academic and leadership accomplishments. The AKA selection process was very rigorous which speaks volumes to the quality of work that Ashley has put forth during her time at CSUSB.



2017 SHAPE America Major of the Year Award Winners. Congratulations to Andrew Khong (Exercise Science), Christina Cooper (Allied Health), Steven Sandoval (Pedagogy) and Stephanie Sanford (Adapted Physical Education) for being selected by the Kinesiology faculty as the 2017 Society of Health and Physical Education (SHAPE) Majors of the Year. They were selected based on their dedication to their academic work and service to CSUSB and the surrounding community. In May, at the KSA awards banquet, our students were recognized amongst of their peer, faculty, and families.



Travel Funding Grant: Dr. Dabbs and Dr. Ng’s students received ASI scholarship funding between \$300-\$1,000 each to travel to present their undergraduate research in Denver, CO at American College of Sports Medicine Conference and/or to Las Vegas, NV at the National Strength and Conditioning Association conference.

- Christina Cooper (ACSM & NSCA)
- Jasmine Wimbish (ACSM & NSCA)
- Miranda Reid (NSCA)

- Pedro Hughes (NSCA)
- Andrew Khong (NSCA)
- Javier Romero (NSCA)

- Kong Tu (NSCA)
- Rafael Alamilla (NSCA)

Kinesiology Student Association received Gold status for the Community Service Award from the Office of Student Engagement. KSA

Kinesiology Student Association was awarded the MOST OUTSTANDING ORGANIZATION of 2017 at CSUSB.



DEPARTMENT COMMUNITY OUTREACH

Kinesiology for Kids: The Kinesiology for Kids was a collaboration with the Kinesiology Department and Athletics, Dr. Dabbs and Dr. Amanda Rymal helped organize the event with the marketing director, Scott Carlson from athletics. The purpose was to bring about 100 elementary school kids on campus and give them the "college experience" and promote community engagement and collaboration between our two departments. While on campus, the students toured 6 of our Kinesiology laboratories (Biomechanics Lab, Motor Behavior Lab, Pedagogy Lab, Human Performance Lab, Hemodynamic Lab, and the Applied Learning Lab), where about 26 of our undergraduate students volunteered and demonstrated how equipment was used. Some of the kids were able to participate in activities such as jumping, running, balance, and learning about the field of Kinesiology.



Dr. Oh and her students (KINE 311 and KINE 332) volunteered 8 weeks of Redlands YMCA

HoopShots Basketball Program. The HoopShots basketball is a program for the individuals with developmental disabilities.

Dr. Escalante and some students were at paakuma k-8 school in San Bernardino for sports medicine day.



CAPHERD Conference: Several pedagogy students joined Dr. Gentry at the California Association for Health, Physical Education, Recreation, and Dance State Conference from February 23-25th. It is the largest physical education conference in the state. Dr. Gentry, who was in attendance for multiple presentations and to start his yearlong role as the new VP of Physical Education, noted, "the students did an excellent job of representing the department." Several of the students volunteered their time to introduce presenters at the beginning of sessions. In addition, CSUSB was represented very well in the student competition which pitted universities against each other, nearly taking the top spot.



Pictured below from left to right: Brian DeWispelaere, Dr. Chris Gentry, Toni Atkinson, Jasmine, Gutierrez, Alyssa Gallegos, and Fanny Rivera. Not pictured: Jose Esquivel, Hector Munoz, Marco Carillo-Leon

OLYMPIC TESTING: Dr. Dabbs organized students to help perform 2 days of a full battery of physical performance assessments on the men's and women's Chinese Olympic Speed Skating team. Dr. Ng and 20 Kinesiology students tested all of the athletes in three different Kinesiology Labs.



SWAT Team Testing: Dr. Ng and several students are administering a fitness test battery to members of the Special Weapons and Tactics (SWAT) Team of a local law enforcement agency. The test battery aims to assess their healthy-related and skill-related components of fitness. This information will be useful for developing exercise training programs that can be applied specifically to this special population.

3 WINS Program: CSUSB's Kinesiology program has partnered with 3 WINS started at CSUN to provide physical fitness classes free to the SB community. 3 WINS Fitness is the new movement dedicated to empowering individuals to improve their quality of life by building healthier minds, bodies, and communities. We are university educated staff trained in the art and science of human movement. Our goal is to enable the public to resist the prevalence of inactivity and dietary related diseases through the delivery of progressive exercise programs.



