



KINESIOLOGY

CONNECTION

A Biannual newsletter published by the Department of Kinesiology
California State University, San Bernardino

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WELCOME TO THE
"BETTER-LATE-THAN-NEVER"
EDITION

Co-Editors: Sarah Boeh & Hosung So

Greetings from the Chair



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This edition of the Kinesiology Connection offers a brief glimpse of the many changes and achievements that the Department of Kinesiology has undergone. Ten years ago, the department offered only a pedagogy-focused degree, but today, students can major in one of three concentrations: pedagogy, exercise science and pre-physical therapy. With over 400 majors, the need for additional faculty has steadily increased. Luckily, our department has been able to recruit and hire nine outstanding faculty members, bringing the total number of full-time, tenure-track faculty to 15. In addition to the excellence in teaching that these individuals bring to our department, each has a line of research and service that complements the mission of the department.



Our Human Performance Lab now has equipment comparable to the best teaching laboratories in the U. S. and our biomechanics and motor control labs are near completion. We are trying to raise funds for an annex to the Physical Education Building that will improve the Pedagogy teaching and research facilities, and will finally have air-conditioning in that building within the next 18 months. Most recently, we have acquired the 3,000 square-foot 'temporary recreation center' ("the HP Annex") which will be used for classes beginning September 2006.

Our faculty now conducts research in Kinesiology to individuals with disabilities, with content areas including, but not limited to, psychology, sociology, pedagogy, physiology, biomechanics as it relates to physical activity, sport and exercise.

To meet the department's evolving mission for excellence in teaching and research, Kinesiology faculty will continue to improve the curriculum, secure appropriate space for classes and research, and provide necessary equipment as we strive to provide the highest quality education available to undergraduates in California and the western United States. Visit our department web page [<http://kine.csusb.edu/>] for more information about all of our activities and up-coming professional development workshops and re-unions.

The involvement of our alumni is necessary for us as we strive toward excellence in our discipline. Speaking for the entire faculty, I am grateful for the support many of you have given to our department. As we continue our quest of becoming a regional leader in Kinesiology, I want to invite you back to campus to experience the faculty, students and activities we are engaged. Your continued support is the life-blood of our university.

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Dr. Terry L. Rizzo
Professor and Chair

Faculty Update



New Faculty



Dr. Aaron Moffett has just finished his first year as a CSUSB professor. He earned his Ph.D. at Michigan State and specializes in adapted PE and sport psychology for kids.



Dr. Shannon Siegel has also survived her first year as a Kinesiology professor. Prior to coming here, she taught at Portland Community College in Oregon, however, she is originally from CA and was very glad to return "home".



Dr. H.K. Oh will be starting her first year as a CSUSB professor in September. She has just completed the last of the many requirements necessary for earning her Ph. D. from Indiana University, so she will really need to have a restful summer before facing the hustle and bustle of the Kinesiology Department.

We're so glad H.K., Shannon, and Aaron are on-board and hope they enjoy all aspects of the university.

The "Not-So-New" Faculty



Dr. Hosung So has contributed two book chapters and has presented his research findings at the National AAHPERD Convention, CSU-Regional Conference, and WSKW Conference.

Dr. Traci Statler has served as co-chair of the Curriculum Committee with Dr. Kinzey and continues as the Part-Time Faculty Coordinator. She, along with Drs. Haddock and So traveled to Thailand and Korea to establish research collaborations with faculty there. In addition to this, she has published a new book on the psychology of high performance track and field, and has been busy conducting seminars around the world on various topics within the field of sport



psychology.

Dr. Linda Wilkin recently served as Chair while Dr. Rizzo was on sabbatical (Spring 2006). Her research projects are on-going and she has helped several Exercise Science majors attain scholarships and awards.



The "Not-So-Old" Faculty

Dr. Bryan Haddock has traveled to Thailand and Korea twice in the past year with other CSUSB faculty and administrators to pursue scholarly collaborations with faculty in Korea and Thailand. He has just received an *NIH Score grant*.



Dr. Steve Kinzey has served three years as the Co-Chair of the G.E. Committee, and is currently the co-chair of the department's Curriculum Committee.



The "Not-So-Young" Faculty

Dr. Sarah Boeh has been working with students at Hillside Elementary this year on two different projects: the 2005 Winter program and the opera, Hurricane Relief, written and performed by Mrs. Parker's 4th grade class. (June 2006).

The "On-the-Hill" Faculty



Dr. Terry Rizzo continues to lead the department toward prosperity and prominence, both on-campus and off. He has been presenting his research at several conferences and is the new Editor of *Adapted Physical Education Quarterly*.

The "Over-the-Hill" Faculty



Dr. Cliff Singh has updated the Motor Control Lab in the HP building and has a few students who have started using it for research projects.



Dr. Chris Grenfell continues to mentor some of the newer faculty on effective teaching and serves on the College Evaluation Committee.



Dr. Greg Price has recently retired from his position as Coach of the men's golf team but will be teaching full-time for the department.

Retiree Faculty



Dr. Carolyn Martin, Dr. Reginald Price, and Dr. Jerry Freischlag have all retired in the last two years. Dr. Price has moved to Colorado, Dr. Freischlag is back in New York, and



Dr. Martin remains in San Bernardino. She still teaches a class or two for the department when necessary.

