



# Department of Kinesiology



**FEATURING:**

- Updates!
- Student Success
- Graduate and Alumni Accomplishments
- The Center for Active Aging (CAA)

**Inside this issue:**

Department Chair Welcome	1
Undergraduate Program	2
Graduate Program: Graduate Accomplishments and Connections	3
Special Sessions: Pedagogical Studies	3
Graduate Research Colloquium	4
Special Sessions: Graduate Program in Sport Management	6
A Look at the Lecturers... by Colette Yonce	6

## Department Chair Welcome

*Dr. Sharon R. Guthrie*

Dear Alumni, Emeriti Faculty, and Friends of the Department:

Welcome to the third annual Department of Kinesiology newsletter. It is always a pleasure for our Department faculty and staff to be able to connect with our alumni and Professor Emeriti via this newsletter. Academic Year 2010-11 was another tough one in terms of budget cuts and “belt tightening”; however, once again, the Department has thrived despite these fiscal changes and unknowns. As always, I have some good news to report.

Most of our undergraduate and graduate Options continue to be healthy in terms of enrollment. On the faculty level, although we were not able to acquire any new tenure-track faculty this past year, new lecturers entered the scene, some of whom were recent Kinesiology graduates. We have been granted a tenure-track search in Applied Sport Psychology for 2011-12, and we are still awaiting the granting of two additional tenure-track faculty searches in biomechanics and exercise physiology, both of which are currently on hold due to the difficult budget climate. This past year, numerous faculty were awarded internal research grants to support their work, and Dr. Will Wu, motor control specialist, received an Alumni Grant—a tremendous achievement considering the highly competitive nature of these grants. Dr. Christine Galvan, a Physical Education Teach Education specialist, was also awarded a three-year California Subject Matter Project grant for \$114,000. Previously, the California Physical Education-Health Subject Matter Project (CPE-HP) had two sites (San Jose State, Sacramento State). A third site is now housed at CSULB under the leadership of Dr. Galvan, an assistant professor. The Department bid on the CSMP grant and was awarded \$114,000.00 (3 year grant). This grant provides quality professional development programs to physical educators and health educators via a week-long summer institute and several follow-up meetings held at CSULB. Participants are mentored by the Teacher Leaders throughout their project involvement. The ultimate goal

is to provide teachers with ways to optimize student learning through intensive training that develops content-based lessons, creates multiple forms of assessment, implements research, and assists teachers interested in becoming nationally board certified. CPE-HP has assisted hundreds of California teachers and with the addition of a Long Beach site, educators and students within the Long Beach and Los Angeles school districts will benefit from this high quality professional development program.

On a curricular/program level, we continue to be at the forefront in a variety of areas and continue to add courses to strengthen our curriculum for majors and non-majors. In the General Activity Program (GAP), we have added some new courses: Pilates and Stretch and Relax. In the major program, we introduced a new fitness nutrition course for undergraduate and graduate students, and an applied motor control class for exercise science students has been developed and taught by Dr. Will Wu. We also have established a new educational connection with the University of Limerick in Ireland, and are working on a similar linkages with Rome, Italy and Taiwan. Our two well-established programs in Wales and Sendai University in Japan are going strong; we also have a FIPSE-funded (Fund for the Improvement of Postsecondary Education) exchange program with Brazil.

One of the central values of the University and the College of Health and Human Services is building “town and gown” relationships. The Department remains strong in this area as several of our faculty administer programs and events that foster these linkages: Barry Lavay’s After School Adapted Physical Education Clinic and Camp Nugget Summer Camp, the Department Kinesiotherapy Center, Jim Davis’s annual Air Power Games, and Jeff Kress’s Outdoor Adventure Ropes Course (OutBAC) are excellent examples. Christine Galvan’s work with youth development through physical activity with children at risk is also a significant contribution to the community.

