

# KINESIOLOGY

Department Newsletter

Academic Year 2017—2018

## INSIDE THIS ISSUE

This newsletter is intended to keep you updated on the efforts of our faculty and students here at the Department of Kinesiology at California State University, San Bernardino. 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), please reach out to us. Your stories will serve as an inspiration to current students, staff, and faculty. We look forward to hearing from you and spreading news about you, your professional endeavors, and personal experiences.

*“Life requires movement.”*

**KSA Activities, p. 6**

*- Aristotle*

**Community & Int'l Outreach, p. 12**

**Student Development & Conferences, p. 14**

**Abstract & Manuscript Publications, p. 22**



**Top row, left to right:** Robert Tossetti, Michael Rister, Sang Ouk Wee, Chris Gentry, Jim VanOver, Jim Clover, Robert Flores, Ben Liscano, Carl Sanchez, Quentin Moses, Clinton White, Erin Haugh, Mason Parker, Angel Castro, Justin Swanson

**Middle row, left to right:** Terry Rizzo, Hosung So, Chauncey Hayes, Visiting Scholar, Hepsi Sudhakar, Janys Antonio, Nicole Dabbs, Betsabe Bolanos, Sarah Jarvis, Anna Delgado, Beth Lucas, Amy Wheeler, Matt Jackson, Sonia Gamboa-Perez, Cameron Van Wye, Alex Dorado

**Bottom row, left to right:** Hyun-Kyoung Oh, Zhaojing Chen, Jason Ng, Guillermo Escalante, Amanda Rymal, Christine Quiros, Samantha Harbin, Bryan Haddock, Joe Liscano



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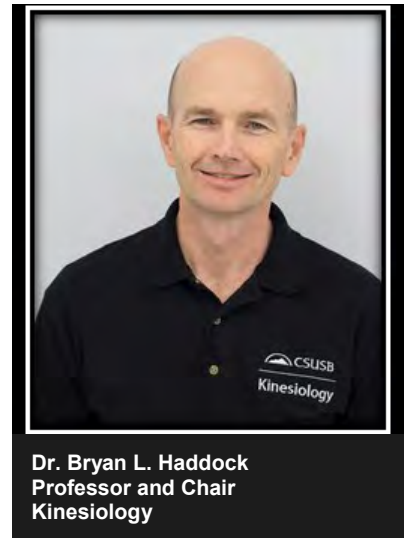
# Kinesiology

## Letter from the Chair

It has been a whirlwind of a year here in the Kinesiology department. As with all of CSUSB, we are in the midst of preparing for the transition from the quarter system to the semester system. We will be officially on semesters in the Fall of 2020. So this year our faculty undertook the task of reviewing our entire curriculum and transforming it into the semester system. We hope to get final approval of our new program next year.

Our full time faculty continues to expand. Two new faculty members joined our program this year (Drs. Chen and Wee). They have purchased equipment that will greatly enhance the student's experience. As a few examples, we have purchased a sub-zero freezer for our hemodynamic lab and a 24-hour cardiac monitor to track EKG, BP, stroke volume, etc. We have also received a grant in order to help us purchase an updated DXA machine for measuring bone density. This coming Fall term we will be welcoming Dr. Hill as a full time faculty member. He has recently finished his PhD from Michigan State University. His focus is on psychosocial aspects of sport and physical activity. On other faculty notes, Dr. Oh has accepted a position on campus as the Faculty Director for the Center for International Studies. Fortunately for us, she is still around and we are able to pull her into Kinesiology activities at times.

The Kinesiology department continues to receive multiple honors. One of our Lectures (Jim Clover) was recognized as the College of Natural Sciences Lecturer of the Year. He was honored not only because of his outstanding teaching, but due to his giving our students an opportunity to gain professional experience through the Sport Clinic in Riverside which he runs. In addition, Dr. Dabbs was recently named the Vice President of the National Strength and Conditioning Association (NSCA) Foundation and will achieve Fellow status this year. Dr. Escalante and colleagues from the College of Business won the CSUSB Innovation Challenge for pitching a product called, "Glute Gainz" for rehabilitation and activation of the gluteus muscles. He is working on a patent for the product. Dr. Rizzo was recognized with the Distinguished Leadership Award by the American Kinesiology Association. He is recognized around the nation as a leader in our field.



**Dr. Bryan L. Haddock**  
Professor and Chair  
Kinesiology

*“As always, we continue to enjoy hearing from our alumni and the various activities in which you are involved. Please send a note to let us know about your activities, or stop by and see us when you are in town.”*



**Photo:** CSUSB Kinesiology students and professors at the CAHPERD Southern District Conference

## **Letter from the Chair (cont.)**

The number of students involved with faculty in their research has continued to grow. Students have presented their research at on-campus events such as the Meeting of the Minds and the Annual CSU Student Research Competition (this year held at CSU Sacramento). In addition, several students have worked with faculty to present their work at the Western Society for Kinesiology and Wellness (WSKW) conference in Reno, the Southwest American College of Sports Medicine Conference (SWACSM) in Long Beach, the National American College of Sports Medicine (ACSM) meeting, and the National Strength and Conditioning (NSCA) meeting. Dr. So has taken a group of students to Thailand and Japan for an International conference and Educational experience.

As an example of the success of our program, one of our graduates this year (Rafael Alamilla) was named as the National Undergraduate of the Year by the American Kinesiology Association. He has presented research at multiple conferences with Dr. Ng, most recently at the ACSM meeting in Minneapolis. It does us all proud that a national organization would recognize the work of one of our own students as the most outstanding in the entire nation! This says volumes about the caliber of not only Rafael, but of all of our students, faculty, and staff.

During this year, we completed construction on a Pedagogy lab in the PE building. This lab will allow our instructors to video a variety of teaching activities and immediately be able to display the work on multiple screens for analysis. This lab was funded with a grant written by Drs. Gentry and Rymal designed for enhancing technology.

As always, we continue to enjoy hearing from our alumni and the various activities in which you are involved. Please send a note to let us know about your activities, or stop by and see us when you are in town. You can always keep track of activities in our department by checking out our website: <http://kine.csusb.edu>.

Sincerely,

Bryan L. Haddock





#### Incoming Faculty

## Warm welcome to Dr. Chris Hill

Dr. Chris Hill received his undergraduate degree from Louisiana State University, Master's degree from Miami University, and his Doctoral degree from Michigan State University. His research focuses on the social influences that impact sport and exercise behaviors.

