

KINESIOLOGY News

California Polytechnic State University, San Luis Obispo, Ca 93407

2002 -2003

From the Department Chair...

I would like to thank you all for your support of our Cal Poly Kinesiology Department. Many of you have seen a number of changes over the years, including the name of the Department, the faculty who have taught in it, the programs and concentrations offered to the undergraduate students, and the development of the graduate and teaching assistant program, to name but a few. Through all these changes, the students who have graduated from our programs have proved themselves to be competent, well prepared, and productive professionals in a variety of fields. These young people have been crucial in continuing the positive reputation of Cal Poly.

Change, as defined in Webster's New World Dictionary means, "To pass from one phase to another; to cause or become different; to enter upon a new phase; to alter." All four descriptors are pertinent to the Kinesiology Department in the past year, 2002-03. Jerry DeMers decided to return to teaching, and I was appointed as Chair, resulting in the Department changing from one phase to another. Jill DeMers was appointed to work in Academic Programs and resigned from the Kinesiology Department, resulting in the office management becoming different. With myself as the new Chair and the appointment of Shirley Huston (see her "story" inside) as the new Office Administrative Coordinator, we are entering a new phase of management practices. Finally, the budget situation in California has demanded that we alter the way in which we operate, offer classes, and hire new faculty and staff. These changes in the Kinesiology Department are systemic and ongoing.

As many of you know, I have been a faculty member in the Department since 1987, and for most of that time I was coordinator of the Teaching Concentration Program. The move to Chair was quite sudden, but I am enjoying the different responsibilities. As Shirley and I have worked together in recent months, we have had to learn new skills, new computer programs, new paper work, new deadlines, and new almost everything, so our learning curve has been very steep. Jerry and Jill have helped in this transition, as have Dwayne Head and Terri Hansen, who continues to be the part-time Administrative Assistant in the office.

Also new to our Department is Jack Collins (see his "story" inside) who is an Electronic Systems Specialist. Jack has already resurrected equipment that had almost departed this life, helped us search out and order new equipment with College Based Fee (CBF) funds, and alleviated the workload of faculty by preparing many labs. Faculty who work in Exercise Physiology, Biomechanics, Motor Learning, and Pedagogy areas are especially appreciative of the very positive work ethic and skills that Jack has brought to the Department.

College Based Fee (CBF) funds? These funds are paid by the current Cal Poly students over and above their tuition. (See College Based Fee investiture and voting results links at <http://calpoly.edu~cosam/>.) Last year (2002-03) the Kinesiology Department received \$200,000 of this money. A committee of faculty and students allocated this money to new equipment and to student and faculty travel to professional conferences. The equipment we bought includes a refurbished Echocardiograph, a portable VO² System, a Monark 828E Professional Ergometer, Polar heart rate monitors, a Hydraulic Hand Dynamometer, a few digital video cameras, and kayaks! Thank you to our current students for assisting us in providing quality equipment to support our quality programs.

Providing travel funds for students is a new program in Kinesiology. The CBF funds offer some support for students attending professional conferences and meetings, and substantial support for those who are either presenting themselves or assisting faculty in making presentations. To date, we have had approximately 25 students involved in making significant contributions to national and state professional conferences and meetings. These opportunities are very challenging for the students and obviously enhance their professional development.

As Chair of Kinesiology I would like to encourage you to stay in touch with the Department. I ask that you, the alumni, friends and patrons of the Kinesiology Department, let me know what you think about the current programs and experiences that we offer the students and how we can improve our programs. Let me know about opportunities you can offer our current students, if you can help us in any way, and if the Department can help you. Finally, please know that the faculty are proud of our Kinesiology Alumni, very appreciative of all our friends and benefactors, and that we will continue to seek out excellence in all that we do.

Sincerely,



Andrea Brown



Andrea Brown

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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, 2002 through March, 2003). If we have omitted your name in error, we apologize. Please let us know so we can correct our records.



