

KINESIOLOGY News

California Polytechnic State University, San Luis Obispo, Ca 93407

2001-2002

From the Department Chair...



Dear Alumni, Students, and Friends:

It's hard to believe that this is my thirteenth year at Cal Poly and third year as Department Chair. I have seen many changes in the university, the faculty, and the student population. Cal Poly is growing and in the next few years we are projected to be at 20,000 students. We currently have almost 18,000 students. Even though the university is growing, the state legislature has not increased fees or increased funding to the CSU. We have expanded the summer session program and there are expectations to increase summer even more in the future. Needless to say, our equipment is in need of repair and/or replacement. We have managed to purchase some new equipment but the College of Science and Math has not had an equipment budget for the past 12 years. We have been more fortunate than other departments within the College of Science and Math because we received an equipment allocation when we moved into the new building, approximately 10 years ago.

I would like to personally thank all of you who have given generously to the department in the past. Your donations are very much appreciated and allow us to purchase equipment we normally would not be able to purchase. Cal Poly has a reputation for excellence in its programs. The Kinesiology Department needs the help you provide in maintaining the quality of our programs for graduate and undergraduate education. We all work diligently in keeping our students abreast of the newest and most innovative technologies in the workforce, but we continually need to explore more avenues for funding. This is where all of you can help. We have many graduates who give on an annual basis. I encourage you to continue or begin a program of helping the Kinesiology Department maintain the excellence we are noted for throughout the State of California and the country. You all know how important it is to receive a quality education. Help us to provide an educational experience that will prepare our majors for the workplace in the future. There are several donation programs available. If you are interested, please contact Cary Bowdich, Director of Advancement, College of Science and Math, Cal Poly, San Luis Obispo, CA 93410. (805) 756-5713.

The Department is currently in the process of recruiting two tenure-track positions. Since Kathy Barthels retired four years ago, her position has been a full-time lecturer. It is now a tenure-track position. This year, Dr. Sonja Glassmeyer retired and we have a tenure-track position open for Worksite Health Promotion. Sonja has been an integral part of the Clinical and Worksite Health Promotion concentration and we will miss her many contributions to the department and the university. She intends to continue teaching through the Faculty Early Retirement Program, so we will have her cheery face with us for at least one quarter each of the next few years.

On a personal note, I have started a research project that will last for several years. Through my contacts with the national YMCA, I am able to visit a variety of YMCA sites throughout the nation to conduct a thorough safety analysis of their programs and facilities. This project is extensive and involves several of my colleagues in aquatic safety. The data we collect will give us a clearer understanding of why accidents occur in aquatic facilities and what it takes to prevent them. We spent all last year developing assessment tools for the safety inspections and we have begun our first round of analysis. This is a very rewarding experience. It gives me an opportunity to get out into the real world and see what is going on in the field of aquatics. This is an educational experience that benefits my students and me.

I am also in the process of writing a textbook with some colleagues. The book is titled Aquatic Facility Design. This is a book that can be used by Architects and Engineers for designing aquatic facilities. It will also benefit aquatic directors in the public or private sector. Several chapters have been completed but there is still a lot of work left. Human Kinetics Publishers has contracted to publish the book in 2003.

This past September, Jill and I had an opportunity to travel to northern Europe. My parents went with us on the trip and we had fun spending some quality time with them. The cruise had stops in England, France, Portugal, Spain, Belgium, and Amsterdam. This happened to be during the September 11 crisis and our trip home took us through New York Kennedy Airport on the 13th. The plane was very quiet on our flight into the airport. Security was extremely tight all the way home and we had an overnight delay in New York. What a difference this event has had on everyone's lives.

I hope this coming year brings you many rewarding and enriching experiences. Have a great year!

Sincerely,

Gerald DeMers

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Many Thanks for Your Donations!

The Kinesiology Department wishes to thank all of the following alumni, friends, and corporations who have helped to support our Department (March, 2001 through March, 2002). If we have omitted your name in error, we apologize. Please let us know so we can correct our records.



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Kevin and Cheryl Brunk
Michael and Colette Burgess
Michael Butcher
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Callie Palen
Stuart Palmer
David Perrin
Tricia Peters
Edward and Teresa Phillips
Susan Qualseth
Toby and Jennifer Rasmussen
J.P. and Sue Reese
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Thomas Reynolds
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Payam Saadat
Alan Silver
Anthony Skinner
William and Teresa Smith
Lawrence and Rebecca Stanford
Paul Starks Jr.
Nancy Stern
Clarlee Stevens
David and Mari Stewart
John and Barbara Wright Stilwell
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Watermark Paddlesports, Inc.
Roy and Patricia Watson
Shea Weber
Wayne West
George and Phyllis Whitmore
William and Susan Wiener
Darla Williams
David and Janet Williams
Mary Wilson
Dianne Wilson-Graham
David Winward and Rhonda Shaw
Val Wright