His research experiences at Michigan State University have resulted in five peer reviewed journal articles and one book chapter. Dr. Hill was also awarded the American Kinesiology Association National Doctoral Student award, competing against students from Kinesiology programs nationwide. His dissertation is titled: "Relational and behavioral outcomes of exercisers when working with a personal trainer: A tripartite efficacy examination." Dr. Hill likes teaching courses in sport and exercise psychology, sociology, and history as well as topics broadly related to statistics.

In his free time, he enjoys exercising and running (and is looking forward to being in warm and sunny Southern California). Dr. Hill also loves spending time with his wife and son.

## Updates from last year

### Exercise Is Medicine—On Campus (EIM-OC)

In an effort to educate and provide resources and exercise access to student-patients on campus, EIM-OC is a collaboration led by Dr. Jason Ng, PhD (Asst. Professor, Kinesiology), Dr. Richelle Marracino Ghazal, MD (Medical Chief of Staff, CSUSB Health Center), and Mr. Vilayat Del Rossi (Asst. Director of Fitness and Wellness, Student Recreation & Wellness Center). The EIM-OC initiative has been underway with piloting of new classes at the Recreation & Wellness Center as well as the development of an internship program where kinesiology students serve as exercise consultants to patients who are referred to them by the health care providers on campus. The EIM-OC special interest club led by students aims to raise awareness about the benefits of exercise in chronic disease prevention and treatment.

### Kinesiology Student Career Development Center

The rarely used Kinesiology Library located adjacent to the Department Office was converted into the *Kinesiology Student Career Development Center* to provide students with a space to obtain advising and resources for professional development. Led by Drs. Dabbs and Rymal, the renovation included: removal of old furniture, bookshelves, books, and flooring; a fresh coat of paint; new carpet tiles; and moveable desks and chairs to allow for dynamic use of the space. New additions planned for the future include a student computer and printing station.



Development of the Physical Activity and Pedagogical Success Laboratory, located in the PE building, is nearing completion.

## Updates from last year (cont.)

### **\$89,000 Awarded to Kinesiology Program to Build a Laboratory**

Dr. Chris Gentry and Dr. Amanda Rymal were awarded \$89,000 through the Vital and Expanded Technologies Initiative (VETI) grant to renovate an unused space in the Physical Education Building. This much needed lab space titled, *Physical Activity and Pedagogical Success Laboratory*, will provide the department with a movement analysis laboratory that will benefit all three concentrations. The lab, which will be open for use in Fall 2018, will include seven 70" monitors used for both presentations and small group work, 30 iPads with relevant apps, camcorders, and Bluetooth heart rate monitors among other things. Such a lab space will increase student exposure to technology currently used in teaching, coaching, and fitness settings.

### **In Progress**

An update to the weight room in the basement (HP B09) is underway. The project is in the planning phase and proposed changes include:

- Fresh bright paint and updated lights to improve visibility
- Rearrangement of layout to enhance accessibility
- Designated lecture area with a mobile computer station and large display monitor
- Installation of a hydration station

Additionally, Through the Vital and Expanded Technologies Initiative, Dr. Zhaojing Chen was awarded \$50,000 to purchase an updated dual-energy x-ray absorptiometry (DXA) bone mineral density analyzer.



# KINESIOLOGY STUDENT ASSOCIATION



## The 2017-2018 KSA Board

Throughout the 2017-2018 academic year, a board of ten students led and organized several activities for the benefit of kinesiology students. *Photo from left to right: Angel Ramirez-Lomeli (Secretary), Keila Renteria (Events Coordinator), Jonathan Ramirez (Events Coordinator), Elizabeth Corella (Community Service Coordinator), Hannah Ibarolla (Community Service Coordinator), Milly Mwaniki (Public Relations), Miranda Reid (Public Relations), Chris Hernandez (Treasurer), Rafael Alamilla (Vice President), Darren Favela (President).*



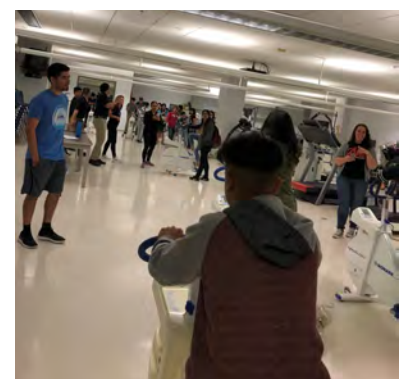
Professional Panel in the Fall Quarter

## Professional Panels

In two separate sessions in the fall and spring, professionals from the field answered questions about their respective occupations in a panel as well as in small intimate groups. Represented fields include those related to cardiac rehabilitation; orthotics and prosthetics; physical therapy; adapted physical education; strength and conditioning; sport management; and PA.

## Kines for Kids

Led by Drs. Dabbs and Rymal, members of KSA hosted two separate nights of kinesiology-related activities for K-12 students. KSA members guided dozens of young school children through a series of stations to develop interest in exercise science and education as well as an appreciation for human movement.



Kines for Kids; Jan 18, 2018

# KINESIOLOGY STUDENT ASSOCIATION (cont.)

## STUDENT/ FACULTY LUNCHEON

On March 7th, 2018, KSA hosted another annual student/faculty luncheon. To promote unity within the department, the luncheon provided an opportunity for students and faculty to socialize over food and beverages outside of the classroom in a casual and light atmosphere.



Student/Faculty Luncheon

## OTHER KSA ACTIVITIES

### Food Drive for the Den and Helping Hands Pantry

#### Tie Dye Event





# Kinesiology Student Association

## ANNUAL AWARDS BANQUET

On May 9, 2018, students, family members, staff, and faculty attended the annual Kinesiology Student Association Awards Banquet. The night was filled with food, conversation, photos from the year, and presentation of awards to several students and faculty.