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Lesley J. White
George B. and Phyllis A. Whitmore
Margaret M. and Michael D. Wickstrom
Susan R. and William L. Wiener
Darla R. Williams
Janet S. Williams
Dianne Wilson-Graham
Judith J. Young
Jason R. Zinn

Bachelor of Science

Aguirre, Victoria Sara
Andoli, Kathy F.
Archibald, Bryan Edward
Brusdeilins-Chaffin, Lindsay A.
Burns, Emily Fulton
Byham, Amanda Helen
Cavaletto, Teresa Marie
Ching, Tana R.
Correa, Rudy Angel, Jr.
DeRego, Jennifer Dawn
Diaz, Wilfred Jesus
Edwards, Ryan Andrew
Ellsworth, Leslee Jane
Evans, Janell Alese
Fetterly, Janette Adelle
Garza, Abel
Garza, Darlene Joann
Glover, Christine Joy
Goldzman, Lawrence Mathew
Goodale, Jennifer Caroline
Gritzke, Christine Renee
Gross, James David
Gutierrez, Karina
Helvey, Dustin William
Hoaglund, Amanda Blythe
Kasunich, Keena Marie
Knowles, Craig Alan
Lelke, Wendi Sue
LoBue, Summer Lauren

Malinowski, John Louis
Martinez, Adeline Debra
McDonald, Valorie Morgan
McKenzie, Chad Edward
Messer, Ashley
Mountin, Christina Lynn
Munn, David Paul
Newman, Nicole Linda
Reed, Kerianne Marie
Reiner, Lydia Danielle
Rible, Erin Catherine
Rither, Denise Janet
Roberts, Cambria Ann
Sather, Briana Mae
Sheldon, Scott Michael
Sherman, Matthew James
Sigel, Kristin Marie
Stratton, Sara Elizabeth
Tarnay, Lorena Maureen
Thomas, Elizabeth Roseanna
Timpone, Lisa Christine
Tomforde, Nathanael James
Toomey, Jody Lyn
Trosper, Tanner Brandon
Washington, Keith
Wells, Jennifer Eve
Whitmore, Gregory George
Winterberg, James Daniel
Yamamoto, Michelle Masako

Master of Science

Belo, Christina A.
Bosse, Michelle Catherine
Daddona, Michelle Ann
Janiak, Anthony Edward
Merlo, Angela Renee

Minton, Coral L.
Orahood, Dean Harper
Stevens, John R.
Stickney, Sean Roger



Scholarships

Cal Poly Memorial Scholarhsip
David Clarke Pomfret

Don & Jean Morris PE&K Department Endowment
David Clarke Pomfret

Dwayne Head Scholarship
Megan Elizabeth Cooper

Gencorp Scholarship
Breann Jean McDonald

Jerry Lee Frederick Scholarship
Rodger Brian Milbourne

J.W. Van Dyke Memorial Scholarship
Kristi Ann Caldeira
Kathleen Ann Collins
Patrick Raymond Henry
Nicole Erika Longfellow

Mary Stuart Rogers Foundation Scholarship
Jenny Danielle Hanson

Merced Union High School Scholarship
Lindsay Danielle Ellington
Jenny Danielle Hanson
Sarah Kaul Montgomery
Kevin Anthony Santos

Robert Mott Memorial Scholarship
Megan Elizabeth Cooper

Rodeo Scholarship
Kendra Lee Cohn

**PEACH
2003**

July 18-27, 2003

We personally invite you to be a part of PEACH Workshop 2003. We are in our 57th 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. I believe 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 our Pismo Package that includes: fitness, surfing, sand volleyball, bocce ball, and Over-the-Line for student recreational activities? Other great activities include Yoga / Somatics, Fly Fishing, Project Adventure, Introduction to Kayaking, Heart Zones, and Kettle Bells. The workshop allows for skill development and practice in a variety of special sessions, socials, and tournaments. 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 18th, 2003. The five-day workshop's registration is July 20th.