As many of you know, FROGS Athletic Club moved out of the Pyramid in early January. In its place, the Department and the College of Health and Human Services, in conjunction with the Osher Lifelong Learning Institute (OLLI), offer programs designed for adults 50+ that exercise the mind, body and spirit, called The Center for Active Aging (CAA). Participants enjoy fitness classes and individual workouts on weight and cardio machines, in an atmosphere of support and camaraderie. Friendly and helpful staff members are available to assist with program progression, adaptations, and to provide motivation.

The Center hosts an ample collection of new exercise equipment, including cardio machines such as stationary bikes, elliptical machines, treadmills, as well as weight machines, free weights, and exercise balls. A full service locker room with showers and lockers completes the picture.

A unique component of the CAA is the fitness staff, which is supported by current CSU Long Beach student volunteers, providing valuable practical experience. Ayla Donlin, the CAA Fitness Internship Coordinator explains, “One of the features of the CAA that I am excited about is the variety of practical experience our Kinesiology students get with diverse populations. I am thankful for the great example of lifelong commitment to fitness that our 50+ year old members set for the students.”

“I see members maintain, improve, and everyone is so happy when they walk into our Kinesiotherapy Clinic. It’s a social time for many of the participants,” describes Stephanie Burks, a Registered Kinesiotherapist.

The Department of Kinesiology lends its fitness students to volunteer their time to assist patrons on the floor, while graduate students in the Sport Management program aide in the business development side of the CAA.

**(Welcome cont’d on pg. 2)**

# Department of Kinesiology



*“Your support will help us become the best Department we can be and to provide enhanced educational experiences for our students.”*

- Dr. Sharon R. Guthrie

## Student Learning Outcomes

We have created five undergraduate student learning outcomes that we are able to assess throughout our undergraduate program.

To learn more about our Student Learning Outcomes please visit our website:

<http://www.csulb.edu/kin/programs>



(Welcome—cont'd from pg. 1)

“It’s been an incredible experience working at the CAA. I’ve had a chance to see from the inside how a business gets up and running, and had a hand in developing the marketing and operational aspects of the center,” says Zack Murshedi, a Graduate Assistant at the center.

A social component of the CAA the group fitness classes, which provide a fun and engaging workout while giving members the opportunity to interact with friends and fellow exercisers. Classes vary from low-impact cardio and resistance training, to balance work and stretching. Chair Challenge is a newly added class in which participants can exercise while sitting and Aquafit classes located in the University pool started mid-March.

During the summer, the decision was

made to move the Center for Active Aging from the Pyramid facility across campus to the Kinesiology (KIN) building. Renovation to the Strength and Conditioning Complex currently used by Athletics, as well as rooms 107 and 110 will begin during the Fall 2011 semester. The renovation project is slated to be finished by the end of December 2011. If construction is on schedule, the CAA will move sometime in December or January to those newly renovated facilities. The CAA remains open and still houses its current fitness programming as well as Kinesiology activity classes in the Pyramid facility until the move occurs. We will be sure to keep everyone posted on the progress!

The Center for Active Aging and Kinesiotherapy Clinic are both open Monday - Friday, 8 am - 5 pm, and are located on the CSU Long Beach campus, in the blue entrance of the Walter

Pyramid. For more information, call (562) 985-5995 or send an email to [caa@csulb.edu](mailto:caa@csulb.edu).

As you can see, despite the severe budget cutbacks we have had to endure this past year, the Department of Kinesiology is still strong and has much about which to be proud. This newsletter is designed to provide information to those who have an interest in maintaining their connection to the Department and generating enthusiasm regarding the many important campus and community activities in which Department faculty, students, and staff engage. Your support will help us become the best Department we can be and to provide enhanced educational experiences for our students. Please feel free to contact me at [guthrie@csulb.edu](mailto:guthrie@csulb.edu) if you would like to become more involved or just provide feedback on this newsletter. I enjoy reading your comments!

