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Department Chair Welcome

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

Welcome to the second annual KIN newsletter. I would be dishonest if I said the academic year 09-10 has been an easy one. Over the years, we, in the Department of Kinesiology, have become accustomed to the “land of plenty.” With the tremendous budget challenges the Department has had to face for the 2009-10 academic year, many mental and emotional adjustments were required on the part of all of us--students, faculty, and staff alike. Still, amidst cuts to the operating budget, mandated furloughing and salary reductions, and reductions in the number of student assistants helping to provide services in the Department, we have managed successfully. In fact, despite the difficulties, I have some good news to report.

One thing that deserves mention is that I work with some amazing individuals, both faculty and staff. During Summer 2009, we renovated the Department main office; thus, most all faculty, including tenure-track and lecturers, now have their own mailboxes. We also added a lateral climbing wall and new exercise equipment to our Physical Activity Center, which was the room vacated by Athletics a few years back when they built their new athletic training center in the PE-I building. We also refinished the wood floor in the fitness instructional laboratory.

Additionally, the number of Kinesiology undergraduate students increased to 1035 in Fall, and our graduate student population grew to 170 students. On the faculty level, the Department gained two new tenure-track faculty members, Dr. Wilbur Wu who specializes in Motor Control and Dr. Mikiko Nakajima in Athletic Training. You can read more about each of these outstanding individuals in the article below. We are requesting three additional tenure-track faculty searches in biomechanics, applied sport psychology, and exercise psychology; but, currently they are on hold due to the difficult budget climate. We also hired a new staff member, Madeline Cuevas-Cortes, who replaced Prayad Phrommahant in the women’s locker room.

On a curriculum 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, we have added some new General Activity Program courses: Kung Fu, Ultimate Frisbee, Chinese Swords, Tai Chi, and Fitness Walking. In the major program, we have introduced a new “nutrition for sport and fitness” for undergraduate and graduate students. Dr. Shawn Dolan, a second-year faculty member in the Fitness Option who has is a registered dietician, will teach the course to both Kinesiology majors and those in the Nutrition Option in the Department of Family and Consumer Sciences. We also have established a new educational connection with the University of Sendai in Japan. A group of students from Sendai who are studying exercise nutrition came to study with Dr. Dolan during summer 2010, and I went to Japan in November 2009 to speak about the significance of sport and Kinesiology in the United States.

(Welcome cont’d on pg. 2)

Faculty News: Two New Professors—Mikiko Nakajima and Will Wu

This Academic Year, the Department of Kinesiology welcomes two new tenure-track faculty members: Dr. Mikiko Nakajima in Athletic Training and Dr. Will Wu in Biomechanics and Motor Control. Both of them have been very active in teaching, mentoring, and research. Dr. Will Wu received his Bachelor of Science degree in Psychology from University of California, Los Angeles. After completing his undergraduate studies, Dr. Wu went on to complete his Ph.D. at Louisiana State University in Motor Behavior through the Department of Kinesiology. While at LSU, Dr. Wu co-founded an athletic consulting company designed to help teams, organizations, individuals, and coaches maximize athletic performance. During that time, Dr. Wu worked with USA Track and Field and a variety of professional and amateur baseball coaches, baseball players, golfers, and track and field athletes. During the Fall of 2009, Dr. Wu joined the Kinesiology faculty at CSULB where his primary research interests include self-controlled learning, performance characteristics of attentional focus, practice variability, and applying motor learning/control variables to rehabilitative and sports settings.

(Welcome cont’d on pg. 3— “Two New”)

Dr. Sharon Guthrie
Department of Kinesiology

Department Chair Welcome

\(\text{(Welcome—cont’d from pg. 1)}\)

Our Physical Education Teacher Education (PETE) continues to be recognized as a leader in the CSU system. The Sport Management Graduate Program is among the largest in the nation in terms of student enrollment and was featured recently in Street and Smith’s Business Journal for providing quality education and internships. We have an excellent fitness education program; we are the only Kinesiology Department in the CSU to house a Student Athlete Development graduate program, and both undergraduate and graduate programs in sport psychology with internships, only one of five accredited Kinesiotherapy Programs nationwide, and the oldest educational exchange at CSULB with the University of Wales Institute in Cardiff, Wales. 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 university-community relationships. The Department remains strong in this area as many of our faculty have developed clinics and centers that foster these linkages: Jan Fisher’s Preschool Motor Development Clinic, 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 fine examples. Christine Galván’s work with youth development through physical activity with children at risk is also a significant contribution to the community.