Bachelor of Science

Aguilera, Tiffany Nicole
 Alexander, Eric Sheffield
 Anderson, Amanda Lynn
 Angel, Carolyn J.
 Beautz, Karmen Beth
 Bennett, Chisum Will
 Bennett, Leah Suzanne
 Berglund, Christine Lynn
 Black, Aaron Keith
 Burnham, Stephen
 Bussell, Caleb Barton
 Carlisle, Tracie Marie
 Cesare, Brooke
 Charlson, Robin Krissell
 Golt, Caleb John
 Comstock, Christopher Nathan
 Crable, Maia Lanai
 Dahlstrom, Thea Danielle
 Davies, Allison Rae
 Davis, Alice Marie
 Davis, Nicole Marisa
 Delcrew, Jason Ryan
 Dere, Laura Elizabeth
 Desatoff, Marissa Anne
 Errecart, Keith C.
 Flett, Shannon Frances
 Giustino, Melissa May Marie
 Gravenkamp, Ben Nicholas

Gregg, Kathryn Lynn
 Griss, Michelle Elena
 Haight, Kim
 Hemerick, Carrie Marie
 Henderson, Jennifer Marie
 Henry, Patrick Raymond
 Hepperly, Kristen Rose
 Herta, Kelly Lynn
 Holmes, Brandon Michael
 Holmquist, Amanda Tomi
 Hu, Steven Chu
 Hukari, Alexa Diann
 Humphrey, Tori Ann
 Hutchings, Bryan M.
 Kirkbride, Stephanie Lynn
 Klein, Serena Rae
 Kreitz, Erin Christina
 Kuhnle, Sally Ann
 Kuo, Maggie Ming Yi
 Lal, Charles Jason
 Lui, Bella
 Lynch, Casey Phillips
 Mikalatos, Elizabeth Dawn
 Miller, Jessica Marisa
 Moreton, Crosby Russell
 Mosesian, Natalie
 Nance, Ryan Christopher
 Nunes, Jeannine Kathryn

Perez, Danilo B.
 Ramsay, Richard John
 Reisman, Darin Maxwell
 Riley, David Lee
 Rogers, Amy
 Rudy, Kathryn Suzanne
 Russell, Colleen Nichole
 Sanchez, Mary Helen
 Shoff, David Joshua
 Speedie, John Kenneth
 Stahr, Andrew Jonathan
 Svoboda, Chad Alan
 Swanson, Jake C.
 Thompson, Kenneth John
 Thompson, Mondrick Y.
 Tilley, Carrie
 Tuffanelli, Nathan Mathias
 Van Doorn, Morgan Tenzing
 Vasquez, Valerie Di Novo
 Von Rosen, Surya
 Wagenseil, Lisa A.
 Waistell, Sean A.
 Welch, Jill Diane
 Wiedmann, Sara Elisabeth
 Wood, Jason Earl
 Wood, Michelle Lee
 Yamagata, Keith Katsumi
 Younglove, Rawleigh Wayland



