



Kinesiology Department, Spring 2006

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KINESIOLOGY NEWS

California Polytechnic State University, San Luis Obispo, Ca 93407—805.756.2545

Greetings from the Kinesiology Department Chair ...

My! My! How time flies! Dr. Andrea Brown served as chair of our department the past three years and she is now retired and enjoying her free time on her boat. Now I'm back for another three years and am excited about the direction the department is headed. Dr. Andy Proctor and Dr. Ray Nakamura are both in the Faculty Early Retirement Program (FERP) which means they are teaching part-time. Dr. Proctor has been with the department for 33 years and Dr. Nakamura for 26 years. Their leadership and wisdom relating to curricular decisions and departmental affairs will be missed.

As you can see, the department has changed the format for our annual newsletter. We are hoping that we can include more information for your perusal and become more familiar with what is happening in our program. We are also hoping to be able to keep closer contact with our alumni and friends through this medium and develop more communication possibilities. Please let us know how you feel about this change.

The department is now in the process of advertising two new positions that will meet the needs of our program now and in the future. One position is a full-time lecturer who will be responsible for expanding the internship program for the Exercise Science and Health Promotion Concentration (ESHP). We have a large number of students in this concentration and the internship is a culminating experience for them. This person will supervise these interns and create new contacts throughout the state for placement of our students. This person will also teach courses in the Health Promotion area.

The other position is a Tenure-Track and will help guide our department into a very critical change of focus. This person will create a Center for Obesity Prevention and Education (COPE) and will create collaborations with other departments within the University. This new direction is very exciting and is related directly with what we do in the Teaching and Exercise Science and Health Promotion Concentrations. We are looking for someone who can bring in grants that will help support our efforts in this area.

As most of us know, obesity and obesity-related diabetes are major health issues in the United States and California. Obesity has a significant impact on health care and the economy. The vision of the department is to create a center that will conduct and implement research to address this problem. We foresee collaboration between many departments, including Biology, Food Science and Nutrition, Chemistry and behavioral sciences such as Psychology and Sociology.

This new direction could end up being the corner-stone of our department and a direction that will give our students expertise for dealing with current health problems now and in the future. This endeavor also solidifies the department because it identifies a common goal between the Teaching Concentration and ESHP. I look forward to the development of this program and the new challenges it will bring to our faculty and students.

In conclusion, I would like to personally thank all of you who have donated funds to the Kinesiology Department. Your contributions are used in ways that help our program stay competitive and at the top of our field. I encourage you to continue your support.

Gerald DeMers
Kinesiology Department Chair

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Faculty News

KEVIN TAYLOR (jktaylor@calpoly.edu)

My seventh year at Cal Poly is off to a flying start, I have now held my position at Cal Poly longer than any other job to this point in my life! My wife Michelle and I still love living on the Central Coast, our two sons Christopher & Kieran are 6 and 3 respectively. Christopher is in Kindergarten at Pacheco Elementary in the dual language immersion program, which he thoroughly enjoys. Kieran has started pre-school and is enjoying making new friends.

Last summer we traveled back to the UK to visit family and visit Scotland. While in Scotland we attended the Edinburgh Military Tattoo which was a truly remarkable experience! Marching bands of bagpipes and drums with all manner of displays all timed beautifully to perfection, a real highlight of 2005! Michelle and I also had the opportunity of going to the World Badminton Championships in Anaheim in August, which was amazing. We went on semi-finals day and saw an American pair make it to the Men's doubles final!

This year I presented at that National Association for Kinesiology and Physical Education in Higher Education (NAKPEHE) National conference in San Diego and will present twice each at both the CAHPERD Conference (California Association for Health, Physical Education, Recreation and Dance) in Garden Grove, and the AAHPERD National Convention (American Alliance for Health Physical Education Recreation and Dance) in Salt Lake City. This year Michael Sutliff and I began collaborating with the San Luis Coastal School District to help teachers align their curriculum with the new California Content Standards for Physical Education. An exciting new development recently is the potential for another collaboration with Polar, the heart rate monitor company. I am hoping the collaboration will lead to Cal Poly students using heart rate monitors from Polar with children in the local schools.

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. We currently have three ongoing collaborative projects with Mechanical Engineering, through which the engineers design and build innovative equipment for use in our Adapted Physical Activity programs! (See page 17)

Thanks for reading this far, and whatever your connection to Kinesiology at Cal Poly, please stay in touch and have a great year!



CAMILLE O'BRYANT (cobryant@calpoly.edu)

Greetings from San Luis Obispo!

It is amazing to see how quickly times flies by. I hope that the past year has been a prosperous and enjoyable one for you and your families. Life maintains its quick and interesting pace in the Kinesiology Department. I continue to teach a wide variety of courses. I currently teach two general education courses (Sport and Gender; and Sport, Media and American Popular Culture); Psycho/Social Aspects of Physical Activity, Aquatics and the Psychology of Coaching. At the graduate level I teach Sport in American Society and take turns with Dr. Puhl and teach Evaluating Current Studies and Research Methods. This past year I was the vice president and conference planner for the 2006 meeting of the National Association for Kinesiology and Physical Education in Higher Education (NAKPEHE). The conference was in San Diego during the first week of January. It was an honor to serve as vice president. We had an outstanding conference. Another highlight of this current academic year—for me—is that I will receive the Nell Jackson Award from the National Association for Girls and Women in Sport at the 2006 AAHPERD Convention in Salt Lake City. Dr. Jackson was one of the first African American women to earn her doctorate in physical education. She was an outstanding athlete as a member of the USA track team at the 1948 and 1952 Olympic Games. She was also a well respected coach and teacher in the southeastern states, specifically Tennessee. As one of the few African American women with a doctorate in a Kinesiology related field, I definitely am in awe of Dr. Jackson and feel a tremendous sense of respect for her trailblazing efforts. I will continue to work hard and strive to serve as a professional role model to the students in our department, in our college and at this amazing University.

