



**LONG BEACH** STATE  
UNIVERSITY

CSULB Kinesiology Department Newsletter



## Welcome to the Kinesiology Department Newsletter!

We would like to formally introduce the **first edition** of the CSULB Kinesiology Newsletter! The purpose of this newsletter is highlight and showcase all the wonderful achievements and events that is going on in the Kinesiology department! For this edition, we would like to congratulate all the honorees and scholarship recipients!

# Kinesiology Awards

CONGRATULATIONS TO THE HONOREES!

## 4.0 Award by Option

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### Exercise Physiology and Nutrition

**LAUREN VISCONTI**

**ALEX WALLACE**

**NEIL SUNDBERG**

### Sport Management

**CAMERON CRIPE**

**JORDAN GARCIA**

**SHELBY LANKSBURY**

**MAX MAYER**

**RENATO MIGLIACCIO**

**ASHLEY RODRIGUEZ**

**MARIAH RODRIGUEZ**

**SANTIAGO RODRIGUEZ**

**ROMANA BHOLAT**

**KAYLA LANDES-BRENMAN**

**KELSEY LEWIS**

**JUSTIN MCKINLEY**

**DANIEL TAPANIAN**

**CASEE WIEBER**



# Kinesiology Awards

CONGRATULATIONS TO THE HONOREES!

## 4.0 Award by Option

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### Individualized Studies

**COURTNEY CURRAN  
MICHELLE HONG  
SILVIJA KEREKES  
MIGUEL OLIVARES  
MATTHEW RICHARD  
TANIA RIZO**

### Sport Psychology and Leadership

**JACK BALDWIN  
ANASTASIA BLEVINS  
SARAH CHAFEE  
TIIA KIENITZ  
SERGIO OLVERA  
RAENA RAMIREZ  
COURTNEY SPEAKMAN  
KIMBERLY TOLENTINO  
JOANNY VALERIO**



# Kinesiology Awards

CONGRATULATIONS TO THE HONOREES!

## Undergraduate Citation Plaque & Certificate

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### Adapted Physical Education

#### **PLAQUE: RACHEL POSTERERO**

RACHEL POSTERARO IS SCHEDULED TO GRADUATE WITH A BS IN PETE/APE IN MAY 2020. SHE WILL THEN GO ON TO COMPLETE HER SSPE AND APEAA TEACHING CREDENTIAL REQUIREMENTS. RACHEL HAS A GPA OF 3.94 AND IS IN THE UNIVERSITY HONORS PROGRAM. AS PART OF HER HONORS PROGRAM, SHE CURRENTLY WORKING ON A THESIS, RESEARCHING DANCE/MOVEMENT THERAPY AND HOW IT CAN BENEFIT ADOLESCENTS WHO ARE CHALLENGED WITH ANXIETY. RACHEL HAS HAD MANY EXPERIENCES PROVIDING PHYSICAL ACTIVITY TO INDIVIDUALS WITH AND WITHOUT DISABILITIES. FOR EXAMPLE, SHE HAS BEEN TEACHING IN THE CSULB AFTER SCHOOL ADAPTED PHYSICAL-ACTIVITY PROGRAM (ASAPP) WHICH PROVIDES POSITIVE PHYSICAL ACTIVITY EXPERIENCES TO CHILDREN 5-12 YEARS OF AGE WITH DISABILITIES. SHE HAS BEEN ABLE EFFECTIVELY MEET THE CHILDREN'S MOVEMENT NEEDS AND PROVIDE THEM WITH VALUABLE PHYSICAL ACTIVITY EXPERIENCES. SHE HAS IMPRESSED US SO MUCH THAT WE HAVE ASKED HER TO BE OUR SENIOR STUDENT ADMINISTRATOR FOR THE 2020-21 ACADEMIC YEAR. RACHEL IS THE TYPE OF ENTHUSIASTIC PROFESSIONAL WE NEED TEACHING AND PROVIDING QUALITY PHYSICAL EDUCATION TO ALL CHILDREN INCLUDING CHILDREN WITH DISABILITIES.

### Adapted Physical Education

#### **CERTIFICATE: ELSIE GUTIERREZ**

ELSIE GUTIERREZ IS PURSUING HER PETE CREDENTIAL WITH APE ADDED AUTHORIZATION. SHE HAS A VARIETY OF DIFFERENT EXPERIENCES PROVIDING PHYSICAL ACTIVITY TO INDIVIDUALS WITH DISABILITIES. FOR EXAMPLE, SHE ASSISTED WITH CAMP NUGGET, A SUMMER CAMP DESIGNED TO PROVIDE POSITIVE PHYSICAL ACTIVITY EXPERIENCES TO CHILDREN 5-12 YEARS OF AGE WITH DISABILITIES. HER DUTIES INCLUDE TESTING AND PROGRAMMING INDIVIDUALS AND GROUPS OF STUDENTS WITH GROSS MOTOR DELAYS AND DISABILITIES. SHE HAS ALSO TAKEN AN ACTIVE ROLE IN ASAPP. SHE HAS IMPRESSED US SO MUCH THAT WE HAVE ASKED HER TO BE OUR SENIOR STUDENT ADMINISTRATOR FOR THE 2020-21 ACADEMIC YEAR. ELSIE PRESENTED AT THE STATE CAHPERD CONFERENCE ON INCLUSIVE COOPERATIVE LEARNING AND WAS A RESEARCH ASSISTANT FOR A TABLET TECHNOLOGY INTERVENTION. ELSIE IS AN ACTIVE MEMBER OF THE PETE/APE CLUB. ELSIE IS A VERY SERIOUS AND DEDICATED STUDENT WHO GOES ABOVE AND BEYOND TO GROW PROFESSIONALLY AND IMPROVE HER INSTRUCTION AS A TEACHER.



