

KINESIOLOGY News

California Polytechnic State University, San Luis Obispo, Ca 93407

From the Department Chair...

Greetings alumni, friends, colleagues, and students. This newsletter shares with you the strength of our past, awareness of our present, and potential of our future.

Strength of our past: This edition of the Kinesiology Department newsletter is dedicated to the service of many of our esteemed retired faculty. These teachers and professors gave much of their time to students, our profession, and the culture and standards of our programs. To acknowledge and celebrate their contributions and gifts to us, a current student has interviewed as many as we could contact. I know you will enjoy the comments, memories, and pictures of their past and of their present. I hope that these interviews will awaken your own memories and appreciation of their work in your own professional preparation and growth.

Awareness of the present: The department has been, and will continue to be, affected by the current political and financial instability here in California. Our present resources pale in contrast to those of the past. In recent years we have offered fewer activity courses, decreased electives and, increased class size. We will soon be dropping some of our certificate programs and reducing the number of students in the department from 450 to 350. Although "the cheese has moved," the current faculty are optimistic and determined to continue to build quality programs. An example of this is the fact that as this letter goes to print, we are interviewing for a new core-track Pedagogy position. Also we have begun a new program, "Emerging Professional," to give outstanding students an opportunity to earn a certificate, given for work and activities beyond the classroom.

This is the second year of the College Base Fee (CBF) program unique to Cal Poly. Students voted to pay an extra \$250.00 each quarter provided that the money was given to the college and department. In Kinesiology, representative students and faculty constitute a committee that discusses requests for these funds and prepares a proposal to present to the college dean for funding. A college committee representing all departments in COSAM meets and determines disbursement of the funds based on recommendations from Dean Bailey. In 2002-03 and in 2003-04 the Kinesiology Department received \$220,000 from this program.

CBF funds have provided the students with access to current equipment in the labs (e.g. portable & lab-based VO2 system), increased technology, (e.g. computer stations for creating electronic portfolios), provided travel funds for both faculty and students, paid for examination fees for students taking National Certification Examinations, and provided for more lab sections and activity courses. This source of funding has enabled the Kinesiology Department to provide students with experiences beyond those possible with the state budget. We as a faculty feel privileged to work with the students who voted to have this fee.

Potential for our future: The potential for our future lies in the inherited strength of the past, the quality teaching and modeling of current faculty, effective use of resources, together with the outstanding energies and creativity of current students. I never cease to be amazed at what we as physical educators and kinesiology professionals and students can accomplish when challenged. Holding on to the excellence modeled by those in our past, the Kinesiology Department has accepted the challenge of the present and will continue to promote quality excellence in all that we do.

I hope this newsletter brings to you the delight, surprise, and affirmation that it brought to those who were instrumental in its production.

Regards,

C. Andrea Brown

C. Andrea Brown (Chair)
Kinesiology Department



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, 2003 through March, 2004). Every effort has been made to list our donors correctly. If there is an error, please bring it to our attention immediately. We apologize in advance if there is an omission.



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Breanne Kelly Long



Bachelor of Science

Allen, Steven David
 Blaney, Nathaniel Paul
 Bowman, Sarah Jean
 Cardinal, Trevor Ryan (*Cum Laude*)
 Castaneda, Eduardo Gonzalez
 Castillo, Reuben Arthur (*Magna Cum Laude*)
 Choate, R. Nathan
 Clark, Katherine Marie
 Collins, Timothy Patrick
 Cooper, Megan Elizabeth (*Summa Cum Laude*)
 Corstorphine, Kimberly Jane
 Davis, Sabra Christina
 De Leuw, Kristina Ryan
 DeRego, Jennifer Dawn
 Dobler, Erin Alyson
 Drachman, Heather Michelle
 Drake, David Marshall
 Edwinston, Alisa Michelle
 Ellis, Christopher Lee
 Evans, Robert Leland
 Ferguson, Katherine Cameron
 Frederick, Erin Marie
 Gant, Bryan Douglass
 Garcia, Whitney Lynn (*Magna Cum Laude*)
 Goldman, Zachary Phillip
 Granger, Joshua Mark
 Harper, Eric Stephen
 Harrison, Gavin William (*Magna Cum Laude*)
 Heitmann, Aaron Michael (*Cum Laude*)
 Henry, Travis Ray
 Hentschke, Stephanie Jane

Holte, Jordan Michelle (*Magna Cum Laude*)
 Hoopes, Joshua Andrew (*Magna Cum Laude*)
 Kiersted, Ashley Amber
 Krekorian, Kara Ashley
 Landes, Kirsten Elizabeth
 Lara, Luz Maria
 Liu Adolfo Albert
 Loop, Karri Marie
 Lozano, Christy L. (*Cum Laude*)
 Lum, Jeffrey Kin-yu
 Lusich, Christina Melissa (*Summa Cum Laude*)
 Marshall, Jill Rebecca
 Miyamoto, Meghan Akemi
 Morton, Joshua David
 Nelson, Matthew Steven
 Newton, James Lovell
 Olsen, Casey Adam (*Magna Cum Laude*)
 O'Malley, Maggie Joyce
 Owen, Sarah Jean
 Pasquini, Marina Rose
 Pawling, Lauren Rachel
 Quaresma, Matthew
 Sandlin, Charles Evans
 Seals, Nicholas Steven
 Thorp, Kelli A.
 Tillotson, Wade M.
 Wheeler, Ryan Matthew
 Wibbeler, Kathryn Nicole
 Winterberg, James Daniel
 Zapf, Leslie Allison (*Cum Laude*)
 Zirelli, Michael Gary

Master of Science

Charlson, Robin Krissell
 Dettmer, Carrie Elaine (*With Distinction*)
 Edwards, Hilary S.
 Henry, Patrick Raymond (*With Distinction*)
 Minton, Coral L.
 Newell, Courtney Michelle



NASPE Award Winner!●

The National Association of Sports and Physical Education (NASPE) proudly recognized Sarah Avery among its "Outstanding Majors of 2004!" Universities that belong to NASPE select one student who has demonstrated academic achievement, strong work ethic, and school and community service. Sarah was recently nominated for this award by the Cal Poly Kinesiology Department faculty, and received her acknowledgement April 1 at the American Association of Health, Physical Education, Recreation and Dance annual meeting in New Orleans.