Indeed, despite the severe budget cutbacks we have had to endure this year, we have much about which to be proud. This newsletter was launched with the hope of providing information to those who have an interest in maintaining their connection to the Department of Kinesiology. 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 if you would like to become more involved or just provide feedback on this newsletter. I enjoy reading your comments!

Dr. Sharon Guthrie

Undergraduate Program

Hello from the undergraduates in the Department of Kinesiology at CSULB! We currently have nearly 1000 undergraduate majors split among 7 degree options—and they are an eager and enthusiastic bunch of students! We’ve had a substantial growth in our Exercise Science option in the last few years as well as strong growth in most of other options. Students are expressing a great deal of interest in not only the Allied Health areas but in Fitness and Sport Psychology & Coaching as well. 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.

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Dr. Alison Wrynn

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 29th 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:

Dr. Grant Hill

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...
Two New Professors (cont’d from page 1)

(“Two New”—cont’d from pg. 1)

The Department is fortunate to have Dr. Wu on staff with us. Although this is his first year on our campus, he is fast becoming a favorite among KIN students and faculty.

Dr. Mimi Nakajima received her Bachelor of Arts degree in Sociology from International Christian University in Tokyo, Japan. After finishing her undergraduate studies, Mimi came to the United States in order to study the field of athletic training. She is an alumna of CSULB, where she completed her coursework to become a certified athletic trainer as well as completing her Master of Science degree in the Kinesiology Department. Mimi then went on to pursue her doctorate degree in Educational Psychology from University of Southern California. She joined the faculty of the Department of Kinesiology in Fall 2009, becoming the Clinical Education Coordinator for the Athletic Training Education Program. Her primary research interests include student motivation and achievement in clinical education, athletic training education curriculum improvement, and ethnic and gender issues in athletic training. We have enjoyed having Dr. Nakajima in our Department since her days as a graduate student and then as a lecturer. Drs. Nakajima and Wu are part of the many reasons why the Department of Kinesiology will continue to strive in future endeavors.

Undergraduate Program

(continued from pg. 2)

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 where our lead advisor, Loren Edwards is available to Kinesiology students throughout the week to assist them with advising questions.

As I have stated in the past, “student success” is the primary goal in this Department and across campus, but there is a renewed 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

Dr. Alison Wrynn

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 amongst 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!

Graduates and Alumni: Accomplishments and Connections

(contin’d, bottom pg. 2)

Journal of Research in Science Teaching (1/10).


Exercise Science


Sport Medicine and Injury Studies


Leslie Musser: recipient of the $9000 CHHS Graduating Research Award for her project: “A comparison of body composition and bone mineral density in sedentary, recreationally active, and highly trained postmenopausal women.”

Dr. Alison Wrynn

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!
The Annual Department of Kinesiology Colloquium was held on Thursday, April 29, 2010 in the Pointe inside the Walter Pyramid. The Graduate Alumni Award was presented to Dr. Sarah Castillo by Dr. Sharon Guthrie, the Department Chair. Dr. Guthrie also presented the two Department Graduate Student Scholarship Awards to Leslie Musser (Ruth Lindsey Award) and Chee Hoi Leong (Dorothy Deatherage Award).

There were three graduate student research presentations:

- **Matthew Kradle:** Vanished: Rationalizing the disappearance of baseball's Black consumers via social identity theory and the strategies that will bring them back (Advisor: Dr. Ketra Armstrong)
- **John Tubera:** A Foucauldian Analysis of Religion and Sexuality within Sport (Advisor: Dr. Kerrie Kauer)
- **Juliana Jason:** The Effect of Cadence on Ground Reaction Forces During the Push-up Exercise (Advisor: Dr. Ralph Rozenek).

