



Physical Education and Kinesiology Department Newsletter

California Polytechnic State University San Luis Obispo, California 93407



Calendar of Events

PE Workshop Dates:

Secondary/Middle.....July 10-15
.....July 17-22
PEACH.....July 24-29
.....July 31-Aug 5
Elementary.....Aug 7-12

Fall Quarter Begins.....Sept 19

Thanksgiving Holiday.....Nov 23-27

Fall Commencement.....Dec 10

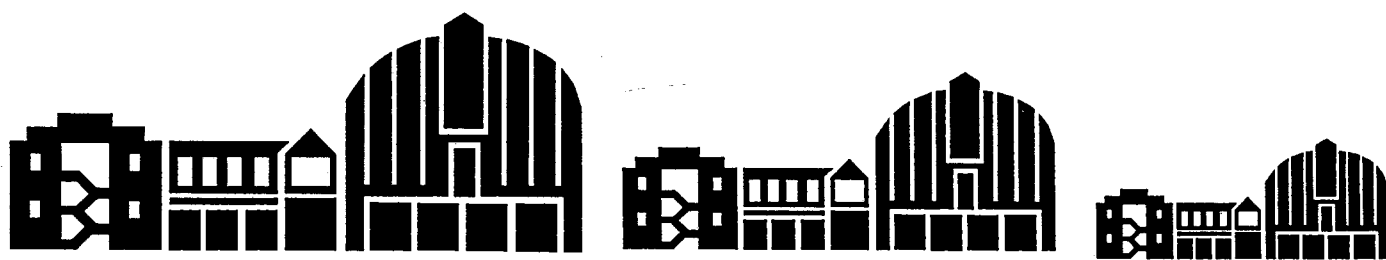
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Name Change

The department has received approval to change its name to the Department of Physical Education & Kinesiology. The change was made to reflect the wide variety of career goals being pursued by our current students and was prompted by our move into the College of Science and Mathematics. While preparing teachers and coaches continues to be a major focus of the department, approximately 60 percent of our students are planning to work in settings other than education. Most of these students plan to work in health promotion programs in corporate, clinical (cardiac rehab, physical therapy, etc.) or public/private club settings.

The term "kinesiology," operationally defined, is the branch of learning which relates to the art and science of human movement in work, play, health, creative activity, and the responses to physical exertion. Kinesiology is increasingly being used by departments like ours to describe themselves. Six departments within the CSU are named kinesiology. ♣



New \$16 Million Building Opens

Well, it finally happened. We have moved into our new building. Actually, it is two buildings. One building, often referred to as the "PE Tower" is a four-story building which houses our faculty offices, labs, and department office. The other building (The Rec Center) houses the activity space [racquetball courts (9); gymnasium; weight room; aerobics room; wrestling room; locker and shower rooms, equipment storage, laundry room, and offices for the Rec Sports Program] as well as a 50m x 25 yd. outdoor pool.

Most of the coaches are housed in our former offices in Mott Gym.

We have converted the former exercise physiology lab (Mott 205) to a first aid/CPR lab and have set up Crandall Gym exclusively for gymnastics. The wrestling team practices in the Rec Center.

In addition to all faculty members having their own office and having much larger exercise physiology and biomechanics/motor learning labs we also have a computer lab with high-end computers (Macintosh Centris and Quadras) and our own conference/seminar room. Like all new buildings, there are a few "bugs" to work out but, for the most part, we are very pleased.



We have had a number of retirements in the past two years. Stu Chestnut retired in 1990. Stu and his wife, Janet, continue to live in San Luis Obispo enjoying their grandchildren. Jim Railey and Marylinda Wheeler retired in October of 1992. Dr. Railey and his wife, Betty, divide their time between San Luis Obispo and a home they have purchased in Tennessee. Dr. Wheeler spends her winters in Los Osos and her summers in her house on Lake Almanor. Mary Stallard is planning to take the Golden Handshake and retire. Spring Quarter 1994, will be her last quarter teaching at Cal Poly.

Because of budget reductions, none of these people have been replaced. We are no longer able to hire any coaches to teach part-time for us.

From the Department Head

It has been two years since we published a newsletter and much has happened during that period of time. I would like to summarize some of the major changes for you in my letter.

We are now the Department of Physical Education and Kinesiology (see related article). Recreation Administration has moved into the Natural Resources Management Department in the College of Agriculture, and has undergone some significant changes as well. Dr. Jamieson and Dr. Swiderski have taken leaves of absences to work in other settings; Mike in Idaho and Lynn at Indiana University. Bob Meyers retired in October of 1992

and unfortunately passed away in March of 1993. Carolyn Shank is the Coordinator and is directing the program through this period of transition.

The PE&K Department has moved into the College of Science and Mathematics. This has been a good move for us. We are now located in a college which is very central to the focus of a polytechnic university. The former School of Professional Studies and Education has been eliminated and all the departments have been relocated in various colleges throughout the university--except Home Economics which is being phased out as a major at Cal Poly.

While the amount of state money we receive continues to decrease, money contributed by alumni, parents, and friends grows. I want to thank you for your past support and ask that you consider continuing with it in the future. The lone bright spot in the dismal budget situation during the last three years has been the support of our friends. Thank you very much. Without your help, we would have had no flexibility in our budget.

Sincerely,


Dwayne Head

Master of Science

Physical Education & Kinesiology

The graduate program is going strong with new students continually admitted. Some of these students have undergraduate degrees in fields other than physical education and are taking undergraduate courses in physical education to remove deficiencies before they begin their graduate studies.

Craig Baitinger (Newfield, NJ)

Undergraduate Degree: Rutgers
1992

Major: Exercise Science

Past Work: Exercise specialists -
hospital-based wellness center

Goals after MS: Director of a health/
fitness facility - eventual owner.

Jamie Balent (Newtown, PA)

Undergraduate Degree: West Chester
University
1991

Major: Athletic Training

Past Work: Intern - cardiac rehab/
exercise and the elderly

Goals after MS: A fun, challenging and
profitable position.