### Membership and Leadership Awards

**Most Well Rounded**

Roland Morales



Roland Morales



Erick Nabeshima

**Most Active**

Erick Nabeshima

**Community Service Award**

Darren Favela & Chris Hernandez



Darren Favela



Chris Hernandez

**Most Outstanding Board Member**

Darren Favela

**Most Outstanding Member**

Sean Bonilla



Sean Bonilla



Angel Ramirez-Lomeli

**Most Inspiring Role Model**

Darren Favela

**Outstanding Senior**

Angel Ramirez-Lomeli

**Most Motivating**

Hannah Ibarrola



Hannah Ibarrola



Miranda Reid

**Most Valued**

Chis Hernandez

**Student Leadership Award**

Miranda Reid



# KSA ANNUAL AWARDS BANQUET (cont.)

## Academic Awards

### Top GPAs in Allied Health Professions

McKenzie Gamble & Lena Longueira



Left to right: Dr. Amanda Rymal, Lena Longueira, McKenzie Gamble

### Top GPAs in Exercise Science

Rafael Alamilla & Katelynn Boadway



Left to right: Katelynn Boadway, Prof. Jim Clover, Rafael Alamilla

### Top GPAs in Pedagogy

Deanna Bechard & Jessica Brown

## Faculty Recognized by Students

### Tenure-Track Faculty of the Year



Dr. Jason Ng

### Most Inspiring Professor



Prof. Matthew Jackson

### Most Enthusiastic Professor



Dr. Amanda Rymal

### Adjunct Professor of the Year



Prof. Jim Clover

### Most Involved Professor of the Year



Dr. Chris Gentry

### Mentor of the Year



Dr. Nicole Dabbs

# STUDENT AWARDS AND HONORS



Photo: Rafael Alamilla

## Rafael Alamilla receives AKA National Scholar Award

The American Kinesiology Association (AKA) is a department-member organization that advocates for kinesiology as a unified field of study at the national and international levels. Each year, the AKA selects one undergraduate student to be recognized nationally for their academic achievements. For this past academic year, Rafael Alamilla from CSUSB Kinesiology was the recipient of the AKA National Scholar Award.



Photo: Kaitlyn Cooper

## Kaitlyn Cooper named SHAPE Major of the Year

Kaitlyn Cooper attended the SHAPE American Conference in Nashville, TN, where she was named the SHAPE American Major of the Year for Adapted Pedagogy at CSUSB.

## Phi Kappa Phi Honor Society

On April 7, 2018, two kinesiology students, Danielle Cox and Darren Favela, were inducted into the Phi Kappa Phi Honor Society. New members are inducted into the Phi Kappa Phi Honor Society by invitation only. Some requirements include seniors having completed at least 90 credit hours, a ranking among the top 10% of their class, and a nomination approval by the chapter.



Top: Danielle Cox  
Bottom: Darren Favela

# STUDENT AWARDS AND HONORS (cont.)

## KSA Efforts Recognized by University

The Kinesiology Student Association was recognized twice this year for their efforts by two separate University Offices.

The Office of Community Engagement presented the Community Service Award to KSA for their outreach and hundreds of logged volunteer hours.

Additionally, the Office of Student Engagement held a Club Awards Banquet where KSA was awarded Best Academic Program for their contributions to the Kinesiology Academic Triathlon.

## The Society of Health and Physical Educators Awards

SHAPE America is the nation's largest membership organization of health and physical education professionals. Its mission is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport. SHAPE awards were presented to students in each concentration of the major:

- SHAPE Allied Health Professions Student of the Year- Darren Favela
- SHAPE Exercise Science Student of the Year- Rafael Alamilla
- SHAPE Adapted PE Student of the Year- Marc Abbott
- SHAPE Pedagogy Student of the Year- Kaitlyn Cooper



Photos (left to right): A) Dr. Nicole Dabbs, Darren Favela, B) Dr. Jason Ng, Rafael Alamilla, C) Prof. Robert Flores, Marc Abbott, D) Kaitlyn Cooper, Dr. Chris Gentry



# COMMUNITY AND INTERNATIONAL OUTREACH



Photo: Redlands YMCA Hoopshots program led by Dr. Hyun-Kyoung Oh

## Redlands YMCA Hoopshots

HoopShots is a basketball program for individuals with developmental disabilities. Held at the Redlands YMCA and led by Dr. HK Oh, several APE teacher candidates volunteered for 8 weeks between January and March 2018 to teach movement skills through basketball. Student volunteers included Amy Gonzalez, Christian Morales, Jasmin Rivera, Raquel Llanos, Phillie Bacon, Sarah Diaz, Deanna Bechard, Marc Abbott, Cassondra Delgado, Summer Ramsey. Dr. Oh and CSUSB Kinesiology has been involved with this program since 2007.

## CrossFit Research in Costa Rica

Supervised by Dr. Guillermo Escalante, four kinesiology students (Roberto Sanchez, Cristina Portillo, Linda Walker, Karina Perez) studied healthcare Spanish abroad in Costa Rica for a summer month. The students also assisted with data collection for a research project on CrossFit participants.

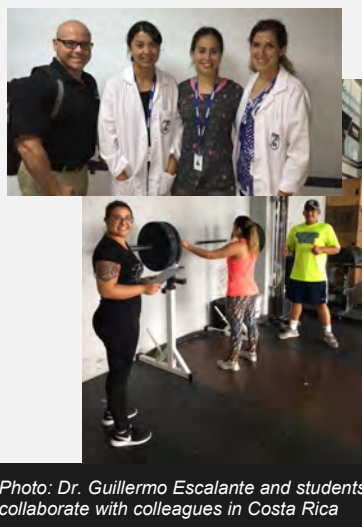


Photo: Dr. Guillermo Escalante and students collaborate with colleagues in Costa Rica

## Alumnus, Stan DeMarco, brings his physical education class back to his alma mater

CSUSB Kinesiology alumnus, Stan DeMarco, brought over 30 students from his 8th grade PE class from Arizona Middle School to tour CSUSB Kinesiology and introduce them to college. The tour was led by CSUSB Kinesiology students, Lena Longueira and Rafael Alamilla, who emphasized the importance of developing good study skills and habits early to prepare for college; observations of kinesiology lecture, lab, and activity classes; discussions of the importance of physical activity; topics related to the study of kinesiology; and careers related to kinesiology.



## COMMUNITY & INTERNATIONAL OUTREACH (cont.)

### Collaboration with Korean Professional Fitness Association (KPFA)

In September 2017, the department of Kinesiology at CSUSB and the Korean Professional Fitness Association (KPFA) convened to discuss collaborations and scholarships for CSUSB Kinesiology majors.