There were also two graduate student research poster presentations: **Meghan Boylan:** Actue Physiological Responses to Yoga Activities in a Hot Environment and **Leslie Musser:** Anthropometry in Barbell Trajectory in Elite Female Weightlifter

The remainder of the awards included:

**Graduate Deans' List:** Leslie Musser, Matthew Kradle, and Haleigh Roach. **Graduate Citations:** Jill Greer and Tara MacAuley.

**4.0 Awards (for students who maintained and 4.0 GPA throughout their graduate career):** Melissa Decker, Melissa Donovan, Jill Greer, Karen Berukoff, Ryan Pittsinger, Haleigh Roach, Leslie Musser, Paloma Sleza, Lauren Walker, and Tara MacAuley

**Subdisciplinary and 110% Awards:**
- (Exercise Science) Leslie Musser and Nosheen Rajendran;
- (Exercise Physiology and Nutrition) Veronica Martin and David Nakagami (Pedagogical Studies) Tara MacAuley;
- (Sport and Exercise Psychology) Kristen Koebe and Melvin Mendoza;
- (Coaching and Student/Athlete Development) Roger Kiyomura;
- (Sport Medicine and Injury Studies) Jose Sanchez and Holly Armstrong (Sport Management) Cristina Scotti (LT 14) and Abigail Bennett (LT 15)

(Pictures from the Colloquium can be seen on pgs. 4 and 5)
On Saturday, March 20, 2010, the CSULB College of Health and Human Services (CHHS) and the Kinesiology Department (KIN) celebrated the “40 year Reunion” of their on-campus physical activity programs for children with disabilities. The celebration was shared by over 200 attendees and included: CSULB alumni, many who are now teachers of Adapted Physical Education programs throughout California; parents and children who, over the past 40 years, have attended the program; and current and past KIN faculty and students. The celebration included physical education activities for all children attending and a social event with a slide program with notable speakers including a welcome from our Chair and Dean (respectively) Dr. Sharon Guthrie and Dr. Dixie Grimmett; a reading of our history from Dr. Andy Sinclair — the first Camp Nugget Director; and parent perspectives from Rae Gablich and Nancy Martin.

For more information on the celebration and the campus physical activity programs for children with disabilities the reader can go to the following websites:

**This Week @ The Beach**

**Inside CSULB** Kinesiology Celebrates 40 Years of Helping Children with Disabilities [http://csulb.edu/misc/inside/core/?p=9947](http://csulb.edu/misc/inside/core/?p=9947)

**After School Adapted Physical Activity Program (ASAPP)** [http://www.csulb.edu/colleges/chhs/departments/kin/community/ASAPP.htm](http://www.csulb.edu/colleges/chhs/departments/kin/community/ASAPP.htm)

**Camp Nugget** [http://www.csulb.edu/colleges/chhs/departments/kin/community/CampNugget.htm](http://www.csulb.edu/colleges/chhs/departments/kin/community/CampNugget.htm)

For questions, please contact Dr. Barry Lavay, Camp Nugget Director and KIN Dept. Adapted Physical Education Coordinator at (562) 985-4077 or blavay@csulb.edu

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Graduate Research Colloquium pictures

**College Graduate Dean’s List Award recipients:** Leslie Musser and Matthew Kradle with Dr. Grant Hill

**Exercise Physiology and Nutrition Option recipients:** David Nakagami (110 Percent Award) and Veronica Martin (Option Award), with Dr. James Davis.

**Sport Medicine and Injury Studies Option 110 Percent Award recipient:** Holly Armstrong, with Dr. Keith Freesemann

**Sport and Exercise Psychology Option Award recipient:** Kristen Koebel, with Dr. Kerrie Kauer

**Pedagogy Option Award recipient:** Tara Macauley, with Dr. Grant Hill

**Exercise Science Option 110 Percent Award recipient:** Nosheen Rajendran, with Dr. John Garhammar and Dr. Jill Crussemeyer
Special Sessions: Pedagogical Studies and Sport Management

Pedagogical Studies (Program Director, Dr. Grant Hill)
The Pedagogical Studies option is offered as a Special Session program. Most of the students are certified K-12 teachers. Duncan Avery and Melinda Decker, Melissa Donovan, and Margaret Flanagan received special recognition for their achievements at our last Graduate Colloquium held at the Pointe inside the Walter Pyramid. Three students from this program (Karen Berukoff, Tara Macauley, and Andrew Scrima) presented research papers at the March, 2010 CAHPERD Conference.