For more information see our website at www.peachworkshop.com
Or call Denni or Sam at 760/345-8649.

Denni Barrios/Sam Wison
PEACH Directors 2002/2003



President's Community-Based Learning & Service Awards

The "President's Community-Based Learning & Service Awards" are presented by President Warren J. Baker, The Community CENTER, Academic Affairs, and Cal Poly Student Life and Leadership.

These awards have been given since 1994. The award ceremony is the University's way of recognizing the efforts of students and faculty that work beyond the campus and into the community to make a positive impact on the lives of others.

On May 30, 2002, these awards were given for "*Innovation in Service*" to Kinesiology student Tana Ching and to faculty member Dr. Kevin Taylor.

We're proud of you Tana and Kevin!

Your Friendly Kinesiology Faculty!



From Left to Right: Bob Clark, Mike Sutliff, Kris Jankovitz, Kevin Taylor, Susan Puhl, Kellie Hall, Andrea Brown, Steve Davis, Jerry DeMers, Ray Nakamura, and Andy Proctor. (not pictured: Sonja Glassmeyer, Camille O'Bryant)

Visit the Kinesiology Web Page!

<http://www.calpoly.edu/~pek/>

**Faculty e-mail addresses
are listed in the Faculty News
section of this issue.**

**For more information, you can call:
Shirley Huston, KINE Administrative
Coordinator, at (805) 756-2545**



The "New Kids" in the Kinesiology Department

SHIRLEY J. HUSTON – Administrative Coordinator

I am pleased to be part of the Kinesiology team. I was on temporary assignment from mid-September and accepted a job offer in mid-December.

I was born and raised in South Africa, where all my immediate family still resides. I have lived in East London and Port Elizabeth and have relatives who are pineapple farmers and raise cattle and sheep in the Eastern Cape Region of South Africa. My mother lives in Port Alfred and my brother, Darryl and his family live in Port Elizabeth. I am an aunt to Carmen who will be 8 in April, and the twins, Ryan and Jessica who turned four in October.

I started my career in banking and worked in various departments spanning approximately 9 years of service. Also, during this time I was eager to pursue my interest in travel. In 1976, I spent 6 months back-packing and youth hostelling in Scandinavia, Europe, and UK. In 1980 I enjoyed a 6 week camping trip of Europe, leaving from London, and then went to Greece and Israel. In 1983 I went to Australia and New Zealand, where I met my future husband (American) on a bus going from Queenstown to Milford Sound, in South Island, New Zealand. I then spent a week on Oahu, Hawaii, which was half way around the world for me, and then arrived in LA and flew to San Francisco. I joined up with a family member and we traveled 3000 miles in one week covering SFO, Yosemite, Death Valley, Las Vegas, Grand Canyon, and San Diego. It was during this trip I made contact with the fellow I met on the bus in New Zealand, who was living in Seattle at the time, so I guess the rest is history! We were married in Seattle, in August of 1984. In June of 1985 we moved to Arizona and to California ten years later. My husband started working for Tandem Computers (which became Compaq and more recently HP), and a year later I was hired there as an Administrative Assistant. I worked in various divisions until last July, when we decided to move from the San Jose area to Atascadero. I was very blessed to have my mother with me for 6 months. She was a tremendous help with the move and got to experience a little of the beauty of this area as we were settling in. At the end of August, after my mother returned to South Africa, I applied to Cal Poly Emergency Pool for work and then got a call from Dr. Brown.

I have really enjoyed working with the Kinesiology faculty and students and greatly appreciate the help and support from others on campus. Needless to say, I have been learning a great deal each quarter and look forward to the activities the summer workshops will bring.



Shirley J. Huston and Jack Collins

JACK COLLINS - Electronics Systems Specialist

Howdy Folks. The College of Science and Math funded a new Electronics Systems Specialist (ESS) position in the Kinesiology Department, and I was the one lucky enough to be chosen for the job.