Michele Borboa (San Luis Obispo)

Undergraduate Degree: Cal Poly
San Luis Obispo
Summer 1993

Major: Business, with minor in
Psychology

Past Work: Aerobic instructor/director,
presently working 10th Street Gym/
co-director and aerobic instructor

Goals after MS: Start my own business
as a consultant for Wellness Management
or corporations - setting up fitness/
wellness programs.

Shelly Calvert (Lompoc)

Undergraduate Degree: Cal Poly
San Luis Obispo
June 1993

Major: Physical Education

Past Work: Now working at Santa Louis
De Montfort School in PE

Goals after MS: Coaching and teaching.

Susan Carey (San Luis Obispo)

Undergraduate Degree: CSU Stanislaus,
1992

Major: Biology

Past Work Experience: None in this field

Goals after MS: To work in cardiac
rehabilitation or related clinical field.

Steven Cedillo (San Luis Obispo)

Undergraduate Degree: Cal Poly
San Luis Obispo
1988

Major: Physical Education with a minor
in Sport Business Management

Past Work Experience: Associated
Students Inc.

Goals after MS: Union administrator or
special educator.

Alice Cole (Modesto)

Undergraduate Degree: CSU Stanislaus
1992

Major: Physical Education, BA

Past Work: Professional women's
basketball player, coach in summer
camps, substitute teacher Stanislaus
County

Goals after MS: Women's basketball
coach and/or university professor/
internship.

Rick Craig (Oakhurst)

Undergraduate Degree: University
California Irvine
1991

Major: Biological Sciences

Past Work: Intramural Intern, graduate
assistant sport clubs, athletics team
manager

Goals after MS: A university recreation
program director - Intramurals/sports.

Janell Dovalina (Anaheim)

Undergraduate Degree: Cal State
Fullerton
1992

Major: Psychology, with minor in
Physical Education

Past Work: Assistant track and cross
country coach, recreational therapist/
chemical dependency program

Goals after MS: Coach track and cross
country and teach at junior college level.

Susan Drury (Los Osos)

Undergraduate Degree: UC
Santa Barbara
1985

Major: Business Economics, minor in
Communication Studies

Past Work: Self-wellness lifestyles

Goals after MS: Program development
and implementation.

Jamie Elkins (Sacramento)

Undergraduate Degree: Cal Poly San
Luis Obispo
Fall 1992

Major: Physical Education, with
concentration in Corporate Fitness

Past Work Experience: Dominican
Hospital - heart rehab

Goals after MS: Cardiac rehab/wellness
programming for seniors.

Lawren Everingham (Bakersfield)

Undergraduate Degree: Cal State
Bakersfield
1992

Major: Physical Education

Past Work: None

Goals after MS: College sports and
strength and conditioning coaching.

Lorissa Lyn Rullman
Michael P. Runge
Tod Stack Samson
Bonnie E. Saxe
Scott Thomas Schaeffer
Paige Knox Smith
William J. Smith
Paul A. Starks
Kristy L. Timmons
Staci R. Toddard
Stephen Alexander Tregoning
Tracy Allen Wait
Jayna Rose Wattenbarger
Shondra Renea Well
Laura Diane Wellington
Brian J. Willess
Carrie L. Wirth
Adam M. Zinn

Department Scholarships

The Physical Education and Kinesiology Department currently has two endowed scholarships. The Robert A. Mott Memorial Scholarship is in memory of long-time Department Head Bob Mott, and is awarded annually to a physical education major who intends to teach and coach in California, and who is active in CAHPERD.

In 1992, this scholarship went to Doug Esparza (Shell Beach), who is currently enrolled in our credential program. The 1993 scholarship went to Stacey Carr (Pacific Grove), who will enter our credential program in 1994.

The second scholarship is given in memory of Jerry Lee Frederick (BS - 1956) and also awarded annually to a student who is a graduate of a San Luis Obispo County high school, and majoring in physical education or recreation

administration. The 1993 recipient is David Robbins from San Luis Obispo High School.

This year Joey Dansby (Pacific Grove) received the scholarship presented annually to the President of the Student CAHPERD unit. This scholarship is funded each year by Lew Cryer in memory of Bob Mott. ✱

Student Honors

Each year the department chooses an outstanding Physical Education & Kinesiology major under a program developed by the National Association for Sports Physical Education (NASPE). For the past several years the department has provided money to the recipient to attend the National AAHPERD Conference at which the NASPE award is awarded. The following is a list of recent honorees:

<u>Year</u>	<u>Recipient</u>	<u>Conference</u>	<u>Current Position</u>
1989	Toni Marder	Boston	Riverside County
1990	Jean Serge-Strangman	New Orleans	Paso Robles
1991	Kim Kasper	San Francisco	Arroyo Grande
1992	Lachelle Donahue	Indianapolis	Attending Grad School
1993	Karen Harding	Washington DC	Attending Grad School
1994	Greg Hernandez	Denver	Graduating in June

Things to Grow On...

The average muffin contains 800 to 900 calories—which can be 50% or more of a person's required daily caloric intake, we hear from Dr. Jeffrey Fisher. *Problem:* Most muffins—even bran and sugar-free ones—*aren't good for you.* Breakfast should be 300 to 400 calories. Replacing a muffin with a low-fat option—even with no other dietary changes—can help you lose weight. *Weight-loss guidelines:* A man needs 12 calories per pound of body weight to sustain his daily needs (*Example:* 2,160 calories for 180 pound man)...a woman needs 11 calories per pound. To lose weight, eat less than that number by making low-calorie substitutions for high-calorie foods and begin an exercise program. *Important:* Check with your doctor before beginning any weight-loss program.

Jeffrey Fisher, MD, is a cardiologist in private practice, and clinical associate professor of medicine, New York Hospital-Cornell Medical Center.

