

NEWSLETTER

Welcome to the Department of Kinesiology



A NOTE FROM KINESIOLOGY PROFESSOR AND DEPARTMENT CHAIR DR. RIZZO

It is difficult to believe that it is time to reflect back on 2011. The year passed very quickly, perhaps because we have so many activities occurring here or it is my age; maybe both, eh? Consider just a few of our activities and accomplishments this past year:

- Our undergraduate Kinesiology major is growing so rapidly the CSU “impacted” our pre-professional physical therapy concentration.
- We sent another group of graduates out into the world, including many to graduate programs in allied health professions and teaching.
- The human performance laboratory was awarded additional equipment for teaching and student research. Our laboratory is on par with the best research universities in the country.
- Under the direction of Dr. Hosung So, CSUSB sent a cadre of students to South Korea in December 2011. Kinesiology students and student from various

Announcements

Dr. Carboni is the Secretary for the WSKW.

Dr. Costa was interviewed by SELF Magazine regarding one of his stretching studies comparing static vs dynamic stretching.

Dr. Haddock worked with faculty across campus on their grant applications to the NIH. In addition, he is continuing to work on a USDA grant examining the impact of XRgames.

Dr. Moffett is head swim coach and administrator of the Navy Wounded Warrior Team.

Dr. Rizzo received funding from the CA Endowment to study Adaptive PE.

Dr. Siegel received a Professors Across Borders Grant from the International Institute for \$2,500 to assess youth rock climbers in the UK!

Dr. So was named a global academic excellence professor by the International Business Summit and Research Conference.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

-John F. Kennedy



- other majors visited South Korean schools, hospitals and related agencies.
- Under the guidance of Dr. Cuauhtemoc Carboni, we now have 16 computers assigned to our temporary Movement Studies Laboratory. The computers and software package he secured for us offers our students the means to analyze human performance, human movement and effective teaching behaviors. His teaching and research interests generalizes across pedagogical Kinesiology and biomechanics.
- The addition of Dr. Pablo Costa, an exercise scientist with excellent teaching and research skills joined our faculty in September 2011. We expect significant contributions from this bright scholar.

At this time last year, we were planning renovations to three of our much needed laboratories. Unfortunately the economy has placed severe limits on our success to secure state funds for the badly needed renovations. We will now have to ask alumni to help us secure resources for these laboratories to meet our commitments to our students.

Notwithstanding the difficult economic times we are experiencing here at CSUSB, I am delighted to share with you some activities and achievements that our department faculty has realized over the past year. This issue will highlight some of our achievements that have particular relevance to you – our valued alumni.

You should feel proud about the accomplishments Kinesiology faculty have realized this past year. The Kinesiology faculty members have now positioned the department as a leader in California and the Western United States with their teaching, research, and service. CSUSB Kinesiology has established an international reputation for scholarship in the area of physical activity and individuals with disabilities. Moreover, we are beginning to establish a national reputation in exercise science associated with physical activity and obesity. We are building our reputation with collaborative research endeavors that now includes undergraduate students. You should feel proud that a majority of us publish results of our research in the most prestigious peer reviewed international and national journals. In addition, several of Kinesiology faculty (Drs. Haddock, Oh, Moffett, Rizzo, Siegel, So, and Wilkin) have presented results from research at national and regional meetings. Last year, I finished my term as Editor of the *Adapted Physical Activity Quarterly*; the most scholarly journal in rehabilitative sciences associated with physical activity and individuals with disabilities. I am proud to represent our discipline as a member of the Board of Directors of the *American Kinesiology Association*. That said, several of us hold leadership positions in state, national, and international organizations. I am delighted to tell you that Dr. Bryan Haddock continues to secure externally funded grants that now amount to more than \$5 million. Fall of 2011, Dr. Moffett directed the 5th Annual DisAbility Sports Festival. This event serves more than 700 individuals with disabilities in our community. I am sure you will agree this is an impressive record of achievement. Dr. Oh served as the statewide chair of the State Council of Adapted Physical Education (SCAPE). You should also note that Dr. Siegel presented her research at international, regional and state-wide professional meetings. Drs. Carboni, So and Oh are active leaders in the *Western Society of Kinesiology and Wellness*. The bad news is that Dr. Linda Wilkin decided to retire last year leaving a significant void in our department. The good news is that she is living on the beach at *Half Moon Bay* in Northern California. Anyway, perhaps you can understand why I am suggesting that our department is a leader in the state and becoming a leader in the Western United States.