Master of Science

Benson, Eric C.
 Ferguson, Ingrid Suzanne
 Orozco, Paola

Scholarships

CAHPERD Scholarship in Honor of Robert A. Mott
Kerianne Reed

Don & Jean Morris PE&K Department Endowment
David Pomfret
Ena Sorensen

Dwayne Head Scholarship
Rodger Milbourne

Rodeo Scholarship
Kendra Cohn

Herbert E. Collins Scholarship
Simja Yoel Levy
Christina Mountin

J.W. Van Dyke Memorial Scholarship
Kathleen Collins
Christina Lusich

Mary Stuart Rogers Foundation Scholarship
Jenny Hanson
Patrick Henry

Merced Union High School Scholarship
Lindsay Ellington
Jenny Hanson
Kevin Santos

Pat & Molly Elliot Memorial Scholarship
Heidi Owens

PEACH 2002

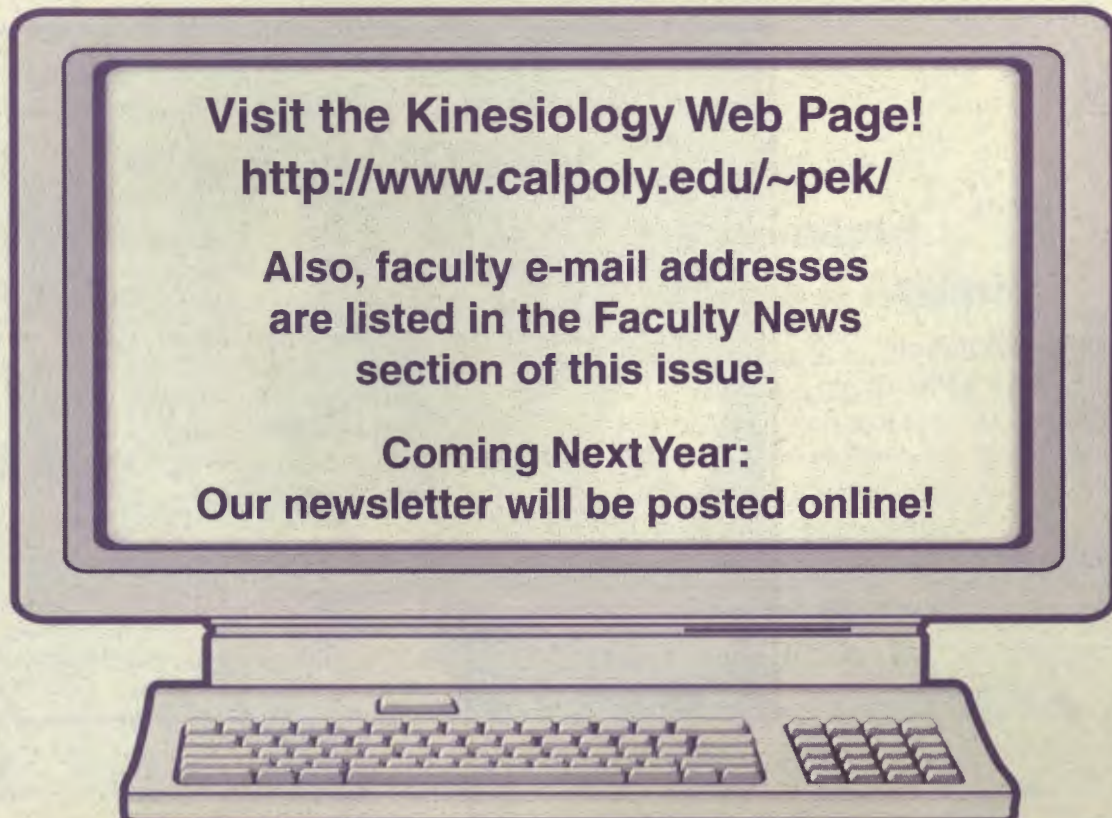


I would like to personally invite you to come and be a part of PEACH Workshop 2002. We are in our 56th year of providing a professional growth opportunity for educators. Our workshop offers a unique experience to grow professionally, renew your skills and share with others. The curriculum, instructors and facilities are outstanding and I believe that you will have a difficult time choosing between the many activities offered and the awesome instructors. Why not come and join us in beautiful San Luis Obispo? Why not try something new like Recreational and Survival Skills, Yoga-lates, Fly Fishing, Beginning Surfing, or Outdoor Adventures? Why not see what a great time you can have while growing professionally? Hope to see you this summer. Nine-day workshop's registration starts July 19th, 2002. The five-day workshop's registration is July 21st.

For more information see our website at www.peachworkshop.com.

Denni Barrios/Sam Wison
PEACH Directors 2002

For more information, call Jill DeMers in the PEK office: (805) 756-2545



Maxtor Health Fair

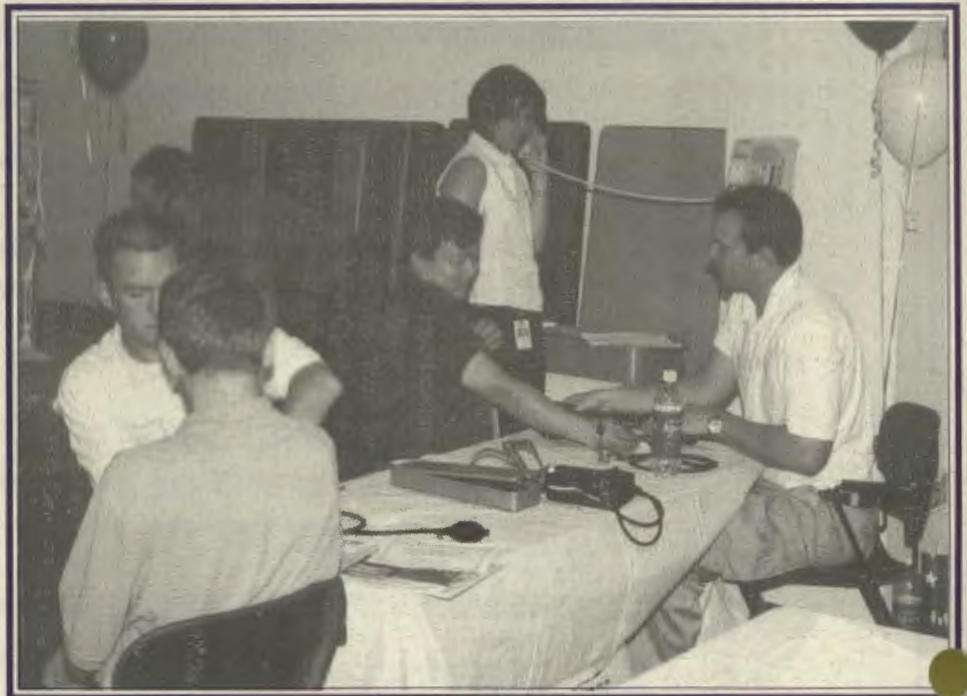
Maxtor Corporation, Milpitas, California • October, 2001



Having a good time at the Health Fair are
(L to R): Jennifer Rego, Nate Tomforte, Beela Lui,
Sarah Martin, Justin Tomlin, Chrissi Gritzke,
Dave Pomfret, Dr. Steve Davis (front)

*Missing in picture: Dr. Glassmeyer, Janay Arnold,
Kim Fate.*

Taking blood pressures:
Justin Tomlin and Nate Tomforte.
Chris Calcagna, Maxtor Wellness
Manager (on phone)



Outstanding Elementary Physical Educator

The Early Childhood/Elementary Section recently honored **Darren Avritt**, Cal Poly grad, as CAHPERD's 2001 Outstanding Elementary Physical Educator. The award was presented during a special luncheon at the 68th Annual CAHPERD State Conference in Santa Clara, March, 2001.

Darren lives and teaches in the San Luis Obispo area. He serves on the Cal Poly Elementary Physical Education Workshop Committee and has been a presenter at that event. He also presented a session at the CAHPERD State Conference in Santa Clara and, as a recipient of this award, will be invited to speak at the AAHPERD/CAHPERD National Convention in San Diego, April 9-13, 2002. Darren also participates in the California Physical Education-Health [Subject Matter] Project in the central coast area.

