

# KINESIOLOGY News

California Polytechnic State University, San Luis Obispo, CA 93407 • 805.756.2545

## From the Department Chair...

**G**reetings friends and colleagues of the Kinesiology Department, Thank you for your continued interest in the work of the students and faculty in the department. Considering the budget situation in California, we are doing quite well. We are experiencing consistency, although the only constant factor is change! Program review, curriculum, facilities, student clubs, faculty loads, number of students in the major, concentrations, decreased budget lines, assignment loads of labs, etc.; all these and more seem to be moving targets. Through it all, we are invigorated by the quality and caliber of our students, and indeed consider it a privilege to teach and work with them.

The major foci of this newsletter are the labs and special programs that are part of the daily life and work of faculty and students in the Department. Almost without exception, every core, and most concentration classes, include a lab or field experience that enables our students to apply what they have learned in a practical setting, but then the "learn by doing" philosophy is not new to either you or the students! Many of the interactive lab experiences afforded current students are clear and positive results of the College Based Fee so generously passed by the student body four years ago. In this issue you will find evidence of CBF in such items as the lists of equipment bought, results of undergraduate research, experiences designed by our students for members of the community.

Two more Kinesiology faculty earned tenure and promotion in Spring of 2004, and we fully expect verification of another faculty member this quarter. Joanne Hunter has joined us this year and is making significant progress by including more technology in the Teacher Education Concentration. The concentration previously known as the Clinical Worksite Health Concentration is now Exercise Science and Health Promotion. The Pre/Physical Therapy concentration no longer exists, however students interested in this field are being accommodated within Exercise Science. Finally, beginning in the 2005-06 academic year, Jerry DeMers will become the Department Chair again!

On a more personal note, I will be retiring in August 2005 after a long career in education including my years here at Cal Poly from 1987-2005. My work during the first fifteen years here was focused on teacher preparation. I took pleasure in working with many teachers at the local and state level, teachers who taught me so much, who provided me with experiences and practices that gave life to the content I shared with the college students in my classes.

One highlight of my work in teacher education was working with so many outstanding teachers in Costa del Sur (CDS), one of the first California Subject Matter Projects on Physical Education and Health. This project was by, for, and with public school teachers. For many of these teachers professionalism took on a new and more proactive meaning: burned out teachers lit up; lives of teachers and students were changed; and teachers became leaders in their schools, districts and professional organizations. My students were the beneficiary of much of their input, enthusiasm, and ideas. As director of CDS, my skills in administration improved and were significant in helping me in my early years as Department Chair. There are so many teachers out there to whom I need to say, "Thank you so much for the privilege of allowing me to share in your time, your experiences and in your professional life."

None of what I have done or experienced would have been possible without the support and input of so many of the office administrators and other staff with whom I have worked including those in the Department, in the College of Education, and in the College of Science and Math. Thank you friends and colleagues.

...and to the students in my classes, now professional teachers, thank you. We worked hard together, we looked at possibilities, and we framed our ideas and philosophy around the needs of our clients. I know that you will continue to promote quality programs, and continue to be involved in the profession.

Having taught in England, Asia, and the United States, I can truly say that my professional experiences have enabled me to travel and experience a variety of cultures and peoples. I am excited about the next stage in my life in which I hope to continue to travel and continue with my interest in sailing. When at home in Los Osos, I plan to spend time volunteering and taking an activist role for social issues that are important to me, working in my yard, and playing pinocle. Retirement actually sounds a little exhausting at the moment, but I will adjust!

Thank you Cal Poly faculty, staff, and students, for all that you have given to me. have enriched my life.

*C. Andrea Brown*

Andrea



Andrea Brown

### Inside this issue

Scholarships .....	1
Thanks for Donating .....	2
Graduates .....	4
General News .....	5
Alumni News .....	14
Faculty News .....	17

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



## Scholarships

*Arroyo Grande High School Scholarship*  
Nicole Leigh Tunnell

*Berdy Harr Memorial Scholarship*  
Samual Joseph Herbert

*Cal Poly Wheelmen Scholarship*  
Scott Ryan Borrelli

*Don & Jean Morris Endowment*  
Tegan Hill

*Ford Scholarship*  
Joshua Michael Soria

*Herbert E. Collins Scholarship*  
Kevin Anthony Santos

*Jerry Lee Frederick Scholarship*  
Summer Christine Schoening

*Jon Robert Andrews Memorial Scholarship*  
Jered Douglas Patterson

*J.W. Van Dyke Memorial Scholarship*  
Brooke Vanessa Alvord  
Rebecca Lynne Birkholz  
Sara Lynn Schellenberg  
Andrea Marie Sconberg

*Land Family Quest for the Best Award*  
Melissa Ann Styles

*Mary Stuart Rogers Foundation Scholarship*  
Sarah Colleen Avery

*Merced Union High School Scholarship*  
Sarah Kaul Montgomery  
Kevin Anthony Santos

*R.W. Andrews Scholarship*  
Jacqueline Suzanne Siukola

*Walt Rolsma Memorial Scholarship*  
Breanne Kelly Long



## 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, 2004 through March, 2005). 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.*



Tiffany Aguilera  
Michael B. Ayers  
William Babka  
Dr. Matthew and Michele Bailey  
Jack Bettencourt  
Mark and Victoria Blethen  
Hugh Bream and Carol Hatch  
Glenn Brooking  
David Brown, II  
Bruce and June Butler  
Thomas Caddell  
Samuel Caldwell  
Diane Campagna  
William Carll  
Paul Carnazola  
Nathan and Connie Chamberlain  
Jayna Chapman  
Martha Charchenko  
Curt Chase  
Rose Christensen  
R. Marcus Choy  
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Randy and Elizabeth Cieloha  
Norm and Janice Clevenger  
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Keith and Lisa David  
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Jason and Wendy Dodder  
Dereck Domingues  
John Drew  
Sharon Dudley  
Lynn Dyche  
Robert Erbland  
Robert Evans  
Karen Ferreira  
Michael Fitzsimmons  
Ralph and Joy Flores  
Maria Fraser

Stacey Freier  
Winton and Adele Frey  
Paul Gabriel  
Sharon Gagnier  
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Bryan D. Gant  
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Dr. Brian D. Jarvis  
Eric and Jennifer Jarvis  
David A. Johnson  
Lisa P. Johnson  
Craig and Patricia Johnston  
Richard and Jean Kent  
Stephanie Kirkbride  
Keith and Sharon Kuhlenschmidt  
Jon Kawada  
David Lee  
Matthew LeFevre  
Annarae Luevano  
Dwight B. MacDonald  
Chris and Sheila Maher  
Alan Majewski  
Ellen Marshall  
Randall Martin and Patricia Hosegood Martin  
Wendy McBane



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Judy McMullen  
Ronald and Lucy Ann Mercurio  
Marco Meyer  
David W. Miller  
John S. Miller  
Patricia Milstead  
Meghan Miyamoto  
Robert Miyamoto  
Joseph A. , Sr. and Patricia Mullen  
Jeanne Murdock  
Nancy Negri  
Harold Nelson  
James and Christine Nelson  
Todd and Korie Newman  
Eddie Niederfrank  
Doug E. Noce  
Dr. John and Ann Noe  
Paul and Brook Oliver  
Thomas Pagani  
Alan Panovich  
Sebastian Passanisi  
John Payne  
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Edward and Teresa Phillips  
Gary Plotner  
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Rodney Tucknott  
John and Laura Valley  
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Tera Verheyen  
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Wayne West  
Dr. Lesley J. White  
George Whitmore  
William and Susan Wiener  
David and Janet Williams  
Paul and Darla Williams  
Susan Williams  
Roger Worsley