Infection self-defense. Thorough handwashing is the easiest way to avoid infection. *Key:* Apply soap or detergent to hands, and rub vigorously for at least 10 seconds before rinsing in order to wash away germs. *Best:* Water warm enough to cut through grease. Water hot enough to *kill* germs would harm your hands. Always wash before handling or eating food...after visiting the bathroom or changing a diaper...after handling uncooked food, money or garbage.

Mayo Clinic Health letter

...preschool couch potatoes are more likely to become obese in early childhood. Young children gain body fat in direct proportion to the amount of television they watch. *Also linked to obesity:* A low level of physical activity. ✱

Research at the Boston University Medical Center, using data from the Framingham Children's Study.

Suzanne Gerphiede (Mountain View)

Undergraduate Degree: Chico State
1992

Major: Psychology, with minor in Health
Science

Past Work: None

Goals after MS: Athletic/fitness director/
coordinator.

Dee Ann Goshgarian (Fresno)

Undergraduate Degree: San Francisco
State University

June 1989

Major: Psychology emphasis, with minor
in Sports Medicine

Past Work Experience: Assistant athletic
trainer - San Francisco State University

Goals after MS: Athletic training or
athletic administration.

Karen Harding (San Jose)

Undergraduate Degree: Cal Poly
San Luis Obispo

December 1992

Major: Physical Education, with
concentration in Aquatics Specialty

Past Work: Coaching/teaching aquatics,
taught PE at Oakley Elementary

Goals after MS: Teaching elementary or
junior high school physical education.

Jennifer Macy (Moraga)

Undergraduate Degree: UC Berkeley
1992

Major: Nutrition and Clinical Dietetics

Past Work: Registered Dietitian
(clinical), ARA Accounts

Goals after MS: Use nutrition and
physical exercise information (clinical).

**Elisabeth (Lisl) Muckinhaupt
(Meadville, PA)**

Undergraduate Degree: Slippery Rock
University

December 1992.

Major: Physical Education Exercise
Science

Past Work Experience: Headache Center
& Neurology Institute P.T. Aide, wellness
internship, aerobic director and instruc-
tor; personal trainer; Fit Kids, worksite
prevention injury stretching programs.

Goals after MS: Director of a wellness
program in a corporate setting and
eventually owner of a wellness clinic.

Kristin Neufeld (Bakersfield)

Undergraduate Degree: CSU Bakersfield
Fall 1991

Major: Business

Past Work: Internship: Geisinger Medical
Center (PA)

Goals after MS: Cardiac rehabilitation.

Katherine Pittinger (Livermore)

Undergraduate Degree: Cal Poly
San Luis Obispo
1988

Major: Business Admin/Human
Resource Management

Past Work: Livermore Valley Tennis Club
front desk manager

Goals after MS: Cardiac/sports rehab, or
corporate fitness/wellness management -
not absolutely sure!!

Betsy Titus (Los Osos)

Undergraduate Degree: Chico State
1988

Major: Community Health Services

Past Work: Burn and vascular patients,
home health, activities with seniors

Goals after MS: Design and implement
health/wellness programs, incorporating
cardiac issues and exercise.

Darien Wright (Santa Maria)

Undergraduate Degree: University of
Florida, Gainesville

Major: Exercise & Sport Sciences, minor
in Exercise Physiology

Past Work: Wellness management
internship, Marian Medical, professional
tennis coach and instructor center

Goals after MS: Cardiac rehabilitation as
an exercise physiologist. ✱

**Cal Poly Branching Farther and
Farther Abroad**

Two of our graduates have taken teach-
ing posts overseas. Mike Schcotti and his
wife are now in Bangkok, Thailand,
where they are teaching at the Interna-
tional School. They are very happy with
this assignment: Notes from them
indicate that they are enjoying the culture
of other Asian countries near Thailand.

At the opposite end of the world, Kimi
Stanley is teaching physical education in
Peru and enjoying trips into the sur-
rounding areas. Kimi said, "There is
nothing like this, I love it here. I'd
recommend that everyone teach overseas
some time. It's great!" ✱

Did You Know...

There are 8 to 12 teaspoons of sugar
in a 12 ounce can of soda, 16
teaspoons in a single scoop of ice-
cream, 9 teaspoons in one cup of
jello, and 15 teaspoons in a piece of
chocolate cake. Americans consume
an average of 142 lbs. of sugar a year.

✱ ✱ ✱ ✱

➡ Smokers infected with HIV develop
full-blown AIDS twice
as quickly as nonsmokers with the virus.

Workplace Health, September 1993

GRADUATES

1991-92

Master of Science

William Steven Abbott
Mitzi M. Androvich
Glynis Inohara
Margaret Elaine MacKenzie
Gregory S. Ramsey
Tim Michael Reichardt
Lesley J. White

Bachelor of Science

Laura Ingrid Abele
Michelle Rene Agius
Janie Aldrich
Quinn B. Allan
Kelly R. Andrews
Takeshi D. Azama
Elizabeth A. Barker
Elizabeth A. Barrilleaux
Mark Christopher Blethen
Mark Jerome Boyle
Roger H. Chagnon
Lance M. Christensen
John A. Coelho
Julie E. Conley
Melissa L. Daymond
David A. Dodgin
Jon Charles Dodson
Dereck A. Domingues
Lachelle K. Donoghue
Kal B. Economy
Randy R. Fiel
Edward Joseph Gerard
Jack W. Greer
Carolyn M. Hansen
Ladeane Rustad Hansten
Sean T. Harper
Gregory A. Heller
Leslie Allison Herrmann
Bradford M. Hirsch
Stephanie Anne Hussey
Kathleen M. Johnson
Kathryn A. Jones
David Kay
Kristine L. Kent
Stacy A. Kuehnis
Jeff P. Labrado
Tracey J. Larson
Byron K. Lear