Previous to coming to Kinesiology I spent 5 years as the technician supporting the Chemistry Studio Lab for the Cal Poly Chemistry Department. Before that I worked for 8 years as an environmental analytical chemist, and although I did lots of chemistry I always seemed to be the guy that ended up fixing and maintaining everything.

As I write this short bit, I've been on this new job exactly 2 weeks and am very impressed with the professionalism, knowledge, and warmth of the folks that make up the department. I'm looking forward to applying my skills to helping these people with their equipment/computer needs.

I play guitar in a rock n roll dance band called the "Usual Suspects." Many of the amplifiers we use are either heavily modified or built from scratch by yours truly.

❖ 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

❖ MacDonald, Dwight ('80)

Married to Kim for 12 years, two children, Brett (4) and Haley (9). Athletic Director at Nipomo High School in California. Twenty years with the Lucia Mar unified School District.

❖ (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
- ❖ **(Walling) Novin, Meredy ('95)**
I am currently a physical therapist at for Rehab Care Group, living in Woodinville, Washington, and expecting my first baby in July! Email: MeredyNovin@yahoo.com
- ❖ **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)!

❖ Bob Clark (rdclark@calpoly.edu)



Greetings,

Here is the latest from the biomechanics lab. Thanks to College Based Fee funds, we now have a computerized isokinetic exercise machine (Ariel Computerized Exercise System or ACES). Isokinetics are important for any athlete involved in rapid ballistic type movements (very few sports skills occur at slow speeds). However, it's typically hard to find this type of equipment, or people who actually know how to use them effectively. Furthermore, as with dynamometers such as the Cybex *Æ*, computer driven systems allow testing of individuals and record keeping of their results. This will broaden the scope of exercise possibilities for our students when they graduate. It has been a pretty good year

for attending conferences. Two of my senior project students presented at SWACSM in Las Vegas, I presented a 90 minute tutorial (Exercise Specificity and Movement Training), and moderated a panel discussion. In between attending sessions and contributing my part, I met some very interesting people. In other research related news, one of my MS students has just completed data collection involving Cal Poly's Wheelmen, but female racers (maybe wheelmen isn't a good name?) and he will be presenting at the national ACSM meeting this year. Two other students I supervise will be presenting at a biomechanics conference at Pepperdine. On top of that, I have students collecting data with tennis players (examining muscle stiffness effects on a shuttle run test) and dynamic balance (examining some ways to improve dynamic balance). So, it looks like I'll be going back to Las Vegas again this year (if you didn't know it, the SWACSM will be there again!).

❖ Steve Davis (sdavis@calpoly.edu)



Greetings everyone! Hope you are all doing well out there in the "real world". Here at Cal Poly life continues to be very hectic. In addition to my normal teaching schedule and work as the chair of the university human subjects committee, last year I served as the "President-Elect" of the Southwest Chapter of The American College of Sports Medicine. Much of my time was devoted to planning the annual meeting program. Thanks to a lot of help from my colleagues Dr. Clark, Dr. Jankovitz, Dr. Puhl, Ted Weber, and Colleen Cooke, to name a few, the meeting was a tremendous success! It was great to see so many Cal Poly students and alumni too! For your information, Dr. Puhl and I plan to have the ACSM *Health/Fitness Instructor* certification examination prior to the next

SWACSM meeting in Las Vegas on November 6th, 2003. This year I'm the "President" of SWACSM, so if you have suggestions for the Chapter, please contact me. Hope to see those of you I missed this year at SWACSM at the ACSM *Health and Fitness Summit* in Reno and the National ACSM Meeting in San Francisco. All of you who helped Dr. Jankovitz and I, and Dr. Webb before that, with the SLO Fire Department Fitness Testing program here at Cal Poly may want to check out the article, "*Physical Fitness and Cardiac Risk Factors of Professional Firefighters Across the Career Span*". Dr. Jankovitz, statistics professor Dr. Steven Rein, and I co-authored this work which appeared in the