Visiting Faculty

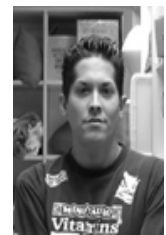
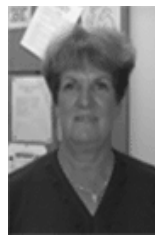


Dr. Sedong Park is a visiting professor from South Korea, and has taught *Taekwondo* (Korean martial arts) in Professional Preparation Martial Arts Class with Dr. So. He is a master of Taekwondo having a 4th Degree Black belt. With his help, 13 Kinesiology majors have received 1st Degree Black belt from the World Taekwondo Headquarters.

Dr. Joohyug Jung is a visiting scholar from South Korea. He received his Ph.D. specialized in sport pedagogy from University of Tsukuba in Japan.

Staff News

Despite losing **Katrina Baldwin** to the Dean's Office, **Judy Powell** & new-comer **Leslie Morse** keep the office moving smoothly. **Joe & Ben Liscano** continue to provide excellent support for our classes and assistance to our students.



Departmental News

CSUSB Kinesiology Chair Named Editor of Prestigious Academic Journal



Dr. Terry Rizzo, chair of Cal State San Bernardino's kinesiology department, has received a three-year appointment as editor of the "Adapted Physical Activity Quarterly," the official journal of the International Federation of Adapted Physical Activity. The "Adapted Physical Activity Quarterly" is an international, multidisciplinary journal that covers corrective therapy, gerontology, health care, occupational therapy, pediatrics, physical education, dance, physical therapy, rehabilitation, recreation and sports medicine. The journal provides the latest in scholarly research related to physical activity for special "at-risk" populations, including young adults, many of whom receive special education or related services. The focus also includes equipment, activity, facilities, methodology and setting. It also contains sections for submitted papers, research, application, editorials, book reviews and a digest of abstracts.

Rizzo, who has been a Cal State San Bernardino faculty member for nearly 20 years, hopes his appointment will further the university's recognition in the professional community and will advance the field of kinesiology. "I believe my taking this editor position will go a long way toward helping the university receive the acknowledgment it deserves as a full-fledged comprehensive institution," Rizzo said. "I accepted this position because of my commitment and responsibility to my field, my students and Cal State San Bernardino."

Rob Carlson, Dean of the College of Natural Sciences, which houses the department of kinesiology, praised Rizzo for his hard work and dedication. "This appointment is a real credit to Terry, the department, college and the university. It's a reflection of his commitment to his field." Rizzo, a former recipient of the university's Outstanding Professor Award, is also popular with his students and well respected by the CSUSB faculty and staff. He has received national recognition for his contributions to the kinesiology field, especially for his research in the adaptive physical education needs of students. He began working in therapeutic kinesiology 30 years ago by working with disabled Vietnam veterans and has remained committed to the field ever since. Rizzo has a doctorate in therapeutic kinesiology from the University of Illinois, Urbana-Champaign. *CSUSB NEWS - May 12, 2006, By Public Affairs*

Faculty Awards 2005-2006



CSUSB University Diversity Award

Since 1995-96, the university has honored faculty, staff, administrators, students, departments and community members for their significant contributions to further the cause of diversity and multiculturalism at CSUSB. As part of its educational mission, the university has adopted a Statement of Commitment to Diversity, in which it strives to promote an atmosphere that seeks "to include knowledge and values from many cultures in the curriculum and extra-curricular life of the campus community. Dr. Hosung So is one of the five Diversity Award recipients for 2005-2006. *CSUSB NEWS - October 18, 2005 By Public Affairs*

Video Games, Fitness, Medicine Team up

May 26, 2005 from CSUSB Making Headlines Archive
San Bernardino County "SUN" Newspaper....

Once thought of as "couch potato" fare, some video games are encouraging physical fitness, the newspaper reports. As part of that, **Bryan Haddock**, an assistant professor of kinesiology at Cal State San Bernardino, plans a summer study with Riverside-based game company QMotions on how certain video games called "exertainment products" can affect childhood obesity.





CAHPERD Student Award

On March 11, 2006, Madelina Monreal (graduated in Spring 2006) received *James Echols Scholarships* at the 2006 CAHPERD State Annual Conference in Pasadena. The scholarship was awarded to the "highest ranked minority undergraduate student in California."



Madelina Monreal received the *AFSSA* (Asian Faculty, Staff, and Student Association) Scholarships in May 2006 (First photo at the left with Provost Dr. Fernandez at CSUSB). She was nominated and awarded for the *Major of the Year* by the National Association for Sports and Physical Education in Salt Lake City, April 2006)



NATIONAL ASSOCIATION FOR SPORT & PHYSICAL EDUCATION

Student Attend Conference



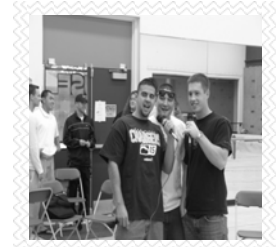
Holly Amerson with her husband, Mr. Shneider (left) and Dr. Landwer (right, Past President of AAHPERD) at 2006 AAHPERD National Conference in Salt Lake City, April 2006. Holly will study at UNLV for her Master degree with full-teaching scholarships from Fall 2006. She graduated with highest honors in Spring 2006.



