Hello and Greetings from the Chair

Camille O’ Bryant

Greetings from San Luis Obispo!

As I type this greeting, I sit here as a member of the faculty who has spent one and a half years as the department chair. Although it is often difficult to keep up with my teaching responsibilities, I can honestly say that the time I am able to spend in the classroom is truly rejuvenating and restores my passion for teaching and facilitating the professional development of the students in our courses. We currently have about 470 undergraduate majors and 30 graduate students. The majority of the undergraduate majors indicate an interest in pursuing a career in an allied health profession (e.g. physical therapy, nursing, occupational therapy); but most usually seem to gravitate toward careers in the fitness and health industry after leaving Cal Poly. If you want to learn more about our current undergraduate and graduate programs as well as the wide variety of educational and research projects and programs in STRIDE, I encourage you to browse our department web page (www.kinesiology.calpoly.edu) and visit the STRIDE web page (www.stride.calpoly.edu).

This has been an amazing year for the students, faculty and staff in the Kinesiology Department. As you read this edition of our newsletter; you will have an opportunity to hear from various members of the faculty and staff and catch up with news from your fellow alums. Dr. Todd Hagobian joined our faculty this September. He is an exercise physiologist and serves as the advisor for PolyFit, the student club for exercise testing and prescription. STRIDE (the center for Science through Translational Research in Diet and Exercise) is emerging as a very important and meaningful collaborative on campus and in the San Luis Obispo community. The students voted for an increase in their activity fees that would enable the university to expand the Recreation Center that was built in 1993. We are currently enduring quite a
bit of noise, dust and debris as the contractors demolish parts of the current building in preparation for the expansion and remodel. Sadly, this project will result in the loss of some "green" space because the "REC" field will no longer exist after the project is completed. That space will be home to a new "leisure" pool and barbecue area for the students. ASI (Associated Students, Inc.) has created a multi-field sports complex in the area of campus adjacent to the baseball and softball fields; so there are spaces where students can have recreational and instructional "field" sports and related activities. It's just a bit strange to have fewer and fewer green spaces in the central part of campus.

In October 2009, the Kinesiology Department and STRIDE worked with multiple community partners to host Hands on Health. There is a separate summary of about this event later in the newsletter. When Michelle Obama announced her “Let’s Move” Initiative earlier this year, faculty, staff and students in the Kinesiology Department and STRIDE worked with a large number of community partners to write the first lady and share information about the wide variety of organizations and activities in and around San Luis Obispo that are dedicated to promoting healthy and physically active lifestyles. I really encourage you all to follow this link so you can read the letter and get a better sense of the myriad of ways that STRIDE is building bridges and partnerships that not only highlight the importance of a healthy and physically active lifestyle; but also reinforce the importance of collaborations between institutions of higher education and the communities that surround them. Here’s the link: http://stride.calpoly.edu/news/3-10/lets_move_initiative.html. Enjoy!

The faculty, staff and students in Kinesiology and STRIDE are making very positive contributions in the classroom and in their research despite the difficult times we are experiencing related to state funding of higher education. As many of you know, the California State University (CSU) has been severely underfunded by the state of California for quite a long time. The complexity of the economic recession combined with the impact from such longstanding underfunding resulted in faculty and staff unions voting to accept furloughs and the accompanying pay cut. Despite the impact of furloughs, I am very proud of the faculty and staff in the Kinesiology Department because we have worked together to provide a professional and productive educational environment for the students in our department. The department has also benefited from the wide spread generosity of those of you who have continued to send gifts and donations that support our academic programs. Thank you!

Students still benefit from a variety of endowed scholarships in the Kinesiology Department. These scholarships would not exist if it was not for the generous contributions of our esteemed alums and amazing faculty who dedicate their time, energy and creativity to the preparation of graduates who are making positive contributions to their own professions in physical education, physical activity and health. The current endowed scholarships available to students in the Kinesiology Department are:
• Don & Jean Morris Kinesiology Award
• Dwayne Head Scholarship
• Jerry Lee Frederick Scholarship
• Robert Mott Memorial Scholarship
• Susan M. Puhl Scholarship

If you have questions about the scholarships or would like to make a donation to one or more of them please contact Alison Jones at awjones@calpoly.edu.

As you read this newsletter you will get some updates from the many faculty and staff who work tirelessly to promote quality educational and scholarly contributions to our campus and their professions. You can always browse our department web page (www.kinesiology.calpoly.edu) and the STRIDE web page (www.stride.calpoly.edu) to keep up to date. I also encourage you to become a fan of STRIDE on Facebook!