Darren's name and application will now be advanced to Southwest District AAHPERD for review and consideration in the award process. We offer him our support and best wishes in this endeavor.

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Darren Avritt accepts the Outstanding Elementary Physical Educator Award from Patra Nesseth-Steffes, past Chair of CAHPERD's Early Childhood/Elementary Physical Education Section.



Local Senior Athlete (and Kinesiology major), Don Morris, Does It Again!

Don Morris and the California State Championship team "California Speed Limits," won the Silver medal in Basketball in the 70-74 age group at the National Senior Olympic Championships. The event was held in Baton Rouge, Louisiana.

The team is made up of:
(kneeling) Harry Lund (Los Angeles), Back row, Left to Right:
Al Conlin, Bill McCall (both from San Diego), Gene Edelbrock
(Los Angeles), and Don Morris (Shell Beach).

Originally printed in the SLO County Journal, September, 2001

- ❖ Battin, Catherine ('91)
I'm APE Specialist for Palos Verdes Unified, and have been for the last 7 years. I'm the proud mother of one with my second due any day!
Email: clbattin@msn.com
- ❖ Downer, Edward ('63)
Retired in June, 2001, from 37 years of teaching: 3 years at Atascadero High School, and 34 years at Oceanside and El Camino High Schools. I want to say hello to my old roommate, Bob Erbland, and a former classmate, Bill Carll, wherever you are! Email: edlsp@sdcoe.k12.ca.us
- ❖ Dyche, Lynn ('60, MA '64)
Retired from the Eastside Union High School District in 1998 after 35 years of teaching and being involved in coaching and officiating. I was also the department chairman for Physical Education and athletic director for many years. I was the National Wrestling High School Coach of the Year in 1973. Was inducted into the National Wrestling Hall of Fame, the California Wrestling Hall of Fame, and in June, 2001, was inducted into the California Coaches Association Hall of Fame. I organized and directed the first CIF state high school wrestling tournament in California in 1973, and have been involved in wrestling officiating for 45 years. My wife, Ruth, and I enjoy traveling and have led trips to Africa and China. We also are Sierra Club leaders for white water rafting trips.
- ❖ Eubank, Krista ('00)
Hello to all of my past professors! Thank you for an awesome education...I couldn't have gotten into PA school without you! Just got accepted into Western University of Health Sciences' PA program in Pomona, California. Email: Kristaeubank@yahoo.com
- ❖ Fetter, John ('00)
Right after graduation, became PT aide, learned a lot about sports injuries and how to treat them, along with geriatric patients with their hip and knee replacements. All of my kinesiology training really paid off and helped me to become one of the top aides, helping to train and supervise new aides without experience in this job area. Now I have a full-time job as the first non-nurse cardiac rehab therapist at Saddleback Heart Institute in Laguna Hills, California. The clinic is part of

Saddleback Hospital, and the facility holds a public gym (which I also work in as a sort of personal trainer), osteo bone scans, external counterpulsation therapy, and professional physicals. I will soon become ECG tech certified and get my ACLS certification. I'm currently thinking of applying to a Master of PT program. Email: fetterjohn@hotmail.com

❖ (Glass) Vengley, Beth ('94)

In December, 1999, Jeff (Pol. Sci. '94) and I had a baby girl, Leah. She is so charming! Up until November, 2000, I was working as a Pharmaceutical Sales Rep. For Pharmacia. It was then that I decided to stay home for a while with our daughter. We are now expecting our second child in February, 2002. We couldn't be happier! Email: Daisy10@prodigy.net

❖ Hauner, Charley ('73)

Immediately after leaving Cal Poly, I taught math and coached swimming/water polo at Lodi High School for 5 years before beginning a career in real estate 22 years ago. Currently, I am in my 4th year teaching Algebra at Tokay High School in Lodi, California.

❖ Lee, Mike ('96)

Recently left the Simi Valley Unified School District after 3 great years to follow my career goal...I am now the Varsity Baseball Coach for Newbury Park High School. Email: Mtle36@aol.com

❖ (Miller) Palmer, Jennifer ('94)

Earned my teaching credential and have been teaching 1st grade for the past 5 years at Twin Oaks Elementary School in San Marcos, California. Enjoying aerobics, walking, golf. Got married in 1999. Hope to use my PE&K knowledge in future teaching experiences.

❖ (Pott) Trowbridge, Chris ('96)

Married Damond in 1997, had our first daughter, Sydney, in May, 2000 on Mothers Day! I've been a Physical Education teacher and JV volleyball coach at Foothill School in the Kern High School District for the last 4 years, and introduced a self defense unit into our curriculum as well as the use of heart rate monitors. Email: ctrowbri@pacbell.net