American Alliance for Health, Physical Education, Recreation and Dance



Kinesiology End-of-the Year Party: "Texas poker game", " Karaoke", & Major of the Year (Madelina Monreal and Curtis Night)



Spring 2006 Graduates

Ayobami Abyaomi
 Holly Amerson**
 Daniel Arbizu
 April Ball
 Kimberly Miller
 Abel Casanova
 Marcela Casitllo
 Roxie Charlton
 Jabari Clayton
 Eric Edu
 Linda Falk
 Cameron Faust-Silvas
 Kristen Garcia

D'Ann Gorman
 Robert Harper Jr
 Kristine Krage-Huizenga
 Heidi Kanayan
 Petra Kassouf
 Cheresse Kincaid
 Curtis Knight *
 Ashley Licata
 Saipeti Maiava
 Eric Martinez
 Jeffrey Martinez
 Kris Martinsen
 Alissa McDonagh *

Madelina Monreal *
 Joseph Monticone
 James Neuenburg
 Julie Nichols
 Rego Nieto Jr
 Danielle Ogaz
 Ekioebi Okieyfa
 Jeremy Olson
 Ryan Ostrow
 Elizabeth Perez
 Laurie Perrault
 Erick Platon
 Charissa Plymnesser

Kendal Pool
 Audrey Robertson
 Rene Rodriguez
 Ryan Sack
 Toni Scheidecker
 Candice Shearer *
 Eddie Shin
 Michael Trujillo
 Chad Tucker
 Natasha Shannon
 Jennifer Vasquez
 Kristin Webb
 Melissa Wiggington

** High Honors; * Honors



Gotta-Go-To Websites

CSUSB Kinesiology <http://kine.csusb.edu>
CSUSB Credential http://soe.csusb.edu/2a_tchcred.html
NASPE www.naspeinfo.org
AAHPERD www.aahperd.org
ACSM www.acsm.org/sportsmed
Youth Obesity www.aap.org
Food Pyramid www.MyPyramid.org
School Wellness www.schoolwellnesspolicies.org
Pepsi Challenge www.smartspot.com/balancefirst

RescuingRecess www.RescuingRecess.com
California Department of Education <http://www.cde.ca.gov/>
Nat'l Strength & Conditioning Certificate www.nasca-cc.org
Live It Up Coke www.liveitprogram.com
High Scope www.highscope.org
Health/Safety www.schoohealth.org
Youth Sports www.sportsmanship.org
Let's Get Physical info@letsgetphysical.net

RescuingRecess www.RescuingRecess.com
California Department of Education <http://www.cde.ca.gov/>
Nat'l Strength & Conditioning Certificate www.nasca-cc.org
Live It Up Coke www.liveitprogram.com
High Scope www.highscope.org
Health/Safety www.schoohealth.org
Youth Sports www.sportsmanship.org
Let's Get Physical info@letsgetphysical.net

"I can do it, You can do it" program aims at inspiring 6 million differently-abled children to be more physically active through a mentoring system. www.hhs.gov/od

Useful Articles

Governor's Physical Education Funds Approved

"The 2006-07 Final Budget Act is official, and physical education is a big winner thanks to all of you. The Governor and legislative leaders were inundated with thousands of phone calls, faxes, letters, and emails in support of this legislation. Thanks to our key partners - the American Heart Association and CAHPERD. We could not have done it without you! "excerpt from Policy Director Amanda Purcell's email to her constituents at the California Center for Public Health Advocacy. Website: <http://www.publichealthadvocacy.org>

"Winning has new meaning across the state of California as the budget ink dries. CAHPERD members supporting the Governor's funding for physical education were on the winning side as \$500 million was block granted for the Arts and Physical Education, and \$40 million was set aside for hiring elementary school physical education teachers. Your phone calls, faxes, letters and email messages to legislative members did not go unnoticed or unanswered.

This \$500 million block grant will provide funding for professional development for teachers and school site administrators as well as opportunities to develop new curriculum and to purchase standards-based instructional resources...

"The funding could not be coming at a better time," stated Quentin Christian, CAHPERD Executive Director. " Physical Education Standards were adopted just last year and Physical Education Framework revisions are currently in progress. Next steps involve getting the Framework and Standards infused at the local school level to impact student learning. These funds will provide the tools we'll need to accomplish this important goal".

CAHPERD is a nonprofit organization dedicated to the promotion of healthy lifestyles through quality education for all populations and to provide leadership to school, community and statewide programs in the areas of health, physical education, recreation, dance and other movement related programs.

<http://www.cahperd.org> All rights reserved. 2006© CAHPERD

New Interactive Food Pyramid Launched

(Excerpts from AAHPERD's UPDATE May/June 2005) "The U.S. Dept. of Agriculture Secretary Mike Johanns has unveiled MyPyramid, a new interactive food guidance system. "Steps to a Healthier You" supports President Bush's *HealthierUS* initiative which is designed to help Americans live longer...and...better lives"....Johanns says. "MyPyramid is about the ability of Americans to personalize their approach when choosing a healthier lifestyle that balances nutrition and exercise..." MyPyramid incorporates recommendations from the 2005 *Dietary Guidelines for Americans*, which was released by the USDA and Dept. of Health and Human Services in January 2005...MyPyramid was developed to carry the message of the dietary guidelines and to make Americans aware of the vital health benefits that simple and modest improvements in nutrition, physical activity and lifestyle behavior can produce..."

How Much Exercise is Enough to Lose Weight?