This Newsletter is intended to keep you up-to-date of the efforts of our faculty and students here at CSUSB. In addition, it provides us with an opportunity to share news about some of our alumni. If you do not see information about yourself and your recent achievement(s) or news about yourself and family, it is because you have not shared that information with us. Please do so and see the information on page 9 about sending us information.

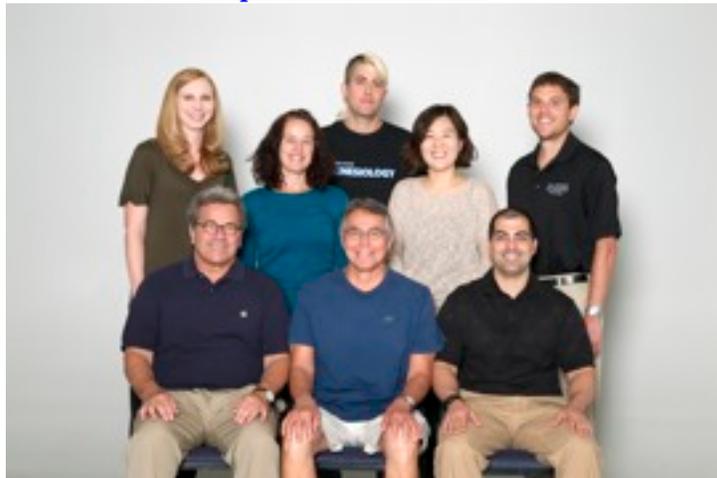
As a department, we remain committed to the involvement of our students with our teaching research, and service. To move our program forward requires resources. As you well know we are experiencing extremely difficult times here at CSUSB. Nonetheless, we have not wavered from our commitment to excellence in teaching, research or service to our community. That notwithstanding, we need your help. Please try to help us meet our commitment to making CSUSB Kinesiology an outstanding program. Help by making a gift to **CSUSB Department of Kinesiology Alumni Fund** so that we can continue our quest of becoming a leading program in the Western United States. Your support is the life-blood of our program.

I hope you enjoy reading about our efforts, the achievements of our students and alumni. Stay abreast of our department by visiting our website at <http://kine/csusb.edu>

Kind regards,



Professor and Chair
Kinesiology



Bottom row: Dr. Terry Rizzo, Joe Liscano, & Dr. Pablo Costa
Back row: Leslie Morse, Dr. Shannon Siegel, Ben Liscano, Dr. Hyun-Kyoung Oh, & Dr. Aaron Moffett

DEPARTMENT OF KINESIOLOGY AS A FOUNDING MEMBER OF AKA

It is quite an honor for our department to have been designated as a founding member of the American Kinesiology Association. The American Kinesiology Association “promotes and enhances kinesiology as a unified field of study and advances its many applications. AKA does this by advocating for kinesiology at national and international levels as well as by supporting its member departments by providing resource materials and leadership and

educational opportunities for university administrators in kinesiology.” There are several hundred schools across the U.S. that are now a part of A.K.A. Dr. Rizzo, the chair of our kinesiology department at CSUSB, is a board member of the American Kinesiology Association.



INTERVIEW WITH NEW
ASSOCIATE PROFESSOR
DR. PABLO COSTA

1. How long have you been employed at CSUSB?

September 2011 - Present

2. What made you decide to come to CSUSB?

I liked the department, the students, the labs, and I wanted to come back to California.

3. What were you doing before you came to CSUSB?

I was finishing my PHD at the University of Oklahoma. There is only one number one!