Allison J. Levine
Angele F. Lucifora
Mark R. Marcellini
Analicia K. Martin
Lori L. Mathison
John C. Mersmann
William Max Meyer
Kristin Allison Neitzel
Michael J. Orogren
Kathleen F. Pappani
Lori L. Peterson
Jennifer Dyan Rice
Teresa A. Santarelli
Patience Smith Santos
Staci L. Sargent
Michael Sciocchetti
Nancy L. Siegrist
Grant P. Snyder
Brian D. Strieff
Kimberly A. Styer
Joseph D. Sussman
Scott D. Sutter
David W. Svetich
Gretchen Sweigart
Richard C. Swoboda
Claudia Trudeau
David J. Walsh
Michael S. West
Alan C. Wilson
David W. Winward

Bachelor of Science

Gina M. Albanese
Claudine S. Auyong
Joseph Pierre Benguerel, Jr.
Mary J. Bittner
Joseph Nicholas Boehm
Shelly Lynne Calvert
Troy Douglas Caraway
Robert Dale Clark
Christopher P. Conner
Melissa A. Conner
Keith T. Cooper
Deanne M. Cox
Teri Lynn Dath
Diana M. Dill
Rebecca L. Dryden
Laurie Leigh Durette
Jennifer A. Eagle
Richard A. Egan
Jamie M. Elkins
Douglas Robert Esparza
Steven J. Ferrario
Janet Marie Forsythe
Aaron Edward Fountain
Jodi Lyn Fountain
Paul E. Gabrielson
Ernie Geronimo
Joelle K. Gonzalez
Kristen T. Hance
Karen A. Harding
Erin E. Havey
Kelly Ann Hazard
Michelle L. Howe
Darren T. Kanenaga
Vicki S. Kanter
Kathleen C. Kelley
Mark R. Libby
Michael Dirk Manley
Sergio Martinez
James E. Mastro
Jean A. Matter
Deborah J. Miller
Gretchen Mitchell
Michael D. Myers
Callie A. Palen
Holly Beth Peterson
Catherine Lee Pruett
Eric Wayne Reis

1992-93

Master of Science

Kathlelee D. Banister
Michele D. Bodnar
Shawn C. Cabalka
Sandra Lynn Chasnoff
Cynthia Beth Coester-Whalls
Jane M. Danks
Brent Ericksen
Charles Fox
Neil Blair Herisch
Sean Padraic Konrady
Jeff T. Logan
Kimberly E. McCracken
William Max Meyer
William R. Rosskopf
Rhonda D. Shaw
Karen A. Sweeny
Marianne Elizabeth Talley

1992-93 grads cont...

Lorissa Lyn Rullman
Michael P. Runge
Tod Stack Samson
Bonnie E. Saxe
Scott Thomas Schaeffer
Paige Knox Smith
William J. Smith
Paul A. Starks
Kristy L. Timmons
Staci R. Toddard
Stephen Alexander Tregoning
Tracy Allen Wait
Jayna Rose Wattenbarger
Shondra Renea Well
Laura Diane Wellington
Brian J. Willess
Carrie L. Wirth
Adam M. Zinn

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Things to Grow On...

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Jeffrey Fisher, MD, is a cardiologist in private practice, and clinical associate professor of medicine, New York Hospital-Cornell Medical Center.

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Mayo Clinic Health letter

...preschool couch potatoes are more likely to become obese in early childhood. Young children gain body fat in direct proportion to the amount of television they watch. *Also linked to obesity:* A low level of physical activity. ✚

Research at the Boston University Medical Center, using data from the Framingham Children's Study.

FACULTY NEWS

Kathy Barthels: This past year has been full of textbook revisions (4th edition), getting the new Biomechanics Laboratory up and working (still working on that). Trying to find all my "stuff" after moving to my new office, catching an occasional wave or two, and spending some much needed quality time with my family and friends. Oh, and building a new house at the beach in Morro Bay!

Vic Buccola: I am in my 32nd year of teaching at Cal Poly and I am still having an enjoyable time. My responsibilities include teaching First Aid classes, a graduate class in Administration of Physical Education and Athletics and weight training classes. I am still involved in college athletics as the Commissioner of the American West Conference. I am also a member of the West Region NCAA I-AA Football Committee.

We have moved into the new Rec Sports/Physical Education & Kinesiology Building. It is a very nice facility with modern equipment. The exercise room consists primarily of Cybex equipment but also has a number of Lifecycles, Climb Max steppers, free weights and treadmills. We all have single offices. It is a change after having an office-mate for 30 years.

Family News: We now have four grandchildren, all boys. They range in age 20 months to 5 years.

Steve Davis: Greetings, sports fans! Hope you are all living happy and successful lives out there in the "Real World." I always enjoy hearing from you and learning of your many successes - even when they don't involve what we taught

you at Cal Poly. I'm always glad to know the years we invested in each other were worthwhile.

We have moved into our new facilities, and our new laboratory is quite an improvement. Next time you pass through SLO-town, please stop by and we'll give you the tour. I'm also enjoying my new private office as it helps me to focus. You can still find it by looking for the messy desk, and my office phone number is still the same: (805) 756-2754. I even have voice mail now.

The Corporate Fitness undergraduate concentration continues to do well, and our graduate program in "Exercise Science and Health Promotion" (formerly "Wellness Management") continues to improve. I am now teaching a graduate course in Cardiopulmonary Pathophysiology and Exercise which is very useful for those entering a clinical tract. The list of alumni who now have good jobs as preventive and rehabilitative health and exercise specialists (or who have branched-off into related careers) continues to grow, and our pride grows right along with it.

We still have a need for teaching resources, so please keep those real world EKG's, equipment, software, etc. donations coming. We are also establishing a resource center for students, so if you have textbooks or magazines you

think the students would still find useful, please send them as well. (If you have to choose between throwing it out or sending it to us, just ask yourself, "Would I have found this useful when I was a Cal Poly student?").