Sarah graduated from Atascadero High School in 2000 and will graduate in June from Cal Poly with a Bachelor of Science degree in Kinesiology with an emphasis in Physical Education.

Congratulations, Sarah!

Outstanding Kinesiology Graduating Senior Awards

(Based on a combination of GPA and activities)

Dominic Ciaramitaro (Teaching)

Shannon Brienne Keane-Miller (Health Education)

Elizabeth Renee Mattie (Clinical Worksite Health Promotion)

Melissa Ann Styles (Pre-Physical Therapy/Health Care Professions)



2004 WORKSHOPS!!!

PEACH: July 16-25, 2004

The PEACH workshop for 2004 runs from July 16th through July 25th. The workshop has a 10-day option or a 6-day option for July 18th through July 23rd. This year we will have a full range of classes and activities for PE teachers, coaches, and health instructors. We also offer tournaments, a barbecue, and social activities. It is open to all post graduate students and we welcome all to participate.

Craig Kinser-Director 2004-2005

Phone: (707) 263-8838

Email: ckinser@pacific.net

Website: www.peachworkshop.com



Elementary: Aug. 1-6, 2004

Cal Poly will host the Elementary Physical Education Workshop this summer. The workshop is scheduled for August 1 - 6 and is designed for PE specialists as well as classroom teachers. It's a great place to get to know other teachers in your field and learn more about important issues in the physical education field like student assessment, teaching strategies, and teaching standards. The featured keynote speakers will be Alice Lockridge, Debra Wilson, Raleigh Philp, and Chip Candy. There's no better place to prepare for an exciting school year! Visit the web site for more information: www.epew-cp.com.

Secondary: July 10-18, 2004

WE WANT YOU! Are you a new physical educator (PE) who could use some tips on "survival skills" with your classes? A seasoned PE who wants the latest information on authentic assessment, technology, cooperative activities, self defense and international games? How about a dance specialist who loves Latin dances and swing? Are you an "adapted PE" interested in including of students with disabilities? A coach who can't wait to learn the secrets for coaching success? Are you a fitness buff frustrated by students who can't do a pushup? Maybe you're hoping to change schools or positions and need a place to network with department chairs and athletic directors in need? Or nearing retirement but still enjoy learning about digital photography, golf, relaxation activities and wellness? Well then, **COME JOIN US** at the 55th annual workshop from July 10 - 18 on the Cal Poly campus in beautiful San Luis Obispo. Special events will include mid-day share sessions with professionals, evening competitions in bunco, street hockey, team handball, the first Speed Stacking tournament, the "World Famous" Bus Tour, and the always wild and crazy Casino Night fundraiser. Our entire workshop is filled with innovative curriculum, inclusion activities, cutting-edge technology, standards-based goals, and authentic assessment ideas guaranteed to excite your students, your athletes, and you! For more information contact Director Krissa A. Baylor (kbaylor@musd.org or 408-238-7065), Assistant Director Jill Rafel (mtnsprts@aol.com or 559-325-0887) or visit our web site at www.peworkshop.com.

Special: Retired Faculty Interviews

This edition of the Kinesiology Department newsletter is dedicated to you, our esteemed retired faculty. You gave so much of your time to students, our profession, and the culture and standards of our programs. Thank you for sharing your comments, memories, and pictures. We appreciate you, and are inspired by you.

Mr. Dick Anderson (Professor 1947-1983, 36 years)



One of Mr. Anderson's most memorable moments at Cal Poly was having the opportunity to travel to the Olympics in Milan, Italy, in 1960 to watch one of his Cal Poly swimmers compete. This opportunity allowed him and his wife to visit distant relatives and explore Italy. Mr. Anderson fondly remembers being senior project advisor to 30+ students every year; he truly appreciated the chance to get to know each and every one of his students.

As the years go on, Mr. Anderson still enjoys swimming and does his best to get in the pool every day. He regularly swims at the Cal Poly Recreation Center Pool. (I have to include that Mr. Anderson mentioned that parking can be an inhibitor to accomplishing this goal.) Spotting his former swimmers in pools across California still delights Mr. Anderson. In addition to

swimming, Mr. Anderson also enjoys traveling with his wife.

Dr. Kathy Barthels (Professor 1978-1996, 18 years)



Dr. Barthels, a California native, arrived at Cal Poly in 1978 after receiving her doctorate at Washington State University and teaching at both Arizona State University (which she left because of the heat) and Cal State Fullerton. Her responsibilities upon arrival included teaching undergraduate and graduate-level biomechanics and graduate-level motor learning. At the time, motor learning was not offered as an undergraduate class. Dr. Barthels took over as the head coach for the newly established Cal Poly women's swim team, and taught the professional aquatics activity course. In addition, Dr. Barthels served as a senior project advisor.

Since taking her early retirement, Dr. Barthels has remained active in a number of ways including: snow-skiing including some mogul runs, canoeing and kayaking, visiting the beach (she has retired from surfing), traveling to Arizona and the Northwest, and

golfing. Dr. Barthels claims she can enjoy golf because she is not a good golfer. Although she has given up surfing, Dr. Barthels is currently teaching her five- and seven-year-old nieces how to surf. Her traveling pursuits include taking her canoe, bicycle, 2 dogs, and towing a car-- Dr. Barthels is prepared for any adventure.

"You don't know what you don't know" are the words of wisdom Dr. Barthels would like to share with the population, faculty, alumni, and students alike. She mentioned how often this quote is applicable and yet how few people realize it.