In closing, I want to extend my sincerest thanks for all that you do to support your alma mater. We would love to see you the next time you find yourself on or near campus and hope that you will stay in touch.

**Hands on Health Summary:**

Thank you to everyone who had a part in the inaugural HANDs on Health event this past October 30th and 31st. This endeavor truly reflected a collaborative effort with over 40 organizations involved from all over San Luis Obispo County and on the Cal Poly campus.

The week of HANDs programming started off with a proclamation from the SLO County Board of Supervisors who commended STRIDE on being “a role model in the state and nation for promoting healthy lifestyles.” HANDs on Health week included “Film for Thought,” “Chef’s Touch,” and two lectures by renowned health experts Don Goodwin and Dr. Stephen Hansen. Friday brought keynote speakers Steven Malcolm Berg-Smith, Dr. Jim Painter, and Dr. James Sallis to Cal Poly presenting on topics such as doctor-patient relationships, portion control, and building healthier communities. Saturday, being geared more towards general audiences, offered free health and dental screenings, workshops, demonstrations, and a variety of exhibits.

Over 300 volunteers gave their time and energy in making this event run as flawlessly as it did. The majority of “helpers” were Kinesiology students who exceeded expectations in professionalism during the event. As one sponsor noted, “I am so proud of the Cal Poly students. They really made the university and all of us look good! I couldn’t be more impressed with them.” Thank you again to all of our generous sponsors, partners, helpers, staff, and faculty who helped make HANDs on Health a great success.

**Jumping Over the Record for Healthy Children**

On February 1, 2010 the Guinness World Record for the “Most People Jumping/Skipping Rope at the Same Time” was broken by the “Jamba Jump Day Event.” The Jamba Juice Company and the California Association for
Health, Physical Education, Recreation and Dance (CAHPERD) collaborated in an attempt to break the world record and promote physical activity as a way of keeping California’s children healthy and active. Over 88,000 participants jumped continuously for three minutes at over 500 separate sites. Each participant made a $1 donation to the American Heart Association’s Jump Rope for Heart program. Kinesiology students Iliana Pruneda and Meghan Lord helped organize local schools to participate in the event as part of their senior project, they had almost 1,000 children jump at four school sites. Their advisor and Kinesiology professor, Kevin Taylor, joined in the effort by dressing up in a Jamba Juice promotional banana suit and demonstrating jump-roping techniques for novice jumpers at Pacheco Elementary. Participating schools included El Camino Junior High, Fesler Junior High, Pacheco Elementary and Los Osos Middle School. The event received incredible media exposure including coverage from NBC’s “Today Show” and countless other news stations around the nation. CAHPERD even received congratulations from Australia (the previous record holder with 59,000) and an invitation to work together on a possible “World Jump Day” in 2011.

**News from Faculty and Staff:**

**Anna Brannen**

The Fit for Pregnancy Program is a program that was started by Dr. Suzanne Phelan in the STRIDE Institute to investigate whether losing weight before pregnancy can prevent gestational diabetes and other complications. The Fit for Pregnancy Program has concluded the first phase of the program, the weight loss phase, and is now waiting for participants to conceive in order to track their pregnancy outcomes. We were able to maintain a sample size of 12 participants and deliver behavioral weight loss lessons weekly. This has been a great learning experience for Project Coordinator Anna Brannen and has aided her in the preparation for future projects.

Upcoming projects for Dr. Phelan and Anna Brannen include a postpartum weight loss intervention using the internet to aid participants from the Women’s Infants and Children’s (WIC) program in Paso Robles. Another project includes a behavioral weight loss intervention targeting premenopausal women to aid in the reduction of breast cancer risk factors. Both projects will be starting late spring and will be focused on increasing knowledge about how to serve different populations and how weight loss can benefit different population groups.

It’s exciting to have the opportunity to work in an organization dedicated to the advancement of knowledge and to helping our community become healthier!
Madeline Dover

A little bit about me: I graduated from Cal Poly as a Graphic Communication major in June 2009 and have been serving as an AmeriCorps Promise Fellow since August 2009. I'll be serving at STRIDE until June 30th, and then plan to go back to school to embark upon a degree in Nursing! Teaching Spinning, hiking, graphic design, playing with my English Bulldog, Elvis, cooking and entertaining are my favorite things.

My personal mission statement:
I am a conscientious, intuitive individual who thrives on a challenge. As a responsible and caring person, building and maintaining relationships is the core of my existence. I believe in trust and compromise. My ability to morph my knowledge and talents to best fit the many roles I fill has made me able to contribute wholly to those relationships I engage in. Each day, I plan for the future, yet hope to contribute and live fruitfully in the present.