Those of you who left Cal Poly without completing Senior Project or Master's Thesis/Project, (and I won't embarrass you by publishing your names in this newsletter - though I might try in next year's newsletter), PLEASE contact me and let's get you finished off and graduated. Won't you be happier with that diploma hanging on the wall? How do you expect me to ever get my desk cleaned off if you don't finish???

I will be contacting many of you in the near future to complete an important survey. We need to know where you've gone and what kinds of jobs you've had since leaving us. Those of you who have dropped off the edge of the planet, please send us a postcard to let us know what's up. You're supposed to "phone home" every once in awhile!

Hope you're all doing well, and I wish you much success during the coming year. Always remember, "You have a right to be healthy, so EXERCISE it!"

Gerald DeMers: This is my fifth year at Cal Poly (time flies) and the past couple of years have been extremely busy. I have been involved with three major

Gerald DeMers cont...

projects, one of which has been completed and the others are still in progress. I was a member of the American Red Cross Progressive Swimming Revisions Committee. The work of this committee resulted in a complete restructuring of the ARC swimming program. Three new textbooks and a 90-minute video were developed through this committee's efforts. I was a primary author for the texts and technical advisor for the video. The new program was introduced in June 1992. This program will affect approximately 3.5 million swimmers each year.

Another project involves a committee which has revised the YMCA of the USA *On the Guard* (lifeguard) program. I was offered the opportunity to be involved with this committee as a contributing author and editor for the new textbook and technical advisor for rescue skills and the new video. I wrote the chapter relating to spinal injury management and the YMCA has adopted rescue methods I developed for handling spinal injuries and other forms of rescue. The video will be filmed at the Swimming Hall of Fame in Ft. Lauderdale, FL in January or February 1994. The new program is scheduled for release in January 1994. The YMCA certifies approximately 14,000 lifeguards each year.

The third project I have been involved with is the revision of the American Red Cross Lifeguarding program. I am a reviewer and editor for the new text and conducted a field test, June 1993, for new rescue skills the American Red Cross will be publishing in their new *Lifeguard Training* text. I am also a contributing author, reviewer and editor for the **new** ARC course and

textbook, *Head Lifeguard*. This program will be introduced in June 1994.

CAHPERD now has an Aquatic Subdivision within the Recreation Division. It took two years to establish this program within CAHPERD. Aquatic presentations are now offered at the state CAHPERD Conference each year and programs will continue to be offered in the future. As Vice-President of the CAHPERD Recreation Division, my agenda is to promote aquatic safety within the state of California. Keep your eyes and ears open for "Water Safety Awareness Week" this coming May/June.

In my spare time, I am writing a book, *Aquatic Liability and Risk Control*, with a friend and colleague who lives in Pennsylvania. I am excited about this text because it is a unique book in the field of aquatics. Mosby/Lifeline Publishers have agreed to publish this book. It should be in press toward the end of 1994.

Sonja Glassmeyer: Since the last newsletter there have been a number of interesting changes within the department, and the one that I am most excited about was the move into our brand new facility in June. I have a great view of the inner campus, the Poly "P" and the beautiful hills surrounding San Luis Obispo from my office window. I continue to be involved with the Commercial/Corporate Fitness Concentration both in teaching two of the required courses (Lifestyle Management and Exercise and Health Promotion for Senior Adults), and as internship coordinator. I spend a lot of time on the road visiting interns and internship sites, and I really do enjoy getting out and about to see what is happening in the real world. I also teach in the Wellness Management Graduate Program (Seminar in Adult Wellness and the Design and Implementation of Health Promotion Programs). The Health Education classes, First Aid/

CPR and Fitness Walking classes give me a chance to interact with students outside of our major, and I find these experiences enlightening and rewarding. This last summer I had a wonderful 10 day work/vacation in Wisconsin where I attended and presented at the National Wellness Conference at the University of Wisconsin at Stevens Point. I will be attending the AWHF Region 7 Conference in April in San Francisco, and the CAHPERD Conference in March in San Diego, so I hope to see some of you at these meetings. On a more personal note, Gary and I still continue to live in Lockwood, near San Antonio Lake in Monterey County. It is sometimes hard to do the 130 mile round-trip commute, but we love the clean air, quietness, all of the wildlife and being closer to the Carmel-Monterey area where we spend as much time as possible walking and biking. Don't forget to keep in touch and let us know what YOU are doing - best wishes to you all!

Kellie Green Hall: My third year at Cal Poly was an interesting and delightful experience, as my family and I continue to adjust to (and enjoy) life on the Central Coast!! The thrust of my professional activity this year has evolved around teaching and conducting research concerning the acquisition of motor skills. A highlight of our year included a family trip to Europe last spring. We visited the Catholic University in Leuven, Belgium, where I studied and collaborated with Dr. Martinus Buekers, a fellow motor learning researcher. We then traveled through France, Switzerland and Italy before arriving in Munich, Germany. There I enjoyed learning from and collaborating with Dr. Gabriele Wulf at Max Plank Psychological Research Institute. This proved to be a very stimulating trip for me professionally and a wonderful experience for my family as well. In the past year I have submitted four articles for publication, all are at

Kellie Green Hall cont...

various stages in the publishing process. I am currently involved in three new experiments, two with my colleagues from Europe and one with two graduate students here at Cal Poly.

Another highlight of this year has been advising the student CAHPERD unit. They are a great group of majors. We were proud to be awarded the California Student Unit of the Year by the State Organization. Congratulations go to Joey Dansby and the rest of the officers for all of their hard work! Congratulations also go to Stacey Carr, one of our past presidents and the State Student Representative who was awarded Student of the Year by the South Western District of AAHPERD. I served as the Research Section Chair for State CAHPERD this year and we had a wonderful State Conference in San Diego. It was great to see so many past and present "Cal Polyites" in attendance.

And last, but certainly not least, on May 4th, my husband Greg and I had our third bundle of joy. Connor Elling Hall weighed in at 8lbs. 6 oz; and was 19-1/2 inches long. He joins big brother Ryan (5), and big sister Jayme (3). We are looking forward to a fun-filled summer.