Dr. Vic Buccola (Professor 1962-1996, 34 years)



Cal Poly is in Dr. Buccola's blood. He received his bachelor's degree from Cal Poly in 1956 and his Master's in 1957. Dr. Buccola returned to teach and coach at Cal Poly in 1962. Once back, he was responsible for working with the student teachers, teaching health education and adapted physical education to both graduate and undergraduate students, and serving as the freshmen head football coach as well as the head coach for men's gymnastics. Phew!! From 1963 to 1969, Dr. Buccola was the line coach for varsity football. In 1967 he ceased coaching men's gymnastics. After taking a sabbatical at Arizona State to complete his doctorate, Dr. Buccola returned to Cal Poly and became the manager of the Men's Colony Recreation Outreach program. In 1973 Dr. Buccola accepted the Athletic Director's position at Cal Poly, which he kept through 1981. He returned to full-time teaching until his retirement in 1996.

Dr. Buccola's fondest memory of Cal Poly was meeting his wife, Sally, in 1956, the first year women were admitted to Cal Poly. Since his retirement, he travels regularly with his wife in their

motorhome, golfs two to three times a week, enthusiastically participates in church activities, helps with fund-raising efforts to fix the current football stadium, is a member of the Rotary Club de San Luis Obispo Daybreak, and habitually visits his grandchildren.

To the students from Dr. Buccola: "Luck is when planning and hard work meet opportunity." – Plan what you want to do and take the steps to achieve it.

Mr. Stu Chestnut (Professor 1963-1992, 29 years)



After 11 years of teaching high school and junior high students, Mr. Chestnut came to Cal Poly as an instructor and stayed for 29 years. During his time at Cal Poly, Mr. Chestnut taught health education, test and measurement, senior level classes, facilities and equipment, sociology of sport, several professional activity courses including gymnastics and tennis, as well as supervising student teachers. In addition to teaching, Mr. Chestnut coached baseball, basketball, and football. He also helped start the track program. Serving first as an assistant varsity basketball coach for four years, Mr. Chestnut was the head coach for three years. (Dr. Head was one of Mr. Chestnut's assistant coaches.) When he taught tennis, he would recruit Cal Poly tennis players to come and assist him. This allowed him to interact on a more personal level with his students, thereby yielding well-taught tennis individuals.

Since his retirement, Mr. Chestnut has become a voracious reader, reading newspapers, books, and magazines. Magazines of particular interest are: Time, National Geographic, and Country. His activity level is limited by the amputation of his right leg below the knee. This amputation, completed in 1994, was a result of 25+ sprained ankles suffered while playing basketball at Indiana State, where the protocol for treating sprained ankles at that time was to merely inject a shot of Novocain, wrap up the ankle, and get back on court. However, this amputation has not isolated Mr. Chestnut. Days before his interview, he had just returned from a trip to Arizona with his two sons to visit friends and attend the Spring Training Baseball Camp.

Carl Cummins (Dean 1958-1995, 37 years)

(Dr. Cummins was unavailable for interview, so the following is as reported by Dr. Dwayne Head.) Dr. Carl Cummins was the Dean of the School of Applied Arts at a time when both Athletics and Physical Education were located in this school. Though officially retired, he still teaches part-time in the Industrial Engineering Department. Dr. Cummins also enjoys fishing and working out regularly.

Dr. Sonja Glassmeyer (Professor 1974-2001, 27 years; still teaches part-time)



Dr. Glassmeyer originally came to Cal Poly as a student in 1970 and has been here ever since. Graduating with her bachelor's degree in 1973 and her master's in 1974, Dr. Glassmeyer began working as a graduate assistant. After working for a few years instructing multiple activity classes, Dr. Glassmeyer completed her doctorate through BYU. Her involvement in the activities led to her health emphasis and eventually the corporate fitness focus. Since the completion of her doctorate, she has been instrumental in establishing the women's tennis team, introducing internships for the clinical worksite health promotion concentration, starting the gerontology lectures, and developing the corporate fitness aspect that is now offered within the Kinesiology Department.



Still teaching a few classes at Cal Poly, Dr. Glassmeyer also finds time to walk 4 to 5 miles every day, travel to places such as Canada, Mexico, and Alaska, swim, canoe, and hike, and indulge in reading some great medical mysteries.

Something unique about Dr. Glassmeyer's past at Cal Poly is that she used to sing the national anthem at every home wrestling match and basketball game. Actually, Dr. Glassmeyer minored in music when she was at Cal Poly working toward her bachelor's degree. Representing Cal Poly at Dodger Stadium by singing the national anthem was a real honor. Dr. Glassmeyer's reflection on her time at Cal Poly: "It has been a great ride!"

Mr. Sheldon Harden (Professor 1948-1999, 51 years)



Mr. Harden's accomplishments while at Cal Poly were numerous. He created the wrestling program at Cal Poly in 1948. Since then, he has been recognized at the collegiate, state, and national level for pioneering and promoting wrestling. He has been inducted into the Cal Poly Hall of Fame, the California Interscholastic Federation (CIF) Hall of Fame, and the National Wrestling Hall of Fame in Stillwater, Oklahoma. In addition to wrestling, Mr. Harden was an assistant coach for the football team until the tragic 1961 plane crash. At that time, Mr. Harden became the head coach of the football team until 1967. Mr. Harden was a CAHPERD (California Association of Health, Physical Education, Recreation, and Dance) advisor for 10 years, and with Dr. Mott helped to develop the "men's workshops." These workshops are still sponsored and administered through the Kinesiology Department and now include both male and female teachers. For the 17 years Mr. Harden was responsible for student teachers, the physical education credential program was still within the department.

Currently, Mr. Harden enjoys reading constantly and, like many of us, sleeping. In previous years, Mr. Harden loved playing golf.