September 2002 issue of the Research Quarterly for Exercise and Sport. Thanks to the generosity of our Cal Poly students I am looking forward to the imminent arrival of our new echocardiograph, a Hewlett Packard *Sonos 1500* system. Actually, it's a refurbished instrument at much lower cost than a new machine, but it will greatly enhance the echocardiography course this spring. Next time you're back in Webb Lab, check it out! With the state budget crisis of 2003 at hand, please keep your generous gifts coming, or at least send us an E-mail every once in awhile to let us know how you're doing out there. (It helps us keep going when we know our hard work has contributed to your success.) 'Til next year, please remember, *"You have a right to be healthy, so exercise it!"*

❖ Jerry DeMers (jdemers@calpoly.edu)



The past three years I was Chair of the Kinesiology Department. This time went extremely fast and was quite educational. Most people don't understand the massive responsibilities one has as a department chair. The reason the time went so fast was because I was busy at all times.

This year, I am back to my first love, teaching. My daily activities have changed dramatically and I am really enjoying the classes I teach. Though things at the office have slowed some, I still seem to be very busy. I have been appointed to a national YMCA Aquatic Safety Committee. The committee develops safety policies for aquatic programs offered through the YMCA. Last year I was involved in writing a new book for the YMCA and it was published this year

(2003). The name of the book is YMCA Aquatic Management. This book is one-of-a-kind. It contains all the information you need to know as an aquatic director. It is used in conjunction with the "Y" Aquatic Facility Manager course. This book is over 700 pages long and is an excellent reference for anyone involved with aquatic management.

I am currently in the process of co-authoring a book "Designing Aquatic Facilities." We have the first draft submitted to the publisher (Human Kinetics). The book has twenty-two chapters and is written for architects, engineers, lawyers, and aquatic directors. Chapters include aquatic facility maintenance, safety considerations, renovation, pool chemistry, disinfection systems, filtration systems, energy conservation, bathhouse facilities, equipment and accessories, and enclosures. It also contains specifications for all types of aquatic facilities including water parks, residential pools, motel/hotel pools, competitive pools, therapy pools, spas and steam baths, and open water facilities.

I have been working on this book for the past two years and it is finally close to being completed. This has been an exciting project and should meet the needs of pool planners and builders.

Another project I've been working on the past two years has been assessing YMCA aquatic facilities. This has been a very interesting project. The experiences I have had in doing these assessments have benefited my students and me. It's been nice to get out into the real world and see what's happening in aquatics. I am taking a sabbatical leave next Fall quarter to tabulate all of the information colleagues and I have collected

at 1000 YMCA across the United States. The information will help determine what changes need to be made in order to make YMCA aquatic facilities safer. As you can see, I am still keeping busy with outside activities that contribute to my education and allow me to incorporate what I learn into my courses.

On a personal note, my wife Jill has accepted a new position in the office of Academic Programs. She was with Kinesiology for 25 years. She loves her new job and is learning new things every day. She enjoys the challenge and the atmosphere offered in the Vice-President's office.

❖ **"Dr. G." Sonja Glassmeyer (sglassme@calpoly.edu)**

Well, I am still here! Although I officially retired in December of 2001, I decided to teach part-time in the Faculty Early Retirement Program (FERP). I have LOVED this school year! NO faculty meetings, no committee meetings (unless I choose to participate), and NO school politics! How nice it is to just teach and spend time with my students! However, I am just as busy now as I was teaching full-time, but that is okay.

Gary and I are still living out in the country, about 70 miles north of San Luis Obispo, where it is still nice and quite with lots of wildlife and clean air. We enjoy going to the movies in either Paso Robles or King City, going to concerts at the Performing Arts Center in SLO-town, and we will be doing more traveling in the future. Our first real, big trip in many years will be to Alaska this summer.

Keep in touch – I so enjoy hearing from former students and all that is going on in your lives. My email: ssglassme@calpoly.edu

Better yet, come and visit when you can!