Dwayne Head: We had our first two grandchildren this year, am I getting older or what? It is really nice having babies back in our lives again.

Most of our travel revolved around family events. Christmas the last two years has been in Taos, New Mexico, and Lake Tahoe. Both involved skiing. We have traveled to Washington each summer to visit family in Olympia. On the way back to California we spend time on the Oregon coast. Last year we spent five days on the Rogue River, relaxing, hiking, and watching the Osprey and Bald Eagles.

After the workshops this summer we will make a trip to Washington/Oregon again.

Vaughan Hitchcock: What have I been up to in recent years? Well, I have concentrated my energies, as always, on my teaching schedule - First Aid/CPR, Officiating, Soccer, Team Handball, and a new Generic Coaching course. In addition, I have continued operating my wrestling technique summer camp in the Tahoe area. Last summer was the 26th year of my camp. The camp continues to be well received.

Last summer my son Steve, Pat O'Donnell and I put together eight video tapes that cover a wide range of wrestling skills. These are instructional tapes for coaches and athletes.

I have continued to develop my hobbies of ranching, farming and viticulture. Wife Pat and I have been doing a little traveling - Mexico, Central America, Costa Rica, Guatemala, Panama Canal, also Hong Kong and the Caribbean.

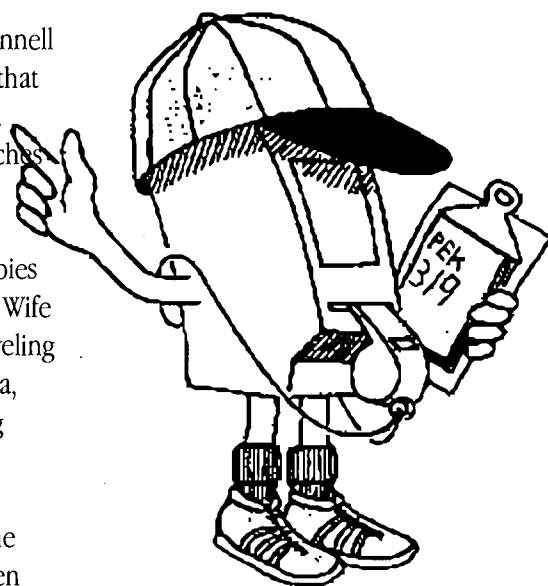
I continue to miss my coaching of the Cal Poly wrestling team. I'm lost when three o'clock comes and it is time for practice.

Ray Nakamura: Each year passes and I always find myself one year older. I don't feel like I'm getting older but reality recently set in when I hit the big 50, and am looking back at 13 great years at Cal Poly. Time passes all too quickly, especially when I watch my son, Kyle (Sophomore at SLOHS), and my daughter, Lindy (8th grade at Laguna Middle School) growing into young adults. I am really enjoying the new recreation center and have gotten myself into a very regular exercise program and find myself in good health. I recently completed a manuscript for a book and am presently looking for a publisher. The book takes a

different twist by focusing on helping coaches fulfill the athlete's basic emotional needs of feeling accepted, capable, and significant. When these needs are met within a relationship, the coach will find it easier to communicate, motivate, reinforce, and discipline young athletes. It's about treating athletes with respect and dignity.

If you should come back to campus, be sure to stop by my office for a visit.

ANDY PROCTOR WANTS YOU!!!



The longer you are away from Cal Poly, the less you are aware of the many changes that have occurred within our curriculum and our classes. During my 20+ years at Cal Poly, I want to assure you that not only has our Physical Education & Kinesiology curriculum undergone drastic changes; but our individual classes have also changed. This fact is extremely true in regards to PE 319. No matter how many years ago you took Measurement & Evaluation, I can assure you that our current students are doing many assignments and projects in new and different areas than you had when you were in class. Although PE 318 has not changed too much, I am beginning to move many of the "beginning" computer application assignments so that

Andy Proctor cont...

we can do more advanced software application in PE 319.

As all of you should remember, I am absolutely committed to teaching our students how to use a personal computer. I believe every graduate should be using the PC as a tool in their profession. To that end, I teach various software programs in these two courses. I will not bore you with what I am currently teaching and what I tentatively have planned for the future, but what I would like is some feedback from you.

To be a more effective teacher and to better prepare our majors for the "real world" I would like to hear from you. Specifically, I would like to know how the computer skills I taught you in PE 318/319 helped or did not help you. What would have better prepared you for your jobs? Although I am primarily interested in the computer part of my classes, I will certainly appreciate any and all feedback you give me regarding anything I teach in any of my courses.

If you have a few spare minutes, I would certainly appreciate a little note from you. If you include your name and address, I will be more than delighted to respond to each and every one of you who takes the time to write to me.

Thank you for interest and time.

Jim Webb: Hello again from the mad scientist in the Human Performance Lab. Here I sit, monitoring an Advanced Physiology of Exercise Final, and eagerly looking forward to the Christmas holidays and some R&R.

It's been an exciting year so far. Lots of time and attention has been focused on our new building and naturally my efforts have been directed toward the set up of

the **new** Human Performance Lab. It will be approximately twice as large as the old facility and will have individualized rooms (modules) to accommodate the various kinds of testing. Three new features will be the addition of a chemistry room, a physician's examination room, and a computer/data processing and storage room. We also have a new, glass windowed, stainless steel hydrostatic weighing tank. Other testing rooms are dedicated to anthropometry, spirometry, body composition, strength, treadmill work capacity and bicycle/rower/climber/stepper work capacity. The lab also has a lecture room. In addition to the facility we were able to procure about \$80,000 of new equipment to compliment the lab. Among the more significant items purchased are a new combination glucose/lactate analyzer, a spectrophotometer for the chem lab, and treadmill, bicycle, respiratory gas analyzer and ECG unit for the cardio respiratory modules.