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### Athletic Training

#### **PLAQUE: MICHAEL RIVERA**

MICHAEL RIVERA GRADUATED IN DECEMBER 2019 AND PASSED THE NATIONAL BOARD OF CERTIFICATION EXAMINATION IN JANUARY 2020 TO BECOME A CERTIFIED ATHLETIC TRAINER. DURING HIS YEARS AT LBSU, MIKE WAS INVOLVED WITH THE CENTER FOR STAR, STUDY ABROAD PROGRAM TO JAPAN, AND COMPLETED CLOSE TO 2000 CLINICAL EDUCATION HOURS. HE WENT OUT OF HIS WAY TO LEARN VARIOUS TECHNIQUES FROM SKILLED CLINICIANS (QUITE LITERALLY, AS ONE OF THE SEMESTERS, HIS DAILY COMMUTE TO HIS CLINICAL SITE WAS 40 MILES AWAY!!) AS A VETERAN, HE BROUGHT TO US EXTENSIVE LIFE EXPERIENCE, WHICH MANY OTHER STUDENTS LOOKED UP TO HIM AS A MENTOR. HE ALWAYS HAD A SMILE ON HIS FACE, AND WAS ALWAYS WILLING TO HELP WHOMEVER NEEDED ASSISTANT. MIKE WILL BE JOINING THE DEPARTMENT AGAIN AS HE PURSUES HIS MASTER'S DEGREE IN THE EXERCISE SCIENCE OPTION. HE IS INTERESTED IN APPLYING PRINCIPLES OF MOTOR LEARNING INTO PATIENT'S REHABILITATION.

### Athletic Training

#### **CERTIFICATE: JONATHAN NAKAMINE**

JONATHAN NAKAMINE GRADUATED IN DECEMBER 2019 AND IS WAITING TO TAKE THE NATIONAL BOARD OF CERTIFICATION EXAMINATION, SINCE IT WAS POSTPONED DUE TO COVID-19. JONATHAN SERVED AS THE PRESIDENT OF THE SPORTS MEDICINE CLUB. DURING HIS TENURE, HE SUCCESSFULLY HOSTED THE BAILEY ARNHEIM GAMES, WHICH ATTRACTS STUDENTS FROM VARIOUS ATHLETIC TRAINING PROGRAMS AROUND SOUTHERN CALIFORNIA. HE WAS ALSO INFLUENTIAL IN ESTABLISHING THE "COMP CLUB," WHICH WAS A SUNDAY STUDY SESSION FOR STUDENTS IN THE ATHLETIC TRAINING PROGRAM. JONATHAN GATHERED THE SECOND YEAR STUDENTS TO HELP THE FIRST YEAR STUDENTS STUDY AND ACQUIRE CLINICAL SKILLS. ALTHOUGH VOLUNTARY, MANY STUDENTS GATHERED EVERY WEEK TO LEARN FROM ONE ANOTHER. HOW HE WAS ABLE TO CONGREGATE THAT MANY STUDENTS SPEAKS TO JONATHAN'S LEADERSHIP ABILITY, IN WHICH HE HAS A NATURAL WAY OF INFLUENCING PEOPLE TO BE BETTER AND DO BETTER. JONATHAN ASPIRES TO BECOME A PHYSICIAN'S ASSISTANT, AND IS CURRENTLY TAKING PRE-REQUISITE COURSES.



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### Exercise Science

#### PLAQUE: KAREN RUHMAN

MANY THINGS CAN BE SAID ABOUT KAREN RUHMAN, BUT ONE THING STANDS OUT AS SHE CONCLUDES HER UNDERGRADUATE STUDIES, MS. RUHMAN CAN TAKE ANY EXERCISE PHYSIOLOGY CONCEPT AND ARTICULATE IT LIKE IT A FINE PIECE OF SHAKESPEAREAN LITERATURE. THE EXCITATION-CONTRACTION COUPLING HAS NEVER SOUNDED SO POETIC. MS. RUHMAN TOOK GREAT EFFORT IN MASTERING COURSE MATERIAL AND INITIATIVE TO LOOK FOR INVOLVEMENT AND ACTIVITIES. SHE WAS A PART OF A RESEARCH TEAM, PARTICIPATED IN PERFORMANCE TESTING OF THE LA KINGS, AND EVEN PROOF-READ MANUSCRIPT OF DR. ESCOBAR'S. MS. RUHMAN HAS DEMONSTRATED HERSELF TO BE A BRIGHT AND AMBITIOUS YOUNG WOMAN AND COMPETENT FUTURE PROFESSIONAL.

### Exercise Science

#### PLAQUE: JESSICA TENG

JESSICA TENG DOES IT ALL. MS. TENG HAS EXCELLED IN CLASS AS WELL AS ACTIVITIES ON AND OFF CAMPUS. HER DEDICATION WAS RECOGNIZED WITH A SCAN HEALTH PLAN SCHOLARSHIP. MS. TENG WAS ONE OF TEN COLLEGE OF HEALTH AND HUMAN SERVICES STUDENTS TO BE AWARDED THE \$50,000 SCHOLARSHIP. SHE WAS ALSO ACTIVE IN PEXS LAB, HELPING WITH RESEARCH AND LAB ACTIVITIES AND INVOLVED WITH PERFORMANCE TESTING FOR THE LA KINGS. WITH ALL OF THIS, SHE COULD STILL BE FOUND AT CSULB REC CENTER BEFORE 7 AM DOING HEAVY DEADLIFTS. WITH NO STRAPS!