# Graduation

## Bachelor of Science

Allemandi, Tammy Jeanette  
 Alvarez, David Ide  
 Armstrong, Richard Adam  
 Avery, Sarah Colleen  
 Avila, Laci Rose  
 Bengtson, Lisa Catherina  
 Bergler, Heidi Surain  
 Bihari, Brent Daniel  
 Blazek, Jennelle Lisa  
 Block, Daniel Golden  
 Blockburger, Cynthia Gail  
 Bollinger, Sara Michele  
 Borland, Timothy Albert  
 Brown, Rashelle Marie  
 Cegelnik, James Nicholas  
 (Cum Laude)  
 Chaney, Lia B.  
 Chapman, Elisa Anne  
 (Magna Cum Laude)  
 Christensen, Rose Marie  
 (Cum Laude)  
 Ciaramitaro, Dominic  
 (Magna Cum Laude)  
 Cordova, Muayama Chimariko  
 Costello, Kate  
 Couch, Kimberly Jean  
 Davis, Lauren Diane  
 Day, Jasmine Elizabeth Kathleen  
 (Cum Laude)  
 Deyo, Tara LeAnn  
 Dixon, Amy Margaret  
 (Cum Laude)  
 Drnek, Skye Michele  
 Duff, Elaine Catherine  
 Duncan, Molly Elizabeth  
 Dunne, Amy Lynn  
 (Cum Laude)  
 Ehrler, Jeffrey Christopher  
 Fanska, Rachel Marie

Fitch, Tyler Wright  
 Fittz, Ashley August  
 Flanagan, Katherine Michelle  
 Forzetting, Shawn Lee  
 Gates, Molly Ranney  
 Gavin, Taylor Stephen  
 Graetz, Tara Rachelle  
 Gritz, Elizabeth Michelle  
 Hahn, Sarah Marie  
 Hannula, Nicole Denise  
 Hanson, Jenny Danielle  
 Havens, Wes Neil  
 (Cum Laude)  
 Hayek, Allison Christianne  
 Hernandez, Marina Del Carmen  
 Indie, Anthony Scott  
 Jones, Colleen Tidwell  
 Kambe, Vincent Joseph  
 Kasunich, Devin Rae  
 Keane-Miller, Shannon Brienne  
 (Cum Laude)  
 Kennedy, Julie Marie  
 Kinsman, Lauren Elizabeth  
 Kirkendoll, Sarah Jean  
 Kreuter, Bristin Reese  
 LeFevre, Matthew Robert  
 Littlefield, Daniel David  
 Lovrien, Jennifer Lynn  
 (Cum Laude)  
 Ludwig, Tyler Wayne  
 Lyle, Emilie Monica  
 Mar, Elaine Erin  
 Marquette, Kelly Marisa  
 (Cum Laude)  
 Martin, LeBren Young  
 Mattie, Elizabeth Renee  
 (Summa Cum Laude)  
 Mejia, Elizabeth  
 Mikelatos, Aris G.

Naugle, Aimee Colette  
 Newell, Erin Andre  
 (Summa Cum Laude)  
 Norvell, Jason Carl  
 Palacios, Ashlee D.M  
 Pavich, Brook Laura  
 (Cum Laude)  
 Polizzi, Kathryn Elizabeth  
 (Cum Laude)  
 Porter, Joshua James  
 Quetano, Karen Marie  
 (Magna Cum Laude)  
 Rasmussen, Laura Jean  
 Rauch, Laura  
 Rivoir, Jennifer Jetaime  
 Santos, Cassie Lyn  
 Schroeder, Deidre Marie  
 Shumway, Bradley Scott  
 Silva, Kimberley Danielle  
 Silveira, Scott  
 Siukola, Jacqueline Suzanne  
 (Cum Laude)  
 Smith, Alison Lindsey  
 (Summa Cum Laude)  
 Somers, Sarah Ann  
 Stollmeyer, Darik Clark  
 Styles, Melissa Ann  
 Toller, Clayton Arthur  
 Tracht, Erin Elizabeth  
 Tvedt, Lukas Lee  
 Vaca, Deri-Kaye  
 Villicano, Rosana Marie  
 Watts, Jeremiah Lee  
 (Cum Laude)  
 Wessels, Mathew  
 Willis, Diana Louise  
 Zulim, Michelle Lee

## Master of Science

Archibald, Bryan Edward  
 Hill, Tegan Ann  
 Johnson, Carrie Lynn  
 Krakower, Andrea Lynn  
 Marsh, John Gilbert  
 Numata, Scott Matthew  
 Owens, Amelia Aline  
 Sammons, Amber Rochelle  
 Schellenberg, Sara Lynn (With Distinction)  
 Tompkins, Christopher Michael  
 Tregor, Genevieve A. (With Distinction)



**CONGRATULATIONS!**





*Chris Boyer, NASPE Outstanding Kinesiology Major*

## NASPE Award Winner!

The National Association of Sports and Physical Education (NASPE) proudly recognized Chris Boyer among its "Outstanding Majors of 2005!" Universities that belong to NASPE select one student who has demonstrated academic achievement, strong work ethic, and school and community service. Chris was recently nominated for this award by the Cal Poly Kinesiology Department faculty, and received his acknowledgement April 14 at the American Association of Health, Physical Education, Recreation and Dance annual meeting in Chicago.

"I am a 5<sup>th</sup> year KINE student graduating in the Spring, but I'm staying here to receive my physical education teacher credential next year. I have maintained a 3.7 GPA since becoming a KINE major three years ago. I am a volunteer Trip Leader for the outdoor education program at Cal Poly, Poly Escapes. I have been a Trip Leader for 2 1/2 years and lead mountaineering, snowshoeing, rock climbing, mountain biking, and am soon leading the first ever trail-running trip in May. This year I'm an officer, a position called Trip Advisor. I make sure that Trip Leaders are being responsible, and I bring new leaders into the program. Last summer, as an employee for the outdoor gear supplier REI, I helped with their PEAK Program, in which I led summer campers through activities centering around "Leave No Trace" outdoor ethics. I am a certified EMT and just recently was hired on as a wildland forest fighter for the Santa Lucia Crew #7 for this summer. After receiving my PE teacher credential, I hope to stay in the wonderful state of California and teach physical education, health, and continue to lead students into the outdoors."

## Outstanding College of Science & Math (COSAM) student: Jeremy Waldram (KINE)

Jeremy Waldram was chosen as 1 of 2 outstanding COSAM students. He is 25 years old, and his wife Jaime is expecting their first baby (Kamryn Rose) any moment now! Jeremy grew up in Tehachapi, California, and has 7 brothers and sisters. He left school and went to Spain for 2 years as a missionary, where he worked in African refugee camps and retirement homes, and returned home fluent in Spanish. Jeremy went to Cuesta College in Fall, 2001, and came to Cal Poly in Fall, 2003, graduating in 4 years. He took an average of 20+ units per quarter and still maintained a 3.99 GPA! Jeremy has shadowed a local doctor in the ER, volunteers at SLO Hospice, is an SIS tutor in biology, tutors informally in chemistry, and has started applying to medical schools. He's still awaiting word from UC San Diego, which is his school of preference, though he has received acceptance from several others.