Dr. Dwayne Head (Professor 1966-1999, 33 years; still teaching every Fall quarter)



Initially, Dr. Head was hired as an assistant professor and an assistant coach for the football, basketball, and track programs. However, just three years later he retired from his coaching positions to focus on academia. With this change, he became the graduate coordinator for the department. He left Cal Poly in 1971 to teach physical education and coach in Nigeria for two years. When he returned, he assumed the position of undergraduate coordinator. In the late 1970s, Dr. Head acted as associate athletic director. In 1984, Dr. Head was promoted to Department Head and held this position until his retirement in 1999.

Dr. Head currently participates in golf, gardening, downhill skiing, reading mystery books, traveling, and taking care of grandchildren. Annually Dr. Head flies to Minneapolis, Minnesota, to visit his brother. This summer he and his wife, along with all of their children and grandchildren, are going to Norway to visit Norwegian relatives.

Dr. Bill Hicks (Professor 1957-1983, 26 years)



Cal Poly originally hired Dr. Hicks to serve on the football and baseball staff, as well as teach the history and philosophy of physical education. As the years went by, Dr. Hicks retired from football and became the head baseball coach. He also started and coached the golf program for four years. In addition to teaching the history and philosophy of physical education, Dr. Hicks taught the course that prepared physical education students to teach elementary school children. The greatest change that occurred at Cal Poly during Dr. Hicks' tenure was the de-emphasis on activity. Dr. Hicks' reflection on teaching at Cal Poly revealed what a great place it was to work, what an excellent department he worked in, the administrative support, the students, and the permanent influence he had on athletes.

Now Dr. Hicks plays golf three days a week, regularly attends the Hancock Theatre, travels, reads, and exercises on a regular basis, walking regularly and lifting. Dr. Hicks would like to let students know that physical education is a "noble profession."

Mr. Vaughan Hitchcock (Professor 1962-1997, 35 years)



After teaching six years at the high-school level, Mr. Hitchcock was hired as the intramural director for the university. He arrived when the student population equaled 6,000. In addition to directing intramurals, he taught a full slate of classes, was the assistant football coach at both the freshman and varsity levels, and was the head wrestling coach until 1985. Wrestling was a significant sport at Cal Poly at this time. The athletes/program acquired 8 national championships, placed in the Division I Top Ten numerous times, produced 97 true All-Americans, and was honored by the State Legislature. After his retirement from coaching wrestling, Mr. Hitchcock continued working with intramurals and teaching until 1997. His teaching responsibilities included activity courses such as wrestling, handball, soccer, tennis, team handball (which he started), and judo. He also taught Red Cross First Aid and CPR courses,

intramural sports development, which offered lots of practical experience, and coaching theory.

Since his retirement, Mr. Hitchcock has taken up wine-making (he operates and manages his own vineyard and ranch), worldwide traveling via ship and plane, and camping. Mr. Hitchcock is still loyal to racquetball, playing three times a week. The rest of his physical activity is incorporated into his range management work.

Mr. Hitchcock offers these words of wisdom: "There is no substitute for work."

Mr. Tom Lee (1952-1988, 36 years)

Hired as the varsity baseball coach, Mr. Lee was also the freshmen basketball coach, the varsity football defensive coordinator, and the boxing coach. At this time, both football and boxing athletes were national contenders, playing in a most difficult conference. Academically, Mr. Lee initiated the Recreation Program, offering it as a concentration within the Physical Education major. Eventually Recreation became its own major. Also, in 1955 Mr. Lee described how he began the work of the Chris Jespersen Handicap Program. This program offered units to students to teach and assist those with disabilities in performing physical activities. Following a huge positive response, the program eventually went statewide.

Mr. Lee's influence extended beyond the playing fields into the community of San Luis Obispo. He served on the City Recreation Committee for Facilities and Buildings and was a strong advocate for recreation programs within the city. Mr. Lee organized the city recreation program and utilized the skills of Physical Education and Recreation majors to run the sports programs. The legacy of Mr. Lee is seen today in the many thriving sports recreation programs in San Luis Obispo.

Being a sports enthusiast, Mr. Lee follows local sports in the newspaper, collegiate and professional sports via the television, and regularly goes to Las Vegas to view boxing matches. He also spends time behind the plate serving as a baseball umpire at a variety of parks throughout the county.

Mr. Frank Limon (Equipment Technician 1961-1991, 30 years)

Mr. Limon was responsible for equipment management while at Cal Poly. He primarily operated out of the Mott Gymnasium. He enjoyed his years at Cal Poly, especially the time spent with Dr. Mott and Dr. Railey.

Mr. Limon is now retired and passionately sharing the gospel. Three times a week he undergoes dialysis. Making the most out of his dialysis treatments, Mr. Limon has befriended numerous individuals at the treatment center. Mr. Limon also enjoys spending time with a local, loving family. He regularly attends church and is considered an "encourager" by those around him.

Mr. Sal Mares (Equipment Technician 1974-1991, 17 years)

Mr. Mares would like to thank Dr. Head for his kindness and support when the two worked together and to thank the students for their positive attitudes.

Dr. Bob Mott (Professor 1946-1978, 32 years)

Dr. Mott was a revolutionary while at Cal Poly. With Mr. Harden, he started the Physical Education Summer Program; a program designed specifically for physical education teachers to network with one another and be introduced to new and exciting ways to present content. This program is still continued today and is in its 46th year. He served as the Physical Education Department Head from 1946 to 1977, and coordinated coeducation until 1972 when the women's department separated. Dr. Mott took a leave of absence from Cal Poly to establish a physical education program in Zambia, Africa. This trip led to Mr. Andersen serving as Department Head. Dr. Mott's connections also provided Dr. Head with an opportunity to coach and teach overseas.

Dr. Mott has been inducted into the Cal Poly Hall of Fame, and in 1988 the Robert J. Mott Gymnasium was dedicated to his memory and work. While at Cal Poly, and throughout his life, he had many friends and was regarded as fun and a jokester, able to find something funny in everything. Dr. Mott passed away on April 15, 1990.