### DisAbility Sports Festival

In the Fall of 2017, several kinesiology students volunteered again at the annual DisAbility Sports Festival to promote physical activity for individuals with a disability.



Photo: External Advisory Committee Meeting (May 1, 2018)

## Annual External Advisory Committee Meeting

On May 1, 2018, CSUSB Kinesiology held its annual External Advisory Committee Meeting with representatives from the community college, university, and graduate/professional education levels to discuss current affairs and ideas to streamline student experience through the different programs. Representation from multiple organizations and institutions were present including Chaffey College, LaVerne University, CSUSB Recreation & Wellness Center, Western University of Health Science, Azusa Pacific University, CSUSB Sports Medicine, and Loma Linda University. Topics of discussion included providing an update about our department, faculty, and Quarter-to-Semester transition. Additionally, each program shared updates about their requirements for admissions as well as expectations of students. The committee also discussed ideas on how to enhance the transition for students between institutions.



# STUDENT DEVELOPMENT AND PROFESSIONAL CONFERENCES



Photo (left to right): Dr. Jason Ng, Kong Tu, Javier Romero, Andrew Khong, Miranda Reid, Jasmine Wimbish, Christina Cooper, Dr. Nicole Dabbs, Rafael Alamilla

## National Strength and Conditioning Association National Meeting 2017

On July 12-15, 2017, Dr. Nicole Dabbs, Dr. Jason Ng, Professor Phillip Drouet, and Professor Matthew Jackson traveled with several students to Las Vegas, NV for the National Strength and Conditioning Association National Meeting. CSUSB Kinesiology students, Rafael Alamilla, Jonathan Aquino, Christina Cooper, Andrew Khong, Miranda Reid, Javier Romero, Kong Tu, and Jasmine Wimbish, all presented research findings at this conference alongside other well-established researchers and professionals in the field. Moreover, students were recognized with awards (Christina Cooper and Jonathan Aquino); Jonathan Aquino received the NSCA Undergraduate Research Poster Presentation Award.



Photo: Students present research findings at the NSCA National Conference in July 2017.

## National Strength and Conditioning Educational Recognition Program

The NSCA's Educational Recognition Program (ERP) highlights institutions that prepare students for fields related to strength and conditioning. In November 2017, CSUSB Kinesiology was awarded another 3-year term. As part of the ERP, students receive discounts on student membership, certification exams, and conferences fees. Additionally, students receive job announcements and other opportunities for professional growth.



## STUDENT DEVELOPMENT & PROF. CONFERENCES (cont.)

### The Riverside Coaches Clinic

On October 14th, 2017, Professor Jim Clover spoke about concussions at the Riverside Unified School District "Coaches Clinic." Among those in attendance were several CSUSB Kinesiology students.

### Practical Applications in Sports Medicine

On June 22-24, 2018, several CSUSB Kinesiology faculty spoke at the 27th Annual Practical Applications in Sports Medicine Conference in Palm Springs, CA. Professor Jim Clover—who led the organization of the event—spoke alongside Drs. Nicole Dabbs and Amy Wheeler.



*Photo) Front Row (left to right): David Escobedo, Lizeth Ortega, Alyssa Gallegos, Cassandra Delgado, Lauren Toney, and Kaitlyn Cooper. Back Row (left to right): Eddie Salazar, Abraham Elizarraras, Rosemary Mickschl, and Cristian Morales*

### CAHPERD Southern District Conference hosted by CSUSB Kinesiology

In March 2018, the Kinesiology Department hosted the CAHPERD Southern District Conference. Like last year, the event was a collaboration with the California Association for Health, Physical Education, Recreation, and Dance (CAHPERD). This is the third straight year that such an event has been organized by our department. The full day event was made up of several hour long sessions led by professors and expert teachers in the field. Three of the teachers were former CAHPERD Teachers of the Year. In addition, one session, organized by CSUSB Pedagogy students and Dr. Gentry, had the majors present research critiques to provide the attendees with current information to take back to their schools. The event had more than 100 attendees.

## 2017 Western Society of Kinesiology and Wellness Conference

On October 13-15, 2017, Drs. Guillermo Escalante, Chris Gentry, HK Oh, Hosung So, and Sangouk Wee along with a group of several students attended the annual Western Society of Kinesiology and Wellness Conference in Reno, NV. Activities included four oral presentations by faculty, five poster presentations by faculty, and eleven research critique and literature review poster presentations by students. Additional highlights of the conference are listed below:

- The CSUSB Kinesiology faculty as a group received the Booster Award
- Dr. Guillermo Escalante was awarded the Young Scholar Award
- Dr. Chris Gentry and his group of students were presented an award for undergraduate research
- Dr. Sangouk Wee was presented the Outstanding Research Award
- In a Jeopardy competition, our students came in 2nd place

## STUDENT DEVELOPMENT & PROF. CONFERENCES (cont.)



*Left: Dr. Hosung So with students and colleagues at the 7th Institute of Physical Education International Conference*



*Right: Dr. Hosung So with students and colleagues at the 8th International Conference on Sports and Exercise Science*

## Student and Professional Development Events in Thailand with Dr. Hosung So

Steven Doherty, Larry McMillan, Luis Lua, Taemin Ha (all kinesiology majors), Dr. Hosung So attended the 2017 Institute of Physical Education International Conference (IPEIC) on June 28-30, 2017 that was held in Bangkok, Thailand. Additionally, Youngmin Lee (Management), Taemin Ha (Kinesiology graduate/MA in Instructional Technology), Dr. Hosung So, Woojin Kim (CSUSB Accounting), and Steven Doherty (kinesiology single subject credential) attended the 2018 International Conference on Sports and Exercise Science on June 20-22, 2018 in Bangkok, Thailand.

Committed to students and service to the field, Dr. So recently received a Team USA Safe Sport Training Certification, USA Badminton Coach Level 1 (December 2017) Certification, and the USA Soccer Federation F License. Additionally, Dr. So has been an Associate Editor for the European Journal of Educational Sciences and a section editor for the Journal of Sport and Leisure Studies.



## STUDENT DEVELOPMENT & PROF. CONFERENCES (cont.)

### SWACSM Jeopardy Bowl

Students competed in the Jeopardy Quiz Bowl at the annual SWACSM regional conference in Long Beach, CA on October 20, 2017. In this kinesiology-based trivia competition, teams of three students from dozens of academic institutions from all over the southwest US showcased their knowledge on topics such as anatomy, physiology, exercise physiology, pathophysiology, electrocardiogram interpretation, biomechanics, and exercise prescription. This year, two teams represented CSUSB Kinesiology, and one of the teams placed 2nd.