The department is working closely with Unisen Corporation (maker of treadmills, steppers, etc.) in the development of their product line, and as a result has had several pieces of equipment donated to the department for research purposes. You guessed it, senior projects and graduate research.

The Cal Poly Corporate/Commercial fitness as well as Wellness Management graduates are continuing to enter the health promotion field and to be successful. Graduate interests are quite diversified and range from corporate and club employment to a variety of clinical assignments (ECG techs; cardiac rehab; orthopedic implement sales; trauma rehab; clinical exercise physiology; etc.) More and more from this concentration are moving on into nursing, physician assistant, physical therapy and occupational therapy programs. We, in the department, about "bust our buttons"

with pride at the Cal Poly success stories.

On a personal note, life is as entertaining as ever. The winter provides some ski time for Jean and I, and the summer allows us the opportunity to get the camper on the road and see some country, do some biking and fishing and kick back. We're already planning a summer trip to the Midwest and deep South which will give us a chance to visit old friends. If time works out we will then head north to Alaska to visit relatives and fish in the Seward Salmon Derby. Somewhere in that time frame I'll take care of a few summer "honey do" jobs.

If you make it back to San Luis, stop in and say "hello." It's always a treat to visit and renew friendships. ✚

Did You Know?...

- The more educated you are, the less likely it will be that you smoke. About 70 percent of high school dropouts smoke, compared with only 20 percent of Americans who graduated from high school.

Energy Times, Vol. 3 #4

- Thirst can be an insensitive indicator of your body's need for fluids; when exercising, thirst is unreliable for determining how much fluid to drink or when to drink it. It is recommended that 8 ounces of water be ingested at 10 to 15 minute intervals during and after exercise. When exercising in the heat, drink an additional 13 to 20 ounces of water 10 to 20 minutes before exercising.

- Participating in an exercise program can eliminate the weight gain often associated with smoking cessation. ✚

ALUMNI IN THE SPOTLIGHT

Donn Clickard MS 1970

Athletic director at Atascadero High School, has been recognized as a certified athletic administrator by the National Interscholastic Athletic Administrators Association. To earn the distinction, Clickard passed an evaluation of his background, experience, and professional contributions along with a comprehensive writing examination. He is one of 64 interscholastic athletic administrators nationwide to reach the level in 1990.

Luis Montano

Was appointed as the Head Wrestling Coach at Columbia University in New York City. Luis was a two-time Division I All-American during his career at Cal Poly.

Don Morris BS 1958 (Emeritus Faculty) Won two basketball silver medals at the California State Senior Olympics held in San Diego.

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At least three alumni we know of competed in the 1993 Ironman Triathlon World Championships. The ordeal, which includes a 2.9 mile ocean swim, a 112 mile bike ride followed by a marathon (26.2 miles) is held annually in Hawaii. The participants included Lisa Verke (1988), from Bend, Oregon; Alisa Goughnour (MS 1985); and Steve Ferraro (1988), both of San Luis Obispo.

Lisa is a professional triathlete who was ranked seventh in the Triathlon World Series at the time of the 1993 Ironman. Alisa has participated in the Ironman in 1991-93 and has been a member of Team USA from 1990-93. Steve Ferraro competed in the Ironman 1990-93.

Both **Holly Gunterman** (1977) and **Patrick Vickroy** (1979) have been named as the Outstanding Elementary School Physical Education Teachers in

the State by CAHPERD. Holly teaches in Idyllwild, and Patrick is a Physical Education Specialist in Gilroy.

**Suzy Will** (1983) was named the San Luis Coastal Teacher of the Year for 1992. At the time of the award, Mrs. Will was a physical education teacher at Morro and Del Mar Elementary Schools in Morro Bay.

**Dr. Evelyn Pellaton** (Emerita) was named the 1992 Citizen of the Year for Cayucos. Evie, who retired in 1982, has served as the President of the Cayucos Advisory Council, Senior Center Bus Drive as well as playing drums for three dance bands. That is what is called an active retirement!

**Michael S. West** (1992) received one of three scholarships provided by the Far West Athletic Trainers Association at their 1991 Annual Conference. Mike was the third Cal Poly student-trainer to earn one of these scholarships in the past 10 years. Way to go Mike! ~~~~~

## ALUMNI NEWS

### **Natalie Auyong** 1985

Working at LaJolla Rehabilitation and Sports Therapy.

### **Tiffany (Bridges) Shay** 1989

Head coach athletic trainer at Leland High School in San Jose. She also works at the PAR Clinic in San Jose. She is married to Patrick Shay (Bus '88), who is a CPA with Deloitte and Touche.

### **Geoffrey T. Capell** 1964

Is a teacher and coach at a high school in San Jose. A very proud Cal Poly alum, his license plate reads "POLY 64."

### **Carol Fletcher** 1990 (MS)

Carol has accepted a position as assistant athletic director/women's basketball coach at Teiko Post University in Waterbury Connecticut.

### **Robert C. Gebhardt** 1985

Earned his physical therapy certificate at UC San Francisco and works at Sequoia Hospital in Redwood City.

### **Kecia Gorman** 1987

Is teaching at Moorpark College and coaching at California Lutheran University. She attended the Far West Athletic Trainers Association convention and symposium this summer.

### **Robert R. Harris** 1986

Is head athletic trainer at CSU Stanislaus. He spent five summers as an athletic training assistant with the Los Angeles Raiders at their summer camp in Oxnard. He and his wife, L. Renee Erlandson, (NSCI '88), a registered dietitian, have a young son.

### **Laura R. Held** 1982

Completed her eighth year as head athletic trainer at CSU San Bernardino. She was recently married.

### **Joe H. Lee** 1966

Joe is semi-retired from Foothill College in Los Altos. He works during the football season at Foothill, and spends the rest of his time in Apache Junction, Arizona, or traveling with his wife.

### **Analicia (Annie) Martin** 1992

Is the head athletic trainer at Morro Bay High School.