## Undergraduate Program

Hello from the undergraduate program in the Department of Kinesiology at CSULB! We currently have more than 1000 undergraduate majors split among 7 degree options—and they are an eager and enthusiastic bunch of students! Our Exercise Science option, which is once again impacted, remains popular with students seeking a future career in Allied Health areas, particularly Physical Therapy. We’re in the process of revising the curriculum in our Kinesiotherapy option and our Athletic Training Education Program is going strong. Students continue to flock to our option in Fitness and we’ve recently renamed our option in Sport Psychology & Coaching to Sport Psychology & Leadership to keep abreast with trends in the field. Our Physical Education Teacher Education and Adapted Physical Education Teacher Education programs continue to be among the outstanding programs in the western United States, if not the entire country.

I am the Associate Chair for Undergraduate Studies, Dr. Alison Wrynn. I have been a faculty member in the Department of Kinesiology at CSULB since the Fall of 2000 and have been

serving as the Undergraduate Lead Advisor since the Fall of 2007. Working closely with the many faculty advisors and the College and University advisors we continue to improve student advising, communication and overall success. Despite the tough economic times student advising continues to be at the forefront of the University, College and Department’s missions. The campus wide Academic Advising Center has recently been rechristened the University Center for Undergraduate Advising with a greater focus on communicating with students and supporting their academic success. In addition we continue to work with the CHHS Academic Advising and Resource Center.

Each year we survey our graduating seniors to see if we are meeting our goals and student learning outcomes (SLOs). Some of the results (from students who replied to the survey) over the past couple of years include:

---More than half of our graduating seniors plan on attending graduate or professional school in the next 1-2 years.

---The vast majority of our students

## Dr. Alison Wrynn

feel that they have achieved their Kinesiology Department Student Learning Outcomes “to a large degree”

As I have stated in the past, “student success’ is the primary goal in this Department and across campus, and there is still a strong emphasis on defining and assessing student success. Faculty across our programs have been actively engaged in assessing our student learning outcomes in all of our program areas—not an easy task when you consider the diversity within Kinesiology!

I look forward to the ongoing work with the faculty and the undergraduate students to generate ways to improve our programs and keep them among the top in the CSU system and across the nation. Thanks to the enduring support of KIN alumni and friends, we can make this happen!

## Graduate Program

The Department of Kinesiology currently has approximately 170 students pursuing nine different graduate options. Seven of these options are offered through regular sessions (Adapted Physical Education, Coaching and Student Athlete Development, Individualized Studies, Exercise Science, Exercise Physiology and Nutrition, Sport and Exercise Psychology, and Sport Medicine and Injury Studies). The other two options (Pedagogical Studies and Sport Management) are offered through the College of Continuing and Professional Education (CCPE).

**The annual Graduate Colloquium was held on Thursday, April 29<sup>th</sup> at 7 PM at the Pointe inside the Walter Pyramid.** Numerous awards were given and there were poster and student research oral presentations. This past year, many KIN graduate students have engaged in scholarly activity. Here are samples of their accomplishments:

### Pedagogy and Adapted Physical Education:

**Berukoff, Karen; & McCauley, Tara, Reich, Lori, & Scrima, Andrew:** Presented papers at special Graduate Student Research Session at

CAHPERD State Conference in Ontario, CA, March 4, 2010. **Melissa Donovan:** Donovan, M.L., Guthrie, S.R., & Crussmeyer, J.A.. The Effect of Total Physical Response (TPR) on the retention of science content among middle school students. Submitted to the Journal of Research in Science Teaching (1/10).

**Michael Tucker:** Tucker, M. & Hill, G. (2009). A Checklist for Designing and Evaluating Physical Education Program Web Sites. Journal of Physical Education, Recreation, and Dance, 80 (9), 43-47.