### Exercise Science

#### CERTIFICATE: HEND HASHEM

HEND HASHEM EXUDES EXCELLENCE IN ALL RESPECTS. SHE DESERVES A BEN AND JERRY'S ICE CREAM FLAVOR NAMED AFTER HER. NOT ONLY HAS SHE EXCELLED IN HER CLASSES, SHE HAS ALSO BEEN VERY INVOLVED IN PEXS LAB RESEARCH ACTIVITIES, INCLUDING WHITE BLOOD CELL ISOLATION TECHNIQUES. MS. HASHEM'S WORK CULMINATED WITH A STELLAR UNDERGRADUATE HONORS PROGRAM THESIS. SHE WAS ALSO INVOLVED WITH EXERCISE IS MEDICINE ON CAMPUS, AMONGST OTHER THINGS. SHE HAS DEDICATED A GREAT DEAL OF EFFORT TO HER ACADEMIC AND PROFESSIONAL DEVELOPMENT AND HAS PREPARED HERSELF FOR THE NEXT SET OF CHALLENGES TO TACKLE AS A PHYSICAL THERAPY STUDENT.



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### Exercise Science

#### **CERTIFICATE: KRISTAL XIE**

KRSITAL XIE EXCELLED IN THE CLASSROOM AND OUT. IN ADDITION TO STELLAR ACADEMIC PERFORMANCE, SHE WAS ALSO INVOLVED PEXS LAB ACTIVITIES AND RESEARCH. MS. TENG WAS A PART OF THE LA KINGS PERFORMANCE TESTING TEAM AND SHE (HAPPILY) VOLUNTEERED TO SERVE AS A SUBJECT FOR TWO MUSCLE BIOPSIES; NOT FOR THE FAINT OF HEART. HER PASSION FOR LEARNING AND EXPERIENCE ARE RIVALED BY FEW. THROUGH HER UNDERGRADUATE STUDIES, MS. XIE TRULY STOOD OUT AS AN EXCELLENT STUDENT AND FUTURE PROFESSIONAL.

### Fitness

#### **PLAQUE: VALERIA VALENCIA**

VALERIE IS ONE OF OUR OUTSTANDING FITNESS UNDERGRADUATE STUDENTS. HER OUTGOING PERSONALITY, LEADERSHIP SKILLS, AND GENUINE CARE FOR OTHERS MAKE HER THE AWESOME FITNESS PROFESSIONAL THAT SHE IS. THIS LAST YEAR, VALERIE TAUGHT MULTIPLE GROUP FITNESS CLASSES A WEEK AT THE LIFEFIT CENTER AND LEAD WORKOUTS FOR THE FACULTY/STAFF BI-WEEKLY WORKOUT. VALERIE ALSO HELPED CREATE AND LEAD FITNESS MAJORS ASSOCIATION ACTIVITIES, INCLUDING ASSISTING WITH THE WOMEN ON THE FLOOR EVENT AT THE SRWC. WE ARE SO GRATEFUL FOR VALERIE AND ARE EXCITED TO SEE WHAT HER FUTURE HOLDS NEXT.

### Fitness

#### **CERTIFICATE: ALVARO LOPEZ**

ALVARO LOPEZ IS OUR SECOND OUTSTANDING FITNESS UNDERGRADUATE STUDENT. ALVARO WORKS AT THE LIFEFIT CENTER ASSISTING WITH A VARIETY OF CLASS FOR THE OLDER ADULT POPULATION AS WELL AS AT INSHAPE FITNESS CENTER AS A CERTIFIED PERSONAL TRAINER. HE IS ALWAYS PREPARED FOR HIS CLASSES AND ASKS INSIGHTFUL QUESTIONS. HE SUPPORTS HIS FELLOW FITNESS STUDENTS WITH A SMILE AND A MOTIVATING THOUGHT.



# Kinesiology Awards

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## Undergraduate Citation Plaque & Certificate

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### Physical Education Teacher Education

#### **PLAQUE: MARKEL COOPER**

MARKEL COOPER IS AN EXEMPLARY PHYSICAL EDUCATION TEACHER EDUCATION STUDENT WHO IS ACTIVELY INVOLVED AS VICE PRESIDENT OF THE "PETE AT THE BEACH" CLUB. HE HAS PARTICIPATED IN A RECENT PRESENTATION AT THE CALIFORNIA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION, AND DANCE CONFERENCE ON UNIVERSALLY DESIGNED INCLUSIVE PHYSICAL EDUCATION. FURTHERMORE, IN CONJUNCTION WITH HIS TWIN BROTHER, HE COLLABORATED WITH A LOCAL NON-PROFIT, LONG BEACH COMMUNITY FOUNDATION, AND WAS THE RECIPIENT OF THE KATY STONE MEMORIAL FUND GRANT. THIS GRANT (DOUBLE IMPAKT) WAS CREATED TO HELP SUPPORT NONPROFIT ORGANIZATIONS WITH PROGRAMS THAT PROMOTE THE DEVELOPMENT OF PHYSICAL, MENTAL, AND SPIRITUAL TALENT OF THE YOUTH IN LONG BEACH.