(Excerpts from AAHPERD's Research Consortium's *Physical Activity Today Spring 2005*)

'Most of us know that diet, exercise, or some combination of both, is needed to lose weight. The amount of exercise recommended by various organizations, however, differs greatly...In 1998 the Nat'l Institutes of Health recommended at least 150 minutes of moderate exercise a week; in 2001, ACSM recommended 200-300 minutes per week; and, in 2002, the Institute of Medicine recommended 420 minutes of moderate-intensity activity to prevent weight gain.

Researcher Kruger and team sought to determine if individuals who used exercise as a weight-loss strategy met any of these (various) recommended levels of physical activity...Of the 32,440 individuals who completed (Kruger's) survey...14,716 indicated that they used physical activity as a weight-control strategy...From this sub sample...just over half of the men (56%) and women (54%) used exercise to lose weight.

The decision to use exercise as a weight-loss strategy was directly related to level of education and inversely related to age and BMI levels. From this sub sample, 58% reported that they ate fewer calories as a strategy to lose weight. For those using exercise as a weight-loss strategy, the percentage who met the recommended levels of exercise decreased as the level of required activity increased: 57% met the NIH guidelines (150 minutes/wk), 30% met ACSM's highest guidelines (300 minutes/wk), and only 19% met the IOM guidelines (420 minutes/wk). For those who also followed a restricted caloric intake, their physical activity guidelines were 6-13% lower at each level...When adults try to lose weight on their own, only half use exercise as a strategy and only 20-50% exercise at a sufficient level to succeed losing weight...

The entire article, "Physical activity profiles of U. S. adults trying to lose weight: NHIS 1998" can be found in *Medicine & Science in Sports & Exercise*, 37, 364-368, by Kruger, J., Galusjka, D. A., Serdula, M. K., & Kohl, H. W., III. (2005)

Let's Get Physical

(Excerpts from an article in *The Sun* 7/11/06)

"...In her quest to put an end to excuses for not exercising, Cynthia Martinez created LGP, a (Rancho Cucamonga) mobile fitness business that brings the gym to clients' front doors...Her 36-foot RV studio includes an elliptical machine, a stationary bike and a cross-trainer...The service is available from Glendora to Fontana...She became a certified trainer and started the business after committing herself to leading a healthier lifestyle...She charges \$65/hour but also offers discounts for package sessions and group sessions..."

By Wendy Leung

Coach Education ONLINE: The Montana Model

(Excerpts from C. Stewart's article JOPERD Vol. 77 (4) April '06)
"Ensuring that athletic programs have well-prepared coaches is one of the continuing challenges in sport...At no time in history have the expectations of coaches been greater than now...Today, coaches are expected to know their sport, be great teachers, understand and apply complex risk-management regulations, individualize their approaches to athletes... and survive the challenge of ever-demanding parents...No longer can sport administrators be content with hiring beginning coaches...and allowing them to learn from their mistakes...More and more sports administrators are seeking coaching education programs that can meet the unique needs of today's sport environment...This article presents an example of how (one) on-line coaching program can meet those needs...In 1999, the administrators of the Montana High School Association...teamed with Stewart to create a web-based, coach education curriculum (www.coacheducation.org) based on the coach education guidelines established by NASPE in 1995...Sixty-four percent of the athletic directors responded to the assessment survey and ranked the curriculum chapters (or domains) based upon their usefulness...A preliminary curriculum was developed and tested with coaches in a master's program, the athletic staff at a local school system, several athletic trainers, and other professionals...The MHSA coaching curriculum is on the website (listed above) and contains 10 chapters of text. In addition, there are numerous embedded "hotlinks" to sites such as Nat'l Federation of High Schools, the Nat'l Collegiate Athletic Assn., the American Red Cross, and the Gatorade Sports Science Institute."

ENDURANCE TRAINING & HEART DAMAGE

(Excerpts from JOPERD's Vol. 77 No. 4 April 2006)
"According to research presented at last year's meeting (11/05) of the American Heart Association, extreme endurance training, such as that done by elite bicyclists and marathon runners, may cause heart damage. Swiss researchers studied 62 Swiss bicyclists who had competed in the Tour de Suisse an average of 38 years before, and compared them to a control group of 52 recreational golfers. Both groups had similar ages (mid-60s), weight, blood pressure, and heart-pumping capacity, and both lacked any heart rhythm problems. Nevertheless, researchers found, on average, more than twice as much of a peptide marker for heart-failure risk in the cyclists' blood. They also found that the cyclists had significant enlargement of both atria compared to the golfers, which could be a sign of permanent damage. The researchers stressed that most sports participants have no reason to worry, as these results are linked to the most rigorous endurance regimens."

SCHOOLS FAULTED for PE VIOLATIONS

(Excerpts from an AP article in The Sun 6/26/06)
SAN FRANCISCO - More than half of California's public schools violated a state law requiring them to carve out at least 20 minutes a day for physical education, a statewide review found. Californian children in grades 1-6 must complete 200 minutes of physical education every 10 days---or 20 minutes per day---while the mandate is double for students in grades 7 through 12. According to public documents obtained by the nonprofit California Center for Public Health Advocacy, thirty-seven of the 73 school districts examined were identified as failing to comply and yet none incurred any penalty for noncompliance.