### Exercise Science

**Meghan Boylan and Juliana Jason:** Boylan, M. Rozenek, R. Jason, J., Megda, T.H., Dahlquist, J., Schroeder, J., & Russo, A.C. Physiological Effects of Yoga in the Heat. Research abstract presented at the National Strength and Conditioning Association Conference, Las Vegas, Nevada, July, 2009. **Karlie Friesen:** Bone mineral density and body composition of college-age modern dancers. Presented at the National American College of Sports Medicine Conference in Seattle, WA, June 2009. Abstract published in *Med. Sci Sports Exerc.* 41 (5): S410, 2009. A manuscript entitled "Bone Mineral Density and Body Composition of Collegiate Modern Dancers" (Authors: K. Friesen, R. Rozenek, K. Clippinger, A.C. Russo, S.E. Sklar,

## Dr. Grant Hill

and K. Gunter) has been submitted for publication in the Journal of Dance Medicine and Science.

**Amanda Mittleman:** Mittleman, A., Rozenek, R., Russo, A.C., & Sklar, S.E. "A comparison of body composition and bone mineral density in sedentary, recreationally active, and highly trained post-menopausal women." Research abstracted presented at the National Strength and Condition Association Conference in Las Vegas, Nevada, July, 2009. **Leslie Musser:** Recipient of CHHS Graduate Research Award (2009-2010) – (\$9000.00)

### Sport Medicine and Injury Studies

**Adeniji, Ola:** Adeniji, O., & Mokha, M. (2009). Headache Disorders in Athletes. *Athletic Therapy Today*, 14(4), 17-20.

**Jane Kim:** Kim, J. "Comotio Cordis in Athletes" submitted to *Athletic Therapy Today* (12/09). **David Lee:** Lee, D.J. (2010). Adrenal Fatigue Syndrome, Part 1: Pathophysiology and Diagnosis. *Athlet Ther Today*; 15(1), 27-30. Lee, D.J. (2010). Adrenal Fatigue Syndrome, Part 2: Adrenal Function and Overtraining. *Athletic Therapy Today*; 15(2), 28-31.

**Gily Meir:** G. Meir, J. B. Perez, R. L. M. Ho-Judy, D. E. Young, and M. J. Cohen. Contextual interference and augmented feedback in young and old adults. Poster presentation at the Long Beach Research Symposium.



## Special Sessions: Pedagogical Studies

### Pedagogical Studies (Program Director, Dr. Grant Hill)

Seven students in the Special Sessions program in Pedagogical Studies presented capstone projects on Monday, July 25, 2011.

Students pictured (left to right with plaques) are: Jesus Gutierrez, Victor Ruiz, Pamela Penn (option award winner), Remy Amaro, Adela Green, Summer Maue, and Kristin Crenshaw.

Faculty pictured (left to right) are: Prof. Hylin Neese, Dr. Barry Lavay, Dr. Christine Galvan, Dr. Sharon Guthrie (Chair), and Dr. Grant Hill (Program Director).



## Department of Kinesiology

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### The 2011 Kinesiology Graduate Research Colloquium at the Pointe inside the Walter Pyramid

“Congratulations to Grant Hill for yet another successful Graduate Research Colloquium...the event was well attended and the presentations were excellent.”

- Dr. Sharon R. Guthrie,  
KIN Department  
Chair

The Annual Department of Kinesiology Colloquium was held on Thursday, April 28, 2011 in the Pointe inside the Walter Pyramid. The Graduate Alumni Award was presented to **Dr. Matthew Llewellyn** by Dr. Alison Wrynn, our KIN Undergraduate Coordinator. The Dorothy Deatherage Graduate Student Scholarship Award was presented to **Isabel Tiburcio** by Dr. Sharon Guthrie and Dr. Dorothy Deatherage herself.

There were two research presentations given: one by a graduate student and one by one of our own professors:

**-Merideth Adkins (Student):**  
*Effects of Yoga on Balance, Strength, and Bone Mineral Density in Post-Menopausal Women*

**-Dr. Will Wu (Faculty):**  
*Focus of Attention and the Standing Long Jump: An Investigation of Outcome and Movement Performance*

The Graduate Awards were given to the best of our KIN graduate students:

**Graduate Deans' List:**  
Daisy Wiberg and Rene Scachetti

**Graduate Citations:**

**In Sport Management:**  
Peter Perkowski, Johannes Dietzel, Stephen Fiamengo, Akemi Kitagawa, Kristin LeDuff, Johnathan Shaw, Rene Ocampo, and Randolph Garcia