## Outstanding Kinesiology Graduating Senior Awards

*(Based on a combination of GPA and activities)*

Kyl Samway (Clinical Worksite Health Promotion)  
 Joshua Soria (Pre-Physical Therapy)  
 Beth Suman (Health Education)



## Adapted Physical Activity Programs Annual Report– Winter, 2005

By Kevin Taylor (faculty)

The Adapted Physical Activity programs began in the fall of 1999. We began with no equipment, no budget, and no previous experience. What we had in abundance was genuine desire to make a difference and a lot of willing people to help. Throw in a few talented Cal Poly students "et Voilà!" The Friday Club, EyeCycle and the Adapted Paddling Program were all started to provide authentic, learn by doing lab experiences for students in the Adapted Physical Activity class.

Last year we began to collaborate with the Mechanical Engineering department, our involvement with whom is greatly impacting the Friday Club and the Adapted Paddling Program. This year we began to collaborate with Dr. Shawn Burn from the Psychology department in the development questionnaires designed to study the impact of involvement in the Adapted Physical Activity programs.

### The Friday Club

In collaboration with the San Luis Obispo County office for Special Olympics, students from Kine 307 teach sports skills to people with developmental disabilities. We teach soccer, basketball, track and field. The focus of this program is skill development but without sacrificing our "fun at all costs" attitude we have had some notable successes with dramatic improvements in participants' skill levels. Students in Kine 307 frequently report that their work with the Friday Club is extremely rewarding.

The Friday Club purchased "Equalizers" two years ago. The equalizer is a piece of equipment that attaches to the front of a wheelchair so that the occupant can participate more fully in a variety of games and activities. The equalizer is very expensive and has a number of weaknesses which led to them all breaking last year. After participating in ME 428, the senior design class in Mechanical Engineering, we collaborated with two ME students in a senior project that aimed to build and test a prototype of a newly designed replacement for the equalizers.

This year we are fixing the equalizers, finishing and field-testing the Universal Play Frames or "UPFs" and hope to go back into ME 428 this spring to develop the UPF Mk 2. If the Mk 2 is a success we hope to collaborate with Special Olympics in raising enough money to build a small fleet to facilitate organizing tournaments for users throughout the county.

Students in the Friday Club occasionally play Bocce Ball with the participants. Bocce is a popular game among Special Olympic athletes. For people who cannot throw or roll a ball, Bocce is played using an assistive device such as a ramp. Ramps are limiting, however, in the degree to which they accurately simulate the preferred action of tossing a Bocce ball. A senior project student in Mechanical Engineering is currently working on an assistive device to more accurately simulate the action of "tossing" a Bocce ball. Next year we hope to develop the initial design and ultimately build multiple devices.



### EyeCycle

The EyeCycle program is designed to take people with visual impairment on bicycle rides. After learning how to ride the front seat of a tandem, students from Kine 307 schedule rides with local community members who have visual impairment. The program currently has three tandems that were acquired with grant money, and two more donated by a local community member who used to run a similar program. We generally have a small number of students in this program as it is obviously critical that we work with well-trained and careful cyclists. Our aim is to have a large impact on a few people rather than a small impact on a large number of people.





## Adapted Paddling Program

The Adapted Paddling Program is offered in collaboration with the Central Coast Assistive Technology Center (CCATC). The Adapted Paddling Program draws from the professional expertise of a Kayaking instructor and a Physical or Occupational Therapist. The paddle instructor and the physical therapist train Kine 307 students to act as assistant instructors in the delivery of an Adapted Paddling Clinic that is conducted once each quarter, once students have completed their training. We currently have a team of two ACA (American Canoe Association) certified paddling instructors and a long list of licensed physical and occupational therapists. We also have some recent graduates who are still local and who work as PT aides and offer their considerable expertise as volunteers (thanks Shelly & Deidre!). Equipment for the program has been purchased with grant money, donated by companies within the paddle sports industry, and secured with money from the College Based Fees.

The paddle program was rocked this year with the discovery in Fall quarter that Crandall Pool was being closed forever! The Department Chair negotiated a deal whereby the Provost's office now pays for us to use the only other indoor pool in the area but this has severely impacted our program and will continue to do so!

In June of last year we hosted the first California based ACA "Adaptive Paddling Workshop" which gave ACA certified instructors from all over California, Oregon, and Nevada the opportunity to add the ACA's Adaptive Paddling endorsement to their license. The workshop was a huge success and we hope to host future workshops, although the loss of Crandall pool may make this difficult if not impossible.

We are continuing to collaborate with Dr. Frank Owen of the Mechanical Engineering department on the Solo Quad-Conversion grant from the Christopher Reeve Paralysis Foundation. This ambitious project aims to convert a standard recreational kayak from our adapted paddling program and add an electric motor controlled by a chin joystick for someone with high level quadriplegia to "solo-paddle" along with our program. Once the craft is complete, paddlers with quadriplegia will never truly "paddle" by themselves as we will surround them with a flotilla of safety boats, but they will experience the independence of controlling their own craft. People with high-level quadriplegia seldom enjoy any degree of independence or control in a functional setting, let alone a recreational activity.

In a new service venture last year as an outgrowth of our collaboration with Mechanical Engineering and in support of the ACA's Adaptive Paddling Workshops, we currently supply foam "fit-kits" to paddlers with disabilities across the nation. We are producing and selling the kits at cost because the ACA could not find a retailer prepared to produce the kits for such a small market! This endeavor, like all my work with the programs, would be impossible without the support of my friends, colleagues, and students.



I would like to publicly acknowledge and thank our department technician Jack Collins, our equipment manager Mary Anne, and my graduate students who each supervise one of the programs: Jenny Davis (Friday Club), Mike Fonda (EyeCycle) and Scott Numata (Adapted Paddling Program). In addition, I owe a debt of gratitude to my faculty colleagues in Kinesiology, Engineering, and Psychology for their continued support and collaboration. I am constantly engaging senior project students in the programs and add a big thanks to all of them!



## Student Research Opportunities

**T**he lights are on in the Human Performance Laboratory at the strangest hours! That's because our students are testing clients, setting up equipment, or analyzing data on the many projects undertaken over the past year. The College-Based Fees have provided the labs with the necessary equipment and supplies to offer a truly cutting-edge research opportunity to our students. Some of the highlights are the following:



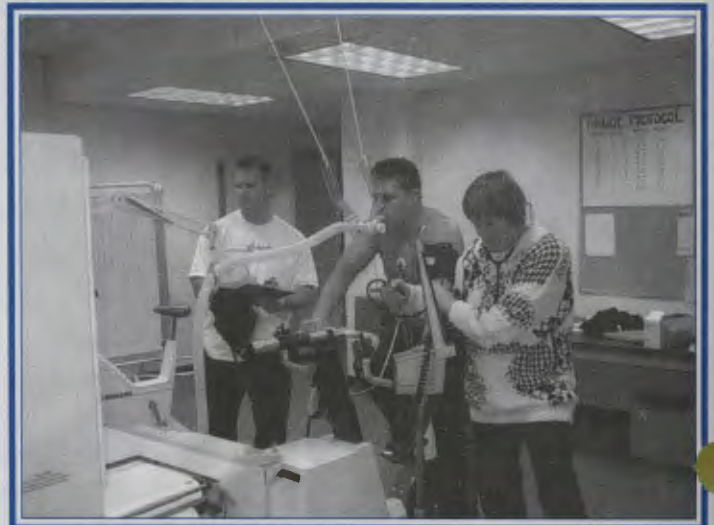
*Melissa Pech, Rebecca Wilburn,  
Maiko Masuda*

### How many calories does it really take to walk a mile?

Students have finished collecting data for a 2 year project that determined the caloric cost of walking on six different surfaces: a motorized treadmill, concrete, rubberized track, packed dirt, grass, packed sand, and loose sand. As expected, the cost varies tremendously based on the surface. It takes about 3 times as many calories to walk on loose sand as it does on a rubberized track surface. So the next time you're working with an individual who wants to lose weight, tell them to go enjoy a day at the beach!