(SEE PAGE 19 FOR CONGRATULATIONS TO DR. O'BRYANT)



More Faculty News



STEVE DAVIS (sdavis@calpoly.edu)

"Hi. I'm busy cleaning up my office. Hope you are all well. Bye"

KELLIE HALL (kghall@calpoly.edu)

Wow, another year has gone by, how is that possible? I am still teaching the usual classes including Motor Learning and Control; Motor Development and the Graduate Motor Learning and Control class. Delightfully, I still teach the basketball professional activity KINE 212 and occasionally PE 108 the basketball activity. Yes, they still run a lot in those classes! This year I have begun to teach the senior project class which is a lot of fun, because I get to interact with the students in a smaller classroom setting and on a more individual basis. I am still working closely with the Graduate Program, but I am turning the coordinator position over to Dr. Kris Jankovitz following graduation this year. A note for students who have left the program without a degree for some reason, whether the unfinished thesis, incomplete comprehensive exam or even a senior project, the University is starting to require students to re-enroll for units that were incomplete in years past. Finishing is going to get harder from here on out, so if you still want to finish, sooner is definitely better.



As far as professional development, I continue to examine the effects of random vs. blocked practice schedules, including moderate groups which have smaller blocks of repetitive practice. Random practice is still the most challenging learning schedule and generally produces greater learning effects for all levels of learners. Also children can process much better in challenging situations than we have previously given them credit for. On the central coast, we



have had a very wet winter and spring, which has made outdoor activities more challenging. Greg is now coaching track and field at San Luis High School and I have watched many track meets sitting in a cold drizzle! Ryan is a sophomore and Jayme a freshman, they are both doing very well at the High School. Connor is a 5th grader and spends a lot of time competing in basketball and soccer. True to the Hall family spirit, they all love to compete! This summer we plan to spend some time in Hawaii in August. Last summer we took our first cruise up the Inside passage to Haines, Alaska and then enjoyed some wonderful fishing and clamming on the Denali and around Seward. We love that state!! Have a great year and keep in touch. Dr. Hall

More Faculty News

SONJA GLASSMEYER, ED.D. (sglassme@calpoly.edu)

A big hello to everyone!

All is well here at Cal Poly but the “great ride” is about to end. I can teach one more year and then I will have to take full retirement unless the department can find some volunteer work (but getting paid would be better!) for me to do. This is my 31st year at Cal Poly—what a joy it has been! The classes that I teach are the Exercise and Health Promotion for Seniors class (the class spends 12-14 hours out in the community doing volunteer work with seniors and helping with senior health fairs in the county. At the health fairs the students conduct a series of fitness assessments designed to test seniors fitness levels in strength, flexibility and agility. What a great experience for them!); the other classes that I continue to teach are the Adult Wellness Seminar (graduate level) and the Worksite Health Promotion class. I am still coordinating the Internship program (now called Fieldwork) and it is very rewarding to work with the students with this culminating experience and then to see what the real world has to offer them when they finally graduate. Many of you are doing great things out there and I am so proud of you and I so appreciate hearing from so many of you. I may not always respond right away, but be assured that I will respond at some point in time!

Traveling, spending time hiking, biking and working out-of doors is what my hubby, Gary, and I like to do. We went to Costa Rica and Panama over the Christmas break—what a wonderful trip and we would love to go back sometime. We are still living way out in the country and enjoy going over to San Antonio Lake and canoeing. Life is great!

Best wishes to everyone, Dr. G (Sonja Glassmeyer)



MICHAEL SUTLIFF (msutliff@calpoly.edu)

What an exciting year it has been filled with challenges and rewards. Professionally speaking, this year has been very productive. I have had the privilege to work with 17 outstanding teaching credential candidates who excelled in their student teaching and coursework. Their hard work, burning desire to be the best teachers they could be, and eagerness to learn are traits they will take with them for the rest of their lives. There are also three additional reasons why our students were so successful last year. It was the effort of three outstanding university supervisors who I had the privilege to work with.

Sheila Kircher, Kory Gabrys, and Jeanne Serge (all Cal Poly graduates) put tremendous effort and time into the development of these future educators, and the benefits were tremendous. Many of our graduates landed jobs in some of the best programs in California, and I just learned at the state conference that two of our students have already taken over the role of department chair after one year of teaching. It's a testament to their commitment to students and quality physical education.

The conference was also a big highlight for me as two of our current credential candidates presented their research from a summer research pod they were involved with last summer. Sean Allstot and Janelle Higginson had over 75 teachers and future educators participate in this hour long presentation on “Lessons learned from the best of the best: Conversations with the best middle school physical educators in the country.” In attendance were 5 national teachers of the year and 3 state teachers of the year. Sean and Janelle's session was informative, interactive and well received.

These two future educators interviewed national and state middle school physical education teacher award winners on current practices, general advice to beginning teachers, and future trends in physical education. The results of their work has been a tremendous help for me in shaping how we prepare teachers and the data provided critical information for the KINE 424 methods class students take in the credential program.



It's interesting to note the overall support our program gets from these top level teachers. For example, when asked what should I avoid as a beginning teacher, one national teacher of the year stated, “Avoid the availability of what I call the chameleon effect. Don't be willing to be a chameleon. Don't step into a new school setting where “that's not the way we do it” where everybody else is doing it this way and you should too. You're likely to find that particularly because of your

More Faculty News

(SUTLIFF, MIKE — continued from page 4)

Educational system that you're far ahead the many teachers teaching in the field. Your Cal Poly education has given you a tremendous step ahead on where many people are. Because of how professional development is designed many of the veteran teachers haven't changed since they took the keys on their first day of school. You'll find that you will be smarter, brighter, and more motivated than your colleagues. I am not trying to pigeon hole people, but I think that is likely to happen to you and you need to be willing to step forward through that. You are going to be familiar with standards based education and they are probably not. You are going to be familiar with new processes. It would be a lot less work on your part just to do what they do, but you have a whole different set of tools to do your job. You'll need to find ways to step forward and share with them. Hopefully they'll be interested in listening to what you have to say. Just don't be a chameleon." —

National Teacher of the Year

Finally, I want to mention another exciting aspect of my work is my association with KINE 422 and Kim Shrode (Cal Poly graduate). Each year our undergraduate seniors enroll in this elementary school fieldwork class where they learn to teach and prepare lessons for elementary school physical education students. Kim's work with our students really demonstrates why Cal Poly produces outstanding physical educators. Her diligent work in helping our students on lesson preparation, creative teaching practices, and management skills was critical in the success of our students. We are very fortunate to have Kim Schrode and I look forward to working with her each year.