4. What courses do you teach/ have you taught here at CSUSB?

Exercise Physiology and Exercise Prescription

5. What do you consider to be your specialty/area of focus?

Non-invasive neuromuscular assessment- EMG, muscle strength and performance

6. What was your major as an undergraduate? Where did you earn your bachelor's?

P.E., Rio, Brazil, Estacio University

7. What was the focus and/or the title (s) of your thesis/project/ dissertation?

Thesis: The Acute Effects of Different Durations of Static Stretching on Dynamic Balance Performance

Dissertation: The Effects of Short-term Resistance Training and Subsequent Detraining on Neuromuscular Function, Muscle Cross-sectional Area, and Lean Mass

8. At what point in your life did you know you wanted to attend college?

When I was 20 after finishing EMT and the Fire Academy

9. Who or what influenced your decision to pursue a career in Kinesiology?

No one, I enjoyed learning about the body in EMT school.

10. Please name two of your mentors and briefly describe how they became so influential.

Dr. Graves showed me how to be very professional and the importance of networking. Dr. Cramer taught me the process of research and how to be a professor.

11. What was the most difficult aspect of earning your bachelor's degree? Ph. D. ?

Earning my bachelor's degree wasn't relatively difficult; however, working and going to school made it difficult.

12. What sports and/or physically-based activities do you enjoy either as a participant and/or a spectator?

I like playing beach volleyball and grappling. I like watching soccer, hockey and MMA.

13. What do you like best about your job? Least?

I enjoy the interaction with students, and I like doing research and presenting the findings.

I feel bad when I have to give out bad grades.



14. If given the chance, would you choose a different career? If so, what would it be?

I would have done the same thing I am doing now but I would have gotten a PhD/MD

15. Please name any awards or grants you have won since you have been a "paid professional" in Kinesiology.

Yes, I have received a research award from the NSCA (National Strength Conditioning Association). We received a couple of grants that were about \$300,000 to study the effect of protein supplementation in older adults. In addition to this, I was graduate student of the year where I was getting my Masters.

WHAT HAS THE KINESIOLOGY DEPARTMENT BEEN INVOLVED IN THIS YEAR?



Dr. Costa, Diana Terriguez, and Karalee Martin helping with the Employee Benefits Health Fair on campus.

During the Fall quarter of 2011, students from Dr. Costa's class volunteered in the Employee Benefit Health Fair on campus. Their booth consisted of taking the employees blood pressure, measuring their height and weight, and determining their Body Mass Index. Amanda Hodge, a Kinesiology student and volunteer for the health fair said, "It sounded like a good hands-on learning experience so I was quite enthused to be a part of it. It turned out to be an excellent learning

experience. I feel I am definitely a professional at taking blood pressure after all of the people who came through!"

From what Amanda is saying, it seems as though the Employee Benefits Health Fair was definitely a success, and an excellent learning experience for the students involved. Some of the employees thought that their blood pressure was too high so they would have the students retake it to be certain the reading was accurate. The students did not mind, because it gave them more practice. In addition, it brought awareness to the employees who were not necessarily pleased with their results, and hopefully gave them some motivation to make lifestyle changes that could save their lives.

If you are thinking, wait a minute...save their lives? Isn't that a little extreme? Well, if someone has a systolic pressure between 120 and 139, and a diastolic pressure between 80 and 89 on multiple readings, it indicates the person is pre-hypertensive. If you have pre-hypertension, you are more likely to develop even higher blood pressure. If they do not make simple lifestyle changes such as limiting their sodium and alcohol intake, and participating in moderate to high intensity physical activity at least 3-5 days a week, then they are at risk to becoming another statistic in the land of Cardiovascular disease, which is the leading cause of death in the United States. So, bringing awareness to this problem could have potentially saved someone's life.