STUDENT DEVELOPMENT AND PROFESSIONAL CONFERENCES

Southwest American College of Sports Medicine Conference, October, 2016. Our department hosted and we had **45 undergraduate students** attend and 10 volunteer to help out with the conference proceedings. This is an exceptional amount of students to attend a conference and pay for out of their own pockets. Additionally, three of our lab techs presented about our department during a general session and did an amazing job. And 6 of our undergraduate students or alumni presented data from our labs in poster presentations. 6 of our students competed in the Student Quiz Bowl.



CSUSB Research Competition: Three of our students gave oral presentations of their research at the CSUSB Research Competition. Jonathan Aquinio, Karah Shouse, Christina Cooper.



CSU-Research Competition: Two of our students won from our university to compete in a research competition with the whole CSU system.

Karah Shouse presented on, the effectiveness of observing oneself by video on basketball free throw performance. Specifically, does an edited video of the dominant arm illustrating a skill level not yet achieved (i.e., mirror reversal of the dominant arm to appear as though it is the non dominant arm) and an unedited video of the non dominant arm showing the individual's best performance (i.e., positive self-review) have an effect on free throw success?

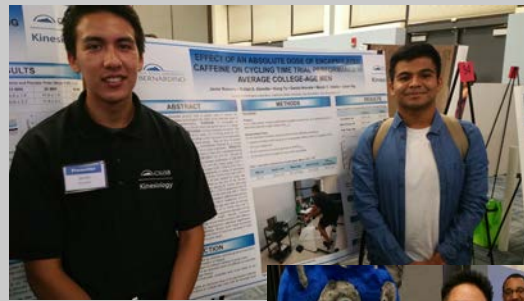
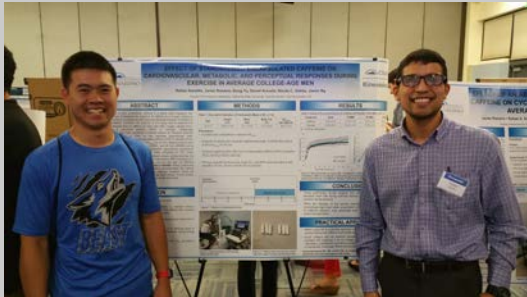


Jonathan presented "Comparing Smart Apparel Muscle Activity Measurements to Surface Electromyography During Exercise". This project sought to determine the validity of this new form of exercise technology, which incorporated electromyography sensors in the fabric of the apparel to measure muscle activity measurements. Additionally, the project sought to determine if there was any systematic bias of the apparel and whether body fat percentage affected the measurements. Jonathan previously presented this project at the annual conference of the Southwest regional chapter of the American College of Sports Medicine, and will present the same project for the Student Research Award for Outstanding Poster Abstract at the national conference of the National Strength and Conditioning Association.

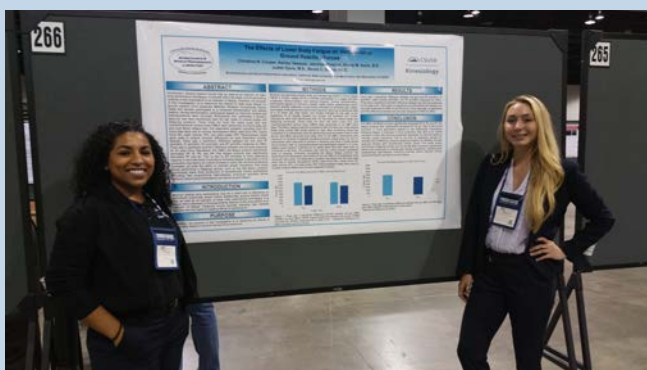
STUDENT DEVELOPMENT AND PROFESSIONAL CONFERENCES

CSUSB- Office of Student Research: “Meeting of the Minds”, May 2017

Several of our students presented research abstract poster presentations at CSUSB’s “Meeting of the Minds” hosted by The Office of Student Research on May, 2017.



National American College of Sports Medicine Conference, Denver, CO. Dr. Dabbs had 2 undergraduate students present poster presentations and 5 undergraduates attended the conference along with Dr. Ng and Dr. Haddock and a few alumni.



FACULTY ACCOMPLISHMENTS

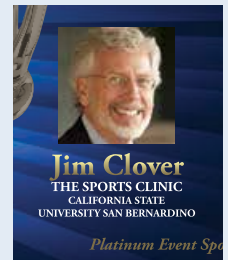


Congratulations are in order for Terry Rizzo. He was selected as the recipient of the 2017 American Kinesiology Association Distinguished Leadership Award for Undergraduate Institutions. Terry led our department for a record 21 years! During this time, he transformed our department into what it is today. We have grown from 148 majors to now almost 1,000 with three concentrations. We have a department that is recognized for the professional activities of its faculty. During this past year, I have had the privilege of going to the CSU Chairs meetings, I can tell you that Terry has tremendous respect across the entire CSU system. Every single other department chair that I talked to had the utmost respect for the leadership that Terry has shown in our discipline.