"This is a tragedy for California education," said Harold Goldstein, the group's executive director. "These results are appalling." Jack O'Connell, the state school superintendent, said he was concerned about noncompliance and cited administrators' complaints about the difficulty of raising physical education standards while under pressure to raise test scores. "They say, 'We don't have time.' But that's the wrong answer," O'Connell said. "The two are not mutually exclusive."

Using Active Homework in Physical Education

(Excerpts from the Mark A. Smith & David B. Claxton article in JOPERD Vol. 74 No. 5 May/June 2003)

"Corbin (2002) recommends that as physical educators,

We must educate the public to understand: that factors other than activity account for the fitness of our youth; that adopting a physically active lifestyle is the key to future fitness and health; that physical education alone is not the answer. We can teach children to be active, but parents must help in this effort by giving children the opportunity to be active daily (pp. 139-140).

Active PE homework can be either structured or non-structured physical activities and teachers should consider these seven principles when assigning PE homework:

1. Assign students homework that will help them learn powerful curriculum ideals.
2. Give homework that is at the appropriate level of difficulty for the students so that they can be challenged without getting confused or frustrated.
3. Provide students with the info and resources to do their homework successfully.
4. Determine whether the homework is worth the student's time and effort.
5. Hold students accountable for the successful completion of their homework.
6. Involve parents whenever possible.
7. Allow students to choose their own activities.

Generally, assigning PE homework three times a week was deemed sufficient by members of a middle school control group. Active PE homework can provide students with an additional opportunity for physical activity and therefore allow students to become healthier, to develop basic levels of physical fitness, and to develop motor skills."



**2006 NASPE Conference on Physical Education
Teacher Education
"Directions for the 21st Century"**
October 12-14, 2006
Hilton Long Beach Hotel and Executive Meeting Center
701 W. Ocean Blvd, Long Beach, CA 90831
Tel: 562-983-3400

Should Coaches Serve As "Weight Police" For Athletes?

(Excerpts from the Justine J. Reel & Nick A. Galli article JOPERD Vol. 77 No. 3 March 2006)

"Coaches are given the authority to regulate all aspects of an athlete's life---training and competition regimens, curfews, dress code, and nutritional intake. While coaches have a background in most of the aforementioned categories, when did they become expert dietitians?"

In football, coaches frequently try to 'fatten players up'...a trend that likely extends to high school and college settings, and that can have fatal results (i.e., the recent death of lineman Thomas Herrion highlights the concern that many players are simply becoming too big).

In contrast to football players, wrestlers...are often encouraged by coaches to "cut weight"... Weight loss...is often rapid, with as much as 10-15 lbs. being lost in a matter of days...To achieve this, they resort to dangerous methods that include fluid restriction, laxative use, and sweating it out in saunas...The 1997 deaths of three college wrestlers...brought national attention to the dangerous measures to "make weight". All three died in the presence of their coaches.

Football and wrestling are not the only sports in which athletes seek to manipulate their weight in order to improve performance. Coaches of female sports also enforce strict body weight requirements and diets...

In gymnastics and figure skating, the pressure to remain slim can be enormous. Christy Hendrich, a gymnast who died from an eating disorder, was told by a competition judge that she needed to lose weight to get the Olympic edge. During practice, she was told by her coach that she looked like the "Pillsbury Dough Boy".

Coaches' comments and suggestions can be a major source of...pressure, as athletes often perceive coaches as "experts" in anything to do with their sport, including weight loss and nutrition. Unfortunately, few coaches possess adequate knowledge in this area and therefore should not compromise the health of their athletes by promoting rapid weight gain or loss...A coach's role is to teach athletes how to perform best in their particular sport...Teams or schools that lack access to nutrition professionals should...make certain to have individuals on staff that have adequate training in sports nutrition. Interventions from medical professionals might be warranted in cases where athletes are suspected of suffering from eating disorders such as anorexia, bulimia, or binge-eating...While coaches should not be regulators of athletes' weight, they are in an ideal position to support appropriate nutrition and weight-management practices. They should arrange for a nutritionist or dietitian to speak with their team before each season. This can be a valuable learning experience for both athletes and coaches...Perhaps no one has the power to influence athletes' thoughts and behaviors more than their coaches..."

Some resources used by the authors in this article:
Beals, K. A. (2004). *Disordered Eating Among Athletes: A Comprehensive Guide for Health Professionals*. Human Kinetics.
Bechtel, M., & Pappas, S. (2004). Starving for a Win: Ex-Athlete with Eating Disorder Successfully Sues Coach. *Sports Illustrated*, 100, 14.

Davis, S. E., Dwyer, G. B., Reed, K., Bopp, C., Stosic, J., Shepanski, M. (2002). Preliminary Investigation: The Impact of the NCAA Wrestling Weight Certification Program on Weight Cutting. *Journal of Strength & Conditioning Research*, 16, 305-307.

Reel, J. J., SooHoo, S., Jamieson, K., & Gill, D. L. (2005). Femininity to the Extreme: Body Image Concerns Among Female Dancers. *Women in Sport and Physical Activity Journal*, 14 (1), 39-51.