KINESIOLOGY STUDENT ASSOCIATION

The Kinesiology Student Association is led by President Tami Paone and Student Advisor, Dr. Shannon Siegel. It remains to be a premiere program for our students to be active in the department and community, learn about their field of study, and gain hands-on experience to prepare them for their future. Dr. Siegel stated, "This group is really active and seeks out the professors to learn more about their careers. They have been working really hard and it shows by the large number of members and campus support." Here is a list of just a few of the events from this year :

- March 10, 2012:** Battle of the Concentrations
- March 23, 2012:** Ronald McDonald House at Loma Linda University
- All Spring Quarter: YMCA canned food drive**
- April 2012:** Relay for Life at CSUSB
- April 1, 2012:** Ronald McDonald "Walk for Kids"
- April 4, 2012:** Beautification Project Community Service



The Kinesiology Student Association Officers for the 2011-2012 school year

THE DISABILITY SPORTS FESTIVAL

The DisAbility Sports Festival is quickly becoming nationally recognized and serving over 700 athletes and 400 volunteers. This non-profit event will be taking place for the sixth year in a row on October 6, 2012. It is free for people with ANY disability and ANY age. Last year, we had 700 participants ages 8 months to 84 years old. This year, we expect to have 800 participants including 100 veterans at the free festival. We will introduce the participants to at least 20 different sports with most sports being coached by an elite internationally competing athlete with a disability. We also provide free breakfast and lunch to all the participants and t-shirts to all those who pre-register. We will also have over 30 information booths about other community programs and services available for people with disabilities and their families. In all, we expect to have 1500-2000 people attending the festival. If you would like to be a part of the

festival, please contact the DisAbility Sports Festival office at (909) 537-5352 or sportfes@csusb.edu. If you want to learn more about the festival, go to www.disabilitysportsfestival.org



KINESIOLOGY DEPARTMENT WELL REPRESENTED AT AAHPERD CONFERENCE



AAHPERD is the premier organization in the U.S. focused on research, publishing, professional development, advocacy, and rewarding excellence in the fields of physical education and health. With this in mind, three of our faculty members including Dr. Rizzo, Dr. Oh, and Dr. So presented at the AAHPERD conference in Boston during St. Patrick's Day weekend. For instance, Dr. Rizzo presented his study on the intentions and attitudes of school principals to include

students with disabilities in the physical education classroom.

In addition to the faculty members presenting, we also had undergraduate students receive awards such as the Major of the Year award, Adaptive Physical Activity, Pre-Physical Therapy, Exercise Science, Pedagogy, and Adaptive Physical Education. Congratulations to Jamie Skipper, Jessica Corona, Ronica Almanza, and Karalee Martin for receiving the Major of the Year Award! As winners of the award, they were invited to attend the award ceremony at the conference.



Jamie Skipper, Major of the Year Award Recipient, in Exercise Science. She has also been accepted to Cal Baptist for the Athletic Training Graduate Program.

NEW EQUIPMENT FOR OUR EXERCISE PHYSIOLOGY LAB

The Kinesiology Department has obtained new equipment for our Exercise Physiology lab. This new equipment will give the students a more well rounded approach to exercise testing, and an advantage over other Cal State programs. One of the machines we have obtained is a Biodex Balance System in which students will be able to assess balance and the risk of falls. In addition to this, we have also added an electromyography (EMG) system, to our collection of lab equipment, to examine muscle activation and neuromuscular function. Most recently, we are in the process of receiving a new metabolic cart, which will allow us to test metabolic function in two subjects simultaneously as well as a more accurate assessment of resting metabolic rate and residual lung volume. This will give us a total of three metabolic carts we can use for exercise testing.

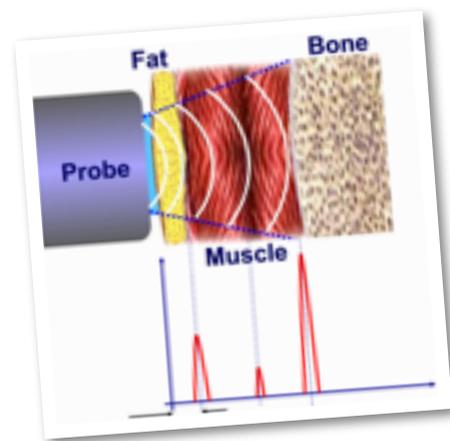
In addition, we are also obtaining a bio impedance spectroscopy (BIS) device, which will allow us to measure body composition as well as total body water. With this machine we will also be able to assess hydration status. Furthermore, we are obtaining an ultrasound device that will allow us to measure subcutaneous fat thickness instead of predicting it with skinfold calipers.