Well, that's all for now. I hope you also had a wonderful year.

Michael Sutliff
Teacher Education Coordinator



KINESIOLOGY SPRING BBQ at Cuesta Park—June 6, 2006

The Department faculty and staff enjoyed catching up with old friends, meeting new ones and relaxing for a few hours, along with sharing delectable food—trip tip and chicken, salads, desserts and beverages of many kinds.

As you can see, we even met Luke—Maryann's puppy. A good time was had by all.



Shirley making sure
Camille got a taste!



Gary, Vic and Jerry stopping
their conversation for a group
shot.

Maryann introducing "LUKE"
to Joanne. Luke got along with
everyone.



More Faculty News

JOANNE HUNTER (jmhunter@calpoly.edu)

I can't believe I've now been at Cal Poly for two years now. Time certainly does fly when having fun (and being extremely busy)!

I'd like to start off by congratulating Sara Avery, one of the department's graduate students. She has the distinct honor of being the first graduate student to present at an international conference! Our poster presentations "Block scheduling in Secondary Physical Education," and "National Recess Survey: Parental & Child Attitudes Towards Recess," were accepted at the International Association for Kinesiologists in Higher Education. The conference was in Lisbon, Portugal. This was the first time Sara traveled internationally as well. And boy did we have fun (just take a look at the pictures!).

I also had the pleasure of aiding three students from the education department in crossing over to present at CAHPERD this past March. Jeff Morgan, Kellie Skinner, & Kristine Usilton presented "Science Based Physical Education: Designing Physically Active, Problem Solving Lessons." They did a wonderful job and absolutely enjoyed themselves in Anaheim.

Also presenting at that conference with me was Kinesiology graduate student Samantha Waller. We presented "Multiple Intelligence and Learning Styles: Application in Physical Education," to a large crowd. Samantha did a fantastic job presenting the material and fielding questions from the audience.

I was kept busy presenting solo as well. I presented two research poster presentations "Learning Science Through Fun Physical Education Activities," and "Applying Multiple Intelligence and Learning Style Theory in Physical Education," at the AAHPERD conference in Salt Lake City, Utah this past April. I also orally presented "Web accessibility with the user in mind: Insights and Techniques," and "Active Lecturing/Learning: Strategies that work." at the National Association for Kinesiology, Physical Education and Health in Higher Education (NAKPEHE) conference in San Diego this past January.

I have been working diligently on two chapters that will be published by Berkshire Publications in a book "Encyclopedia of Extreme Sports." The two chapters I'm completing are "Gladiatorial Contests," and "Jousting."

My husband Chuck has been helping me put together a computer simulation game for pre-service physical educators to play and use as a learning tool. The simulation includes a physical education class (all levels will be represented). The main character is a new physical education teacher who is pitted against all sorts of issues a teacher typically has to contend with on a daily basis. The decisions made by the player (teacher) will impact the outcome of the simulation. Therefore, pre service teachers can practice teaching before they enter the gymnasium.

The National Association for Sport and Physical Education has asked me to be a Project Administrator for the on going data collection for their project "A National Study of Standards-Based Physical Education." The purposes of the study are to develop a set of assessment tools to help improve school physical education programs nationwide and to examine major factors that have an impact on children's motor function and skill

HUNTER, JOANNE (Con't)

development. It is an honor and privilege that I was invited to work with an excellent group of individuals who are working towards making a major impact on curriculum development and assessment in the future. Last, but certainly not least, I along with two other Cal Poly colleagues, were hand picked by the ITS Technology and Learning Services department to complete a pilot research study at the University on using podcasting in our classes. I chose to use this Spring quarter's KINE 425 (Teaching High School Physical Education) class. After our KINE 425 class finished teaching at Santa Maria High School in May, I went back to the school and audio taped interview sessions with the high school students. The interview questions asked the

high school students to answer the questions openly about: (1) each cal poly student's pedagogical procedures (were the activities fun or too easy/hard, directions given clear, voice loud enough, actively engaged students, preparation/organizational skills, etc.), and personality (motivating, rapport building, etc.), (2) particular items they liked, didn't like and why, (3) what they learned from the cal poly teacher (skills, fitness, concepts, terminology, activities, etc.) and (4) advice they would like to give their specific cal poly teachers (i.e. things they should continue to do when going through the credential classes and/or things to change). I then manipulated the audio recording into a podcast and transferred the podcast onto Blackboard for the KINE 425 students to link to and subscribe to the podcasts in order to listen to them. I plan on expanding the use of podcasts in future classes. Right now, I'm working this summer on linking podcasts with video to be used in the Fall KINE 315 class. I'll let you know how that goes next year!

Enjoy your summer!