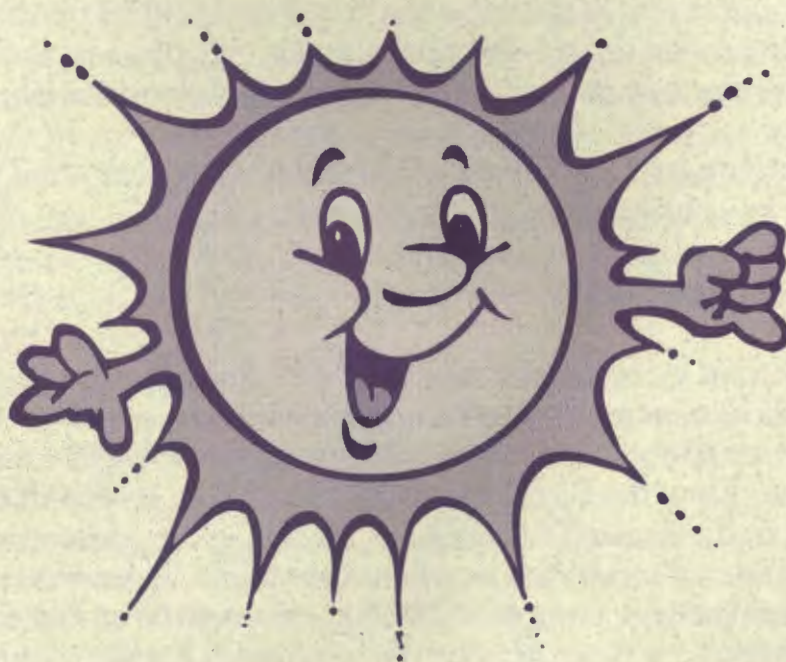
- ❖ Pugh Murray, Angela (Angie) ('78)
Owner of "Training with Angie," personal trainer for the last 10 years. Living in Needville, Texas. Email: twangie@mail.com
- ❖ (Sciutto) Sullivan, Christina ('93)
Supervisor of Community Rehab Service (Aquatics, Fitness, Massage) and Rehab Admin. In 1997. Married in January of 1998, and our son was born in April, 2000. We purchased a home in Burlingame in July, 2001. Email: sullyrehab@msn.com or sullivC1@sutterhealth.org
- ❖ (Shumate) Thomas, Sandra ('84)
I've been a Physical Therapy Assistant at EXCEL Physical Therapy, Aqua PT for the last 15+ years, living in Oceanside, California. Involved in aqua exercise, running, going to the gym, biking and sometimes tennis (traveling all over the world). I've got two great kids, Kyla, 4, and Aonesea, 6. We all love the beach and outdoor activities in San Diego. Email me!! Email: Gthomas48@home.com
- ❖ Simmons, Red ('60)
Retired after 19 years of serving as department chairman, living in Banning, California. Loving retirement, playing senior softball world tournaments, golf, working on my ranch and feeling good! Still referee football, basketball, and softball at high school and college levels.
- ❖ Slusher, Laney ('97)
For the last 2 1/2 years, Chief Academic Officer and strength coach at Riekes Center in Menlo Park, California. Email: lslusher@riekes.org
- ❖ Szymanski, Christine ('99)
Currently working at Whiting-Turner Contracting, and living in San Diego, California.
- ❖ Tanaka, Jeff ('94)
Just completed my 3rd season as an assistant athletic trainer for the San Francisco Forty-Niners. I also just completed my masters degree at San Jose State (finally)—just before my units began to expire! I enjoyed two years as head trainer for men's basketball at UC Berkeley after spending Spring '97 in Amsterdam working for NFL Europe (prior to coming to the Forty-Niners). Thanks to Steve Yoneda and Kristal Slover for all their guidance and support. Email: jtanaka@niners.nfl.com

❖ (Tingle) Levesque, Julie ('94, MS '97)

Teaching PE at Caltech (racquetball, track and field, fitness training), Head Mens & Womens Track and Field Coach (NCAA Div. III), Senior Womens Administrator in Athletic Department at California Institute of Technology. Married Damien Levesque (Econ, '97...played basketball at CPSLO '93-'97) September, 1999, and our son, Grant, was born on June 10, 2000. Email: jtingle@cco.caltech.edu

❖ Wilson, Alan ('92)

My career has gone great ever since completing my internship at French Hospital. I worked in Los Angeles at the Hospital of the Good Samaritan for 3 years, then moved to Tempe, Arizona and have been working in Phoenix for over 6 years. My title is exercise physiologist working in-patient for Advanced Cardiac Specialists. The hospital is Phoenix Memorial and it has been an excellent career. I burned out on doing Phase II and III. Inpatient keeps you on your toes and the education is endless. I train interns once or twice a month and love doing that. Our patient population is primarily CABG, stent, and PTCA. It prides me to tell ya (and encourage the grads), that after investing 5 years with the company they pay me \$19/hr. with benefits that include 5 weeks vacation/year! And with just a bachelors (from a darn good school)!



❖ C. Andrea Brown (abrown@calpoly.edu)

It has been good to have a team of three full-time teacher education faculty in our department this past year. This has enabled us to refine many of our classes and to add another class; now the teaching concentration students have fieldwork in the elementary, middle school and high school settings. I still enjoy teaching, I especially enjoy the two non-traditional classes I teach; one class provides me with opportunities to have students look at alternative ways to plan for and assess students learning (KINE 424), and the other enables me to share my enthusiasm for outdoor education (KINE 396).

I have continued to work with teachers through the Subject Matter Project and this work still amazes me in terms of what teachers can do and what I can learn from them. It has provided both the teachers and myself with a delightful and affirming network of professional support. We are moving away from the model of simply conducting a summer Institute and now we are working in individual schools and school districts.