Dr. Mott, thank you for investing your heart and soul into the Physical Education and Athletic Departments at Cal Poly.

Dr. Evelyn Pellaton (Professor 1966- 1982, 16 years)



Hired initially as an instructor in the Physical Education Department, Dr. Pellaton received academic tenure just three years later. Dr. Pellaton taught track, gymnastics, field hockey, figure control, camping and outdoor education, bowling, special problems in physical education, community recreation, introduction to recreation, intramural sports, physical education for the mentally disabled, and administration of recreation. In addition to the variety of classes she taught, Dr. Pellaton also coached gymnastics for three years and track for 9 years. Dr. Pellaton served as the Associate Director of Athletics in 1978. In 1976, she received the Notable Americans of the Bicentennial Era Award.

Since retiring from Cal Poly, Dr. Pellaton has become a member of the Basin Street Regulars (a jazz group), and is working to restore a 1954 MG TF. She golfs, fishes, and is a member of the Super Kegglers Bowling League. Still an active drummer, she has been

slowed a few months ago by a broken foot. She looks forward to getting back to drumming.

Words of wisdom Dr. Pellaton offers are: "Believe in what you are doing no matter how small or difficult the task may seem. Set your goals and be persistent in the pursuit of them. Believe that each new day is a beginning, a new start."

Dr. Jim Railey (Professor 1977-1992, 15 years)

Dr. Railey came to Cal Poly as Department Head in 1977. As the Department Head, he was responsible for the Physical Education Department as well as the athletic department, rec. sports and intramurals, dance, and recreation administration. All of these subject and activity areas were under one department (major) at the time. During this time, all athletic coaches were responsible for teaching part-time as well as coaching. Over 150 activity courses were offered every quarter in addition to the major courses. When Dr. Railey retired in 1992, he had served as a professor, department head, and an associate dean.

Some of the fondest memories Dr. Railey has of Cal Poly include: the one-on-one basketball games with Tom Lee and Bob Meyers, where bleeding must occur in order for a foul to be called: "They were a blast!"; racquetball games with Coach Ernie Wheeler where cheating was an expected strategy; clamming in Pismo Beach with Dwayne Head, Jim Webb, Stu Chestnut, Vaughn Hitchcock, and Dick Heaton; and student and faculty beach parties at Avila beach.

After 11 years of retirement, Dr. Railey has returned to coaching, accepting the head baseball coaching position at Mid-Continent College in Mayfield, Kentucky. Mid-Continent College is a small Christian college, and although established in 1949, only began athletic competition four years ago.

Dr. Carolyn Shank (Professor 1974-1993, 19 years)



Dr. Shank was initially a Physical Education teacher, but her focus changed to Recreation in the late 70s. She was the first coordinator for the recreation major, and regained the status a number of times while in the Physical Education Department. Dr. Shank was the primary aquatics instructor, teaching aquatic methods, aquatic activity, and synchronized swimming. She also taught activity courses including field sports, weight lifting, aerobic dance, social dancing, and cycling. Offering her recreation majors an opportunity to apply their knowledge, Dr. Shank had the majors organize and put on a fitness and health fair at Poly Royal that offered many things, including the "Relaxation Station" offering massages. Dr. Shank also coordinated and choreographed the synchronized swimming shows for Poly Royal. These shows were labor intensive, but always yielded a full crowd. Another way Dr. Shank involved her recreation majors in the hands-on approach was by getting their participation in running the SLO Criterium. In 1993 the recreation major, and Dr. Shank, were relocated to the Natural

Resources Management discipline, which is now located in the College of Agriculture.

Currently Dr. Shank teaches two classes at Cal Poly, one quarter of research methods and two quarters of event management. She also travels, often to visit her granddaughter. She is enjoying the slower pace associated with retirement and enjoys the time afforded to work with her computer. In her free time, she digitizes movies, downloads music, and creates personal greeting cards. Learning to practice what she preaches, Dr. Shank is enjoying a leisure and a professional life. In the way of physical activity, Dr. Shank exercises at least three times a week, walks regularly, and teaches private dance lessons.

Dr. Shank offered this brief update on her daughters: Heidi is 33 and involved in the tourism industry as a trainer for travel sales representatives. Hawaii is her territory. Heather is 32, lives in Torrance, CA, and is a stay-at-home mom to her 6-year-old daughter. Dr. Shank is referred to as the "Swimming Grandma."

Dr. Mary Stallard (Professor 1965-1994, 29 years)

Coming to Cal Poly in the Fall of 1965, Dr. Stallard was responsible for teaching a number of general education activity courses as well as coaching volleyball and basketball. As the years went by, she developed the Sociological and Psychological Aspects of Sports course and the Introduction to Physical Education course. Dr. Stallard retired from coaching in 1976, but continued to teach multiple classes until her retirement.

Since her retirement, Dr. Stallard has stayed very active in the community. She volunteers for San Luis Obispo County as a service worker and is active with PFLAG (Parents and Friends of Lesbians and Gays). Her emphasis with PFLAG is "Safe School," a program that engages people to make presentations in the local schools and offers books and videos to schools relating to homosexuals. Besides her volunteer work, Dr. Stallard stays active by golfing, cycling, jogging, and swimming. She is also a member of the Del Mar Doggie Social Club, an informal association of dog walkers.

Dr. Jim Webb (Professor 1969-2003, 34 years)

While at Cal Poly, Dr. Webb established the exercise science lab, which was named the James L. Webb Human Performance Lab at his retirement. He also launched Cal Poly's Corporate Fitness Club (one of two clubs which were the precursors of the Kinesiology Club). Dr. Webb volunteered the club to organize and run an ACSM conference, for which he and the students purchased matching T-shirts. This conference yielded recognition for Cal Poly, the club, and the exercise science concentration being promoted by Dr. Webb. Dr. Webb was also responsible for the integration of labs into such courses as exercise physiology, and creating the exercise science component of the curriculum.