PUHL,SUSAN (spuhl@calpoly.edu)

Exercise Physiology Lab

The exercise physiology lab has had a busy year again. We've just finished a project funded via GE to look at the ability of a new dual-energy X-ray absorptiometry instrument to determine body fat in the android (male, waist) and gynoid (female, hips) regions. Eleven undergraduate and two graduate students were involved in the project, which tested a total of 160 participants using not only the DXA instrument, but also underwater weighing, skinfold assessment, bioelectrical impedance, plethysmography (BodPod – looks like Mork's egg), and resting metabolic rate assessment. It was an amazing opportunity for our students to become true experts in all facets of body composition assessment. It also served as a wonderful link between community professionals (we worked with two local physicians), private industry (GE), and our University community. This summer we'll be conducting an investigation of the metabolic cost of exercising on equipment produced by the TriActive America company – check them out at triativemercia.com. The company produces fitness equipment designed to be placed in public parks and other public sites - sort of like adult playgrounds. This is another opportunity for our students to become involved in real-world research activities.

Perhaps what's most exciting about these research activities is that they open up the lab as an operational learning center. The undergraduate labs benefit from the state-of-the-science equipment (funded largely through your college-based fees, thank you very much) that provides the technology necessary for the projects to succeed. Graduate students serve as project supervisors for the projects, thereby gaining significant administrative experience important for career opportunities. And all of the students involved in the projects have the opportunity to use the research experience to develop a senior project or thesis. In other words, the learning moves out of the classroom and into the world of real patients, businesses, and professions.

As always, please stop in when you're in town. We're proud of the Webb Human Performance Lab, and all of the activities occurring in it. We're trying hard to provide the best possible learning opportunities for our current students – just as we did for you.

STAFF NEWS

JACK COLLINS: (Electronic Systems Specialist, Kinesiology Department) Jack has been busy keeping the Kinesiology Department's electronic equipment running. This year we also purchased quite a bit of new equipment using College Based Fees. In his spare time, Jack plays guitar and sings with "Big Daddy's Blues" band. They have a full slate of shows lined up for the summer of '06. Highlights from last year include playing for huge Crowds during Pismo's 4th of July (and then watching the awesome fireworks from the bandstand on the pier). Also, Big Daddy's closing out the SLO Mission Plaza Concert Series. Another very big crowd and lots of fun. If you're interested in finding out more about the Daddy's, you can check out their website for performance schedules, photos and MP3's.
www.bigdaddysblues.com

MELODY PIETSCH: (Administrative Support Assistant, Kinesiology Department) Hi everyone...I am new to the Kinesiology Department as of October 2005. I have come back to work at Cal Poly after six years at home. Prior to being home I worked on campus for about 17 years. Ironically, 13 years ago I worked in this position when the department was then PE. It feels like coming home is some respects. A few of the same faculty are here and some have retired. I am thoroughly enjoying working in Kinesiology and re-connecting with friends. It is exciting to see the growth of the department and to see how the students are still some of the best on campus!! In my spare time, I enjoy being with my family: husband, John; Kari (26), Aimee (16) and Michael (15); traveling, gardening, scrapbooking. Our oldest daughter is getting married on June 30, so plans are well underway.

HUSTON, SHIRLEY (Administrative Support Coordinator, Kinesiology Department) **OUT-OF-AFRICA ...** See next page



OUT-OF-AFRICA (Huston, Shirley)

I met my husband, Mike, on a bus going to Milford Sound, South Island, New Zealand in April, 1983. I was on a trip to Australia, New Zealand and the USA, thinking I would be away from my homeland for approximately 3-4 months. As it turned out, I was away for a year! Upon returning to South Africa and informing my family that I would be going back to the USA to marry, I spent several months residing with my mother, Cynthia, and my late step-father in Cape Town. During the months prior to my re-entry visa interview with the American Consulate, I took computer classes, and a few days after getting my visa, I was winging my way back to Kirkland, near Seattle. Mike and I were married on August 4, 1984 by my Uncle, a South African Methodist Minister, who was on an exchange program in East Lansing, Michigan. My mother came out prior to the wedding, and had a wonderful trip meeting my new friends and my husband's family, and seeing the sights of the North West and Arizona. She has also come over to stay with us when we relocated to Glendale, AZ (near Phoenix in 1985); Saratoga, CA (near San Jose in 1995); and currently in Atascadero (near San Luis Obispo, Central Coast of California) where we have resided since July of 2002.

I really love the rural Central Coast area as it reminds me of the days when we used to visit my grandparents on their neighboring farms in Peddie, South Africa. Both my parents were raised in this farming community, where it was a 10-14 mile drive into town to get supplies. My father went to Dale College (for boys) boarding school in King Williamstown (40miles) and my mother to a convent in Fort Beaufort (52miles) away from their farms, and they were allowed to go home to see their parents one weekend during the quarter. Christmas time is our summer, so my mother and her family spent the holidays camping at Hamburg, near the mouth of the Keiskamma River. My grandfather used to load up the ox-wagon with the tents and supplies and they would make the annual trek to the ocean and set up camp for the holidays. Going to school or delivering the milk to the cheese factory by mule and carts were not unfamiliar to my parents. I have such fond memories of growing up in South Africa and spending holidays and special times with relatives, and I especially enjoy listening to them reminisce about their camping, fishing and hunting trips.

In December, 1938 near the mouth of the Chalumna River, (north of the Keiskamma River), local fisherman caught a coelacanth (a fish that had been thought to be extinct for 400-million years), which created quite a worldwide stir at the time. This specimen is displayed in the East London museum – for the full story see: [Coelacanth Discovery Link](#)

Prior to our most recent trip, the last time I was in South Africa was in December, 1999 to mid January, 2000. We planned our trip in 2005 from mid-November through end of December, so I was really excited about seeing my family and friends again, and getting re-acquainted with my brother's children – the twins were about 15 months old when I last saw them. Mike's prior trip was in 1995 for Carmen's christening – she was only a few months old, so needless to say we were both looking forward to this visit ...

A brief account of our travels follows, and for those who are interested, I hope that you will gain some insight to the scenic beauty of this diverse land and its peoples via Mike's photographs and other information on the country accessible from the links provided below.