**Top** (left to right): Lena Longueira, Rafael Alamilla, Rachelle Rapanut  
**Bottom:** Darren Favela, Angel Ramirez-Lomeli, Miranda Reid



**Photo:** Faculty and students attend the 2017 Southwest ACSM Regional Meeting

### American College of Sports Medicine: Southwest Regional Meeting 2017

On October 20-21, 2017, a group of several faculty and students attended the Annual SWACSM Meeting in Long Beach, CA. Activities included an oral informational session on Exercise is Medicine by Drs. Nicole Dabbs and Jason Ng; poster presentations by Drs. Sangouk Wee and Zhaojing Chen; and several poster presentations by students (photos below).



**Photo) Top row** (left to right): McKenzie Gamble, Tu Kong, Miranda Reid  
**Middle row:** Chris Hernandez, Roberto Sanchez, Rafael Alamilla  
**Bottom row:** Javier Romero, Darren Favela, Christina Cooper



## STUDENT DEVELOPMENT & PROF. CONFERENCES (cont.)



*Photo: Two of the student organizers, Johnathan Ramirez (left) and Darren Favela (right), look across the crowd of dozens of students that have gathered during one of the academic triathlon events that featured a panel of professionals from various fields related to kinesiology.*

### CSUSB Kinesiology—Academic Triathlon

Drs. Nicole Dabbs and Amanda Rymal were awarded funds through the Student Success Initiative Grant and developed the Kinesiology Academic Triathlon. Together, along with logistical contributions from a team of students, they put on a series of three separate events that took place during the months of October and November. The Academic Triathlon included 1) several hours of peer advising, 2) a workshop that addressed professionalism, and 3) a panel of professionals from the field.

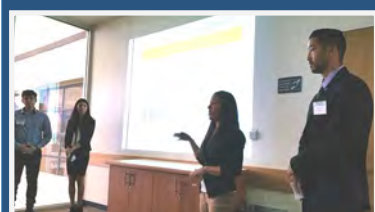
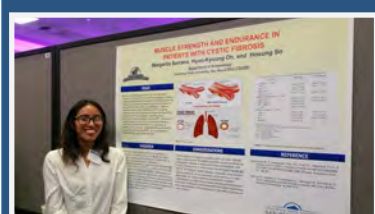
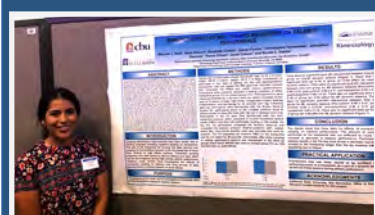
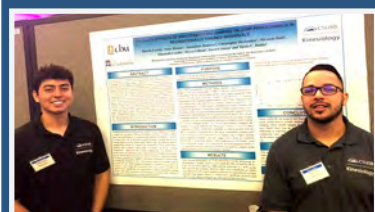
### American College of Sports Medicine Annual Meeting

On May 29-June 2, 2018, Dr. Zhaojing Chen, Dr. Jason Ng, Dr. Sangouk Wee, Rafael Alamilla, and Nathan Bodell (alumnus and current doctoral student at the University of Nevada, Las Vegas) presented research findings at the American College of Sports Medicine Annual Meeting in Minneapolis, MN.



**Left to right:** Rafael Alamilla, Dr. Sangouk Wee, Dr. Jason Ng, Nathan Bodell, Dr. Zhaojing Chen

## STUDENT DEVELOPMENT & PROF. CONFERENCES (cont.)



**Top to bottom:** Rafael Alamilla; Chris Hernandez; Johnathan Ramirez & Darren Favela; Elizabeth Corella; Margarita Serrano; Johnathan Ramirez, Stephanie Cruz, Jennifer LeDuff, Roland Morales



**Top:** Miranda Reid awarded Best Poster Presentation; **Bottom:** Kathleen Sanchez (Left) and McKenzie Gamble (Right) awarded Best Oral Presentation

## 7th Annual Meeting of the Minds

Several faculty and students attended the 7th Annual CSUSB Meeting of the Minds—Student Research Symposium on May 17, 2018. While several kinesiology faculty members served as moderators of presentation sessions, it is more notable that CSUSB Kinesiology was represented by many student volunteers and speakers. Student presenters included Rafael Alamilla, Miranda Reid, Darren Favela, Chris Hernandez, Johnathan Ramirez, Elizabeth Corella, McKenzie Gamble, Kathleen Sanchez, Margarita Serrano, Roland Morales, Jennifer LeDuff, Stephanie Cruz, Stephen Doherty, Rachelle Rapanut, Nick Ruelas, and Chiwon Kang. Particular highlights include the following:

- **Miranda Reid was selected as the Winner for Best Poster Presentation** out of the entire College of Natural Sciences for the Undergraduate Division
- **McKenzie Gamble and Kathleen Sanchez were selected as the Winners for Best Oral Presentation** out of the entire College of Natural Sciences



## STUDENT DEVELOPMENT & PROF. CONFERENCES (cont.)

### 32nd Annual CSUSB Research Competition

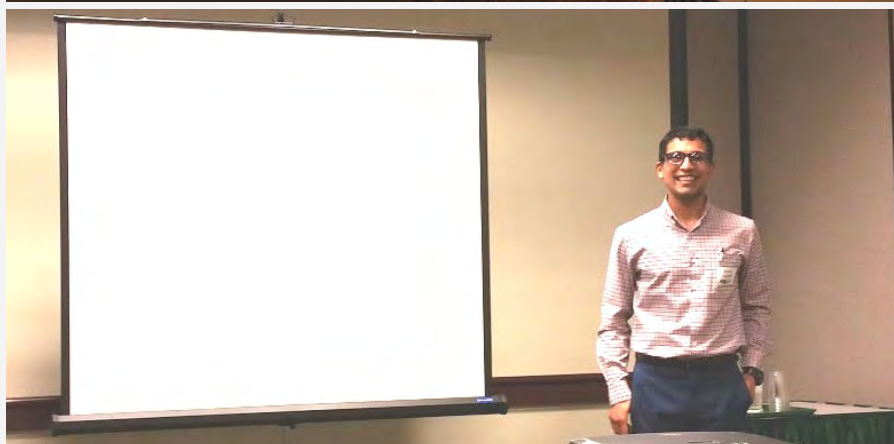
On February 23, 2018, CSUSB Kinesiology students participated in the campus-wide student research competition. Kinesiology student representatives included Rafael Alamilla, Miranda Reid, Darren Favela, Olivia Wilson, and McKenzie Gamble.