❖ **Kellie G. Hall (kghall@calpoly.edu)**



Hello, past and current Kinesiology folks.

One of the best things about being away from Cal Poly is the return! We had a wonderfully exciting and different year on the East Coast last year. Greg and I both taught at West Point and thoroughly enjoyed teaching the Cadets. What a snappy and fit bunch! Our family of five was housed on base with the military personnel and the people there were so friendly and welcoming. We had the opportunity to learn about our country's history and see what it's like on the other coast. We fell in love with New York City and loved living in the snow. I learned a lot about leadership and the research being conducted with our soldiers.

We are thankful for the experience.

This year, we are very happy to be back on the West Coast. Personally, I am very happy to be back teaching my usual classes at this delightful, somewhat liberal and very familiar West Coast University. Greg is happy to be back to a year-round golf environment, though he still did his share of golfing at the West Point golf course and other nearby courses. The children miss their friends from West Point, but are delighted to be back with their friends here. They jumped right back into their many activities without missing a beat. I continue to be the graduate coordinator for our department and enjoy working with our graduate students tremendously. Hope you are all well.

❖ Kris Jankovitz (kjankovi@calpoly.edu)



Greetings Alumni and Friends! The Kinesiology Department is alive and kicking, thanks to our phenomenal students. I am enjoying my seventh year as a faculty member at Cal Poly. I 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 the greatest success has been co-presenting with students. It was fun to catch up with many alumni at the 2002 Southwest District ACSM meeting in Las Vegas. It is also gratifying to see so many of our graduates serving to promote health, fitness, and well-being with such skill and passion. Your professional contributions are inspiring to us all.

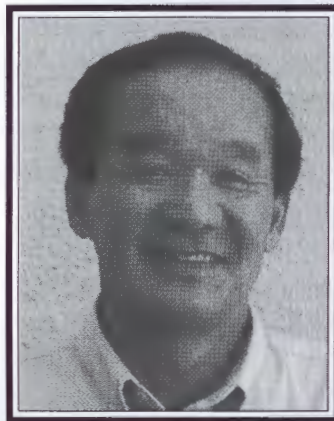
This year I also served as Vice-President for Multicultural Enrichment with Southwest District AAHPERD. Several Cal Poly students and faculty presented at the conference in Reno in February 2003. Our students and faculty were outstanding and represented Cal Poly extremely well. My experience with this organization has been a wonderful professional opportunity and I am thrilled that I will be affiliated with SWD for another two years as VP for Health, through 2005.

Our ongoing research project investigating the duration of breastfeeding of infants born in San Luis Obispo County is going strong. We will continue collecting data on this longitudinal study until May 2004. Maternal and Child Health has been an ongoing interest of mine and it's been rewarding to study.

On the home front, our family is doing well. The twins are in second grade and they sure keep us hopping. Sometimes when people ask me where I live, I tell them in a white mini-van because I spend so much time transporting kids to their various activities. I'm sure all the parents out there can relate.

Thank you to all our alumni and friends for your support of our program. It is always nice to hear from you. Until next time, be well.

❖ Ray Nakamura (rnakamur@calpoly.edu)



Aloha alumni and friends, I hope all is going well and that each of you are doing things to stay healthy. Did you workout today? That question was just the old teacher in me. Remember to take some time out for yourself each day to enjoy doing something that you truly love.

Although it seems that I am very busy, each year it gets harder to write something new, interesting, or exciting about what's happening in my life at Cal Poly. I must just be getting old and boring. Although this is my twenty third year at Cal Poly, I still enjoy my students. It is always refreshing to see their enthusiasm and occasional sense of self-discovery. It makes it all worthwhile. Professionally, I have been working on revising two of the books that I had written, so that has taken up a lot of my time this year. I hope they will be out on the

bookshelves by September. I've also been making a few presentations at different conferences. Fun wise, I am still pretty healthy and still work out regularly at the recreation center. I have also been consumed by the game of golf. It has become my passion, and I am determined to get good at it. Unfortunately, I still have a long way to go. You would think it should be pretty simple to hit a little ball straight. If anyone reading this section knows the answer, please come for a visit and show me the way.