[Link to Mike's photos](#)

Links to Info on South Africa :-

http://en.wikipedia.org/wiki/South_Africa

<http://www.infoplease.com/ipa/A0107983.html>

My immediate family all live in Port Elizabeth (P.E.), South Africa. My mother lives a few miles from my brother, Darryl, his wife Ilse, daughter Carmen (11), and twins Ryan and Jessica (almost 8). P.E. in the Eastern Cape is the southern most city on the African continent and the Eastern Cape was frontier country for the British settlers and many forts remain from the days of the Xhosa wars.

We arrived safely in P.E., South Africa and had several wonderful, fun-filled days with the children and seeing family and friends, before starting our trip up the coast to a one week timeshare trade at Umhlanga Rocks, north of Durban (Dec 1-8, 2005). En-route we spent a few days at my Mom's second home in Port Alfred. This gave me the opportunity to visit my Uncle Basil on his farm in Bathurst where I enjoyed seeing his Nguni cattle, and bottle-feeding a three day old rescued baby blesbok, we named Bambi. She would not survive being integrated back into the herd, as the buck, who was trying to separate her from her mother had gored her in the chest/neck area, and she also had abrasions on her nose and legs in trying to escape through the barbed wire fence. So, my Uncle volunteered to tend to her wounds and bottle-feed her to give her a chance at survival. I was able to be there on several occasions and looked forward to bottle-feeding her, and could see she was healing nicely and getting stronger, and was bonding with Penny, the German Shepherd dog, who would go into her pen. Under supervision, she was let out of her pen, so that all the dogs could get used to her, and the next time we visited them, Bambi and the dogs were following my uncle around the farm as he tended to his cattle. When it was time for her bottle she would follow my Uncle into the kitchen anxiously waiting for him to prepare it, and would sometimes lie in the TV room with him and watch TV (see pictures).

We drove to Mgwalana, where in the past I had spent many wonderful holidays with my Aunt Valda and her family, who all own beach homes there today (see pictures of this pristine spot with white sand dunes and river). We then drove through East London where we lived from 1969-1974, and visited with my Uncle and cousins who arranged for us to spend the night at a relative's beach house near Glen Gariff, north of the city. The next day we traveled through the Transkei, a rural area of mostly treeless rolling hills, and spent the next night with relatives near Margate, about 2 hours south of Durban. This was a wonderful time for me visiting with cousins and other relatives I had not seen in many years.



We had a lovely week at the timeshare and spent time relaxing at the pool, taking walks along the beach to town. One day we drove into Durban and spent the day at the Aquarium (built in and around a wrecked ship) and had lunch at a restaurant where we could watch great white sharks and other fish swimming past the tables (see photos). We spent another day driving to neighboring beach communities and en-route stopped to see the inside of a new casino designed to look like a Zulu Kraal adorned with assegais and spears etc. As more people were arriving at the timeshare, the monkeys and their young babies arrived - the resort staff had cautioned us about not leaving valuables and food/ beach items unattended on patios and poolside. We saw them in action, and they are super quick to grab packets of food or anything shiny and make off with the items. However, they are so cute and we enjoyed watching them interact as a family unit.

After our timeshare week we spent a night with my cousin Sandra, and her husband Ian, in Pietermaritzburg. They showed us around their area, and next day we had a lovely breakfast went to Howick Falls and did part of the "Midlands meander" drive with them, before heading to the Drakensburg mountain area. We spent that night at Jubalani bushcamp, where we were the only occupants apart from the staff. It is a beautiful and quiet area, and our semi tented abode had comfortable beds, and toilet/shower facilities (see picture). We experienced a thunderstorm during the night, and the next morning since the mountains were not so visible, we decided to do an all day drive up the Olifantshoekpass to the Golden Gate area, which is in another province. The colors of the rock formations were not as vivid as I remember from a past trip - the cloudiness of the day would have contributed to that. We returned to the Drakensburg area, and stayed at a very comfortable Bed and Breakfast, near Rosetta. We checked in during the late afternoon, and had a swim in the pool before getting ready to go to a local, very popular German restaurant where we had an excellent dinner. The next morning after a delicious full English style breakfast, we were ready to make the long drive back through the Transkei. Since it was a beautiful clear day after the rains, the best photos Mike got of the Drakensburg Mountains was as we were leaving the area - so there are some nice scenic rural shots.

We spent that night on my cousin, Murray's, farm in Komgha, and enjoyed getting to know his family better. Two of his sisters who live in the area stopped by to visit with some of their children, so it was great to see them again too..

The next day we drove past our old neighborhood in East London, and meandered on drives that took us alongside the beach. We drove around Kidd's Beach, another charming coastal area, and then headed back to my Mom's place in Port Alfred, where we spent a few days. The next day we were at my Uncle's farm near Bathurst, and were pleased to see how Bambi was thriving since her rescue. We returned to Port Elizabeth on December 16, and were able to spend the evening with special friends near the Boardwalk, down by the waterfront. This complex had been constructed since my last visit, and I was quite impressed.

We had a very special Christmas morning opening presents at my brother's home, and later returned for a wonderful Christmas lunch with extended family. We certainly had quite a spread:- roast turkey, leg of lamb, roast beef and honey glazed pork roast with an array of vegetables followed by several delicious desserts. This was a very memorable time for us, and we had a great trip spending time with family and friends. We returned to the USA on 12/31/05, and stayed overnight in Atlanta with friends, and visited the Atlanta Aquarium and saw the beluga whales and other fantastic exhibits - an experience I would highly recommend. We arrived home safely on New Years day, after a wonderful trip.

P.S. Bambi Update from my cousin, Sandra.

"I have attached the latest photos of Bambi that I have - some taken in June and the others were taken in March. Dad tells me that she is quite a character. She even comes into the house and goes into my Dad's bedroom when she feels like it - I don't think that she believes that there is anything unusual in a buck wandering around inside a house..... Penny the Alsatian is still her best friend and surrogate "mom"."