QUALITY COACHES, QUALITY SPORTS

National Standards for Sport Coaches
2nd edition 2006 \$21 (\$15 for NASPE members)
Order online at www.naspeinfo.org

TEACHING RESOURCES

<p>METHODS OF GROUP EXERCISE INSTRUCTION Book covers Revised and Expanded on DVD CAROL A. KENNEDY • MARY M. YOKÉ</p>	<p>STRENGTH BAND TRAINING Over 170 exercises for using resistance bands and tubing PHIL PRICE • TODD ELLSPERCKER</p>	<p>PHYSICAL DIMENSIONS OF AGING</p>
<p>Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs Third Edition AACVPR American Association of Cardiovascular and Pulmonary Rehabilitation Promoting Health & Preventing Disease</p>	<p>FITNESS FOR LIFE</p>	<p>Teaching Children Dance Theresa Purcell Cook Stephen L. Cook</p>
<p>ADAPTED PHYSICAL EDUCATION AND SPORT Fourth Edition Joseph P. Winnick</p>	<p>MOTOR CONTROL AND LEARNING A Behavioral Emphasis Richard A. Schmidt • Timothy D. Lee</p>	<p>Girls' Basketball Jill Prudden</p>
<p>Positive Behavior Management in Physical Activity Settings Barry W. Lewis Alan Francis Heather L. Henderson</p>	<p>Inclusive Physical Activity A Lifetime of Opportunities Susan L. Kasser • Rebecca K. Lytle</p>	<p>NO GYM? NO PROBLEM! Physical Activities for Tight Spaces Charmain Sutherland</p>
<p>Essentials of Team Building Principles and Practices David W. Hodges • Debra R. Gower</p>	<p>Social Issues in Sport Ronald B. Woods</p>	<p>BIOMECHANICS OF SPORT AND EXERCISE Peter M. Housheer</p>

Alumni Information



1991

Michelle Astley is both a summer school principal and Coordinator of the Mentor program for New Teachers for Redlands Unified. Luckily, she still makes time to teach KINE 352: Movement for Children for us each quarter.

1992

Warren Ellis teaches at Silverado High in Victorville.

1993

Michael Tillman teaches P.E. at MPH middle school with RIM of the World SD.

1994

Donna Devore continues as Chair of the PE department at Santa Fe Middle School in Hemet.

John Ervin III, Modesto City Schools for his work in building successful after-school programs. Ervin, coordinator for 21st Century After-School Learning Programs, is the recipient of one of two Awards of Excellence presented recently by the California School-Age Consortium. Award of Excellence judges noted that he started with two after-school program sites in 1998 and now has 13, serving 1,500 Modesto students. Ervin's achievements also include working with the Lawrence Hall of Science at the University of California at Berkeley to develop a science curriculum for after school programs. 'Hundreds of new after-school programs will soon be created under Gov. Schwarzenegger's Proposition 49, and communities throughout California are looking to leaders like John Ervin as examples of how to build great programs,' said Darci Smith, executive director of the California School-Age Consortium, a 23-year-old Non-profit organization. "He exemplifies the best in providing safe, enriching programs for kids.'

Thomas Mainz was named the new golf coach here at CSUSB when Dr. Greg Price decided to not renew his contract with Athletics.

1995

Phil Walsh is the girls' volleyball coach at Centennial High School.

1996

Frank Natividad, Jr. has a Professional Clear single subject (PE) with a CLAD emphasis and would appreciate any leads for a teaching position.

1997

Joanne Hanson has been the Athletic Trainer for La Quinta High School for the past 8 years and is also building a sports medicine program. This past football season she had 7 student-trainers. She says that it's awesome to watch these kids go off to college, knowing that she influenced their decisions to pursue a career in Sports Medicine. During the summers, she works for a cheer company, United Spirit Association, and travels to various college campuses. She considers her dual roles extremely fulfilling.

Andy Ndela is a San Bernardino County Public Health Educator at the Family Life Center of the New Hope Missionary Baptist Church.

1998

Tracy Burwell is still in Hesperia as an APE specialist. The district is growing and we have posted a position for an additional APE specialist. She states that " ...the best teachers usually come out of your program! "

1999

Jason Montgomery teaches PE at Etiwanda High.

Marisa Wagner says that it's been 6 years since graduation and that she's ready to begin her master's in Public Health. Her project initiative with the W.K. Kellogg grant is going pretty well.

2000

Charlie Garibay teaches P. E. at Silverado High in Victorville.

Dave Masucci is a faculty member and the girls' softball coach at Etiwanda High School.

Lance Ozier is head coach of the football program at Fontana High School.

2001

Colleen (Vranich) '01 and husband *Rob Kiemiele '03* welcomed their first child, *Cody*, into the world last month.

Jesus Mejia presented a workshop at the CAHPERD conference in Cal Poly SLO. He requests that we locate all alumni for the purpose of net-working and connecting with old friends. Well, that's what we try to do, but with this support, we'll try HARDER! Send your contact info to Dr. So (hosungso@csusb.edu) who will put a link on the department home page. Be sure to state that you approve of having your info available on-line via the dept.'s home page.

Leonardo Magdalene teaches PE at Shandin Hills Middle School.

Rachelle Sentak is the boys' water polo coach at Lake Elsinore High.

Ethel Usaraga is finishing her 5th year teaching physical education at a middle school in the Colton District. She is also the instructor/ advisor for the District's only after-school Dance Club (Multi-cultural folk dances and popular modern dances).

Dan Williams who used to be the wrestling coach at Yucaipa is now the coach at Wilma Carter High School.