### Can you really tell how strong someone is without actually measuring strength?

When we work with people who are trying to improve muscular strength and endurance, we're hesitant to use a one-repetition maximum test of strength because that may lead to injuries in individuals unfamiliar with resistance training. So we've been left with submaximal estimates of strength from which we prescribe exercise and monitor progress. A team of students investigated the accuracy of submaximal estimates when used in people who had high aerobic fitness (and by assumption, had lots of slow twitch muscle fibers) as compared to people with high anaerobic power (for which we assumed a high percentage of fast twitch fibers). We found some surprising results.



*Chris Thompkins, Julian Varela, Dr. Susan Puhl*



For both groups, the submaximal tests tended to overestimate strength. This could lead to some potentially dangerous choices of workloads, and inaccurate assessments of progress. We've recently finished testing more individuals to increase our sample size, because we were getting interesting results between the groups, though not large enough to reach statistical significance. We'll report on the final results in the next newsletter.

### What is the best method for determining my body composition?



*Unknown Participant*

With all the hype recently about the growing epidemic of obesity among Americans, it's no wonder that we're focusing more attention on measurements of body composition. The traditional "gold standard" of underwater weighing has several disadvantages, which those of you who were dunked during your time here can well remember. A new technology, phlethysmography (5 extra points to anyone who spells that correctly on a Physiology of Exercise test!), has been developed to do what underwater weighing does – measure body volume—without the problems associated with the traditional approach. The instrument uses air rather than water displacement to determine body volume. This measure, along with a person's weight, tells us what the person's body density is. We then use that information to estimate a person's body fat. Students in the Human Performance Lab have tested over 100 individuals using both underwater weighing and phlethysmography. Our results, which were presented at several local and regional conferences, indicate that the instrument's accuracy is different for men vs. women, and for individuals with high body fat vs. those with low body fat. We'll be continuing our investigations to determine if these differences hold true for larger populations, and across various ethnic groups. For those of you old enough to remember.....I feel like saying "Nanoo, Nanoo" anytime I use the machine (a Mork and Mindy reference for those not old enough to understand).

**We'll be continuing our investigations into the metabolic costs and consequences of physical activity (or the lack thereof!). We'd appreciate any comments you may have about these or other physiology related areas, especially as they may pertain to your current employment.**

**Stay in touch!**



## College Based Fee: What a difference it has made!

**S**ome of you were at Cal Poly when the College Based Fee (CBF) initiative was discussed and subsequently passed by a student vote in 2000. Every student in the College of Science and Mathematics (COSAM) now pays an additional \$250 per quarter that goes directly to the College. The College Dean then distributes the money to the departments and for the most part Kinesiology receives the amount contributed by its majors.

In 2004-05 the Kinesiology department received \$230,000.00. There are some rules on how this money can and cannot be spent...sorry, no student BBQ's! However, it is the students in our department who ultimately decide how the money is spent. Dr. Brown chairs the CBF meetings and faculty provide input and suggestions, but it is only the students who vote. With approximately that much money to spend each year, the CBF committee is a very rewarding and powerful student committee on which to serve. Following is a brief description of some of the items that have been bought / supported with the CBF monies.

We have a great deal of new equipment that is critical evidence of the tangible results from this fee. While all the Kinesiology areas have received support from this money, some have received more than others due to the high cost of the specific and unique equipment required. On due course all areas will have the opportunity to purchase state-of-the-art equipment for our majors and programs. There is no doubt that many students and faculty already appreciated this new equipment. Be sure to look around the department for all these items when you visit Cal Poly and the Kinesiology Department. Most pieces of equipment have a plaque or a framed certificate nearby indicating that it was bought with CBF funds.

### The following are some of the highlights of what was purchased in 2003-04.

#### The teaching concentration received:

3 Macintosh Video Editing Stations  
8 Wireless mics, and 5 DV Camcorders

#### The biomechanics area received

Aerial Ace 2000 Computerized Exercise System  
Velotron Computer Controlled Ergometer

#### The motor learning area received

5 Anticipation Timers

#### The exercise physiology area received

VmaxST Portable VO2 Analyzer  
Vmax VO2 Analyzer  
Parvomedics VO2 Analyzer  
Monarch Ergometer  
HP Echocardiogram  
Nitrogen Analyzer  
2-ECG's  
Electronic Weighing System  
for Hydrostatic Tank.

With all of this new equipment and more to come, everyone in the Kinesiology Department is extremely grateful for having our own technician, Jack Collins, permanently located on the first floor of the Tower. Jack is kept very busy helping both faculty and students and it would be hard to say which group appreciates him more. Jack is paid by the State, but his first year's salary was paid with CBF funds.

Professional development and travel for both faculty and students is paid with CBF monies. A lump sum is allocated to both groups and claimed as need to support presentation and attendance at professional conferences and workshops. This aspect of the CBF program has increased student attendance at professional meetings, and thus increased their opportunities to network with professionals in their fields.

Further opportunities are offered to students through the "Summer Pod" program also supported with CBF funds. The Pods are actually research projects designed and conducted by the faculty: students work on these projects and earn \$10.00 per hour. Articles and presentations that result from these Pods include the name(s) of the students who have worked on the project. The inclusion of this type of work on student resumes gives added credibility to their already prestigious degree earned here at Cal Poly.

All current students in the department and college are extremely grateful for those students who passed the CBF initiative. There is no doubt that the Kinesiology Department is a better place because of your vote.

## Thank you!



## Changes in the Clinical and Worksite Health Promotion Concentration

In the near future, students will no longer select from the Clinical and Worksite Health Promotion or the Health Education concentrations. The faculty have looked over the curricula of the two programs, as well as the careers and opportunities available to students graduating from the program, and saw more similarities than differences. Consequently, we'll be merging the two programs into a new concentration titled "Exercise Science and Health Promotion".

The new concentration keeps the strengths of both programs, while offering a wider range of opportunities to students who choose this new concentration. Promotion of healthy lifestyles and practices is the core of the new curriculum, whether it be via health education programs, fitness development, or rehabilitation exercises. Graduates of the program will be well-informed about all three aspects of exercise science, and will be able to meet the needs of the changing demographics of Americans over the next several decades. Students will choose to specialize in one of the three tracks—worksite, clinical, or health education—but will have the added strengths associated with greater exposure to health-based information.

The new curriculum prepares graduates to obtain certification as ACSM Health/Fitness Instructors, Certified Health Education Specialists, and various Personal Trainer or Strength and Conditioning certifications.