On a personal note, I completed the paperwork etc. to become an American citizen. This was a difficult but important step for me as I really did not want to give up my British citizenship but I want to vote and have not been able to do so in the USA for many years. So now I am a dual citizen! On a lighter note, I have bought a 14 ft. sailboat and I am increasing my sailing skills and taking classes in advanced coastal navigation. It is interesting being a student again.

Also on a personal note, and as many of you know, I taught in Afghanistan for three years prior to coming to the USA. Consequently, recent and current events have held very personal and painful significance. I hurt to see Afghanistan continue to be bombed but I understand the necessity. The people had so little when I was there and now they have even less. I do hope that the allies continue on course and stay in the country to help build possibilities for the Afghans. In the mean time, I do believe that we as professional teachers need to affirm differentness, and promote both personal and social responsibility in our classes.

I hope that you had a good year. I would love to hear what you are doing and learning in your teaching.

❖ Bob Clark (rdclark@calpoly.edu)

Greetings,

I'm busier than a one-legged man in a kick boxing contest, so this will be brief. New equipment in the Biomechanics lab (very exciting). I'm teaching two new courses this year. We have taken over the Muscle Anatomy class previously taught by the Bio Department. I will also teach a Neuroanatomy class starting in the Spring. After two surgeries in the previous two years, I will also try to stay out of the hospital for a while. However, I did tear the triangular fibrocartilage complex (TFCC) in my left wrist last June. The doctor says he could repair it (i.e., surgery), but it doesn't keep me awake at night

and it kinda freaks out Dr. Jankovitz when I show it to her. So, I think I'll opt for the "no treatment" treatment, and deal with it for a while. Take care!

❖ Steve Davis (sdavis@calpoly.edu)

Greetings everyone. Hope you are all doing well. I've been terribly busy, but it's been a pretty successful year. I made full professor, co-authored two publications with Dr. Jankovitz, and was made "President-Elect" of the Southwest Chapter of The American College of Sports Medicine. Classes continue to go well, and I'm proud of my students and alumni. Hope to see you all at the ClubFit (formerly "Corporate Fitness Club") Spring Banquet, on or about June 1, 2002. Please E-mail me for updated information (sdavis@calpoly.edu). Also hope to see you all at the 2002 Southwest Chapter Meeting of The American College of Sports Medicine, November 15-16, at the Tropicana Hotel in fabulous Las Vegas, Nevada! Former Region 7 AWHP members are particularly encouraged to attend the SW-ACSM Meeting this year, and I'm making sure there will be lots of useful information on the program for practitioners as well as sports scientists. Remember to "Exercise Your Right to Be Healthy", and please stay in touch!

❖ Sonja S. Glassmeyer (sglassme@calpoly.edu)

Warm and happy greetings to all of my special students! It has been another busy year and a year that all of us will remember. Although most of us were unscathed by the events of September 11th, we all were touched in some way. This was also a year for me to look at my priorities and, after a lot of soul-searching, I have decided to "liberate" myself (retire) as of Dec. 31, 2001. I have never liked the word "retire" because it means something so different today than it did 15-20 years ago. I like the word "liberated" because I will now be able to do the things that mean the most to me! I will be teaching, part-time, the remainder of this school year, and then will probably teach part-time after that. This will allow me to spend more time with my students and to TEACH - the thing that I love most. I also hope to get more involved with the senior population on a volunteer basis, or as a private consultant, and possibly teach some classes through Cuesta College. It has been and continues to be a GREAT ride! I feel blessed and very lucky to have had 27 years of teaching in such a wonderful environment, and as a Cal Poly graduate, I will always have a special place in my heart for Cal Poly.

Other things going on in my life: I continue to teach in the areas of Health Education, Exercise and Health Promotion for Seniors and Worksite Health Promotion, and still coordinate the internship program. I hope to do more on-site visitations now that I will have more time. I am currently working on a Community Service Learning component for the Exercise and Health Promotion class (received some nice grant money to do this). This will take some time but hope to have it in place by Spring Quarter, 2002 or at the latest, Fall, 2002. I took a group of students up to Maxtor Corp. (formerly Quantum), in October

to participate in their annual employee health fair. The students did a great job conducting blood pressure screenings, body composition and grip strength assessments.

The student club (formerly AWHP and Exercise and Health Promotion Club) is in a state of flux at this point. We renamed the club ClubFit this year, to tie in with the PolyFit program (formerly the Body Composition program). We hope to have the club up and running again Winter Quarter. The club purchased a new computer and software for use in the PolyFit program and to keep the club records more accessible.

On a personal note: Gary and I are still living out in the country, about 70 miles north of San Luis Obispo. Gary is now working in Watsonville, so he goes 120 miles north of our home, and I go south to SLO - such is life today! But, we have long weekends together and still enjoy canoeing on one of the local lakes viewing all of the wildlife, and enjoying the clean air and quietness.

I hope you will keep in touch with me by "snail mail" or e-mail:

sglassme@calpoly.edu

I will always want to hear from you and what you are doing. I am not going away - just going to have more fun!