2002

Greg Bellinder, They are their own SELPA, so we share the office with the OTs, PTs, Deaf/HH specialists, VI specialist, Orientation and Mobility specialists, etc, so it is very easy to collaborate with those folks. Plus, they are all great people. Thanks for everything- all the knowledge and wisdom in A.P.E., the high-quality education driven by your high expectations for all your students.

Vincent Bullion teaches PE in Twenty-nine Palms.

Hunter Chapman is the founder and current director of the SK8 Club, one of the most popular PRIME-Time (after-school) activities of the Alford Unified School District's four middle schools. Three afternoons a week, students can practice their skateboarding skills under the supervision of and with instruction by Hunter and his staff of eight college-aged students. Gale Gorke, Director of AUSD's Before/After School Programs, has been supportive and enthusiastic about the SK8 Club, and believes that skateboarding attracts students who might otherwise not be involved in more traditional sports. Both she and Hunter hope that other school districts will look upon skateboarding as just another sport that can keep kids interested in learning and involved in school.

Gilbert Delgadillo is still teaching at Los Osos High School and really enjoys it. He recently completed his M.A. at Claremont.

Alicia Osuna has been teaching for us as one of our lecturers. She teaches KINE 305: Prevention and Treatment, KINE 205: Foundations of Fitness, and a variety of activity courses.

2003

Steve Allen has been teaching P. E. at Cobalt Middle School in Victorville.

Crystal Martinez describes her job as a coordinator for the City of Ontario teen as "really awesome". She is in charge of teen programs that emphasize fitness and health. She says that those interested in teaching in her program should contact

Leonard Mendoza had been a trainer for 24 hour Fitness prior to graduation, but left shortly thereafter to start his own training business. He says that his schooling and training experience led him to his current job of managing the Wellness program at Village on the Green, a new apartment community in Rancho Cucamonga. It is a 264-unit, resort-style complex for active adults ages 55 or older and is located adjacent to the Empire Lakes golf course. He would like to have current undergrads volunteer their time in developing and running some of the classes in his programs. There would be plenty for them to do, especially if they are interested in Gerontology, arts, motor skill development, and more. The residents here may also be willing to participate in research studies down the road, as would he.

Frankie Solis is the swimming coach at Yucaipa High School.

2004

Brady Bennett earned his M. A. in Sports Management at CSU Long Beach and is doing very well.

Bob Hudson is one member of the four-person PE dept. at Beattie Middle School in Redlands. Dr. Wilkin reports that five of the EX SCI majors attended the SWACSM meeting Nov. 2005 and the ACSM conference May 2006. They had three poster presentations at the meeting--two of which were led by **Antonia Barrett '05** and **Dumas Martin '04**. The other three students-**Andrea Brandt**, **April Lane**, and **Julie Nichols**—had the opportunity to talk with faculty from potential graduate schools. Speaking of Toni, she is doing really well at her new job as the Fitness Specialist for the Diabetes Program for the Riverside/San Bernardino County Indian Health, Inc., which is housed on the Morongo reservation. Recently, she had her proposal on re-instating the Employee Health Program approved. The CEO approved the fitness program she designed for both patients AND employees and promised to compensate those employees who participate in her exercise program with two hours per week of paid release time.

Sonia "Vanessa" Long and her husband are expecting their 3rd child. Recently she's started substitute teaching for the Alford District in Riverside and has put her plans to attend Cal State for the credential on hold, due to the new addition to her family. "I love and miss my old professors. I appreciate their love and passion for their area of study and sharing it with me in such a unique way"

Carl Overholt is the PE specialist at Arroyo Verde Elementary in Redlands.

Damian Sinor has been a T. A. for SDC preschool kids and also subs in the SB and Redlands School Districts. During the 2005-06 school year, he taught Physical Education for 6th-8th graders at Cope and Moore Middle Schools. Currently, he is in U of R's credential program and hopes to get hired as an intern by the fall of '06 and finish the program by June '07.

Billy Stanfield is the P.E. specialist at Hillside Elementary, CSUSB's Demonstration school.

Bethel Trice has four job offers on the table right now and states that if it hadn't been for the hard work of her professors, she would not have been so successful. She is very grateful for her opportunities here at CSUSB.

2005

Johnny Bean is a P.E. specialist at the Challenger School of Sports & Fitness in Victorville.

Mariela Centeno is getting married on September 30, 2006. She will be working on Masters and Credentials. "I miss all my professors. You are all the best and made my "kinesiology" experience worthwhile. Drs. So, Singh, and Kinzey, you made my senior year in college the best for me. Thanks."

Amanda Deniston passed the CSET and says she couldn't have passed the test had she not taken Dr. So's Program Design class over the summer.

Kyle Endres is working on his master's in adapted physical education at University of Utah and would like to be an adapted PE specialist for public schools.

2005

Dionne Elvira got the job she dreamed of having: she is the Dance Specialist at West Valley High in Hemet-her alma mater. In addition to teaching dance classes, she is also in charge of the dance team.