Now officially retired, Dr. Webb still participates in daily workouts of at least 60 minutes of cardiovascular exercise, strength training every other day, thorough stretching, and a 15 minute warm-up and cool-down with each session. In his spare time, Dr. Webb works on house projects, plays golf, enjoys traveling, snow skiing, and fishing in Alaska every year.

A message Dr. Webb would like to send out to the students is: Examine and focus on your own strengths; enjoy your college years by making friends and keeping your studies in perspective; be flexible in respect to where your professional and personal lives lead you.

Dr. Marylinda Wheeler (Professor 1975-1992, 17 years)



Dr. Wheeler's most memorable experience during her career at Cal Poly was the enjoyment of working with her colleagues and her students. She was there when the men's and women's departments became one, and regards this as the most dramatic change to occur while she was there. In regards to greatest accomplishments, Dr. Wheeler feels her part in establishing the strong reputation of the student teachers was her greatest accomplishment.

Prior to coming to Cal Poly, Dr. Wheeler was with the U.S. Department of Defense. In this position, she traveled to Germany, the Philippines, and Japan and taught Physical Education and English. Her experiences of teaching in Japan are especially memorable.

Until recently, Dr. Wheeler was an avid tennis player. Now, however, she enjoys lap swimming three times a week. Her hobbies include studying family history and genealogy, traveling and

motorhoming, and teacher reunions.

Dr. Wheeler would like to offer this sentence of advice to the students: "Life is a grindstone, it can wear you down or it can polish you."

Dr. Mary Lou White (Professor 1961-1979, 18 years)



Dr. White pioneered Title IX at Cal Poly, where she also established the women's athletic program. She was one of the original members of the UCSB-based coalition for passing and implementing Title IX. Dr. White created the women's athletic program at Cal Poly and was inducted into the Cal Poly Hall of Fame for this work. Women's athletics was called "extramurals" at the time because no formal league existed. She coached the Cal Poly women's basketball and volleyball teams, as well as men's and women's fencing. While at Cal Poly, Dr. White generated the dance teacher faculty position. Dance is now a required class for those students in the teaching concentration.

Swimming and working out with a personal trainer twice a week are some of the activities that are enjoyed by Dr. White. In her free time, Dr. White enjoys reading mysteries.

An encouraging word from Dr. White to the students: "Do what you want well."

❖ Aguilera, Tiffany ('01)

I'm a special education teacher in San Pedro. Hoping to start a Master's in Occupational Therapy starting in the spring of 2005. Email: smoothtif@aol.com

❖ (Bernardo) Chamberlain, Connie ('98)

Working as an Exercise Physiologist/Cardiac ... Palm Rehab Specialist for Kaweah Delta District Hospital in Visalia, California. Email: cbernardo75@hotmail.com

❖ Borden, George ('00)

Living in Glasgow, Scotland! Email: saintjohn146@hotmail.com

❖ Brawley, Jodi ('98)

Coordinator for the Mendocino County Wellness Program for the last 4 years. Email: brawleyj@co.mendocino.ca.us

❖ Brunk, Cheryl ('86)

I'm the Community Services Director for the American Cancer Society, and have been working there for the last nine years. Before that, worked for the American Diabetes Association, following my interest in health education. Living in Oakdale and married to Kevin Brunk (Arch '87). We have two children, John, 12, and Kristen, 9. Email: cheryl.brunk@cancer.org

❖ (Brunst) Dignan, Kristin ('91)

After graduating from Cal Poly, I married, bought a home in San Luis Obispo and I worked at Judkins Middle School in Pismo Beach for 9 years. It was wonderful and I miss my co-workers and students. My husband and I desperately wanted a family. We tried for 8 years and then adopted our son, Seth (3 1/2), followed by our daughter, Kolby (16 months). Once Kolby arrived, I decided that staying home with my children was going to be my number one priority. We have now moved to Temecula. I am enjoying the challenge of parenting, new surroundings, etc. Our big surprise was learning that we were expecting a baby!! Our little girl, Kelsey, was born in December. God works in mysterious ways! Email: sethkolby@yahoo.com

❖ Buck, John III ('73)

Appointed January 2, 2003 as Deputy Director of Parks ... Recreation, County of Maui, Hawaii. Still enjoy walking and swimming. Also, I'm about to release my third novel. Email: John.Buck@co.maui.Hi.us or jlbuck@hgea.org

❖ Care, Sarah ('91)

Living in Newport Beach. For the last 8 years I've been a police officer for the Oceanside Harbor Police Department. Currently running, swimming, and enjoying anything at the gym (spinning, kickboxing, Pilates, etc.), and snowboarding! Hope everyone is well and enjoying their professional careers! Email: boatcop@sbcglobal.net

❖ Hockerson, Stan ('76)

Dr. Webb helped me beyond any course or person in the (then) PE Department, because of my desire to design footwear. I've been successfully designing new concepts for athletic shoe companies since 1976.

❖ Jensen, Karen ('98, Credential '99)

Have been an elementary school teacher in the Santa Clara Unified School District for the last 4 years. Email: kjensen00@aol.com