When you come back to visit Poly, make sure you stop by. I look forward to hearing about you and your corner of the world.

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



Four years and counting. I am happy to say that I am beginning my "senior" year at Cal Poly and loving every minute of the SLO life. My students continue to challenge my peers and me to work hard, integrate new and innovative content into our courses and support them in their professional development. It has been especially nice to work with a variety of students to prepare their senior project research for presentation at professional meetings. This past February I had the opportunity to present with five students at the 2003 NW/SW/Nevada AAHPERD Combined Convention in Reno, NV. Two students and I will co-present their senior project research at the 2003 AAHPERD National Convention and Exposition. I would like to publicly acknowledge and thank the following

students for their tireless efforts to prepare their student research projects for presentation at these professional meetings: Lorneneth Merana, Long Nguyen, Megan Cooper, Katie Hunt, Patrick Henry, Jody Toomey, and Emily Burns.

❖ **Andy Proctor (aproctor@calpoly.edu)**



I hope this newsletter finds you well and happy, because I am sure that everyone is busy with work, families, and life in general. I tell most of my students that the easiest time you will have in your life are your days in college, am I right? By the way, students generally laugh when I say this. Be sure to keep in contact with those teachers who have meant the most to you throughout your education. This suggestion includes all teachers from Kindergarten forward. I assure you that they remember you and enjoy your comments.

❖ Susan Puhl (spuhl@calpoly.edu)



Hi, from the Human Performance Lab!

There are some exciting changes in the lab this year! The college-based fee program is providing the resources for some much needed updates to the lab. We've been able to acquire new equipment and to repair some of the older machines. Among the newest equipment is a portable system for measuring oxygen consumption. Starting this spring, we'll have students supervising research projects all over campus. Our first project will look at the validity of some waist band caloric expenditure devices (they look like pedometers) – the numbers look good in the lab, but no one has shown them to accurately estimate caloric cost of activities in the “real” world. A project coming down the way is a measurement of the actual caloric cost of resistance training, studying various combinations of sets/ reps/ load to determine how many calories it really does take to lift that 25 lb dumbbell.

Another new piece of equipment is a BodPod. It's a plethysmograph (you get 5 extra points if you can say that 3 times quickly) – a device that measures body density. Those of you who remember your KINE 303 labs will recall the underwater weighing system currently used to measure body density. The BodPod attempts to measure body density via air displacement rather than water displacement – so it's a bit more user friendly. Actually, it's kind of fun. The device looks like a huge egg (those of you old enough to remember, think Mork's egg!). You just sit in it, and watch through a huge porthole as the technician makes the necessary adjustments and gets your measurements. Two students are currently testing the device, comparing its results to those from underwater weighing.

Our fitness testing and exercise prescription program, polyFIT, continues to grow. We're attracting students from all concentrations to be trained in fitness assessment. The students work in supervised teams to offer health-related physical fitness assessments to the Cal Poly community. The college-based fee funding has allowed us to purchase new software for the lab. Once we get it fully loaded, we'll use it to print out professional looking results forms and individualized exercise programs for both polyFIT clients and students in the Testing and Exercise Prescription class.

And finally, probably the best new thing in the labs - not just the Human Performance Lab, but all labs in the Kinesiology department - is our very own Equipment Specialist (Jack Collins). His expertise has already made a significant impact in the lab – no more showing up for lab only to find that the equipment isn't working quite like we want it to!

So next time you're in the neighborhood, stop in and let us show you all the changes. I think you'll find that the changes are keeping the Cal Poly tradition of “learning by doing” at its finest!