### Physical Education Teacher Education

#### **CERTIFICATE: MARTEL COOPER**

MARTEL COOPER IS AN EXEMPLARY PHYSICAL EDUCATION TEACHER EDUCATION STUDENT WHO IS ACTIVELY INVOLVED AS A MEMBER OF THE "PETE AT THE BEACH" CLUB. HE HAS PARTICIPATED IN A RECENT PRESENTATION AT THE CALIFORNIA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION, AND DANCE CONFERENCE ON UNIVERSALLY DESIGNED INCLUSIVE PHYSICAL EDUCATION. FURTHERMORE, IN CONJUNCTION WITH HIS TWIN BROTHER, HE COLLABORATED WITH A LOCAL NON-PROFIT, LONG BEACH COMMUNITY FOUNDATION, AND WAS THE RECIPIENT OF THE KATY STONE MEMORIAL FUND GRANT. THIS GRANT (DOUBLE IMPAKT) WAS CREATED TO HELP SUPPORT NONPROFIT ORGANIZATIONS WITH PROGRAMS THAT PROMOTE THE DEVELOPMENT OF PHYSICAL, MENTAL, AND SPIRITUAL TALENT OF THE YOUTH IN LONG BEACH.





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### Sport Psychology & Leadership

#### **PLAQUE: CATHERINE ROTTI**

CATHERINE ROTTI IS GRADUATING FROM THE SPORT PSYCHOLOGY AND LEADERSHIP CONCENTRATION WITH A GPA ABOVE 3.4. SHE IS AN AMERICAN COUNSEL OF EXERCISE (ACE) CERTIFIED PERSONAL TRAINER AS WELL AS A FUNCTIONAL RANGE CONDITIONING MOBILITY SPECIALISTS (FRCMS) AND HOLDS A FUNCTIONAL MOVEMENT SCREENING LEVEL 2 (FMS), AND FUNDAMENTAL CAPACITY SCREENING (FCS). IN SUMMER OF 2019, CATHERINE ATTENDED A SHORT TERM STUDY ABROAD COURSE THROUGH THE KINESIOLOGY DEPARTMENT IN WHICH SHE LEARNED ABOUT SPORTING CULTURES IN THE UK AND VISITING HISTORICAL SITES IN LONDON. CATHERINE IS AN EXCELLENT STUDENT WHO HAS DEMONSTRATED A STRONG DESIRE TO LEARN AND APPLY THE SKILLS SHE IS TAUGHT. CATHERINE WILL BE STARTING HER NEXT ADVENTURE QUICKLY AFTER GRADUATION AS SHE HAS BEEN ACCEPTED TO SOUTHERN CALIFORNIA UNIVERSITY OF HEALTH SCIENCES' CHIROPRACTIC SCHOOL BEGINNING MAY 2020.

### Sport Psychology & Leadership

#### **CERTIFICATE: DIANA BELMONTEZ**

DIANA BELMONTEZ IS GRADUATING WITH A 3.67 GPA. AS A FIRST-GENERATION COLLEGE STUDENT, DIANA IS AN EXTREMELY HARD WORKER WHO BECAME INVOLVED WITH RESEARCH AND SERVICE ON CAMPUS WHILE JUGGLING TWO JOBS. SHE WAS A PART OF THE PHYSICAL THERAPY CLUB, WAS ONE OF FIVE STUDENTS SELECTED FOR THE ANDALE SCHOLARS PROGRAM, AND THROUGH THAT PROGRAM WORKED WITH DR. KELLIE WALTERS AS A COACH FOR SMART FIT GIRLS. THERE, SHE WORKED WITH MIDDLE SCHOOL GIRLS ON PROMOTING POSITIVE BODY IMAGE THROUGH MENTORSHIP AND RESISTANCE TRAINING, AND SHE DEVELOPED A PASSION FOR WORKING WITH MINORITY GIRLS OF COLOR, LIKE HERSELF, WITH THE HOPES OF BEING A POSITIVE CHANGE IN THE COMMUNITY. HER GOAL IS TO BECOME A DOCTOR OF PHYSICAL THERAPY AND HELP UNDERREPRESENTED FARM WORKERS IN THE HEALTH FIELD. DIANA IS A DEDICATED STUDENT AND WE ARE EXCITED TO HEAR ABOUT THE IMPACT SHE HAS ON THE COMMUNITY AFTER GRADUATION.



# Kinesiology Awards

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## Graduate Citation Plaque & Certificate

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### Coaching and Student-Athlete Development

#### **PLAQUE: JEYSEN DELGADO**

JEYSEN DELGADO HAS BEEN A LEADER IN THE COACHING AND STUDENT-ATHLETE DEVELOPMENT PROGRAM THROUGH HIS WORK ETHIC AND DEDICATION. WHILE WORKING ON HIS MASTER'S DEGREE, JEYSEN HAS BEEN AN ASSISTANT COACH FOR THE LOS ANGELES HARBOR COLLEGE BASEBALL TEAM, AND THIS SPRING HE APPLIED WHAT HE HAS LEARNED IN THIS PROGRAM THROUGH A MENTAL SKILLS PROJECT WITH HIS TEAM UNTIL SPORTS WERE REQUIRED TO SHUT DOWN. RECENTLY, HE AND HIS WIFE WELCOMED THEIR DAUGHTER, SOFIA ELENA DELGADO, INTO THE WORLD AND WE ARE LOOKING FORWARD TO MEETING HER AT FUTURE EVENTS. IT HAS BEEN AN HONOR TO HAVE JEYSEN IN OUR PROGRAM AND WE KNOW HE WILL HAVE A POSITIVE IMPACT ON HIS STUDENT-ATHLETES AND THE COMMUNITY IN THE YEARS AHEAD.