Top to bottom: Rafael Alamilla, Darren Favela, Miranda Reid

### Statewide CSU Research Competition

Eleven CSUSB students were selected to represent CSUSB at the state-wide California State University Research Competition. Among the group, two Kinesiology students, Rafael Alamilla and Miranda Reid, qualified to participate. In the competition that took place on May 3-5, 2018 at CSU Sacramento in Sacramento, CA. The students' travel was planned and supported by CSUSB's Office of Student Research.



Top to bottom: Miranda Reid, Rafael Alamilla



## STUDENT DEVELOPMENT & PROF. CONFERENCES (cont.)

### Peer Lab Facilitators and Peer Research Consultants assist Faculty

During the 2017-2018 academic year, multiple students were funded by the Office of Student Research (OSR) to assist faculty in enhancing student success in courses.

In particular, Rachelle Rapanut and Miranda Reid served as Peer Research Consultants in Dr. Dabbs' course on Biomechanics (KINE 480).

Additionally, Angel Ramirez-Lomeli and Johnathan Ramirez assisted Dr. Jason Ng and Dr. Zhaojing Chen, respectively, in their courses on Exercise Physiology (KINE 481).



Left to right: Elizabeth Corella, Miranda Reid, Johnathan Ramirez, Darren Favela, Chris Hernandez, Christina Cooper

### 2018 National Strength and Conditioning Association Southwest Regional Conference

On April 20-21, 2018, Drs. Nicole Dabbs and Guillermo Escalante along with several students attended the sold-out NSCA Southwest Regional Conference in Santa Monica, CA. Student presenters included Chris Hernandez, Darren Favela, Johnathan Ramirez, Miranda Reid, and Elizabeth Corella.



Left to right: Chris Hernandez, Johnathan Ramirez, Darren Favela, Elizabeth Corella, Miranda Reid

# ABSTRACT AND MANUSCRIPT PUBLICATIONS WITH STUDENTS

## Manuscript Publications with Students

Sauls NM & Dabbs NC. Differences in male collegiate and recreationally trained soccer players on balance, agility, and vertical jump performance measures. *International Journal of Kinesiology and Sports Science*. 5(4), 1-7, 2017.

Dabbs NC, Sauls NM, Zayer A., Chander H. Balance Performance in Collegiate Athletes: A comparison of Balance Error Scoring System Measures. *Journal Functional Morphology and Kinesiology*. 2(26), 1-7, 2017

## NSCA Abstracts, July 2017

Alamilla RA, Romero J, Tu K, Arevalo D, Dabbs NC, Ng J. Effect of standardized encapsulated caffeine on cardiovascular, metabolic, and perceptual responses during exercise in average college-age men. National Strength and Conditioning Association National Conference, Las Vegas, NV, 7/17.

Romero J, Alamilla RA, Tu K, Arevalo D, Dabbs NC, Ng J. Effect of an absolute dose of encapsulated caffeine on cycling time trial performance in average college-age men. National Strength and Conditioning Association National Conference, Las Vegas, NV, 7/17.

Tu, K., Alamilla, RA., Romero, J., Arevalo, D., Dabbs, NC., Ng, J. Effect of an Absolute Dose of Encapsulated Caffeine on Cycling Time Trial in Average College-age Women. National Strength and Conditioning Association National Conference, Las Vegas, NV, 7/17.

Wimbish, J., Cooper, CN., Hughes, P., Reid, M., Vazquez, A., Aquino, J., Roper, J., Dabbs NC. The Effects of Motorized vs. Non-motorized Treadmill on Voluntary Oxygen Consumption, Heart Rate, and RPE in Collegiate Cross-Country Females: A Preliminary Analysis. National Strength and Conditioning Association National Conference, Las Vegas, NV, 7/17.

Cooper, CN, Sauls, NM, Wimbish, J., Dabbs NC. The Effects of High Intensity Exercise on Muscle Activity During Maximal Voluntary Isometric Muscle Contractions. National Strength and Conditioning Association National Conference, Las Vegas, NV, 7/17.

## WSKW Abstracts, October 2017

Avendo-Vela, E., Oh, H.K., & Reyes, E. (2017, October). Most appropriate physical education for students with disabilities. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Elizarraras, A., Gentry, C., & So, H. S. (2017, October). Decreasing student obesity through school-based intervention. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Escalante, G. (2017, October). The effects of topical aminophylline, yohimbe, L-carnitine, caffeine, and gotu kola on thigh circumference, skin fold thickness, and fat mass in sedentary females. Paper presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Ha, T., Oh, H. K., So, H. S., & Baek, E. O. (2017, October). Effective teaching for martial arts in physical education class. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Huffman, G., & So, H. S. (2017, October). Effects of motivational music video on high-intensity exercise. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Kim, M., Kang, B. J., & So, H. S. (2017, October). Strategies to improve the quality of physical activity classes in college. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Kwon, Y. S., So, H. S., & Kwon, O. S. (2017, October). Evaluation of the video-based virtual exercise physiology laboratory. Paper presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Luscombe, M., So, H. S., & Gentry, C. (2017, October). Reduced falls risk in elderly with osteoarthritis by aquatic exercise. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Martin, L., Gentry, C., & So, H. S. (2017, October). Knowledge and value improvement in physical education. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Oh, H.K., Lee, J. (2017, October). Pre-service physical educators' emotional reaction to challenging behaviors. Paper presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Oh, H.K., Lee, J., Choi, H., Yoo, J. K., & Lee, J. K. (2017, October). Relationship of psychological needs to exhaustion in athletes with disabilities according to coaching behaviors. Paper presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Quiroga, J., So, H. S., & Escalante, G. (2017, October). Modifications on the traditional daily undulating periodization. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Reyes, E., Oh, H.K., & Avendo-Vela, E. (2017, October). Physical education for students with severe disabilities. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Ruelas, N., & Rapa nut, R. (2017, October). Blood flow restriction improves vascular circulation. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.