These pictures are featured last, accessible from the link to Mike's pictures, provided above.



STUDENT RECOGNITION

NASPE AWARD WINNER

Katie Murphy

The National Association of Sports and Physical Education (NASPE) proudly recognized Katie Murphy among its "Outstanding Majors of 2006". Universities that belong to NASPE select one student who has demonstrated academic achievement, strong work ethic, and school and community service.

OUTSTANDING KINESIOLOGY GRADUATE STUDENT AWARD

Mike Fonda

OUTSTANDING COSAM STUDENT

Corina Bigham
Katherine Mischenko

Kayla Mulder
Sarah Montgonery



2005 GRADUATES

Bachelor of Science Graduates

Barbara Laverne Andrews (ICS)- Cum Laude
Jessica Noelle Ayers (HED)
Brody Paul Barrios (HED)
Meaghan Frances Beaudoin (ICS)
Daisy Janna Bejarano (ICS)
Christina Anna Margarethe Benton (HED) - Cum Laude
Tristen Renee Berry (PPT)
Scott Ryan Borrelli (PPT)
Helen Rachel Bresler (PPT) - Cum Laude
Briana Nicole Brooks (PPT)
Ryan Andrew Chen (HED)
Matthew James Cox (TCH)
Emily Marie Dodds (HED)
Candice Leigh Dorris (ICS) - Cum Laude
James Howard Draper, Jr. (ICS)
Holly Elise Fiori-Stroud (ICS)
Jacqueline Marie Flaherty (CWHP)
Jennifer Marie Graver (CWHP)
Kimberly Diane Hall (PPT)
Kristin Heather Helm (PPT)
Janelle Leigh Higginson (TCH)
Carli Nicole Hilker (CWHP)
Mark Henry Jones (PPT)
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Melanie Louise Rabourn (PPT)
Michael Thomas Rhoades (CWHP)
Holly Patricia Richards (ICS)
Joanna Michelle Schafhausen (ICS)
Tess Marie Sheridan (CWHP)
Greta Sarah Shirdon (PPT)
Sarah Bethany Tramel (CWHP)
Emi Tenaya Uenaka (PPT)
Aaron Bradley Urquidez (HED)
Katherinie Marie Varin (HED)
Caroline Rochelle Wolfe (CWHP)
David Samuel Wood (CWHP)

Master of Science Graduates

Julian Jamison Varela



FALL 2005



2005 GRADUATES

Bachelor of Science:

James Edgar Allen (PPT)
Katie Leeann Allison (ICS)
Sean Michael Allstot (TCH)
Andrea Jane Bardakos
Casey Lynn Benigno (TCH)
Christopher Francis Boyer (TCH)-Cum Laude
Jacqueline Meggin Boyl (PPT)
Ryan Canaan Broms (PPT)-Magna Cum Laude
Benjamin Rice Bruce (TCH)
Heather Catherine Bryan (ICS)
Eric Scott Bush (PPT)
Bryan Grant Castro (ICS)
Deanna Lynn Chandler (CWHP)
Erica Casey Claussen (ICS)
Victoria Lynn Conrad (PPT) - Cum Laude
Jesse N. Davenport (PPT)
Lauren Diane Davis (PPT)
David Leonard Deaton (TCH)
Jennifer Lynn Demers (PPT)-Magna Cum Laude
Joseph Wiman Domitrovich (PPT)
Amanda Theresa Dougherty (HED)
Julie Ann Drake (ICS)
Jeffrey Christopher Ehrler (TCH)
Kaitlin Elizabeth Eyler (CWHP)
Kristen Geneva Finstad (ICS)
Nicole Lyne Fisher (CWHP)
Amanda Rae Garcia (PPT)
Kyle William Gillette (PPT)
Colin Drew Governski (CWHP)
Kristofer Michael Hall (PPT)
Jennifer Jean Healy (CWHP)
Rebecca Lynn Huffaker (ICS)
Susan Alexandria Irvine (TCH)
Nicholas Edward Jacoby (PPT)
Adam S. Johnson (PPT)
Autumn Marie Johnson (ICS)
Pauline G. Kerney (ICS)
Nicholas Adam Knudsen (TCH)
Marisa Nicole Landes (TCH)
Rachael Monique Lange (PPT)
Janelle A. Laquette (TCH)
Corinne Diane Lindholm (CWHP)
Christina Gale Lopez (PPT) - Cum Laude
Justin Elon Lovell (ICS)
Cynthia Macedo (PPT)
Justin Allen Madsen (ICS)
Daniel A. Maldonado (ICS)
Elaine Erin Mar (TCH)
Dustin J. Mauck (HED)
Ian Joseph Mayne (PPT)
Brian Alan McDermott (PPT)
Heather Laverne McGinnis (PPT)

Keala Marie Meyer (ICS)
Victor Manuel Moreno (TCH)
Julie Caroline Mullis (ICS)
Lance Richard Munselle (TCH)
Thomas Victor Nelson (ICS) - Magna Cum Laude
Andrea Consuelo Nepomuceno (ICS) - Cum Laude
Katie Lauren Paterson (ICS)
Jered Douglas Patterson (CWHP)
Melissa Maya Pech (TCH)
Danski Andrea Perez (CWHP)
Matthew Wade Perkins (CWHP)
Ryan Lee Peterson (ICS)
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Sean Anthony Ricketts (TCH)
Brad Matthew Rowell (TCH)
David Sabi (CWHP)
Kyl Samway (CWHP) - Cum Laude
Kevin Anthony Santos (PPT) - Magna Cum Laude
Summer Christine Schoening (TCH) - Magna Cum Laude
Kallie Rose Sealock (ICS) - Magna Cum Laude
Brandon Deon Shepard (ICS)
Tristan Wright Guthrie Shorba (PPT)
Tina Yolanda Solomon (ICS)
Joshua Michael Soria (PPT) - Summa Cum Laude
Tanya Michelle Stratton (ICS)
Carina Lynn Stromstad (PPT) - Cum Laude
Beth Ellen Suman (HED) - Magna Cum Laude
Matthew Kalman Azkalak (PPT)
Ashkan Vahdat (ICS)
Jeremy David Waldram (PPT) - Summa Cum Laude
Samantha Renee Waller (PPT) - Cum Laude
David Aiden Waters (PPT)
Joseph Matthew Werdein (TCH)
Jason Paul White (TCH)
Roy Raymond Whitfield (PPT)
Claire Elizabeth Whitlock (PPT) - Magna Cum Laude
Alysia Nicole Williams (PPT)
Amanda Lee Young (CWHP)
Emily Erin Yudovin (PPT) - Cum Laude