Todd Hagopian

Hello to Cal Poly present and future students, alumni, and friends. I’m in the process of completing my first year in the Kinesiology Department, and I have to admit that it has been a smooth and exciting transition. First, my wife Nicole had our 2nd boy Shay in December and, coupled with Tyler (our 2 year old boy), our household is exciting and challenging all wrapped into one. I was previously at the University of Massachusetts Amherst, and I’m very pleased that I do not live in an area that is continuously below freezing. Finally, the staff, faculty, and current students have made my transition to Cal Poly easy with their support.

In regard to research, I am very fortunate to have teamed up with other faculty in Kinesiology and STRIDE. In collaboration with Dr. Suzanne Phelan, I am collecting data, with the help of an undergraduate student, on hormonal and metabolic responses during pregnancy. These results will serve as preliminary data for a National Institutes of Health proposal I will submit later this year. My goal is to “optimize” physical activity to reduce excessive weight gain during pregnancy and gestational diabetes. In addition, in collaboration with Drs. Suzanne Phelan and Marilyn Tseng, we submitted a National Dairy Council grant focused on dairy availability on brain imaging in obese and normal weight adults. Our hope is to determine whether a meal high in dairy can lower the activation of brain reward
for food in obese individuals. This project, if funded, will occur at Templeton Imaging over the next two years. Finally, I was able to publish a review article during my first year at Cal Poly focused on male-female differences in appetite and body weight loss with physical activity (http://works.bepress.com/thagobia/).

I am very excited about being the advisor for PolyFit, which is the only student club on campus that offers fitness, nutrition, and body composition measurements. Our goal at PolyFit is to expand our services with health screening (glucose and cholesterol levels) this coming year. In addition to testing the Cal Poly community, we want to expand our testing to the San Luis Obispo community. The best part about being the advisor for PolyFit is the opportunity to work with students outside of the classroom and watch them apply the information we have learned in class. I am also able to communicate with the students in an “informal” setting. Thanks for reading and I look forward to a great 2nd year.

Kellie Hall

Pictured - Jayme, Ryan and Connor Hall

The ‘oughs have passed, where did that decade go? We in the Kinesiology Department are still working hard to educate our brilliant students and prepare them for an ever-changing world. A major change that has occurred in our department is the growth of the STRIDE Center which has helped us focus our efforts in the direction of wellness, fitness, and community interaction. Each year we have more students involved and more community partners. I really enjoy working with the STRIDE faculty. They are every professional and dedicated. Even as our curriculum evolves, one thing that is unchanging is the focus we have on educating the students who pass through the Kinesiology Department at Cal Poly State University. We are still very good at that!!! I am teaching most of the
same classes including Motor Learning and Control, Motor Development and the Graduate Motor Learning and Control class. Delightfully, I still teach the basketball professional activity (KINE 213) -- sometimes as a voluntary overload because as our numbers get more and more crunched and the first thing to go seems to be our ProActs. I am also back to teaching the Graduate Research Methods class (KINE 517) which is another area I love. It’s fun to interact with the graduate students at any level. Designing research is like solving puzzles: there is such a feeling of accomplishment when it’s finally done and the pieces all fall into place. My family is doing well. Greg continues to teach here at Cal Poly as well as coach at various levels. He is also working at the Airport for Skywest in his “spare time.” Our two oldest are in college now. Ryan is at Rocky Mountain College in Montana and Jayme is at Pacific University in Oregon. Our youngest, Connor, entered high school this fall. True to the Hall family spirit, all three are still on athletic teams of one kind or another. Greg and I are devoted fans. Yea!!! Please keep in touch as you reach major successes in your careers and families. Best wishes to all of you. Dr. Hall

David Hey

Greetings Cal Poly friends, future students, alumni and gifted animals! It’s been a whirlwind 17 months since I arrived here in San Luis Obispo! As a Midwesterner from Wisconsin, it’s a steep learning curve with this ten-week quarter system. I think there are both strengths and weaknesses to both the 10- and 13-week system. With the Cal Poly “mantra” of students “learn by doing” you really have to crank courses up and take advantage of those potential dead times... which are very rare with all that goes on in this extremely busy department.

This week I am heading down to CAHPERD with Dr. Camille O’Bryant leading the charge. I know she is really busy getting ready to present and be part of several Kinesiology workshops, but yours truly is on the VP for Health Education Elect Ballot. I have my speech and my one suit pressed for that occasion. Seriously, I am looking forward to networking and meeting all the California health, physical education, recreation and dance professionals. You always come away with much energy, enthusiasm, and ideas for the classroom.