# ABSTRACT AND MANUSCRIPT PUBLICATIONS (cont.)

## WSKW Abstracts, October 2017 (cont.)

Sanford, S. Y., Gentry, C., & So, H. S. (2017, October). Physical activity's influence on academic performance. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Serrano, M., Oh, H.K., & So, H. S. (2017, October). Muscle strength and endurance in patients with cystic fibrosis. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

So, H. S., Doherty, S., McMillen, L., Lua, L., & Ha, T. (2017, October). International service learning for kinesiology: Sharing procedures, reflections, and outcomes. Paper presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Taylor, S.J., Oh, H.K., & Gentry, C. (2017, October). Importance of physical fitness in youths with disabilities. 62nd Annual Western Society for Kinesiology and Wellness Conference, Reno, NV. USA.

Wee, S. O., Bunsawat, K., Rosenberg, T., & Fern hall, B. (2017, October). Hemodynamics and arterial stiffness in individuals with Down syndrome. Paper presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Wee, S. O., Rosenberg, A., Bun saw at, K., Baynard, T., & Fern hall, B. (2017, October). Vascular conductance and peripheral blood flow in individuals with Down syndrome following lower body negative pressure challenge. Paper presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

Yoo, S., Oh, J., Park, E., Kang, B. J., Oh, Y., & So, H. S. (2017, October). Relationship between physical activity guidelines knowledge and physical activity behavior among college students in South Texas. Poster session presented at Western Society for Kinesiology and Wellness Annual Conference, Reno, NV.

## SWACSM Abstracts, October 2017

Cooper, CN., Alamilla, RA., Berwick III, GW., Jackson, MC., Dabbs, NC., Ng, J. The Relationship Between Agility And Anaerobic Power In Special Weapons And Tactics Team Members. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.

Reid, M., Cooper, CN., Wimbish, J., Favela, D., Hernandez, C. and Dabbs, NC. Differences Between Division II Female Cross-Country And Soccer Athletes Force Production During Walking And Running: A Preliminary Study. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.

Hernandez, C., Reid, M., Cooper, CN., Wimbish, J., Favela, D., and Dabbs, NC. The Effect Of Motorized And Non-Motorized Treadmill On The Lower-Body Percent Of Muscle Activation In Division II Female Cross Country Athletes. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.

Favela, D., Reid, M., Cooper, CN., Wimbish, J., Hernandez, C., Ng, J., and Dabbs, NC. The Effects Of Motorized Vs. Non-Motorized Treadmills In Colligate Cross-Country Female Athletes On Substrate Utilization. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.

Dabbs NC, Ng J, Donlin A, Rodran K, Birchfield N. Exercise is Medicine – Getting On-campus Initiatives Started. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.

Alamilla RA, Romero JD, Tu K, Cooper CN, Berwick III GW, Jackson MC, Escalante G, Dabbs NC, Ng J. Health-related components of fitness of special weapons and tactics team members. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.

Tu K, Alamilla RA, Romero JD, Cooper CN, Berwick III GW, Jackson MC, Dabbs NC, Ng J. Correlation between leg strength and balance of special weapons and tactics team members. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.

## SWNSCA Abstracts, April 2018

Hernandez C, Rhouni N, Reid M, Favela D, Ramirez J, Corella E, Gillum T, Coburn J, Dabbs NC. The acute effect of miniature trampoline usage on muscle activation during vertical jumping. SWNSCA Regional Conference, Santa Monica, CA, April 20-21, 2018.

Favela D, Rhouni N, Ramirez J, Hernandez C, Reid M, Corella E, Gillum T, Coburn J, Dabbs NC. The acute effects of mini-trampoline jumping on jump performance in recreationally trained individuals. SWNSCA Regional Conference, Santa Monica, CA, April 20-21, 2018.

Reid MJ, Rhouni N, Corella E, Favela D, Hernandez C, Ramirez J, Gillum T, Coburn J, Dabbs NC. Immediate effect of mini-trampoline jumping on balance performance. SWNSCA Regional Conference, Santa Monica, CA, April 20-21, 2018.

## ACSM Abstracts, May 2018

Alamilla RA, Romero JD, Tu K, Cooper CN, Berwick III GW, Jackson MC, Escalante G, Dabbs NC, Haddock BL, Ng J. Fitness and body composition characteristics of special weapons and tactics team members of law enforcement agencies. ACSM Annual Meeting, Minneapolis, MN, May 29-Jun 2, 2018.

Wee SO, Schroeder E, Gregoriadis G, Rosenberg JA, Bunsawat K, Griffith G, Baynard T, Fernhall B. Effects of acute aerobic exercise on cognitive function in individuals with Down Syndrome. ACSM Annual Meeting, Minneapolis, MN, May 29-Jun 2, 2018.

Chen Z, Bemben DA, Bemben MG. Relationships between circulating microRNAs, bone mineral density and muscle function in postmenopausal women. ACSM Annual Meeting, Minneapolis, MN, May 29-Jun 2, 2018.

# STUDENT, STAFF, & FACULTY ACCOMPLISHMENTS



## Dr. Nicole Dabbs named Vice President of NSCA Foundation

In April 2018, Dr. Nicole Dabbs was appointed as Vice President of the National Strength and Conditioning Association's (NSCA) Foundation and has become a Fellow. The NSCA Foundation is the non-profit section of the NSCA that supports advancement of strength and conditioning by funding members in educational and research efforts.



Photo: Dr. Nicole Dabbs

## Western Society of Kinesiology and Wellness (WSKW) Awards

In October 2017, several faculty were recognized at the Western Society of Kinesiology and Wellness Conference:

- CSUSB Kinesiology Faculty: WSKW Booster Award
- Dr. Guillermo Escalante: WSKW Young Scholar Award
- Dr. Sangouk Wee: WSKW Outstanding Research Award
- Dr. Chris Gentry and students: WSKW Award for Undergraduate Research
- Dr. Guillermo Escalante: Appointed WSKW Peavy Papers Coordinator

## Faculty Recognized for Decades of Service

On May 21, 2018, two faculty members were recognized and thanked by the university for their dedication and commitment to service.