### Individualized Studies

#### **PLAQUE: TERRI FERNANDEZ**

TERRI FERNANDEZ IS AN EXEMPLARY 4.0 STUDENT IN THE INDIVIDUALIZED STUDIES OPTION - M.A. IN KINESIOLOGY. AT CSULB, TERRI HAS TAUGHT IN THE AFTER SCHOOL ADAPTED PHYSICAL ACTIVITY PROGRAM (ASAPP). IN THIS ROLE, SHE WORKED ONE-ON-ONE WITH A STUDENT WITH A DISABILITY, PERFORMED INFORMAL AND STANDARDIZED ASSESSMENTS, DEVELOPED AND TAUGHT WEEKLY LESSON PLANS BASED ON ASSESSMENT RESULTS AND STATE CONTENT STANDARDS, AND MAINTAINED ONGOING COMMUNICATION WITH PARENTS AND CARETAKERS REGARDING GOALS AND EXPECTATIONS. SINCE 2016, SHE HAS BEEN AN ADAPTED PHYSICAL EDUCATION (APE) TEACHER FOR LOS ANGELES UNIFIED SCHOOL DISTRICT, TEACHING STUDENTS WITH DISABILITIES (PRIMARILY STUDENTS WITH VISUAL IMPAIRMENTS). THE TITLE OF TERRI'S CAPSTONE COURSE PROJECT IS "DETERMINING TIME SPENT IN JOB AREAS AND RESPONSIBILITIES OF ADAPTED PHYSICAL EDUCATION SPECIALISTS." SHE PLANS TO SUBMIT A MANUSCRIPT TO A PEER-REVIEWED JOURNAL AFTER DATA ANALYSIS. TERRI'S PRIMARY GOAL IS TO BOTH SERVE APE AND GENERAL EDUCATION STUDENTS IN TERMS OF HEALTH AND FITNESS PROMOTION.

### Individualized Studies

#### **CITATION: ALI CARCAMO**



# Kinesiology Awards

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## Graduate Citation Plaque & Certificate

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### Exercise Physiology and Nutrition

#### **PLAQUE: LAUREN VISCONTI**

LAUREN VISCONTI HAS DEMONSTRATED HERSELF TO BE A PREMIER GRADUATE STUDENT, INSTRUCTOR, AND YOUNG RESEARCHER. MS. VISCONTI EXCELLED IN HER ACADEMICS, EARNING A 4.0, DELIVERED HIGH-QUALITY INSTRUCTION AS A TEACHING ASSISTANT, HELPED RUN THE PEXS LAB AS A GRADUATE ASSISTANT, AND CONDUCTED AN IMPRESSIVE MASTERS' THESIS STUDY, A KIND THAT HAD NOT BEEN CONDUCTED IN PEXS LAB PREVIOUSLY. HER STUDY INCLUDED 30 SUBJECTS, DOUBLE-BLIND DESIGN, A 33-DAY INTERVENTION, THREE GROUPS, FOUR TIME POINTS SPANNING ACROSS FOUR DAYS OF HOUR(S) LONG TRIALS, MULTIPLE OUTCOME VARIABLES, AND LONG DAYS OF HIGH-SKILL ANALYSIS IN THE WET LAB. MS. VISCONTI IS AN INCREDIBLY HARD-WORKING AND DRIVEN YOUNG WOMAN WHO ASSUMED A LEADERSHIP POSITION IN THE PEXS LAB AND LED HER OWN RESEARCH TEAM. ADDITIONALLY, SHE SERVED AS TREASURER OF EXERCISE IS MEDICINE ON CAMPUS, RAN PERFORMANCE TESTING ON THE LA KINGS, AND WAS CO-AUTHOR ON A PAPER WITH DR. ESCOBAR. SHE HAS HELPED RAISE THE BAR OF QUALITY AND EXPECTATIONS IN THE PROGRAM AND LAB AND DEFINED WHAT AN EXCELLENT GRADUATE STUDENT AND FUTURE PHD STUDENT LOOK LIKE.

### Exercise Physiology and Nutrition

#### **CITATION: NEIL SUNDBERG**

NEIL HAS BEEN ONE OF THE MOST PROFESSIONAL, INTELLIGENT, COURTEOUS, AND MOTIVATED STUDENTS WE HAVE HAD IN THE EXERCISE PHYSIOLOGY & NUTRITION OPTION. HIS RESEARCH WAS METICULOUSLY PLANNED, APPLIED TO A CRITICAL WORKFORCE (FIREFIGHTERS), AND CONDUCTED UNDER DILIGENT SCRUTINY. NEIL HAS AN EXEMPLARY APTITUDE FOR RESEARCH AND ACADEMIC LEARNING GIVEN HIS CLEAR STRONG MOTIVATIONS FOR PROVIDING HIGH QUALITY INFORMATION THAT USES THE TOOLS WE HAVE IN OUR FIELD. NEIL'S UNDERLYING REASON FOR PERFORMING HIS MASTER'S RESEARCH WAS SIMPLY BECAUSE OF HIS WISH TO HELP THOSE UNWAVERING INDIVIDUALS WHO HAVE CHOSEN THE CHALLENGING PATH OF BEING A FIREFIGHTER. THIS IS A FANTASTIC EXAMPLE OF HOW A STRONG INTERNAL PASSION FOR A TOPIC DRIVES EXCELLENCE IN RESEARCH. HIS ABILITY TO NOT ONLY COLLECT HIGH QUALITY DATA BUT TO THEN FURTHER TAKE MULTIPLE STEPS TO ENSURE THE QUALITY OF THAT DATA IS COMMENDABLE. NEIL COULDN'T BE MORE DESERVING OF THESE HONORS.