### Department Certificate Programs in Peril

**T**he Kinesiology Department has two certificate programs within the curriculum that are currently in jeopardy of elimination. Budget cuts over the past few years have resulted in a necessity to teach only courses in the core and concentrations. The Coaching Certificate is a program for non-Kinesiology majors in which students can take courses that would give them the tools to coach in a variety of settings. The Aquatic Certificate is a program that trains students to become Aquatic Directors at municipalities or private pools. Courses that are important for both of these certificate programs are no longer being taught. These courses include Coaching Theory and Psychology of Coaching. Other courses that are no longer being taught that affect the Coaching certificate include Introduction to Athletic Training and Officiating. This leaves only two courses in the Coaching Certificate that are currently being offered.

The Aquatic Certificate program is not as impacted from these courses not being offered but we are having a "numbers crunch" that does impact the program. The Aquatic Certificate program has historically had a limited number of students. This impacts the department because the courses that have been developed specifically for this program have had a low enrollment. The university has placed a great deal of emphasis on improving enrollment in courses and not offering courses with low enrollment. This leaves the Aquatic Certificate program in a quandary. It may be necessary to eliminate this program in the near future.

### Senior Project

**A**ll Cal Poly students must complete a senior project prior to receiving a degree. The Kinesiology Department has made a number of changes over the years relating to the number of units needed for Senior Project, and students had to complete two courses in senior project in order to receive a degree. With a mandate from the CSU, total units for graduation have been reduced over the past few years. In 1998, Kinesiology students needed 195 units for graduation. They now need 180 units for graduation. The department needed to eliminate 15 units from the program in order to meet this requirement. One way to do this was to change the Senior Project format.

We now offer a course KINE 461 Senior Project that meets weekly. Students select a topic in which they will complete a thorough review of literature. The topics relate to their professional goals after graduation and the review of literature will help them become intimately familiar with at least one topic that will have an impact in their future. In essence, the goal is to become an expert in that topic. The class meets weekly to discuss specific aspects of the project, including writing style, correct methods for citing references within the text, and identifying reliable sources.

A student still has the option of working with an individual faculty member to complete an alternative project if they are not interested in completing a review of literature. Students who would rather complete a research project by themselves, or with a faculty member, have that option. They can enroll in KINE 462 Senior Project.

This new approach to Senior Projects has already been beneficial to Kinesiology students. It helps them focus on the project and complete it within one academic quarter. Student evaluations for this approach have been positive.



## KINESIOLOGY BBQ!

### An All Department BBQ – an interactive event

**A**pril 22<sup>nd</sup> saw the students, staff, and faculty of the Kinesiology Department come together to celebrate their major, to play together, to talk about College Based Fees, and to visit in concentration groups. It was a successful and dynamic BBQ where we shared great food, interesting discussions, and challenging games and activities. Many students challenged faculty to modified badminton, sand volleyball, and basketball. Some students chose not to take part in the games but rather took the time to visit with other students and faculty. Eventually, we all met together and shared excellent tri-tip sandwiches and salads on Mott Lawn.

All participants, including Dean Bailey, were given department T-shirts with "Kinesiology Department" on the front and "Trained here to succeed out there! SLO, CA" on the back. Students had concentration color-coded name tags so that freshman, sophomores junior and seniors could recognize and interact with others in their track. During the BBQ, senior and graduate students spoke to the whole group about PolyFit, CBF, and advising. Overall it was a positive and inclusive way for students, staff and faculty to identify and share together who we are and what we are doing as a department.





❖ **(Ahlers) Thompson, Jolene ('88)**

I taught at Cambria Junior High (89-90) then moved on to Vacaville Jr. High & High School (90-94). My husband graduated from Veterinary School in Davis, I got pregnant with our first & came home to be a mom! My current activities include keeping up with my husband (John, Animal Science '89) and our 4 daughters: Tiffany, 9, Melissa, 8, Denise, 7, and Natalie, 4. I also try to run regularly, coach soccer and softball. We bought a 40-acre ranch and started a cattle business. We are up to about 50 head and calving season is about to start! If you are ever in Oakdale, California, come say howdy! Our home is always open for friends, and we are just 4 miles off the highway!

❖ **Amato, Paul ('88)**

I am instructing for Lake Tahoe Community College in the aquatics and fitness departments. I am also a ski/snowboard instructor for Heavenly Ski Resort. I've been married since June, 2003, and we are expecting a child in September, 2004.

❖ **Baitinger, Craig ('94)**

Have worked for MediFit Corporate Services in Florham Park, New Jersey, for over 9 years. Became V.P. Health and Fitness Operations in February, 2004. Still enjoy running and strength training. Married Tracy Benjamin in September, 1998, have daughter Danielle Brooke, born August 1<sup>st</sup>. Email: cbaitinger@medifit.com

❖ **(Blasick) Spencer, Charlene ('68)**

Worked in girls PE and teaching for 25 years, quit in 1994. Living in Ridgecrest, California. Enjoy sailboat rides for handicap kids at Tehachapi summer camp, scuba, sail Hobies, fly homebuilt airplane. Did I learn any of this at Poly? You're too busy when you're unemployed to write more!

❖ **Burch, Katie ('00)**

I now work as an acute care physical therapist and am developing my skills as a wound care specialist. With my strong PE background from Cal Poly, I was a natural to help teach the Healthy Balance program at the hospital, teaching fitness and weight loss skills to individuals. At graduate school, I became a triathlete, when I used to think that was a crazy thing to do! I still manage to participate in this, and lots of swimming since I started working. I've been at Cottage Health Systems in Santa Barbara for about 6 months now. Email: Katie\_sule@yahoo.com

❖ **Caldwell, Sam ('95)**

Have been teaching and coaching baseball at high school level for the last 6 years. Enjoying golf, snowboarding, softball. Built a home in Arizona, moving in July. We'll miss California terribly! Email: samwell73@cox.net

❖ **Comstock, Chris ('01)**

I'm currently living in Goleta, California, and working with students at UCSB, leading Bible studies in the dorms, training students in discipleship, and leading missions trips overseas (Australia this summer). I work with Campus Crusade for Christ, a college ministry. I'm doing well in Santa Barbara, and hope all is well for you in SLO! God bless. Email: Chris\_Comstock@hotmail.com



❖ **Drury-Rohner ('94)**

Have been the Exercise Physiologist for Rex Wellness Centers for the past 7 years. Responsible for program development as well as staff education and training. I am an adjunct faculty member with Meredith College and facilitate personal training certification workshops across the country for the National Council of Strength and Fitness. I have just recently started my own company, Changing Ways, LLC. We are a physician-based health enhancement program that educates and facilitates change through nutrition, exercise, and lifestyle enhancement strategies. Email: [changingways@nc.rr.com](mailto:changingways@nc.rr.com)

❖ **Farnady, Merry Moore ('81)**

I feel like the oldster after 6 years of middle school teaching, and 16 years at the elementary level. I'm on my 6<sup>th</sup> year at Sunset elementary in Livermore, where the PTO and parents rallied to keep my program, understanding the value of physical education for their children. I am the only elementary specialist left of the nine schools after the California budget cuts. Email: [mmfpeteach@comcast.net](mailto:mmfpeteach@comcast.net)