- Ben Liscano: 20 years of service to the Dept. of Kinesiology and Athletics
- Dr. Terry Rizzo: 30 years of service to the Dept. of Kinesiology

## Featured Faculty

### Dr. Amy Wheeler

Acknowledged in a letter from CSUSB President, Dr. Tomás Morales, Dr. Amy Wheeler received the College of Natural Science Lecturer of the Year Nomination on December 18, 2017.

### Professor Jim Clover

On January 23, 2018, Professor Jim Clover was inducted into the Riverside Sport Hall of Fame. Moreover, Professor Clover was named the College of Natural Science Lecturer of the Year and was recognized at the Commencement Ceremony in June 2018.



## STUDENT, STAFF, & FACULTY ACCOMPLISHMENTS (cont.)

### Faculty Appreciation

Throughout the academic year, multiple CSUSB Kinesiology faculty members were recognized and presented by student-athletes during their competitions.

- Dr. Guillermo Escalante - Jen Ventura (Basketball) and Matt Moriarty (Baseball)
- Dr. Chris Gentry - Genaya Wilkinson (Basketball)
- Dr. Jason Ng - Ari Stoyanow (Soccer) and Tyler Robles (Baseball)
- Prof. Christine Quiros - Jake Peloquin and Stephen Gomez (Baseball)
- Dr. Amanda Rymal - Eleeza Owens (Basketball)
- Dr. Sangouk Wee - Morgan Lyneis (Volleyball)
- Prof. Amy Wheeler - Justin Elijah (Basketball)



**Photo:** Dr. Jason Ng (left), Dr. Guillermo Escalante (2nd from right), Prof. Christine Quiros (right) prepare to throw the first pitch at the baseball game against Cal Poly Pomona in March 2018.



**Photo (left to right):** Dr. David Perrin (award recipient for doctoral-level Institutions), Dr. Duane Knudson (award recipient for masters-level Institutions), Dr. Terry Rizzo (award recipient for undergraduate-level Institutions)

## American Kinesiology Association recognizes Dr. Terry Rizzo

Each year, the American Kinesiology Association (AKA) presents the Jerry R. Thomas Distinguished Leadership Award to leaders in education administration. At the Annual AKA Workshop Banquet in Denver, CO, Dr. Terry Rizzo received the 2017 AKA Distinguished Leadership Award for Undergraduate-level Institutions. Dr. Rizzo was the Department Chair of CSUSB Kinesiology for 21 years and advocated strongly for the department, playing a major role in enhancing teaching, research, and service activities within the department.

## Kinesiology Faculty and Students Awarded \$10,000 in the 2018 CSUSB Innovation Challenge

On May 23, 2018, Dr. Escalante in collaboration with students and colleagues from CSUSB Kinesiology and the College of Business won the 2018 CSUSB Innovation Challenge.

In this innovation challenge, Dr. Escalante and colleagues were awarded \$10,000 for developing Glute Gainz, a product for the rehabilitation of gluteal muscles.



# Announcements

## Thank you for your service and contributions



Photo: Dr. Hyun-Kyoung Oh

### Dr. Hyun-Kyoung Oh appointed Faculty Director for Center of International Studies & Programs

In April 2018, Dr. Hyun-Kyoung Oh started her newly appointed position as Faculty Director for Center of International Students & Programs. She has served an invaluable role in the development of the Adapted Pedagogy Education concentration in CSUSB Kinesiology. While she still plans to serve as a consultant to the Kinesiology Department, her diplomatic nature makes her an ideal candidate to lead CSUSB's Center of International Studies & Programs.

### Lab Technicians Recognized and Appreciated for Service

After serving CSUSB Kinesiology for the past academic year, Lena Longueira and Darren Favela will be transitioning into graduate life. Together, they played a vital role in assisting faculty carry out several courses such as Biomechanics, Exercise Physiology, Instrumentation in Exercise Science, EKG Interpretation, and Exercise Prescription. Additionally, they trained and led student interns in the Fitness Assessment Center. Their service is appreciated and they will be missed in the department. Steven Moursalian will be entering into the next academic year as a laboratory technician.



Photo (L to R): Darren Favela, Prof. Matt Jackson, Lena Longueira



# GRADUATING STUDENTS & ALUMNI STORIES

## Pursuing Higher Education

Recent CSUSB Kinesiology graduates have been admitted into programs to continue their education:

**Rafael Alamilla:** MS/PhD, University of Illinois Urbana-Champaign

**Katelynne Boadway:** Master of Occupational Therapy, Loma Linda University

**Laurent Bryant:** Doctor of Physical Therapy, Loma Linda University

**Greg Huffman:** PA program, University of Southern California

**Angel Ramirez-Lomeli:** Doctor of Physical Therapy, Loma Linda University

**William Rodriguez:** Doctor of Physical Therapy, Loma Linda University

**Sara Ramos:** Doctor of Physical Therapy, Loma Linda University

**Derek Sarpong:** PA program, Western University of Health Sciences

**Jenny Tesley:** Doctor of Physical Therapy, University of St. Augustine for Health Sciences, San Marcos



Photo (left to right): Elizabeth Montes, Jesse Gutierrez, Tanisha Oates, David Morones

## Alumni Stories

**Jesse Gutierrez** (graduated Spring 2016) recently received a Master of Public Health in Nutrition degree from Loma Linda University. Currently, he is employed as a Training Camp Nutrition Intern with the NFL's Los Angeles Rams where he works alongside a registered dietician in providing nutritional counseling as well as preparing workout meals for the athletes.

**Elizabeth Montes** (graduated Spring 2016) is finishing her MPH program in Health Education at Loma Linda University. Currently, she is working in a program called "Street Medicine" that provides medical attention to individuals who are homeless.

**David Morones** (graduated Spring 2016), as a Fitness Specialist for Marriott Hotels, now helps the hotel chain's vacation branch, Marriott Vacation Club, create and develop their new Fitness Program Division for active vacationers.

**Tanisha Oates** (graduated Spring 2016) now serves as a Wellness Coach at Encore Wellness. At this facility, she provides exercise prescriptions to patients referred to her by local health care providers. Using guidelines set forth by the ACSM, develops exercise plans to treat patients who have chronic conditions such as diabetes mellitus, obesity, chronic obstructive pulmonary disorder, hypertension, and dementia.

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!)

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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. Bryan Haddock**  
**5500 University Pkwy**  
**San Bernardino, CA 92407-2397**