# Kinesiology Awards

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### Exercise Physiology and Nutrition

**CITATION: ALEC WALLACE**

DURING HIS GRADUATE STUDIES, ALEC WALLACE HAS PROVED HIMSELF TO BE A BRIGHT AND DRIVEN INDIVIDUAL. MR. WALLACE DEMONSTRATED A DEEP AMBITION AND CAPABILITY TO BECOME A MASTER IN HIS FIELD OF WHICH HE HAS SUCCEEDED. HE CARRIED THIS AMBITION INTO HIS COURSEWORK, EARNING A 4.0, HIS TEACHING AS TEACHING ASSISTANT, AND INTO HIS RESEARCH. HE TOOK ON A LARGE-SCALE STUDY INVESTIGATING NOVEL AND HOT TOPIC IN THE FIELD OF EXERCISE PHYSIOLOGY, NUTRITION, AND BRAIN HEALTH. HIS STUDY INVOLVED A 6-WEEK TRAINING STUDY OF THREE GROUPS, NUMEROUS OUTCOME VARIABLES, AND EARLY MORNINGS AND LONG DAYS IN THE LAB COLLECTING DATA OR RUNNING HIGH-SKILL BIOCHEMICAL ANALYSES IN THE WET LAB. HE ALSO SERVED AS PRESIDENT OF THE EXERCISE IS MEDICINE, PERFORMED TESTING ON THE LA KINGS, AND CO-AUTHORED A PUBLICATION WITH DR. ESCOBAR. HIS DILIGENCE AND AMBITION HAS HELPED RAISE THE BAR IN THE LAB AND PROGRAM AND PREPARED HIM WELL FOR A PHD OR MD.

### Exercise Science

**PLAQUE: BRANDON HEIRHOLZER**

BRANDON IS OUR EXERCISE SCIENCE GRADUATE AWARD WINNER FOR THE 2019-2020 ACADEMIC YEAR. BRANDON IS COMPLETING HIS MASTERS IN EXERCISE SCIENCE WITH AN EMPHASIS IN BIOMECHANICS. HE RECENTLY FINISHED HIS THESIS PROJECT DATA COLLECTIONS WHERE HE EXAMINED POLE VAULTING MECHANICS. BRANDON SPENT THE LAST SEVERAL WEEKENDS IN THE LAB COLLECTING AND ANALYZING DATA OF HIS PARTICIPANTS, AND SPENT JUST AS MUCH TIME SETTING UP A POLE VAULT PIT IN THE LAB EVERY WEEKEND! IN ADDITION TO HIS STUDIES, BRANDON IS AN ASSISTANT COACH ON OUR TRACK TEAM HERE AT CSULB, SPECIALIZING IN POLE VAULTING AND MULTI-SPORT ATHLETES. HE IS USING HIS THESIS PROJECT TO DIRECTLY UTILIZE SCIENCE INTO HIS PROFESSION. ONE DAY, HE HOPES TO BE A HEAD COACH FOR A TRACK TEAM.



# Kinesiology Awards

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## Graduate Citation Plaque & Certificate

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### Exercise Science

**CITATION: AMBER NORMANN**

AMBER NORMANN EXCELLED AS A GRADUATE STUDENT IN ALL RESPECTS. SHE WAS A HARD-WORKING AND MOTIVATED STUDENT IN THE CLASSROOM DEMONSTRATING MASTERY IN HER AREA OF STUDY. SHE ALSO PROVED HERSELF TO BE A COMPETENT YOUNG RESEARCHER, COMING UP WITH A NOVEL IDEA AND STUDY DESIGN AIMED AT UNDERSTANDING THE HOW OLDER INDIVIDUALS MAY IMPROVE BRAIN HEALTH THROUGH EXERCISE AND LIGHT THERAPY. SHE INVESTED GREAT EFFORT DEVELOPING THIS RESEARCH QUESTION, EXECUTING HER STUDY WELL, AND PERFORMING THE HIGH-SKILL WET LAB ANALYSIS. SHE WAS A PLEASURE TO HAVE AS A STUDENT AND HAS PROVED HERSELF A PREPARED AND COMPETENT FUTURE PHD STUDENT.

### Sport Management

**PLAQUE: FRANK LEE**

FRANK GOES OVER AND ABOVE WHEN IT COMES TO NETWORKING, INTERNSHIP HOURS AND ACADEMICS FOR THE PROGRAM. HE IS CONSTANTLY STAYING IN TOUCH WITH MENTORS AND STAFF AND LOOKING TO IMPROVE UPON HIMSELF. HE HAS SHOWN THAT IN ANY CIRCUMSTANCE HE IS ABLE TO COME OUT ON TOP WITH HIS POSITIVE ATTITUDE AND MOTIVATIONAL DRIVE.

### Sport Management

**CITATION: BIANCA DEARDORFF**

BIANCA IS A DEDICATED STUDENT THAT HAS TAKEN ON TASKS WORKING IN MULTIPLE INTERNSHIP SITES, EVENT COORDINATION, GRADUATE ASSISTANT FOR THE PROGRAM AND ALL WHILE COMPLETING HER DEGREE AT AN ELEVATED LEVEL. HER ABILITY TO WORK IN GROUPS AND PERSEVERE IN ANY CONDITION MAKES HER A CONTINUAL STANDOUT IN OUR PROGRAM.