❖ Kellie Hall (kghall@calpoly.edu)

Greetings from snowy West Point, New York. What a year this has been for the Hall family! Late last spring I decided to accept a "Visiting Professorship" with the Department of Physical Education here at the Military Academy. We rented our home to some very trustworthy graduate students (at least they better be!!!!) and we moved to New York. It's been an interesting experience here. The department is huge (42 faculty members) more than half being military officers and the rest Civilian Faculty. At the Department Christmas party, there were 65 children of Faculty members in attendance and Santa showed up with a present for each of them. This is a very hard-working, fun-loving bunch. Every month we have well-planned out social events, that usually include some sort of games. Also, 4 times a year we have MOSMA's which are team-building events with a physical nature. The first was a kayak-trip down the Delaware river, the second a Hash run which was much more fun than I thought it would be. Two young Captains go out as rabbits and make trails, many false trails and one true trail. The rest of us go out in groups as the hounds and with reconnaissance runners in each group checking out the false trails. It was a brisk, colorful fall day and even though we ran for almost an hour, I remember it as fun!! Our next is a skiing MOSMA next Thursday, which I am looking forward to.

Academically, I am enjoying working with such a large and diverse faculty. I am currently splitting my time writing articles, writing a collaborative grant, assessing the motor skill acquisition climate in the activity classes here in DPE and teaching. There is no advising required here, as the Cadets have no choices in curriculum. Their schedule is simply sent to them each round. They take 21

units a semester as well as do military training in the afternoon, and they are required to be on a competitive team of some sort either intercollegiate or intramural. I have found the Cadets to be polite, hard-working, intelligent, motivated, extremely fit, and sleepy. We are enjoying our stay on the east coast, and have particularly enjoyed many spectacular events in New York City. However, we are all looking forward to being back in sunny California next year.

❖ Kris Jankovitz (kjankovi@calpoly.edu)

Hi All:

What a year in the Kinesiology Department! Again, we have a phenomenal group of students. The quality of Cal Poly students never ceases to amaze me. I can't believe how fast the time flies. This is my sixth year as a faculty member at Cal Poly. I still teach the general education health education class, which I really enjoy, and in the clinical/ worksite health promotion and health education concentrations and the exercise science and health promotion graduate program.

I've had the opportunity to present at several conferences the past few years, and I must tell you that the presentations Dr. Davis and I did related to the survey we conducted of Commercial/Corporate Fitness Alumni were extremely well received by students and professionals. Dr. Davis and I also have continued working with the San Luis Obispo Fire Department conducting fitness testing. Thanks to the hard work of many students and leadership by Dr. Davis an article we co-authored about firefighter fitness was published in Research Quarterly. I recently have shifted gears in relation to research in that I am now part of a research team investigating the duration of breastfeeding of infants born in San Luis Obispo County. It's been an ongoing interest of mine and it's been rewarding to study.

On the home front, Ted and I celebrated our 15th wedding anniversary just days before Annie and Ben celebrated their 6th birthday. The family made a big change and moved over the hill to Atascadero. It's been quite an adjustment for a city kid like me, but we are enjoying the space and serenity of a rural area. We are enjoying the opportunity for so many more activities with our kids now that they are older. Fishing and Karate have become the favored past times and this spring the kids want to raise hogs for the county fair. Heaven help me ... I feel like Eva Gabor in Green Acres.

It's always great to hear from alumni and friends. Please let us know what you're up to and come and visit when you can.

❖ Ray Nakamura (rnakamur@calpoly.edu)

Konnichiwa (Good afternoon) ogenki desu ka (How are you?) I hope all is going well and that you had a great year. This has been a slow year for me and I haven't a lot to tell you. I have been doing a lot of community service projects and was fortunate enough this past year to receive the President's

Service Award for Distinguished Faculty in Service Learning, and was nominated by the Academic Senate to represent Cal Poly for the Ernest Leyton Award for Faculty Achievement and Service. I'm in the process of revising my book, "The Power of Positive Coaching," and really enjoying the research that goes with trying to improve it. It has also been really nice to see the growth of our new faculty. They are an energetic group and we are lucky to have them. However, although I am happy for Sonja Glassmeyer in her decision to retire, I will miss her. I was also lucky enough to give a presentation in Park City, Utah so I had an opportunity to see the Olympic facilities and some of the athletes practicing. That was exciting.

Well, that's about it for now. When you come for a visit, be sure to stop by and say "hello." And as Andy Kaufman would say "domo arigato gozaimas" (Thank you very much).

dewa mata nochihodo (See you later)

❖ Camille O'Bryant (cobryant@calpoly.edu)

Greetings Cal Poly Physical Education and Kinesiology Alumni! I am halfway through my third year at Cal Poly and my love for Cal Poly continues to grow. We truly have the best students! I appreciate the myriad of ways in which my students challenge me to continue learning and finding creative strategies to keep the content in my courses current, interesting and useful for their professional and personal goals. I am currently in the process of revising two new course proposals (sport and film, and sport and gender). Both courses will (hopefully) be offered as part of the general education program at Cal Poly. So, not only will Kinesiology majors have some additional electives from which to choose, but students from across campus will have an opportunity to learn more about our discipline and the ways in which Kinesiology (sport and physical activity) impact our lives. I wish you and your families well and hope to meet some of you in the not so distant future.

❖ Andy Proctor (aproctor@calpoly.edu)

It is amazing how many things have changed at Cal Poly, yet the important things have stayed the same. The CSU system and Cal Poly have certainly changed. Cal Poly has more buildings and we once again have tennis courts. They even put a new roof on Crandall gymnasium! However, our department is still offering a quality program for our majors, and our students continue to perform well while still enjoying the college environment. All-in-all, everything is well on this end and I certainly hope the same is true for all of you.