STUDENTS GOING ABOVE AND BEYOND

Our very own Allison Palmer, an undergraduate student from the Pedagogy concentration, spoke at the 2012 Paralympic Leadership Conference. She received a travel-expense grant from the US Paralympics to present her piece on *Improving Volunteerism through Creating A Community-University Partnership* with Dr. Aaron Moffett on April 27th. She is also the Disability Sports Festival's Student Coordinator. It is students like Allison that give the Kinesiology Department such a good reputation!

Nick Klug, an undergraduate student from the Exercise Science concentration, presented at the Southwestern ACSM conference in the

Finally, we will be getting an arm ergometer, which is a useful alternative for testing persons with disabilities as well as individuals with leg injuries. In addition, it is valuable for diagnosing patients with paralysis or lower extremity impairment caused by vascular, orthopedic, or neurological conditions, and for performing occupational evaluation in patients and in athletes whose work primarily involves the arms and upper body (e.g., mechanics and rowers, respectively). This will be aligned with the Adapted Physical Education (PE) aspect of our program.



An example of what our Ultrasound Device will accomplish as opposed to taking a skin fold measurement with a skinfold caliper.

Fall of 2011, and is also doing a presentation at the National ACSM conference. His presentation at the National ACSM conference will be on the research study, performed here on campus in our exercise physiology lab, concerning the mechanical efficiency of running barefoot as opposed to running with shoes. Nick is well respected by all of his professors and is also the student Exercise Physiology Lab Tech. In addition, he has accepted a scholarship to UC Davis Ph.D. program in integrative bio science where he will be performing research studies. Nick will definitely be a tough act to follow!

ALUMNI NEWS

For those of you who remember **Jeremy Richter**. He is now an author. He has an e-book available for either the Nook or the Kindle. See the links below.

<http://www.barnesandnoble.com/w/your-future-with-fitness-jeremy-richter-cscs/1108368572?ean=2940014028608&itm=1&usri=your+future+with+fitness>

Brenda Wilson is a Manager at 24 Hour Fitness, and is still cheerleading.

Sarah Hudson (formerly Sarah Amori) is an Adaptive Physical Education teacher with Moreno Valley Unified School District.

Billy Ramirez is a Physical Education teacher at Barstow High School. He is also the assistant football and track and field coach.

Mike Rister is the Aquatics Director at the Drayson Center at Loma Linda University. He is also engaged to Amanda Beakes.



Ashley Alexander is working on her physical education teaching credential at University of Redlands and has been enjoying the program.

Simi Valley Unified School District just hired **Anjuli Nieto**. Anjuli will

be teaching adapted physical education for the district.

Amanda Hodge, a recent Winter 2012 graduate, has accepted a job at the Drayson Center at Loma Linda University working with the Wellness Coordinator in the XRtainment Zone.



Anna Collins (formerly Anna Richmond) and **Brian Collins** were married three years ago and had a baby boy a year ago. They are now teaching at Colton High School. Anna is also coaching girls basketball at Colton High School.



Madelina Monreal is teaching in Alvord Unified School District in Riverside County.

Brittany Marceau, another Winter 2012 graduate, was promoted to a store manager at Abercrombie in Ontario. She is also looking forward to starting her teaching credential.

Sarah Stromberg and **Larry Knapp** had a baby girl named Amber Rose. She will be a CSUSB alum in 2030.



Dr. Aaron Moffett and his wife, Jennifer, also recently had a baby and yes he is already a swimmer.



Please let us know your announcements!

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

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

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

Your Name: _____

Email Address: _____

Mailing Address: _____

Graduation Year: _____

Contribution to the Department of Kinesiology Philanthropic Foundation Accounts

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

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

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