Master of Science:

Collins, Timothy
Davis, Jennifer M.
Drake, David Mars
Hongo, Adrian Kiy
Marshall, Starlen
Masuda, Maiko
Parnter, Alexander
Sammons, Amber R.

SPRING 2005

MANY THANKS FOR YOUR DONATIONS!

The Kinesiology Department wishes to thank all of the following alumni, friends, and corporations who have helped to support us (March 2005 through March 2006). Every effort has been made to list our donors correctly. If you identify any errors, please bring them to our attention immediately. We apologize in advance for any unintentional omission.

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FACULTY RECOGNITION

Congratulations to **Dr. Camille O'Bryant** for being selected to receive the Nell C. Jackson Award from NAGWS. The National Association for Girls and Women in Sport (NAGWS) is a prestigious award established in 1992 to recognize the contributions of minority women who have demonstrated outstanding potential in scholarship, coaching, administration, and leadership through distinguished service to girls and women's sports. This award is named in honor of an outstanding woman of accomplishment. Jackson devoted her life to track and field competition for women, participating in the 1948 and 1951 Olympics and continuing a service to the Olympics as a coach and member of the Olympic Committee Board of Directors.

Note from a colleague:

Kinesiology Colleagues, Dr. Bailey and Kinesiology Graduate Students,

This past week I had the good fortune to attend the national AAHPERD Convention and the awards ceremony for the National Association for Girls and Women in Sport. Dr. Camille O'Bryant was selected to receive the Nell C. Jackson Award from NAGWS.

While it was indeed special to see Camille presented with the award it truly was a privilege to witness the respect, warmth and esteem that the membership of the organization and fellow professionals possessed for our colleague. Her contributions and her unwavering commitment to the profession are valued by so very many across the country.

Our university, our college, our department, and most especially our students are very fortunate that Dr. Camille O'Bryant chose to return to Cal Poly to continue her professional contributions.

Best,

Kris

Kris Jankovitz, Ph.D., CHES

Associate Professor

Kinesiology Department

GERALD DEMERS APPOINTED TO NATIONAL LIFE-SAVING RESEARCH ADVISORY COMMITTEE

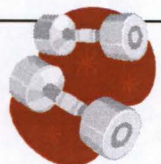
Jerry DeMers has been appointed as the representative for the YMCA of the USA to the newly formed Lifesaving Research Advisory Committee. The YMCA of the USA, American Red Cross and United States Lifesaving Association (USLA) are collaborating in research efforts to determine why people are drowning in life guarded swimming facilities. The national directors for each organization have appointed an individual to lead the collaborative efforts. The American Red Cross appointed David Markenson, M.D. and USLA appointed Peter Wernicki, M.D. as their representatives. DeMers will serve as the primary researcher to establish methods to determine how long a lifeguard is able to maintain vigilance while on duty. Though national agencies who train lifeguards have advocated scanning techniques, rescue methods, and a variety of other safety protocols, very little of this has ever been thoroughly researched. Most life guarding and rescue skills are based on historical accounts and collective wisdom of rescue experts. The intent of the new committee is to develop research studies to debunk some of the historical procedures and offer new insight into the most effective rescue methods.

This is the first time in history that these lifesaving organizations have collaborated in this manner. The results will help establish rescue protocols that will be adopted by all lifeguard training agencies in the United States. DeMers has contributed to the development and revisions of life guarding programs for the YMCA of the USA and the American Red Cross. Rescue methods he developed and researched have been adopted by all three national organizations.

COLLEGE BASED FEES USED EFFECTIVELY IN KINESIOLOGY:

New equipment purchased using the College Based Fees:

A 3D Motion Monitor System and associated Force Sensor
New computers
GPS units
PDAs and cameras for the Pedagogy folks
New system for monitoring skin temperature
Teaching software and weight training equipment for Exercise Physiology People



ADAPTIVE PADDLING WITH QUADRIPLÉGIA

J. Kevin Taylor, Ph.D., Frank Owen, Ph.D., P.E.

Kinesiology and Mechanical Engineering Departments, Cal Poly at San Luis Obispo

J. Kevin Taylor, Ph.D., Frank Owen, Ph.D., P.E.

Kinesiology & Mechanical Engineering Departments, Cal Poly at San Luis Obispo

The Kinesiology Department at Cal Poly offers three community based Adapted Physical Activity programs as lab options in their Adapted Physical Activity class. The programs have built a strong bridge between Cal Poly and the local community of people with disabilities, but Cal Poly reaps great reward in that it's students learn invaluable lessons from their experience. Those benefits now extend beyond the Kinesiology Department through a richly rewarding collaborative venture between Kinesiology and Mechanical Engineering.

The success of Adapted Paddling Program led us to consider trying to offer someone with profound physical disability the opportunity to experience control over his or her own craft as part of our program. With this idea came the notion of teaming up with faculty and students from the Mechanical Engineering department at Cal Poly. We began by writing a grant to the **Christopher Reeve Paralysis Foundation** for \$10,780 to fund the Solo Quad-Conversion project, the grant was funded and the project is underway!