❖ Susan Puhl (spuhl@calpoly.edu)

The PolyFIT program is growing nicely. We've been doing fitness assessments and occasional exercise prescriptions for the Cal Poly community for just over a year now. The program, which was begun as a Senior Project by student Morgan van Doorn, now offers assessments in cardiorespiratory

fitness, muscular fitness, flexibility, and body composition. Two of our graduate students, Dave Pomfret and Ena Sorensen, head up the program. We're very pleased that more and more of our clients are asking for assessments other than body composition, providing us good evidence that the program is indeed moving beyond the success of the body composition assessment program of the past. We've introduced a new Pro Act that will be required of the Clinical and Worksite Health Promotion students. The new course is tentatively named "Group Fitness Activities" and will serve as a means of introducing students to the various group activities commonly seen in exercise facilities. They'll also learn leadership skills associated with leading a group of individuals varying in fitness through an effective, safe workout. Finally, we've introduced what I like to call "Lab Rats". Starting Spring Quarter, students who would like to have additional experience in the Human Performance lab can sign as lab assistants. They'll gain experience in using and maintaining lab equipment, and will also have the opportunity to become part of ongoing research teams. Stop by when you're in town, and check out the new things going on in the lab!

❖ Kevin Taylor (jktaylor@calpoly.edu)

It's the winter of my third year and I can hardly believe that we have been here for two and half years already. My wife Michelle is also working full time in Kinesiology this year on a one year contract covering for Kellie Hall, who is on secondment to West Point. Our son Christopher just celebrated his second birthday, and he remains a constant source of joy and inspiration!

My third year at Cal Poly is proving to be just as busy as the first two but again it is richly rewarding and very fulfilling. This year has been a busy one for the Adapted Physical Activity Programs. I run four programs which provide students taking Kine 307, the Adapted Physical Activity class, with engaging options for the lab portion of their class. Students still go into the public schools to assist with Adapted PE but others can now sign-up for a program that may be more suited to their concentration or interests.

The four programs are The Friday Club, EyeCycle, Adapted Paddling, and Team Fit. The Friday Club is a collaborative effort with Special Olympics. Every Friday groups of Special Olympics athletes come to Cal Poly to work with our students who teach them sports skills. In the fall we work on Soccer, in the winter we work on Basketball, and in the spring we work on Track and Field.

The EyeCycle program is designed to work with people who are blind or visually impaired, our students use a tandem bicycle to take participants on bicycle rides. We recently acquired funds for a second tandem as well as cycling jerseys and jackets. If you are in the San Luis area then keep your eyes peeled, you might see a tandem ride by captained by one of our students!

The Adapted Paddling program prepares our students to act as assistant instructors teaching people with ambulatory disabilities to paddle kayaks.

Last summer we were awarded a grant of \$5000 by the Christopher Reeve Paralysis Foundation, and this year we are featured in Necky Kayaks 2002 catalogue. Necky also donated two kayaks and sold us four more at vastly discounted prices, they have been tremendously supportive of our program. We were featured on local television news stations three times in the fall and are hoping for more publicity and coverage in the coming year.

Finally, Team Fit involves collaboration between Special Olympics, the YMCA and Kinesiology. Our students work as personal trainers with Special Olympians who learn how to build an exercise program and how to use all the equipment at the local YMCA. This program is offered on a limited basis when appropriately skilled students are available.

I am thoroughly enjoying my life in San Luis Obispo, raising my family on the Central Coast and working at Cal Poly, this truly is a wonderful place to live and work. Whatever your connection to Kinesiology at Cal Poly, stay in touch and have a great year!



But Wait...We Asked Dr. Taylor to Tell You About a Couple of Kudos:

This past year I was extremely honored to receive two professional awards. First I was selected by the Cal Poly Disability Resource Center as their Outstanding Faculty Member of the Year for the year 2000-2001. I was particularly honored by this award as I know that there are a great many wonderful people who work very hard to support students with disabilities at Cal Poly, to have been selected ahead of such dedicated professionals is a wonderful honor.

I was also honored to receive a President's Service Award for Innovation in Service, awarded by Cal Poly president Dr. Warren Baker. This award was earned as much by the people who worked with me on the Adapted Physical Activity Programs over the past twelve months and I would like to thank them for their wonderful dedication. Thank you to Jeff & Monica Clark, Tana Ching, Polly Mintling, Tom Reily, Sharon Kuhlenschmidt, Adeline Martinez, Tiffany Aguilera, Tori Humphrey, Loren Meanza, Jody Gaydos, Steve Hollenbeak, Sue Reese, Pat Henry, Paige Perry-Johnson and Long Nguyen.

Andrea Brown
Kinesiology Department
Cal Poly - SLO
San Luis Obispo CA 93407

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Questionnaire

We would like to hear from you concerning the effectiveness of our curriculum in preparing you for your career. Please take a couple of minutes to complete the questionnaire below and return it to us ASAP.

1. What kind of coursework or experiences should be added to the curriculum in order for it to become more effective?
2. What courses or experiences have you found particularly useful in your career?
3. Please suggest future directions or initiatives which the department should consider undertaking.

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Alumni Update

Years and Activities within the Kinesiology Department:

Current PE Activities:

Personal News for Friends:

If this isn't enough space, don't hesitate to write us a letter.

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