- ❖ **Kent, Kristine ('91)**
I have a Master's degree in traditional Chinese medicine, and am currently a massage therapist and the president of Jasmine Therapies (for the last 8 years). Living in Lafayette, California. Email: needlePtk2@aol.com
- ❖ **Lelke, Wendi ('02)**
Clinical Health Educator with Kaiser Permanente in Walnut Creek, California. Last Fall I started the entry-level Master of Nursing/Family Nurse Practitioner program at Samuel Merritt College in Oakland. Still enjoying weight training, cycling, running, surfing, swimming, and hiking! Email: wendilelke@hotmail.com
- ❖ **(Moore) Mitchell, Edara ('75)**
Currently living in Rocklin, California.
- ❖ **Mountin, Christy ('01)**
I'm working at Apple Health & Fitness doing exercise testing and prescription and I love going to work every day! I can't believe they pay me to do this! :o) I've run 2 marathons, started biking to work, and finally got the guts to take an aerobics class—what fun! Thanks to Dr. Proctor, I also managed to survive my daily interaction with my Mac, so life isn't too bad up here in the Bay area. Other KINE alumni can reach me at...Email: cmountin@apple.com
- ❖ **Salafia, Anthony ('88)**
Physical therapist for the last 10 years at the Emanuel Medical Center in Turlock, California. I will graduate this year (2004) in the MA Education with a Physical Education concentration from CSU Stanislaus. My wife Tance (IE '89) and I have been married for 13 years and have 3 daughters: Hannah, 9, Allison, 7, and Olivia, 3 years old. Email: ATSalafia@juno.com
- ❖ **Stone, Erin Havey ('92)**
Email: estone30@hotmail.com
- ❖ **Stuart, Mari ('78, Credential '88)**
Teaching at Vandenberg Middle School in Lompoc. Taught high school PE for 7 years in Oceanside, and elementary PE for 6 years in Lucia Mar. Moved to southern California after 20 years on the central coast, and just moved back again—glad to be back on the central coast! Email: dmstewart@Fix.net
- ❖ **(Warfield) Corkery, Jennifer ('00)**
Working as registered nurse for Twin Cities Community Hospital in Templeton, California. Yikes...I'm so busy at work! The world of opportunities with a Kinesiology degree is endless! I LOVE my job and use my Kinesiology background every day. Cal Poly should offer nursing education!! Email: jendub1@yahoo.com
- ❖ **Yops, Bryan ('99)**
Officer in the California Highway Patrol Marin office, in Corte Madera, California for the last 4 years. Married Rebecca Lin Weiner, EHS '99.

In Memorium

Nancy Casaroli, PE '85, passed away March 20, 2003.
Her mother asked us to let you know that "Joyce loved Cal Poly and her experience there!"

Bob Clark (rdclark@calpoly.edu)

Greetings...not too much to report on. We received some newer software for the force platform and EMG equipment in the Biomechanics lab. More options, greater flexibility, and greater gas mileage. We hope to purchase some new additions next year. Perhaps a new electronically braked ergometer that never needs re-calibration, and perhaps a new "gait-mat" that gives temporal measures concerning gait as you walk across it. We may also purchase some in-sole force transducers that can be used to give pressure distribution information during walking, running, and cycling. On a more personal "biomechanics" note, my collection of titanium hardware increased in January when I visited Dr. Warren King at the Palo Alto Medical Foundation. Getting through the metal detectors at the airport will now be more challenging. Pretty good-sized scar, too. None of this "arthroscopic" band aid stuff. This was the real deal, but it worked out well and I'm thankful for Dr. King's skill and expertise. Take care.

Steve Davis (sdavis@calpoly.edu)

Greetings sports fans! Hope you're all continuing to do well in the real world. It's been a very hectic, but successful year for me. Our building's chronic leaking problem was fixed over the summer, and I had to move out of my office and then back into my office so that could be done. Picture that! Thankfully, we haven't needed to bail out Webb Laboratory again this winter. I completed my term as the President of the Southwest Chapter of the American College of Sports Medicine, and enjoyed representing the Chapter at the ACSM Health and Fitness Summit in Reno, the national ACSM meeting in San Francisco, and the Southwest Chapter annual meeting in Las Vegas. Thanks again to all my colleagues and students who have made these meetings successful. The next SWACSM meeting will be October 22-23 at the Alexis Park Hotel in Las Vegas. Start saving those quarters! We plan to have the H/FI and Clinical Exercise Physiologist examinations at the SWACSM meeting again next year, so please contact me if you have questions about those. I continue to enjoy my many collaborations with students and colleagues. As Propositions 57 and 58 passed, I think we'll probably have jobs again next year. Thanks, Arnold! Still haven't had time for social life, finishing my pilot's license requirements, or building the tennis court in the front yard. Come on summer! Miss you all. Remember, you have a right to be healthy, so exercise it!

Jerry DeMers (jdemers@calpoly.edu)

Hi everyone. Fall quarter I was on sabbatical leave. During my leave I traveled to South Carolina and tallied hundreds of YMCA swimming pool safety assessments that some colleagues and I have been working on for the past three years. This data has already been used for Regional Safety Training of aquatic directors and executive directors at YMCAs all around the United States. I have also been asked to write a series of articles for a YMCA publication. This project was very interesting, educational, and is on-going. I have been asked by the YMCA of the USA to revise their Pool Operator On Location textbook and course. This is a course that certifies participants as Swimming Pool Operators. I am anxious to get started on this massive project. It should keep me out of trouble.

On a personal note, Jill and I have been in the process of putting an addition on our house. We added an upstairs office and doubled the size of our family room downstairs. We have just about completed the project. It will be nice to be able to find a place to sit and relax once the construction crew is gone.

Kellie Green Hall (kghall@calpoly.edu)

Another year of teaching and interacting with fascinating Cal Poly Kinesiology students! This has been a good year, as we have tried to travel less given our extensive travels of the last few years. Staying in San Luis Obispo is not a tough proposition, however. We try to find time to play golf and boogie board at the beach whenever warm weather hits. This year I attended the National AAHPERD conference in New Orleans and presented in a session concerning practical tips for teaching Motor Learning and Control. What a delightful experience. Many of my Louisiana State University professors and fellow graduate students were there also presenting. I saw several of our Cal Poly former students who are established teachers now throughout the country, many in public schools, some at universities. The children have really grown. Ryan is 14 and will begin High School next year. He is now taller than I am. Jayme is 12 and a 7th grader, and Connor is 9 and a 3rd grader. We are very involved in sports, Greg and I both coach and all of the children participate, which makes for a very busy and fun life! Remember to cognitively challenge your learners, athletes and/or clients and have a great 2005!