❖ Michael Sutliff (msutliff@calpoly.edu)



Wow, what a challenging and rewarding year. If you need a new roof, I'm your person. My wife Cindy and I have purchased a new home that provides our family of six (four boys) with more space to run around and create havoc. That's the good news; the other side to the story is that the house is a major fixer upper. I have numerous trades since moving. The most physically demanding was installing a new roof that also needed new sheeting. Lifting 95 sheets of plywood on the roof was quite an endeavor. Fun stuff. I also learned creative plumbing tasks, electrical work, and tiling. For those who are dying to know, we decided to go with slate. The process has been hard, fun, challenging and very educational. Cindy and the four boys (Colin 12, Brandon 11, Taylor 8, and Patrick 5) all helped

with the each aspect, and I am grateful.

Professionally, work has been just as exciting. I have been fortunate to maintain two programs that undergraduate students are involved with. This year four undergraduates have taught in the at-risk program. The purpose of the program is to teach self and social responsibility to at-risk high school students in San Luis County. In the past six years we have had over 40 undergrads teach over 200 students. Two of the students from that program have chosen to work full time with at-risk students.

Stacy Mallouf (Narren) is currently employed as a teacher in the community school Nipomo and John Bedrosian works with students at the Grizzly Academy. The program has made a tremendous impact on the lives of at-risk students and Cal Poly teaching concentration students.

The Home School Physical Education program is also going strong as we enter our second year. The focus of that program is to provide quality physical education to home school students' ages 4 – 15. Since its inception undergraduate students have taught over 100 home school students non-traditional games, fitness concepts, and project adventure activities. This year we have 8 undergraduates working with 35 home school students each Friday afternoon in Los Osos. Program goals are based on the needs of the home school children and developed by the home school physical education teachers.

Another exciting aspect of my work is my association with KINE 423 teachers. Each year our undergraduate seniors enroll in this middle school fieldwork class where they learn to teach middle school physical education from three outstanding physical education specialists. These three teachers do an excellent job training our students how to become effective and successful physical educators. Doug Morrow, Terry Norlock (both Cal Poly Graduates in Physical Education), and Joe Ottrando work diligently with our students on lesson design, creative teaching practices, and management skills. Their professionalism, creative and innovative content, and high standards are critical in helping teaching concentration students grow as teachers. It's that type of commitment from professionals like these that set our graduates apart from others, and we are very fortunate to have them.

❖ Kevin Taylor (jktaylor@calpoly.edu)



This is my fourth year at Cal Poly, how time flies! My wife Michelle is teaching part time this year, and our son Christopher just celebrated his third birthday, very exciting. He remains a constant source of joy and inspiration! This year we were blessed with the birth of our second son, Kieran Michael Taylor, born September 17th after 22 hours of labor!

Another busy year has past and again it is richly rewarding and very fulfilling. I am still running the Adapted Physical Activity Programs which provide lab opportunities for students taking Kine 307, the Adapted Physical Activity class. Although there is a wide variety of lab option such as assisting Adapted PE teachers in the public schools, I remain focused firmly on building three pro-

grams that provide pertinent lab opportunities for Kinesiology students from each of the different concentrations.

The Friday Club, EyeCycle, and the Adapted Paddling Program are going from strength to strength. 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 works with people who are blind or visually impaired. Our students use a tandem bicycle to take participants on bicycle rides. This time last year we were purchasing our second tandem, so I am very excited to report that we just acquired our fifth tandem! We also have some very attractive new shirts and jackets with our name and logo all over them, so if you live in San Luis 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. We now have a fleet of twelve boats and a brand new trailer to cart them around! One of the participants in our first program has become the latest volunteer recruited to the staff of the Paddle Program, John Lee, a local occupational therapist will use his company's vehicle to tow the new trailer for us! I am currently working with senior project students on some very exciting extensions to the Paddle Program, one is an advance paddle trip to the Channel Islands; the other is the design and construction of a solo boat for people with quadriplegia! We are working with the Mechanical Engineering Department to modify a canoe powered by a "trolling motor" so that it can be controlled through a combination of biting, blowing and sucking. Both projects are currently in need of sponsors if you're interested and able to help!

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