On the research end of things, you can see by the one publication and three reports (listed below in chronological order) that 2009 has been really productive for our STRIDE team. Personally, I am pleased there is a real concern nationally and locally on childhood obesity prevention and agree that we need to focus on change through effective national and state policy.
I was privileged to work with one of our former students, Ms. Julie Chessen, who pioneered the Pink and Dude Chefs. Along with Julie I worked extensively with Drs. Lisa Nicholson and Ann McDermott on conducting focus groups for the Pink and Dude Chefs. Ms. Stephanie Teaford was instrumental in helping analyze our focus group findings given her expertise in the field. What we found out was that those middle school kids really like to cook and make things on their own -plus they really like all the kitchen gadgets! What I found most surprising is that the boys and girls rely on each other for recipe support and advice in the kitchen. They wouldn’t have it any other way, they like to have the classes run co-ed! Most importantly, they like to have fun while learning how to prepare healthy meals with Cal Poly students leading the classes.

As part of The California Endowment Grant and the San Luis Obispo County Health Department (HEAL-SLO grant) our STRIDE team of Drs. Ann McDermott, Arlene Grant-Holcomb, and Lisa Nicholson along with the STRIDE community liaison Ms. Stephanie Teaford looked exclusively at elementary school wellness policies in North and South San Luis Obispo County. Drs. Grant-Holcomb and Nicholson from the Food Science and Nutrition Department utilized their expertise in conducting large-scale plate waste studies to see if the kids were eating their fruits and vegetables. As it turns out, at both locations -- San Miguel Lillian Larsen and Oceano -- the kids were so anxious to get outside that a lion’s share of the healthy foods were being tossed in the receptacle in favor of, all things, recess! As one of our recommendations for better nutrition and physical activity, the STRIDE team supported a “recess before lunch” move which is currently being piloted, implemented and championed by the students, teachers and school administrators. Immediately the students ate more nutritiously, avoided healthy food plate waste and they were better focused, had less behavior problems and were better prepared to learn when they entered the classroom after lunch.

In fall of 2009, as part of the STRIDE focus group team, we headed to Lompoc Valley HealthCare Center to conduct a series of interviews about adult perceived barriers to pediatric physical activity and healthy eating. A diverse network of 13 students of different Cal Poly disciplines converged and collaborated in focus group moderation, note taking, and data analysis training. Key findings of this report relate to the fact that actual community infrastructure oftentimes is much differently viewed by community members as opposed to public officials. Parents with kids of all ages highlighted several areas in the community, school, and home that in their opinion required a few changes including more support when it came to weight control.

As the North and South SLO County Wellness Policy research enters the impact and outcome evaluation phase, STRIDE is adding two new research endeavors this month. One is a teen obesity project partnering with Marian Medical in Santa Maria and the other project involves drafting a grant for the Robert Wood Johnson Foundation which will look at local obesity prevention policies from the physical activity/exercise angle. I look forward to sharing the results of these projects with you as they develop.
Publication Articles (2009):

PDF. Practice Notes: Strategies in Health Education - Program: "What's Cooking on the Central Coast with the Pink and Dude Chefs?" (with Julie Chessen, Lisa Nicholson, and Ann Yelmokas McDermott), Health Education & Behavior (2009)

Reports

PDF. Evaluation of School Wellness Policies in North San Luis Obispo County (with Ann Yelmokas McDermott, Rosanna Taylor, Arlene Grant-Holcomb, and Stephanie F. Teaford), Report of the HEAL-SLO/TCE School Wellness Grant (2009)

PDF. Evaluation of School Wellness Policies in South San Luis Obispo County (with Ann Yelmokas McDermott, Rosanna Taylor, Arlene Grant-Holcomb, and Stephanie F. Teaford), Report of the HEAL-SLO/TCE School Wellness Grant (2009)

PDF. Barriers to Physical Activity and Healthy Eating As Perceived by Parents in Lompoc: Focus Group Results (with Ann Yelmokas McDermott, Stephanie F. Teaford, and Wendy L. Minarik), Kinesiology (2009)

Stephanie Teaford

I have been serving as the Community Liaison for STRIDE this past year and a half and am thrilled to be building relationships between the community and the wonderful students and faculty we have here at Cal Poly. Through STRIDE, our kinesiology students and faculty are working with students and faculty from many other disciplines to build teams uniquely equipped to address the complex issues affecting our region’s health. From focus group research that helps direct a health organization’s future grant spending to evaluation and assessment that gives a school an objective look at the state of their wellness policy, our Cal Poly teams are participating in "hands on learning" while helping to improve the health of San Luis Obispo County. It is truly a pleasure to be at STRIDE, finding the opportunities that mutually benefit our students and the community.
J. Kevin Taylor

I am now in my 11th year at Cal Poly, I am still running the Adapted Physical Activity Programs which provide lab opportunities for students in “KINE 407 Adapted Physical Activity” and I continue to work on a flourishing collaboration with the College of Engineering. We have all manner of exciting projects focused on designing and building exercise and play equipment for people with disabilities.