**In Exercise Science:** Alvin Yu

**In Sport and Exercise Psychology:** Kristen Koebel

**The 4.0 Awards (for students who maintained and 4.0 GPA throughout their graduate career):**

Jino De Castro, Ehtasham Kalantar, Johannes Dietzel, Rene Ocampo, Jonathan Shaw, Gily Meir, Randolph Garcia, Allison Welsh, Stephen Fiamengo, Peter Perkowski, Kristen Koebel, and Melvin Mendoza.

**Best Departmental**

**Thesis:** Juliana Jason, *Effect of Cadense on GRF during the Push-Up.*

**Subdisciplinary and**

**110% Awards:** (*Adapted Physical Education*) Tammy Joseph; (*Exercise Science*) Candace Campbell (*Exercise Physiology and Nutrition*) Emilia Ochoa; (*Pedagogical Studies*) Pamela Penn;

(*Sport and Exercise Psychology*) John Tubera and Javier Rivas;

(*Sport Medicine and Injury Studies*) Kristoffer Friend; (*Sport Management LT 16*) Randolph Garcia and Trisha Ozawa; (*Sport Management LT 17*) Robert Kane and Kristin Le Duff

(Pictures from the Colloquium can be seen on pgs. 4 and 5)

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### Pictures of our Award-Winning Kinesiology Graduate Students!



Department of Kinesiology Graduate Alumni of the Year Award recipient, **Dr. Matthew Llewellyn** with Dr. Alison Wrynn



Dorothy Deatherage Scholarship Award Recipient, **Isabel Tiburcio** with Dr. Dorothy Deatherage and Dr. Sharon R. Guthrie

(cont'd from bottom page 4) Graduate Research Colloquium pictures

*RESEARCH and MORE RESEARCH!* Two Presentations from a Student and a Professor



**Merideth Adkins:**

*The Effects of Yoga on Balance, Strength, and Bone Density in Post-Menopausal Women*



**Dr. Will Wu**

*Focus of Attention and the Standing Long Jump: An Investigation of Outcome and Movement Performance*



College Graduate Dean's List Award recipient:  
**Daisy Wiberg**



College Graduate Dean's List Award recipient:  
**Rene Scachetti**



**Tammy Joseph** receives the Adapted Physical Education Option Award from APE Coordinator, Dr. Barry Lavay.



Special thanks to **Jeri Carter** for the beautiful decorations.



**Candace Campbell** receives the Exercise Science Option Award from Dr. Ralph Rozenek



**Pamela Penn** received the Pedagogical Studies Option Award from Graduate Coordinator, Dr. Grant Hill



**Kristoffer Friend** receives the Sport Medicine and Injuries Studies Option Award from Dr. Keith Freesmann

### Graduate Program in Sport Management – Developing Leaders in the Business of Sport

The CSULB Graduate Program in Sport Management has certainly been abuzz for the past few weeks as their largest bi-annual event of the year was held recently. A new Director has been ushered in as well as a couple of other faculty members from within the KIN Department. On Monday, August 8, 2011, the GPSM held its bi-annual Reception-Orientation-Colloquium (ROC) at The Pointe at the Walter Pyramid on the campus of CSULB. This event celebrated the completion of the program and accomplishments by the departing cohort (Learning Team 18), provided a welcoming orientation for the incoming cohort (Learning Team 21), and offered a reception of fine dining and socializing for all students, staff, and guests in attendance. A few students were individually recognized for their accomplishments throughout their 18 months in the program.