❖ **Mack, Kris ('00)**

Recently hired as an assistant track and field coach at Stanford University. I coach men's and women's pole vault, decathlon, heptathlon and men's high jump. I married my college girlfriend and fellow pole vaulter, Paula Serrano ('00) 2 years ago. She also works at Stanford in the track and field office. Email: [kmack77@stanford.edu](mailto:kmack77@stanford.edu)

❖ **Nystrom, Jennifer ('99)**

Living in Parker, Colorado. Working on my personal training and fitness therapy certification, as well as my massage and neuromuscular therapy certification. Also, training for my 4<sup>th</sup> triathlon in September! Email: [jnaystray@hotmail.com](mailto:jnaystray@hotmail.com)

❖ **Peck, Jim ('85)**

Alright, alright, alright! I'm writing to update because of Andy Proctor's Faculty News update. Lori (Landscape Architecture '85) and I have been married now for 21 years. I've been teaching 8<sup>th</sup> grade History, English, and PE for the last 4 years. I taught 5<sup>th</sup> grade the previous 14 years. I play basketball 3 times a week, tennis every once in a while, and have played in the NABA (National Adult Baseball Association) for the last 10 years.

❖ **Remmers, Anne ('98)**

My husband, Michael, and I started an instructional surf camp in Mexico. Check it out: [ISAMexico.com](http://ISAMexico.com). Still enjoy surfing, yoga & swimming. Email: [surf@isamexico.com](mailto:surf@isamexico.com)

❖ **Shirley, Mike ('99)**

I own Double Diamond Athletic Club in Reno, Nevada. I also stay busy with all sorts of fitness activities – snowmobiles, mountain biking, weights, etc. Call & say hi (775-851-7171) or check out our web page ([www.ddaonline.com](http://www.ddaonline.com)). Life and business are great! Email: [mike@ddaonline.com](mailto:mike@ddaonline.com)



❖ **Sorensen, Jim ('95)**

I've been teaching 4 years now (2 Math at the high school, 2 currently PE at the middle school). Still competing in track and field, running the 1500 meters. Just missed qualifying for the 2004 Olympic Trials in Sacramento! Email: jimsorensen11@yahoo.com

❖ **Spinoglio, Diana & David ('92)**

Diana resigned from her position as fitness manager at the Sports Club in Irvine to stay home and raise their two children, Taylor (8 years) and Ashley (2 years). Email: Spinoglio@pacbell.net

❖ **Steele, William E. ('71)**

Currently living in Mesilla Park, New Mexico.

❖ **(Strauss) Eckerman, Jennifer ('00)**

Having been working as a Physician's Assistant at Urology Associates of San Luis Obispo for about a year. Enjoy kayaking, golfing, hiking, soccer, and running. Email: jstrausspa@yahoo.com

❖ **Sullivan, Jennifer ('93)**

Has been working for Activision, Inc. in Santa Monica, California, as Operations Manager for 5 years. Email: Jen.Sullivan@Gmail.com

❖ **Taylor, Nicole ('97)**

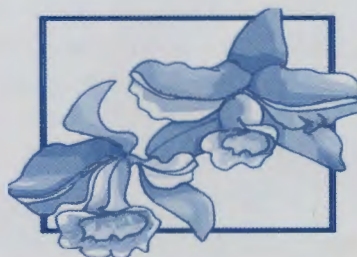
Teaching 7<sup>th</sup> and 8<sup>th</sup> grade PE at Olympus Junior high School in Roseville, California, and loving it! Also coaching 7<sup>th</sup> grade boys and 8<sup>th</sup> grade girls basketball. Attending the Cal Poly PE conference as often as possible...it's an incredible experience. Living in Rocklin with my boyfriend of 3 years, his 10 year old son, and our two dogs, Abbey and Dover. Life is wonderful! Email: ntaylor@eureka.usd.k12.ca.us

❖ **Trigueiro, Ken ('57)**

For the last eleven years, have worked as RLII therapeutic and inclusion aide for the City of San Diego Park and Rec. Therapeutic Recreation Services. Still have a lifelong commitment to all aspects of sport: biking, hiking, camping, tennis, golf, football, basketball, baseball, softball, soccer, and disability sports. Have two daughters who graduated from Cal Poly, along with their boyfriends! Email: kgtrig@sbcglobal.net

❖ **Wilson, Eric ('98) and Lana (Sullivan) ('98)**

Bought our first house in June 2004 in Seaside, California. Eric is an X-Ray Technologist at Salinas Valley Memorial Hospital and Lana is an RN at Community Hospital of the Monterey Peninsula. They enjoy hiking, running, mountain biking, and their dog, Wiley! Email: ericandlana@access-4-free.com





**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 alumni! Hope you are all doing well out there in the "real world". Life continues to be very busy for me. Classes continue to go well, and the Human Subjects Committee reviews more proposals every year. Our "Clinical and Worksite Health Promotion" (formerly "Corporate Fitness") curriculum is now endorsed by The American College of Sports Medicine for "Health and Fitness Instructors", and we are aligning the graduate curriculum to address the "Knowledge, Skill, and Ability" prerequisites for the ACSM Exercise Specialist and ACSM Registered Clinical Exercise Physiologist. Last October I ended my 3 year term as a president of the Southwest Chapter of The American College of Sports Medicine, and I would like to thank everyone who helped to make SWACSM a success during that time. Together with Cal Poly alumni Jane Danks, Derek Marks, and Chantal Vella, we hosted ACSM H/FI certification at the SWACSM meeting in Las Vegas. Special thanks also to Dr. Laura Kruskall, of UNLV, who served as the Site Director. Last summer Michelle Bosse's masters thesis, "Effects of Zone Diet Macronutrient Proportions on Blood Lipids, Blood Glucose, Body Composition, and Treadmill Exercise Performance", was published in "Nutrition Research". This was a collaborative effort between the Kinesiology Department and the Food Science and Nutrition Department, and the coauthors included students Michelle Bosse, Victor Low, Lydia Reiner, Tyler Dominguez, and Nicholas Seals. Another manuscript, "Physical Fitness of an Industrial Fire Department vs. a Municipal Fire Department" has been accepted for publication in "The Journal of Strength and Conditioning Research". The authors are Cal Poly alumna Julie Ellis (Garver), alumna and Kinesiology faculty Kris Jankovitz, alumna Jane Danks, graduate student Ashley Fittz, Statistics faculty Heather Smith, and myself. Finally, congratulations to Dr. Jankovitz for her well deserved promotion to Associate Professor and tenure! Hope you all have a great year, and remember, "You Have a Right to be Healthy, so Exercise It!"



**Jerry DeMers (jdemers@calpoly.edu)**

When will things slow down? I am completing two books at this point in time. One has been in the works for 3 years and the other was a thorough revision of an existing book. The first one is titled Aquatic Facility Design and the other is the YMCA Pool Operations Manual. Soon, I will be finished with these and will probably be on to new things. On a personal note, my wife Jill is now with the Department of Natural Resources Management at Cal Poly. We were able to do some traveling during the Christmas break to the Grand Caymans, Belize, Roatan, and Cozumel. That was just what I needed, relaxation and fun.