Sport Management (Program Director, Dr. Ketr Armstrong)
The Sports Management option is offered as a Special Sessions program. Approximately 90 of the 170 graduate students in Kinesiology are enrolled in this program. These students have demonstrated the ability to apply and integrate their sport business knowledge with sport business practice in a variety of ways. Through internships and related employment opportunities they are amassing a wealth of experience and have obtained some valuable (and quite impressive) practical experiences in the business of sport throughout Southern California. These students have performed integral management roles in a variety of first-class, highly acclaimed sport endeavors. For example: Allie Welsh (LT 16) and Erica Metzler (LT 15) worked the Rose Bowl and the BCS National Championship Game. Erica is also interning for ABC-7 Television. Sara Oldfield (LT 16) worked behind the scenes at the most prominent televised sports award show, the ESPY’s, held at the LA Live/Nokia Theatre. Natalie Clifton (LT 16), Daisy Wiberg (LT 17), Trish Ozawa (LT 16) worked in the Community Relations Department for the Los Angeles Clippers of the NBA, while Daniel Berditchevski (LT 17) worked in the area of Corporate Sponsorships. Allison Slater, Megan Cavan, Randy Garcia, and Justin Hixon (all of LT 16) staffed the Monson Maniacs (men’s basketball) booth for the CSULB Homecoming Festivities. Trish Ozawa, Glenn Inigo, Taliah Chatterfield (all of LT 16) and Mayra Ruiz (LT 15) worked for Southern California chapter of the Special Olympics (the largest sport organization in the world) in their Summer Olympics held in Long Beach. Receiving rave reviews for their role in the success of the Pac-10 Swimming Championship were the following students: Randolph Garcia (“the Right Hand Man” for the Event), Geoff Nielson (Sports Information Director), and Bethany Glenwinkel (Hospitality Hostess) of LT 16; Michael Harris, Kiersten Janjigian, Robert Kane, and Kristin LeDuff (Hospitality Hosts/Hostesses) of LT 17; and Andrew Allaire (Hospitality Host) of LT 18. LT 15 students who were featured research presenters at the Bi-Chemosphere Conference were: Stephen Caselli (Topic: Athlete Preparation for International Travel and Competition), Holly Laubacher (Topic: Parental Responsibilities in Youth Sport), and Jena Laolagi (Topic: Preparing Prospective NFL Athletes for the Draft). For their overall commitment to academic excellence, Abigail Bennett, Sharon Gustaves, Nadia Medina, Ryan Skelley, and Josh Snyder (of LT 15) were honored for receiving a 4.0 GPA. *Note: LT = Learning Team.

For additional information regarding the Sport Management, use the following link: http://www.asirecreation.org/

Facility Buzz

Student Recreation and Wellness Center (open Fall 2010)
This Fall, students campus-wide will have the opportunity to do their work out routines, shoot hoops, swim, and even rock-climb in their own state-of-the-art recreation center! The Center is paid for by student fees, therefore students need only register to use it. Non-students also have use of the Center for a reasonable membership fee. See more information on their website: http://www.asirecreation.org/.

PEI-88 is now the Physical Activity Center (PAC)
Thanks to the united efforts of Drs. Shawn Dolan, Grant Hill, Jeff Kress, and Jan Schroder, the new PAC is fast becoming one of the most sought-after activity rooms in our area. The room features new fitness equipment, flooring, and pedagogical learning machines. We look forward to seeing continued progress in the near future!

More Facility News...
• PEI room 83: formally the Wilderness Studies room, will now also serve as the new Athletic Training and Kinesiotherapy Lab. Greg Bunton (KIN Field Tech), Dr. Keith Freesemann (Athletic Training), and Lecturer Don DeGree (Wilderness Studies) have been working to see the room will be put to full use in the near future.