Kris Jankovitz (kjankovi@calpoly.edu)

Greetings Alumni and Friends! The Kinesiology Department is thriving thanks to our phenomenal students. I am enjoying my eighth year as a faculty member at Cal Poly. I teach the general education health education class, which I really enjoy, and in the clinical/worksites health promotion and health education concentrations, and the exercise science and health promotion graduate program.

During the past several years I've had the opportunity to present at several conferences and the greatest success has been co-presenting with students. The opportunity to work with students and share the result of research and creative endeavors is so satisfying. It has also been great fun to catch up with many alumni at conferences. It is a pleasure to see so many of our graduates serving to promote health with such skill and passion. Your professional contributions are inspiring to us all.

The 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. This project is a result of a collaboration of faculty and students, from Food Science and Nutrition, Kinesiology and Statistics.

On the home front, our family is doing well. The twins are in third grade and they sure keep Ted and me on the move with soccer, baseball, swimming, and of course, homework. 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,

I am sitting here in my office writing this short paragraph to update you on what I have been doing this past year. However, I can't help myself from looking out my office window and seeing the beautiful San Luis Obispo and Cal Poly landscape. I am truly thankful and lucky to live and work here and to have met the many students who have passed through my classroom doors. As a result, I am doing really well and feeling inspired. Have a great year and please come back to this beautiful place to visit.

Camille O'Bryant (cobryant@calpoly.edu)

Academic year 2003 - 2004 has been one of tremendous growth for me, both professionally and personally. I had an amazing opportunity to take a professional leave of absence from Cal Poly and join the faculty of sport and leisure studies at the University of Tennessee, Knoxville. I had never lived in the southeastern region of the United States, but was very excited about the possibility of working within a department whose primary focus was the sociological and psychological aspect of sport and leisure. My colleagues at the University of Tennessee welcomed me with open arms, and I quickly became intricately involved with programmatic and curricular issues related to restructuring within the newly formed College of Education, Health and Human Sciences. However, it didn't take me too long to realize how much I missed Cal Poly, the College of Science and Mathematics and the Kinesiology Department. Although I was enjoying living closer to family and friends, I became increasingly aware of how important my connections with faculty, staff and students at Cal Poly were to me. As such, I will resume my duties as an assistant professor at Cal Poly in September, 2004. I would like to publicly thank my colleagues at Cal Poly and the University of Tennessee for affording me the personal and professional space to have these experiences.

Andy Proctor (aproctor@calpoly.edu)

It is nice that the department continues to publish a newsletter in an attempt to keep everyone informed about what is happening in the Kinesiology Department. However, information is a two-way street and it is equally nice for us to hear from you. So every few years, please take a few minutes to send us an update about you. I continue to teach computer applications, measurement ... evaluations and gymnastics; and on a personal note I continue to competitively water ski.

Susan Puhl (spuhl@calpoly.edu)

Hi, from the Human Performance Lab! We've had some exciting activities in the lab this year! The college-based fee program is providing the resources for some much needed updates to the lab. In addition to new equipment acquisitions, we were able to fund "Research Pods." The Pods are teams of undergraduate and graduate students who conduct research under the direction of a faculty member. The students get paid for the work they're doing while conducting cutting-edge research. The projects we started last summer include measuring the caloric cost of walking on various surfaces (So some days the students got paid to go to the beach! How's that for a summer job?), measuring maximal aerobic and anaerobic power in athletes, and determining the accuracy of our new plethysmograph for determining body density. Some of the results have already been presented by students at professional meetings, and the results from the others will be presented later in the year.

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. This year we've added a new nutrition assessment to the repertoire of services we provide.

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 we've made are keeping the Cal Poly tradition of "learn by doing" at its finest!

Mike Sutliff (msutliff@calpoly.edu)

I can't believe how quickly time flies. This has been a tremendous year filled with challenges and rewards. Professionally speaking, this year has been very productive. I have had the privilege to work with some outstanding undergraduate students on a home school physical education program. As a result of this work, nine undergraduate students have presented their research and experiences to three different conferences throughout the year. Undergraduate students who presented this year included Brandi Newman, Laci Avila, Dominic Ciaramitaro, Jeff Ehrler, Katie Flanagan, Anthony Indie, Kelly Marquette, Brad Rowell, and Christy Lozano.

Another exciting piece of news is related to my work with at-risk students in San Luis Obispo County. Stacy Narron (Mallouf, undergraduate grad 1999) and I, along with a San Luis County administrator, have written for a federal grant to provide quality physical education to at-risk students in San Luis Obispo County. Keep your fingers crossed on that one. Have a great year.

Kevin Taylor (jktaylor@calpoly.edu)

I am now in my fifth year at Cal Poly. My wife Michelle is teaching part time this year and our son Christopher is 4 years and Kieran is 17 months old. Our boys remain a constant source of joy and inspiration!

I am still running the Adapted Physical Activity Programs, which provide lab opportunities for students taking "Kine 307 Adapted Physical Activity." 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; the EyeCycle program works with people who are blind or visually impaired, and our students use a tandem bicycle to take participants on bicycle rides; the Adapted Paddling program prepares our students to act as assistant instructors teaching people with ambulatory disabilities to paddle kayaks.

This year I began a new collaboration with Mechanical Engineering. We're currently building a kayak with a trolling motor and a chin joystick control for use by people with quadriplegia; a bocce ball throwing device also for people with quadriplegia; and a frame that attaches to the front of a wheelchair that allows someone with paraplegia to play a multitude of games and activities. Last year my students and I took a group of adapted paddlers to Monterey. This year we hope to do the same to Angel Island in the Bay Area. This year I will be presenting at CAHPERD in Pasadena and at AAHPERD in New Orleans.

Whatever your connection to Kinesiology at Cal Poly, stay in touch and have a great year!



Dr. 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. Thank you.

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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Concentration _____

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Alumni Update

Years and Activities within the Kinesiology Department:

Current PE Activities:

Personal News for Friends:

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