**Sonja Glassmeyer (sglassme@calpoly.edu)**

The 2004-05 school has marked somewhat of a milestone for me as this is my 30<sup>th</sup> year of teaching at Cal Poly! Goodness, how fast the time has gone by - that's what happens when you love what you do! Although I retired 3 years ago, I am really enjoying being able to teach part-time and to spend more time with my students. My husband, Gary, and I have been trying to have more fun too. In the last year we took our very first train ride down to San Diego and went to Wild Animal Park and the San Diego Zoo (we felt like a couple of kids!). We cruised around the islands in the Sea of Cortez down in Baja, cruised the Columbia and Snake Rivers, where we followed part of the Lewis and Clark Trail, and we spent part of the 2004 Christmas holidays in Kaua'i.

**Kellie Green Hall (kghall@calpoly.edu)**

Hello Alumni. How can another year be gone already? More of the same at Cal Poly in the Kinesiology department: teaching, conducting labs and research, supervising projects, etc. I'm spending time with the University Graduate Program review currently. The Kinesiology students, both at the graduate level and the bachelor's level are bright and hard working. I know they will go out and represent us as well as all of our past alumni are doing right now. I'm traveling less these days and spending more time enjoying my children's sporting activities. As you may recall they are studs! Take care and keep in touch, Dr. Hall

**Joanne Hunter (jmhunter@calpoly.edu)**

Hello! My name is Dr. Joanne Hynes-Dusel (soon to be Dr. Joanne Hunter, as of January 17, 2005). I am a new, Fall 2004, Cal Poly faculty member, coming to you by way of Baltimore, Maryland. I am a native New Yorker, born and bred in New York City (Queens to be exact).

I worked in the NYC public high school system for 5 years as a physical education and health teacher after I received my B.S. in physical education and M.S. in adapted physical education at Queens College. I taught @ 100-150 students per class, 5 classes per day. I taught elementary physical education for a year at a Manhattan private school while completing my Ed.M. in neuropsychology at Columbia University. I taught at Hofstra University (on Long Island, N.Y.) for a year as I concluded my Doctoral studies at Columbia University. Once I received my Doctorate (7 years ago), I moved to Baltimore, to teach at Towson University.



I have many hobbies outside of sports. One hobby is black and white photography. I love to illustrate and draw in my free time, which is usually never these days! I've been to Portugal, France, Brazil, Holland, and Brussels.

I am a sci-fi/horror fanatic, an avid Disney Villains collector, and love new wave music. I enjoy participating in all sports, including extreme sports, much to the dismay of my fiancé and parents! I've broken all of my fingers (some many times over), my nose a number of times, toes, neck (C-4), ankles and leg. I've had 3 surgeries on my right arm (nerve damage thanks to my broken neck in high school during a gymnastics tournament), both my knees 2 times each, and my left ankle in January, 2003 (I now have 8 screws and a plate holding it together. I broke the tibia and fibula completely off the bone, with the fibula completely broken off the bone in 2 places)!

Well, that's it for now. Please email if you'd like to talk! Looking forward to hearing from you!

### **Kris Jankovitz (kjankovi@calpoly.edu)**

Greetings Alumni and Friends! I hope our annual update finds you well. I am enjoying my ninth year as a faculty member at Cal Poly. I still teach the general education health education class, which I really enjoy, in the clinical/worksite health promotion and health education concentrations, and the exercise science and health promotion graduate program. My family is doing very well and our twins are soon to be graduates of the fourth grade.

This coming year 2005-2006, the Kinesiology Department will be undergoing a Program Review. This is a process that is undertaken by every major on campus every five years. Internal and external reviewers will evaluate our program and their findings will be used to refine our curriculum, improve our degree program and the department. The reviewers will consider multiple sources of data and information during the Program Review. One source of information we intend to provide to these reviewers is from graduates of our degree program. To obtain this information we need your help. Very soon you will be receiving a questionnaire in the mail, or perhaps you've already received it. We are asking each of you to please take part in our alumni survey by completing and returning the questionnaire to our department. (The questionnaire can also be accessed on the internet at: [www.calpoly.edu/~pek](http://www.calpoly.edu/~pek)) Your participation is crucial to support us in our endeavor to provide information about the effect of the undergraduate experience on those who have completed our program.

Thank you to all our alumni and friends for your support of our program. Until next time ... be well.

### **Ray Nakamura (rnakamur@calpoly.edu)**

Aloha! I hope this year finds you happy and healthy. I was able to take a sabbatical in the fall quarter and that was very refreshing. I worked on a new book. A highlight for me this past year was when my publisher translated one of my books into Chinese. Life is still good and I am grateful for the years that I have had at Poly. I hope you will come back to campus and visit.



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

Greetings from San Luis Obispo! I spent a year on a professional leave of absence at the University of Tennessee, Knoxville during 2003 – 2004, and can say that experience helped me appreciate Cal Poly's mission much more deeply. I have been able to jump right back into the "thick" of things thanks to support from the College Based Fee. Four students (Timothy Collins, Michelle Zulim, Kallie Sealock and Jennifer Pidkowicz) and I spent some time collecting data on the psychological and sociological benefits of the TriActive Fitness Zone in San Luis Obispo. We were able to present preliminary findings of this research at the 2005 SW District AAHPERD conference in Phoenix, Arizona this past February. We hope to continue with this project during the summer of 2005. Two new courses, Sport and Gender and Sport, Media and Popular Culture, provide me with unique challenges as I have opportunities to meet students from across campus that elect to take these courses as an upper division general education elective. The end of winter quarter is fast approaching. I hope this newsletter finds you all in great health and spirits. Keep Cal Poly in mind and make sure to visit us when you get a chance.

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

It is always nice to hear from former students, and I appreciate those who take the time to keep in touch. We continue to have outstanding students in our major and it is a pleasure to be involved in their higher education. Personally, I and both have been presented by students at College, regional, and/or national events. We're looking forward to continuing the success of our student-based research opportunities in the Human Performance Lab. polyFIT has grown since last year with the addition of a nutritional assessment program. During Winter quarter of 2005, 34 undergraduate and 4 graduate students participated in the polyFIT program. We're looking to increase our client base by offering free assessments to the faculty and staff in the College of Science and Math during the Winter and Spring quarters. This will provide our student technicians with additional opportunities to work with individuals who don't fit into the typical "young, healthy adult" category. A final change in items relating to the exercise physiology end of the department – starting this year, all Kinesiology majors will be taking Nutrition for Fitness and Sports. The faculty as a whole decided that knowledge of the nutritional basis for performance is central to the field of Kinesiology, and so the course is now in our core curriculum. We feel that this new addition will make our students even more competitive in their professional careers. Stop by the lab any time you're in town. We'd love to show you all the things we're doing, and have you share your experiences with us!

**Mike Sutliff (msutliff@calpoly.edu)**

What a great year. Change is something that can't be stopped, especially when you have four young boys in the house who are turning into fine young men. I am so fortunate to have a wonderful wife who is the greatest wife and mother I have ever known. Raising kids is a challenge and honor, and we feel blessed with all we have been given. Each of our children are active young men who have immersed themselves in church, sports, family activities, and school. Managing the busyness of life is a challenge but I wouldn't have it any other way. I hope all of you have as splendid of a year as I anticipate having.