Maria V. Figueroa went to University of Redlands for her teaching credential that she finished on June 16, 2006. She is applying for jobs but nothing for sure yet. She is currently substituting for the Fontana District and it is going pretty good. *"I would like to thank Dr. Singh for his great instruction and help"*

Mary Huerta has been engaged, but hasn't set a date. She has worked at North Mountain Middle School in San Jacinto District for 1 year and really enjoyed. She recommended for all those newly graduated teachers to observe at schools they plan to teach at. She will be returning to coach cross-country, soccer, and track at the middle school next year. *"I miss all of my professors from CSUSB"*

Amanda Kellis started the single subject teaching credential program this summer 2006. Her goal is to complete credential program and will possibly move to New York once credential classes finish. She would like to get hired on as a Middle School teacher some place, and coach volleyball during regular and off-season. So far, credential classes seem to be very interesting and enjoyable, complete with lots and lots of reading. *"Thanks to the Kinesiology department for doing a great job at preparing me for this program, Thanks to all of you for the knowledge you passed on to me. I am a proud Kinesiology alum!"*

Naji (Lucky) Lyon is a long-term sub in Ontario/Montclair School District, and coaches football at Los Osos High School in Rancho Cucamonga. He's in the credential program at Chapman University and says he's much more prepared to teach than his classmates are which leads him to proclaim that the Kinesiology department at Cal State is top-notch. Lucky and his wife are expecting the birth of their 2nd son soon.

Tommy Hart Montgomery got married October 1, 2005 and reports that married life "is awesome". She has been subbing and coaching soccer and plans return to school in September to finish her credential.

Robert Readman is earning his M.S. at UNLV, where he is a Teaching Asst. In addition to teaching Introduction to Physical Education and Methods of Teaching Team Sports he is taking a Research Methods class that is long and hard and a Statistics class.

Amber Wilt is finishing her credential so she can teach elementary P.E.

2006

James Annos was recently hired to teach Adapted PE and coach the baseball and football teams at his former high school, Burroughs in Rancho Cucamonga. He is also tying the knot this September. He is getting married in September. *"The faculty in the Kinesiology department is truly amazing. They have paved the way for my success. They are all truly amazing and I hope to continue the relationship with everyone"*

Yuridia Garcia is currently living in Hampton, VA with her husband near Langley Air Force Base - Home to the First Fighter Wing". She will be back to California in September to the end of the year to finish her degree. She is looking forward to seeing all of the professors and staff that inspired her to become the person that she is today. *"Drs. So, Boeh, Haddock, Singh, Rizzo, and Statler, thank you for your guidance and patience. You are the best."*

Kevin Lee Hogue is back in school pursuing a career as a fire fighter.

Madelina Monreal will be working on her credential program at CSUSB from Fall 2006.

Elizabeth Perez will be working on her credential program at CSUSB.

Erick Platon and wife Lisa are the proud parents of Isabel Ariel, born last month.

Joi C. Sauve works for Riverside County's Department of Public Social Services. She puts in for a promotion to work as a Deputy Probation Officer. *"I do miss everyone, please say hello to Dr. Wiilkin, Dr. Rizzo, Dr. Statler and all the instructors."*

Holly Amerson Schneider is getting married July 23, 2006, and moving to Las Vegas where she plans earn her Master's while on a teaching assistantship. *"Message to professors - I miss you all so much already! I am sad knowing that I will not see any of you anymore while I am working on my Master's degree. I want to thank all of you for your dedication to teaching all of your students and to the individual attention you gave to all of us. Special thanks to Drs. So, Rizzo, Statler, Singh, Wilkin, Grenfell, and to all of the professors who encouraged me to go on with my education and offered extra help when I needed it! Thank you for a wonderful experience at CSUSB, and I wish the Department of Kinesiology the best in its growth and development!"*

Michael Trujillo will study Sport Management at CSU Long Beach from Fall 2006. *"Dr. So is my favorite teacher ever. Dr. Kinzey, Poco Locos! Dr. Wilkin, best advisor ever. Dr. Dance, I never ever thought I would be able to do a cartwheel. Dr Statler, I learned so much in your class."*

Kenny Walter is the new Sports Publicist for Mt. San Antonio Community College. He is thankful for all the support and time he received from various faculty members when it was needed most. *"Dr. Haddock - thanks for all the support and time you gave when it was needed. I hope your Angeles can make the playoffs. Go Blue!" "Dr. So, there are not enough words in the English language to describe you. But I am glad that I got the opportunity to participate in your classes." "Dr. Boeh, I hope every student that takes your class can enjoy you as much as I did. You are a very unique professor and I am glad that I had the chance to get to know you."*

Danyel (Dany) Wilburn, who used to work as a firefighter in Northern California, is now working as a PT Aide in a private practice in Susanville. She plans to go back to school to get her PT license and would appreciate any suggestions of where to find great PT programs.

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

	Present Position				Not in Education/Fitness now, but have been in the Past			
	Yes	No	School	Years	Yes	No	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 (Please include some personal news as well. Thank you)!

.....

Your Name

Graduation Year

Mailing Address

E-Mail Address

Contribution to the Department of Kinesiology Foundation Account/Scholarship Funds

- \$ _____ General Kinesiology Department Foundation Account
(Support for travel, annual scholarship, & alumni newsletter)
- \$ _____ Pedagogy Scholarship Fund
- \$ _____ Exercise Science Scholarship Fund
- \$ _____ Adapted Physical Education Scholarship Fund
- \$ _____ Pre Physical Therapy Scholarship Fund

Make checks payable to "CSUSB Kinesiology Department Foundation" and mail it to:

Department of Kinesiology
 C/O Dr. Hosung So
 College of Natural Sciences
 California State University, San Bernardino
 San Bernardino, CA 92407-2397



Congratulations!



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