**Outstanding Capstone Projects:** Phyllis Blanchard, Shaun Dias, Sonja Garnett, Curtis Mateo, Atif Moon, Amanda Voss; **4.0 Award:** Matthew Falk, Sonja Garnett, Atif Moon; **Bill Shumard's Beach Pride Award:** Phyllis Blanchard, Atif Moon; **100% Award:** Sonja Garnett; **Outstanding Sport Management Student:** Meghan McMurtry

This ROC was the program's most successful ever as over 200 people were in attendance, and the new group of incoming students is the largest cohort ever admitted into the program, as there are 34 students set to begin their 18-month journey this month. Our current students have also been busy the last month with the X-Games and ESPY awards at the STAPLES Center. Along with over 10 of our students working various positions at these events, quite a few of our students and alumni have advanced within the sport industry or secured full-time positions:

Andrew Rowdon (LT 6) – Assistant Athletic Director for Marketing at Old Dominion University

Tim Anderson (LT 7) – Regional Director, Side-Out Foundation (Nebraska)

Redan Brozino (LT 15) – Assistant Athletics Director of Marketing and Promotions for Long Beach State Athletics

Daniel Berditchevski (LT 17) – International Sales Executive, Cartan Global Tours

Johannes Dietzel (LT 17) – International Market Analyst, The Active Network

Amanda Emmer (LT 17) – Special Assistant, Wasserman Foundation

Aaron Ariza-Arak (LT 18) – Fan Development Representative, LA Galaxy

Meghan McMurtry (LT 18) – Event Operations Coordinator, ESPN X Games

Chelsea Pereira (LT 18) – Fitness Coordinator, USC Recreational Sports

Tylor Hastings (LT 19) – Account Executive, AEG Worldwide

Meanwhile, the administration of the GPSM has undergone quite a few changes as well:

Dr. Sharon Guthrie, the Department of Kinesiology Chair, was recently named the new Director of the Sport Management Program as former Director, Dr. Ketra Armstrong, left to accept a position at the University of Michigan.

Stephen E. Buchan, MBA, was recently named the Associate Director of the Sport Management Program. He was previously the Manager of Business Affairs & Marketing for the Program. Buchan has also taken the role of professor as he will be instructing the Program's introductory course, Foundations in Sport Management.

Dr. Kerrie Kauer, the Coaching and Sport and Exercise Psychology Option coordinator, has also recently joined the GPSM faculty and will be instructing the Program's Sport in U.S. Culture course.

Dr. Doris Lu-Anderson has joined the program as a faculty member and will be instructing the final Capstone course, which includes an all-intensive project that each student must complete in order to graduate from the program.

While the program is sad to see LT 18 leave, there is excitement to see this new incoming group of students, LT 21, the largest group of incoming students in program history. They will continue to grow with the help of current faculty and the new faculty members that have recently joined the program this fall.

For additional information regarding the Sport Management, use the following link: <http://www.csulb.edu/colleges/chhs/programs/sports-management/alumni/alumni-newsletter>



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## A Look at the Lecturers... by Colette Yonce, KIN Lecturer Rep.



For those of you who are unfamiliar with faculty titles, Lecturers are non-tenured, also called adjunct, faculty members. The Kinesiology Department has forty lecturers, ranging from first-semester newbies to tenured retirees who continue to teach on a part-time basis. The wide variety of activity classes offered by the KIN department (sports, dance and martial arts) are taught by lecturers, as well as many of the General Education and major's courses.

Three lecturers who each have dedicated many years to the KIN department have recently retired: Mikki Michelle, Mary Ann Lasasso and Tish Husak. We wish them the very best in their future endeavors.

For Fall 2011, Millie Sweesy-Barger comes on board. She earned her undergraduate and graduate degrees from CSULB and for the past six years taught at another CSU; she also serves as fitness coordinator for Boe-

ing. Welcome, Millie!

The KIN department has a reputation on campus as being "faculty-friendly". I am not surprised, since they have the privilege of educating students with the most practical knowledge they will ever acquire—the importance of maintaining an active lifestyle. To everyone in the discipline of kinesiology - keep that passion alive! The necessity has never been greater in our society.



American Kinesiology Association  
To promote and enhance kinesiology as a unified field of study and advance its many applications.

The CSULB Department of Kinesiology is a proud member of the American Kinesiology Association