## Kevin Taylor (jktaylor@calpoly.edu)

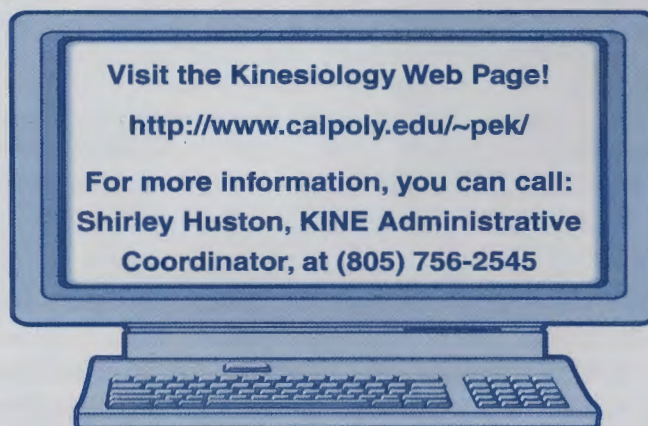
My sixth year at Cal Poly is off to a flying start; doesn't it go by in a heartbeat? My wife Michelle no longer teaches for us but is busy starting a Waldorf preschool! Our sons Christopher & Kieran are 5 and 2 respectively and are a constant source of lost sleep, joy, and inspiration!

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, where 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 was the proud recipient of the Paul Wolf Accessibility Advocacy Award, a local community award given to advocates for people with disability. The award is run through the San Luis Community Foundation and was given to me in recognition of my work with the Adapted Physical Activity programs.

This year I will be presenting at the South West District AAHPERD Conference in Phoenix, at the CAHPERD Conference in Monterey and at the AAHPERD National Convention in Chicago. This summer we will travel back to the UK as my Mother and Father turn 70, and they're throwing a big party! We hope to return in time to attend the World Badminton Championships in Anaheim in August. Check it out if you get the chance! Whatever your connection to Kinesiology at Cal Poly, stay in touch and have a great year!

## News from our "Techie," Jack Collins: (jcollins@calpoly.edu)

In the fall of 2004 I was invited to try out for Big Daddy's Blues Band. I was pleasantly surprised by the invitation. The guitar seat in that band has, at one time or another, been held by some of the county's better guitar players. Guy Budd, one of my former guitar teachers, being one of them (Guy is a real prince, BTW). The original "Big Daddy" was the guitar player in the band. Anyway, they're some big shoes to fill. As luck would have it, the "Daddy's" seemed to think I would be a fit and I've been practicing with them for the last couple of months. It's been lots of fun and they are a nice bunch of fellows. I look forward to gigging with them soon. We will probably be playing the SLO Mission Concert Series this summer. Hope to see you there.





## Retired faculty: IN MEMORY

### Sheldon Harden, 1920-2005



Sheldon Harden, former wrestling and football coach, died Monday, January 24, 2005, in San Luis Obispo. He was 84. Sheldon came to Cal Poly in 1948 and retired in 1989. He was an emeritus professor of physical education. He lifted wrestling from an intramural program to the intercollegiate level; his team won the Pacific Coast Intercollegiate Wrestling Championships in 1957-1958. Sheldon was also head football coach from 1962-67. He was a survivor of the October 29, 1960, plane crash which claimed the lives of 16 players and team manager. He received praise for his heroic efforts to save team and staff members. A native of Alturas, Harden was born October 18, 1920. He served 3 years in the U.S. Army artillery and

infantry and reached the rank of second lieutenant. While studying for a teaching credential at College of Pacific in 1946, Sheldon played pro football with the Sacramento Nuggets. In May, 2002, he was inducted into the California State Wrestling Hall of Fame. Sheldon and his wife, Dorothy, had four children, Michele, Maureen, Tim and Ann.

### Marylinda Wheeler 1936-2005



Marylinda Wheeler passed away at her home in Los Osos Friday, August 6, 2004. Marylinda was born November 25, 1936, in Martinez, California. She received a bachelors and master's degree in education and her teaching credential at Stanford University in 1959. Marylinda returned for a doctorate from the University of Utah in 1979. Her first teaching assignment was in Greenville, California. This led to her discovery of the beautiful Lake Almanor area, which she and extended family and friends enjoyed for many years to come. Her next job took her overseas with the Department of Defense. She taught for 8 years in Germany, Japan, and the Philippines. In

returning to the United States, she served as dean of students at Dominican College. In 1975, Marylinda began a long career at Cal Poly, where she taught physical education and coordinated the P.E. teacher preparation program. She was diagnosed with cancer in 1988, but her faith and indomitable optimism allowed her to continue to live life bravely and fully. She is survived by her brother Grant and his wife Larry, sister-in-law Joanie, and many nieces, nephews, grandnieces and grandnephews.



## 2005 WORKSHOPS!!!

### PEACH: July 15-24, 2005

The PEACH workshop for 2005 runs from July 15<sup>th</sup> through July 24<sup>th</sup>.

The workshop has a 10-day option or a 6-day option for July 17<sup>th</sup> through July 22<sup>nd</sup>.

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 2005-2006

Phone: (707) 263-8838

Email: ckinser@pacific.net

Website: [www.peachworkshops.com](http://www.peachworkshops.com)



### Elementary: July 31-Aug. 5, 2005

Cal Poly will again host the Elementary Physical Education Workshop this summer. The workshop is scheduled for July 31<sup>st</sup> through August 5<sup>th</sup> 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 include Alice Lockridge, Debra Wilson, Cathie Summerford, and Pat Vickroy. There's no better place to prepare for an exciting school year! Visit the web site for more information: [www.epew-cp.com](http://www.epew-cp.com).

### Secondary: July 9-17, 2005

"Catch A Wave" to the 2005 California Physical Education Workshop! Learn how to "unpack" the NEW PE Standards! Are you a new physical educator (PE) who could use some "seasoned" tips for your classes? A seasoned PE teacher 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" teacher interested in inclusion 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 56th annual workshop from July 9-17 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, Fitness Skillastics, the 2nd Annual Sport Stacking with Speed Stacks tournament, the "World Famous" Bus Tour, and the always wild and crazy Casino Night fundraiser. Learn how to build a Sand Castle on your Campus and get ALL students involved! Our enthusiastic instructors from around the world will share ways to enhance your school's curriculum while addressing the NEW Physical Education Standards, 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 Laurie Capps ([laurbett@earthlink.net](mailto:laurbett@earthlink.net) or call 909-444-5509) or Assistant Director Sharon Iriye ([siriye@cox.net](mailto:siriye@cox.net) or call 949-206-0281) or visit our web site at [www.peworkshop.com](http://www.peworkshop.com).



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Here

Dr. Jerry Demers  
Kinesiology Department  
Cal Poly - SLO  
San Luis Obispo, CA 93407-0386

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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.

Degree/Graduation Year \_\_\_\_\_

Concentration \_\_\_\_\_



## Information Update

Name \_\_\_\_\_

Address \_\_\_\_\_

Is this a new address?      yes ☐      no ☐

Home Phone ( \_\_\_\_ ) \_\_\_\_\_

Work Phone ( \_\_\_\_ ) \_\_\_\_\_

Graduation Year/Concentration: \_\_\_\_\_

Company / Agency \_\_\_\_\_

Address \_\_\_\_\_

Position \_\_\_\_\_ How Long? \_\_\_\_\_

E-Mail address: \_\_\_\_\_

## Alumni Update

Years and Activities within the Kinesiology Department:

Current PE Activities:

Personal News for Friends:

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

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San Luis Obispo, CA 93407  
Kinesiology Department  
115600

**Address correction requested**