# Kinesiology Awards

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### Sports Medicine and Injury Studies

#### **PLAQUE: FANY ALVERADO**

FANY IS OUR SPORTS MEDICINE AND INJURY STUDIES GRADUATE AWARD WINNER FOR THE 2019-2020 ACADEMIC YEAR. FANY SUCCESSFULLY DEFENDED HER THESIS EARLIER THIS SEMESTER LOOKING AT THE EFFECTS OF PERCUSSIVE THERAPY ON JUMPING AND LANDING PERFORMANCE. IN ADDITION TO COMPLETING HER THESIS, FANY MANAGED TO SECURE INDEPENDENT DONATIONS TO SPONSOR THE EQUIPMENT NEEDS OF HER STUDY. DURING THE COURSE OF HER ACADEMIC PROGRAM HERE, SHE WORKED TIRELESSLY TO UNDERSTAND HER DATA, RECRUIT SUBJECTS, SECURE FUNDING, AND PRESENT AT CONFERENCES, ALL WHILE ASSISTING ON OTHER PROJECTS AND WORKING WITH THE PHYSICAL THERAPY DEPARTMENT AS A RESEARCH ASSISTANT. SHE IS CURRENTLY WORKING ON PUTTING HER PROJECT TOGETHER FOR PUBLICATION AND ENTERTAINING JOB OFFERS IN THE FIELD OF BIOMECHANICS. HER DEDICATION TO HER STUDIES IS ADMIRABLE AND SHE HAS BEEN A HUGE ASSET TO THE MOVEMENT SCIENCE LAB OVER THE LAST YEAR. DUE TO ALL THESE FACTORS, FANY IS THIS YEAR'S SPORTS MEDICINE AND INJURY STUDIES AWARD RECIPIENT.

### Sports Medicine and Injury Studies

#### **CITATION: TAYLOR CURRY**

TAYLOR CURRY IS GRADUATING FROM THE SPORTS MEDICINE AND INJURY STUDIES PROGRAM. SHE HAS EXCELLED BOTH ACADEMICALLY AND PROFESSIONALLY WHILE AT CSULB, OBTAINING A HIGH GPA WHILE WORKING FOR THE CSULB ATHLETIC DEPARTMENT AS AN ATHLETIC TRAINING FOR THE SOFTBALL AND MEN'S AND WOMEN'S CROSS COUNTRY TEAMS. EVEN WITH A HECTIC TRAVEL SCHEDULE, TAYLOR HAS BEEN AN ACTIVE AND INFORMED PARTICIPANT IN ACADEMIC CLASSES. SHE EXCELLED IN HER COMPREHENSIVE EXAMINATIONS INVESTIGATING PATELLO-FEMORAL SYNDROME IN FEMALE DISTANCE RUNNERS. TAYLOR HAS ALSO BEEN PRAISED AS A MENTOR TO UNDERGRADUATE ATHLETIC TRAINING STUDENTS THROUGH HER SERVICE AS A PRECEPTOR IN THE CSULB ATHLETIC TRAINING PROGRAM. THROUGH THIS ROLE, SHE HAS HELPED DEVELOP STUDENTS' CLINICAL AND PATIENT CARE SKILLS. TAYLOR HAS BEEN A KEY MEMBER OF THE ATHLETIC TRAINING STAFF AT CSULB, AND WILL BE AN ASSET TO HER ATHLETES IN HER FUTURE CAREER.



# Kinesiology Awards

CONGRATULATIONS TO THE HONOREES!

## Graduate Citation Plaque & Certificate

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### Sports and Exercise Psychology

#### **PLAQUE: ANASTASIA BLEVINS**

ANASTASIA BLEVINS ANASTASIA ("ASIA") BLEVINS HAS PARTICIPATED EXTENSIVELY IN RESEARCH, SERVICE, AND TEACHING DURING HER TIME AS A MASTER'S DEGREE STUDENT IN SPORT AND EXERCISE PSYCHOLOGY. ASIA'S THESIS EXAMINED AUDIENCE PERCEPTIONS AND GENDER STEREOTYPES OF ATHLETE IMAGES IN SOCIAL MEDIA, AND HER WORK HAS THE POTENTIAL TO HELP UNDERSTAND HOW SOCIAL MEDIA PERPETUATES GENDER DIFFERENCES IN BODY IMAGE AND PERCEIVED CAPABILITY OF ATHLETES. ASIA HAS PRESENTED HER WORK ON MULTIPLE RESEARCH PROJECTS AT REGIONAL AND NATIONAL CONFERENCES AND HAS SUBMITTED TO PRESENT AT THE ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY CONFERENCE NEXT FALL. IN ADDITION TO RESEARCH, ASIA CONSULTS WITH ATHLETIC TEAMS ON MENTAL SKILLS, TEACHES ACTIVITY COURSES FOR THE DEPARTMENT, AND WAS APPOINTED AS THE FIRST VICE-PRESIDENT OF LONG BEACH'S SPORT PSYCHOLOGY CLUB THAT STARTED THIS SPRING. ASIA'S GOALS ARE TO BECOME A FACULTY MEMBER AND RESEARCHER, AND WE ARE HONORED TO HAVE HER REPRESENT THE SPORT AND EXERCISE PSYCHOLOGY PROGRAM.