### **Michael Mocny** 1977

He is a physical therapist in Santa Barbara. He spoke at the Far West Athletic Trainers Association convention held in summer 1992.

**Timothy Moscicki** 1990

Head athletic trainer at Loyola High School in Los Angeles. He was previously head athletic trainer at Eastern Montana College. He is married and has a young son.

**Brian Roberts** 1978

He is an athletic trainer and general manager at the SPARC Clinic in Diamond Bar. He was a speaker at the FWATA summer 1992 convention. He is married and has a son and a daughter.

**Clifford M. Shidawara** 1983

He is a clinical athletic trainer at the START Clinic in Tempe, Arizona. He was formerly head athletic trainer of the Phoenix Firebirds, a San Francisco Giants organization. He and his wife have two sons and a daughter.

**Barry A. Smith** 1986

Former head athletic trainer at Central Arizona College in Coolidge, Arizona. He and his wife have two sons and live in Phoenix.

**Todd E. Sperber** 1984

Todd is assistant athletic trainer and co-head strength coach for the Los Angeles Raiders where he's worked for 13 years. He is married and lives in Long Beach.

**David W. Svetich** 1991

A clinical athletic trainer at Sport Spine & Orthopedic Rehabilitation Center in San Luis Obispo. He was a summer athletic training assistant with the Los Angeles Raiders.

**Michael S. West** 1992

Passed his athletic training certification examination and is doing graduate work in athletic training at the University of Arizona.

**Chris Wolfley** 1989

Is the head football coach at Oakland High School

**Steven H. Yoneda** 1970, MS 1972

Completed his 23rd year as head athletic trainer at Cal Poly. He attended the NATA national conference in Denver and the FWATA convention in Santa Barbara. ♣

## Equipment Donations

The Department has recently received donations of several pieces of equipment from companies and individuals. These donations total more than \$20,000.

Don and Rosemary Talley (Arroyo Grande) donated a complete Microfit Computerized Assessment System. This gift was made in memory of their daughter, Marianne Talley (MS-1993) who passed away unexpectedly in 1993.

Unisen, Inc., has donated a computerized Treadmill and Stairclimber to support on-going research being conducted by Dr. Jim Webb and several senior project students.

The Concept II Corporation donated two Rowing Ergometers to help with a research project being conducted by Dr. Webb and Dr. Head, and 10 senior project students.

The Versa-Climber Company, via Brian Roberts (BS 1980) donated a Model Versa Climber to be used in the Human Performance Lab.

This equipment added to that which we were able to purchase with the new building coupled with what we have been able to purchase over the last several years. This equipment makes our Human Performance Lab the best equipped in the CSU system and perhaps in the State. Because of this, the lab experiences which our students receive in exercise physiology and related classes are without peer anywhere in California! ♣

## Thanks for Giving

|                     |                     |
|---------------------|---------------------|
| Mike Alamo          | Richard Katen       |
| Lawrence Allen      | Shirley Kinkade     |
| Barbara Anderson    | Dana Lamphear       |
| Donald E. Arington  | Scott Leathers      |
| Nicholas Auyong     | Joe Lee             |
| Ralph Baldiviez     | Gail Leland         |
| Pamela Bales        | Christina Lindow    |
| Timothy Barkas      | John R. Lindow      |
| Richard Barrett     | ER Macy             |
| James Benkert       | Sheila Maher        |
| Sharon Blixt        | Alan Majewski       |
| Larry Brem          | Dawn Marmo          |
| Lee Britt           | Tanya McAlexander   |
| Deborah Burtchaell  | Donald McIntyre     |
| Salvatore Cardinale | Christine McParland |
| Wendy Chan          | Ronald Mercurio     |
| Gary Churchill      | John Miller         |
| Elizabeth Cieloha   | Laurence Milstead   |
| Suzanne Cohen       | Todd Morgan         |
| Mover's Computers   | Nancy Negri         |
| Gariel Cortina      | Harold Nelson       |
| Carol Cox           | Eddie Niederfrank   |
| Patrick Croft       | James Oliveira      |
| Craig Cummings      | Callie Palen        |
| Kristan Davis       | Diane Park          |
| James Dillon        | Ann Peters          |
| Kristi Donati       | James Purkiss       |
| Lawrence Dubrul     | Tanya R-Willisms    |
| Sharon Dudley       | Loretta Reed        |
| Douglas Federman    | Jerry Reynolds      |
| Samuel Field        | Ronberg Family      |
| Michael Fitzsimmons | Edward Rucks        |
| Allison French-Mair | Heinz Schwarz       |
| Vincent Gallagher   | Rhonda Shaw         |
| Dee Gonsalves       | Kimberly Shrode     |
| Jeffrey Goodyear    | Socorro Sigala      |
| Sarah Guglielmo     | Susan Strain        |
| Holly Guntermann    | Thomas Sullivan     |
| Susan Guthrie       | Ted Tanaka          |
| James Halley        | Ronald Tingle       |
| Margaret Hart       | Marian Vanzee       |
| Cynthia Hasbrook    | Kenneth Verheyen    |
| Darlene Jackson     | Court Warren        |
| Kris Jankovitz      | Patricia Weber      |
| Janice Jenkins      | Wayne West          |
| Jennafer Jones      | John Whitford       |
| Janice Jordan       | Jeffrey Wilson      |

***HOW ARE YOU DOING?*** What's new with you??? Tell us about your career, family, and any exciting things you have been involved in.

**Comments/Suggestions for the next Newsletter:**

**Please mail to: PE&K Department  
California Polytechnic State University  
San Luis Obispo, CA 93407**

**Please inform us if your name or address has changed. Thank you for helping us keep our records updated.**

| First Name | Middle | (Maiden) | Last |
|------------|--------|----------|------|
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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

| Graduation Date | Degree | Major/Concentration |
|-----------------|--------|---------------------|
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| Occupation | Social Security No. |
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