Sadly, the new physical education degree that we envisaged is not moving forward. Over the coming years, however, I hope to secure funding to support the improvement of physical activity for kids of all abilities and so support the growth of quality physical education in our local schools.

My wife Michelle and I still love living on the Central Coast with our sons, Christopher and Kieran, who are now 10 and 7 respectively. The boys are in fourth and first grade at Pacheco Elementary and going from strength to strength. Kieran loves playing electric guitar and is a big Clone Wars fan. Christopher loves reading and Pokémon card battles and continues to do well learning to play the piano.

Whatever your connection to Kinesiology at Cal Poly, please stay in touch and have a great year!
Cheers, Kevin Taylor.
News from Alums!

BS 1961; MS 1969  Sandi Lou Warren (Tyler)  Sing with a 60 member chorale in Sacramento. We present Christmas concerts, Cabaret and spring concerts.

BS 1974  Scott  Would love to hear from former Cal Poly grads.

BS 1977  Linda (Stein) Fitzgerald  After 34 1/2 years, I will be retiring from my position as Recreation Manager with the City of San Luis Obispo the end of April, 2010. I have had the opportunity to manage programs and services such as sports for all ages, the SLO Triathlon, athletic facilities, special events, golf course operations and undertaken several capital projects including developing a playground equipment replacement program. I hope to be doing some traveling, taking up long neglected leisure activities and enjoying some new pursuits!

BS 1978  Angie (Pugh) Jameson  I’ve been a Certified Personal Trainer for 20 years and a Licensed Massage Therapist for 8 years and my Cal Poly education has helped me every step of the way!!

BS 2000  Sonja Baczynski  I ran an After-School program for 4 years post graduation. After that I taught PE at a Charter School in Valley Center, CA for a year. I moved to Los Angeles and taught self-defense and personal safety classes to school age children for a year and a half. I am currently trying my hand at Television Production. I am currently working as an Associate Producer of various reality television shows.

BS 2002; MS 2009  Jennifer DeRego  Teaching and Coaching in Brentwood, CA (NORTHERN CAL) and loving every minute. Continuing with my Olympic pursuits and looking for a 3rd Olympic Trials qualifier in the marathon 2012!

BS 2003  Justin Robinson  Not much to report - just enjoying life in San Diego.

BS 2004; MS 2008  Michelle Zulim-Clark  I am having my first child this April. I will continue to work at Cuesta as an Instructor in the PE Dept.

BS 2005  Daniel Maldonado  I’ve had a fantastic first year back in San Luis Obispo and am looking forward to many more!

BS 2009  Brock Daniels  Am now pursuing Strength and Conditioning jobs. Have become USAW Certified and am now pursuing NSCA-CSCS and ACE PT certification as well as others in the future.

BS 2009  Nichole Eytcheson  I miss all the WONDERFUL professors in the Kinesiology department!

BS 2009  Kimberly Damiani  I am applying to Nursing schools in the bay area and hoping to start in Fall 2010.
News from Alums!

I really miss Cal Poly - especially during the snowy and/or single digit temperatures! I will graduate from the MPH program this December and move back to Northern California. If anyone has any contacts up that way please let me know! I'm not too picky about what kind of job I want - I'd be thrilled to work in corporate health, for a public health department program, a non-profit, anything involving health education or health promotion. Best wishes for everyone in the Kines Department!

BS 2009  Meghan Soulsby

MS  Sid Bennett  Cuesta College  1968 - 2002  Retired

Ron Thomson

Hello to all my friends from Cal Poly and old classmates. Still in Coaching after 33 yrs. as a Strength / Conditioning Coach and 11 yrs. here at Purdue. Working with Basketball programs, track, baseball and football.
Honor Roll of Contributors

The private donations of our alumni, parents and friends make a big difference in the Kinesiology Department. It is wonderful to see so much generosity and support. Between December 2008 and June 2009 the department and STRIDE received gifts totaling nearly $5,000! Support of any amount helps us prepare students to be leading professionals in a variety of physical activity settings!

Laura Abele
Amy and John Alexander
Tammy Anthony
Jacqueline Arthur
Michael Ayers
Kimberly Blattman
Jack and Elizabeth Brumfield
Thomas and Alicia Caddell
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Thank you for your support!