### Sports and Exercise Psychology

#### **CITATION: KIMBERLY TOLENTINO**

KIMBERLY ("KIM") TOLENTINO HAS MADE SIGNIFICANT PROFESSIONAL AND ACADEMIC CONTRIBUTIONS TO THE MASTER'S DEGREE PROGRAM IN SPORT AND EXERCISE PSYCHOLOGY. IN HER FIRST YEAR, SHE WAS INSTRUMENTAL IN ORGANIZING THE STUDENT-RUN WEST REGIONAL AASP CONFERENCE HOSTED BY OUR PROGRAM. FROM THERE, SHE WENT ON TO SERVE AS ONE OF THE STUDENT REPRESENTATIVES FOR THE NATIONAL AASP ORGANIZATION AS THE INITIATIVE CHAIR OF THE STUDENT DELEGATE COMMITTEE, AND IN THAT ROLE, OVERSAW STUDENT VOLUNTEERS AT THE NATIONAL AASP CONFERENCE IN OCTOBER 2019, WHICH HAD OVER 1,000 ATTENDEES. SHE HAS ALSO BEEN ACTIVE IN RESEARCH, PRESENTED AT OUR NATIONAL CONFERENCE THIS PAST FALL, AND COMPLETED HER THESIS ON THE IMPORTANCE OF COACH-ATHLETE RELATIONSHIPS IN THE DEVELOPMENT OF MENTAL TOUGHNESS. KIM WILL BEGIN HER DOCTORAL PROGRAM AT TOP-RATED WEST VIRGINIA UNIVERSITY IN THE FALL AND PLANS TO BECOME A FACULTY MEMBER, RESEARCHER, AND APPLIED CONSULTANT WORKING WITH ATHLETES.



# Kinesiology Awards

CONGRATULATIONS TO THE HONOREES!

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## Graduate Student Honors Award

**JOANNY VALERIO**

JOANNY ("JO") VALERIO IS AN EXCELLENT REPRESENTATIVE FOR THE GRADUATE STUDENT HONORS AWARD, AS SHE HAS SHOWN GREAT LEADERSHIP THROUGHOUT THE SPORT AND EXERCISE PSYCHOLOGY PROGRAM. SHE ORGANIZED THE FIRST SPORT PSYCHOLOGY CLUB THIS SPRING AND WAS VOTED AS THE FIRST CLUB PRESIDENT. IN ADDITION, JO HAS BEEN ONE OF OUR TOP SPORT PSYCHOLOGY CONSULTANTS WITH ATHLETIC TEAMS ON CAMPUS, PROVIDING MENTAL SKILLS AND PERFORMANCE ENHANCEMENT SUPPORT TO INDIVIDUAL ATHLETES AND TEAMS. SHE ALSO WORKS IN THE BICKERSTAFF CENTER ON CAMPUS AS AN ACADEMIC PEER MENTOR. IN ADDITION TO HER PROFESSIONAL WORK, JO COMPLETED HER THESIS ON MENTAL TOUGHNESS AND BODY LANGUAGE, AND PRESENTED HER WORK ON MENTAL TOUGHNESS AND COPING STRATEGIES AT THE ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY (AASP) CONFERENCE THIS PAST FALL. JO IS WORKING ON COMPLETING HER CERTIFIED MENTAL PERFORMANCE CONSULTANT CERTIFICATION AND WE LOOK FORWARD TO HER FUTURE CONTRIBUTIONS TO THE FIELD OF SPORT PSYCHOLOGY.

## American Kinesiology Association – Master Scholar

**NEIL SUNDBERG**

## Graduate Dean's List

**TERRI FERNANDEZ**

## Graduate Dean's List

**KIMBERLY TOLENTINO**



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# Congratulations to our Scholarship Recipients!

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## Randy Sandefur Award

**RECIPIENT: JOSH CARR**

JOSH CARR IS THIS YEAR'S RECIPIENT OF THE RANDY SANDEFUR AWARD. JOSH GRADUATED WITH A BSC DEGREE IN KINESIOLOGY – PHYSICAL EDUCATION TEACHER EDUCATION IN FALL OF 2018. JOSH WAS A MEMBER OF THE LONG BEACH STATE TRACK AND FIELD TEAM FROM 2014-2019. HE WAS TEAM CAPTAIN FOR THE CSULB TRACK AND FIELD TEAM FROM 2017-2019. AN ACADEMIC ALL-AMERICAN IN TRACK AND FIELD IN 2017 AND 2018 JOSH WAS ALSO AWARDED WITH THE BIG WEST CONFERENCE MALE SCHOLAR ATHLETE OF THE YEAR IN 2018. JOSH IS CURRENTLY COMPLETING HIS STUDENT TEACHING CREDENTIAL IN PHYSICAL EDUCATION AT CSULB. SINCE 2017 JOSH HAS BEEN A CAMP COUNSELOR AT CSULB'S 49ER SPORTS CAMP. ADDITIONALLY, JOSH HAS BEEN A VOLUNTEER ASSISTANT COACH FOR THE LONG BEACH STATE TRACK AND FIELD FOR THE PAST TWO YEARS (2019-20). JOSH IS A WORTHY RECIPIENT OF THE RANDY SANDEFUR AWARD FOR 2020 WHICH RECOGNIZES A STUDENT'S EXCELLENCE IN TEACHING PHYSICAL EDUCATION AS WELL AS THEIR INVOLVEMENT IN ATHLETICS AS BOTH A SCHOLAR ATHLETE AND COACH.

## Professor Emeritus Kinesiology Scholarship

**RECIPIENT: ETHAN LE**

## Professor Emeritus Kinesiology Scholarship

**RECIPIENT: RAQUELLE HAFEN**



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# Congratulations to our Scholarship Recipients!

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## Jack Rose Scholarship

**RECIPIENT: ERIN MCGUIRE**

## Vickie Jo Palmer Award

**RECIPIENT: GILBERT CERVANTES**

## Vickie Jo Palmer Award

**RECIPIENT: VERA PICADO**

## Vickie Jo Palmer Award

**RECIPIENT: RON ALLEN TORRES**





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# THANK YOU FOR READING!

We value and appreciate your time.

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If you or anyone you know would like you share content or ideas for the next newsletter, feel free to email the following:

**[csulb.kin.sa@gmail.com](mailto:csulb.kin.sa@gmail.com)**