Hyun-Kyoung Oh has been selected as the outstanding Teaching faculty for the CNS this year. HK has been made a tremendous contribution to our program, especially in the APE program.



Jim Clover received the 2017 Father of the Year award from the American Diabetes Association.



Dr. Hosung So, keynote speaker at the 6th International Conference in Bangkok, June, 2016.



Announcements

A special thank you to our hard working and dedicated student lab tech, Christina Cooper and Andrew Khong



New Student Lab Techs:

Darren Favela: Biomechanics Student Lab Tech

Lena Longueira: Human Performance Student Lab Tech

ALUMNI NEWS

Kinesiology Alumnus of the Year: Curtis Knight. While a student here he participated heavily with the recreational sports department, working as a lifeguard, intramural sports referee, and helped develop the current outdoors program as one of their initial leadership staff members. He then worked several other jobs along the way to help pay for college and medical school. He is part of the founding core faculty for the new Emergency Medicine Residency training program at Riverside Community Hospital. They will be taking their first set of interns this summer. He has an interest and involvement with tactical/law enforcement medicine. He spends some of his free time providing medical support and education for local law enforcement

Below are CSUSB Kinesiology Alumni that have been accepted into graduate programs:

- **Nicole Sauls**, M.S. in Kinesiology, University of Wyoming
- **Jessica Stienstra**, DPT, Azusa Pacific University
- **Stephanie Yong**, DPT, Azusa Pacific University
- **Abdiel Fuentes**, DPT, Loma Linda University
- **Andrea Gomez**, DPT, Loma Linda University
- **Annie Hand**, DPT, San Diego State University
- **Cassandra Rosebeary**, PTA, Loma Linda University
- **JP, D'Este**, M.S. in Kinesiology, UNLV
- **Anna Urzua**, M.S. in Health Science, Western University
- **Aubree Downtain** just got a job as a PE teacher in San Jacinto
- **John Torrez** will be volunteering with Justin Magallanez at his facility (Creatin' Monsters) to help with strength and condition of many collegiate and professional athletes. I received a payed internship with Varsity Spirit to work as a First Aid staff member under other ATC's. This internship covers performing arts and allows me to travel all over and network with people from all over the US. Finally, I will be heading to training camp with the Oakland Raiders from mid July to early September to work under their Athletic Trainers, Strength and Condition Staff and other healthcare professions that they will have on staff.

2017 Graduate News

Below are graduating seniors that have been accepted into graduate programs

- **Christina Cooper**, M.S. in Kinesiology, University of Las Vegas
- **Ian Bjerke**, DPT; Loma Linda University
- **Paul Hanna**, Med School, St George Medical School
- **Diana Real**, DPT, Loma Linda Unviersity
- **Ashley Vasquez**, DPT, Loma Linda University
- **Karah Shouse**, OT, Loma Linda University
- **Brittany Holloman**, M.S. in Recreation Sport, Ohio University
- **Amy Gaffney**, Kinesiology- Allied Health, DPT at University of the Pacific
- **Jennifer Garcia**, DPT, Western University

We are interested in the careers of our former students. Please help us by filling out the job survey below.

	Present Position			Years	Not in Education/Fitness now, but have been in the past	
	Yes	No	School		School	Years
Teaching						
Coaching						
Recreation						
Fitness						
Cardiac Rehabilitation						
Physical Therapy						
Sports Business						
Teaching Credential						
Master's Program						

Job experience(s) other than degree related since you have graduated. (Feel free to include personal news as well, thank you!)

Your Name: _____

Email Address: _____

Mailing Address: _____

Graduation Year: _____

Contribution to the Department of Kinesiology Philanthropic Foundation Accounts

- \$ _____ **General Kinesiology Account**
(Support for advancing scholarly activity and service to the local and professional community)
- \$ _____ **Fitness and Development Account**
(Support for scholarly activities of faculty and students)
- \$ _____ **DisAbility Sports Festival Account**
(Support for the annual festival for disabled youth in the community held every October)
- \$ _____ **Student Travel Fund**
(Support for kinesiology students to travel to various conferences with faculty)

Make checks payable to "CSUSB Philanthropic Foundation" and indicate which account you wish the funds to be deposited into on the "memo" section of the check and mail the check and this form to:

CSUSB - Kinesiology
Attn: Dr. Terry Rizzo
5500 University Pkwy
San Bernardino, CA 92407-2397