Currently, modifications to a tandem kayak have been made to enable control via a joystick over a trolling motor attached to the rear. A team of Mechanical Engineering students has designed the current system to ultimately allow the option of changing between many different forms of control. At completion we hope to have the option of controlling the vessel with either joystick or a chin joystick. Initially we increased the stability of the kayak using inflatable sponsons that have now been replaced by a keel. The keel adds more stability, it can not be punctured (it's more durable), and is considerably less visible from a distance.



Developing control over the motor took a great deal of time, the speed at which the kayak can travel has been restricted so that it travels at a speed similar to that of a manually propelled boat. Governing the speed ensures the safety of all participants, while creating a sense of comfort and independence for the pilot. A feedback device was initially designed to mount on the front of the kayak allowing the pilot to determine which way the motor is facing. The trolling motor has the capacity to turn through 180 degrees hence the pilot needs to know the direction that the motor is facing in order to maneuver the kayak safely. This mechanical device proved unreliable so the engineers designed complex servomechanisms with electronic feedback loops to make joystick movements mimic actual boat movements. Now when you push the joystick hard forwards the kayak moves forwards fast. In order to complete this component of the project we had to make the motor spin both forwards and backwards, something it was initially designed not to do!

The engineers explored the use of a "CoPilot" controlling mechanism that would enable a person in an accompanying vessel to have override control of the kayak with a remote control unit. Eventually this concept proved impossible with the existing motor and was therefore abandoned.

In alliance with the Cal Poly motto of "Learn By Doing" students have been centrally involved in every aspect of this project. Mechanical Engineering students have obviously been involved in the design and construction, but Kinesiologists

ogy students have also been involved. Kinesiology students have been involved as overall project managers as well as in the design of safety procedures and risk management associated with the ultimate use of the craft.

The first engineering student to be involved in the project equipped the kayak with a joystick-controlled motor that was "governed" to restrict the maximum traveling speed. In the second phase of the project we increased the stability of the craft by adding sponsons and manufactured the feedback mechanism that shows direction of travel.

Safety & Risk Management

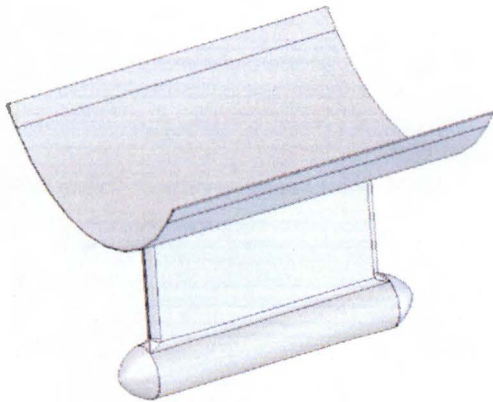
As ME students proceeded with the design and construction, a team of Kinesiology students developed safety procedures for the use and operation of the finished craft, and established a liaison between the project team and potential pilots, to solicit their input and advice.

Based upon input from potential pilots, we are concurrently exploring different transfer possibilities into the kayak. Many participants have commented that transferring into and out of the kayak can be uncomfortable and lead to embarrassment when being lifted from their wheelchairs, by program assistants. We were asked to consider finding a lift that could be user operated to allow paddlers to control their own transfer from chair to boat. As a result of this input, a further group of engineers designed a hoist specifically for use in adapted paddling settings. The most promising design incorporates the hoist into a boat trailer that will also be able to transport kayaks to and from the paddling location. We are currently exploring the possibility of soliciting additional funding to build the hoist. As an alternative now we plan to begin design of a "shuttle vehicle" which would be a joy stick controlled vehicle that the paddler would drive into the water for the kayak to float off.

Questions?

Contact:

J. Kevin Taylor, Ph.D.
Kinesiology Department
Cal Poly, 1 Grand Avenue,
San Luis Obispo, CA 93407



Introducing The Universal Play Frame

A Collaborative Project between Kinesiology and Mechanical Engineering
J. Kevin Taylor, Kinesiology Department, Cal Poly, San Luis Obispo, CA

J. Kevin Taylor Ph.D., Frank Owen Ph.D., P.E.



The UPF is used by athletes in wheelchairs and with a limited range of motion to play games in which participation may otherwise be impossible. Having witnessed the power of play in terms of catharsis and a sense of empowerment, Kinesiology students and faculty are working with Mechanical Engineers to design toys for people with quadriplegia.

Kinesiology students serve as "Project Managers" and collaborate with Mechanical Engineering students who design and build adaptations that are dreamed up by the Kinesiology students working in the Adapted Physical Activity programs at Cal Poly, San Luis Obispo.

One of the most versatile and potentially empowering projects that we are currently working on is the "Universal Play Frame" or "UPF" for short.

History of the UPF

The idea for a play frame emerged after the Kinesiology Department purchased four "Equalizers" in 2001 for use in the "Friday Club," their on campus Special Olympics program. The Equalizer is a lightweight attachable and adjustable frame that comes with different attachments for different games.

Over time we discovered that the equalizers had many performance deficiencies as well as structural and mechanical weaknesses. For example, attachment to wheelchairs is time-consuming and adjustability is not practical; there are too many nuts and bolts (literally!) to screw on and off. We quickly found that pieces were getting lost and that both the attachments and the frame itself were weak in key areas and began to break. Participants in our programs always loved using the Equalizers, which made the failures of the Equalizers extremely frustrating. As frustration with the Equalizers grew and our collaboration with mechanical engineering flourished, we began work on redesigning and reconstructing the concept of the Equalizer.

We are currently building our third prototype of the Universal Play Frame, which we hope to have available for viewing and demonstration during our presentation!



Features

The UPF can be adjusted both vertically and in width. The most current model of the UPF has a tight push-button "click-stop" adjuster that lowers or raises the frame, but can oftentimes be a struggle for one person. The newest UPF that is under construction will improve the push button system by facilitating operation while insuring structural stability by the addition of an interior cable that prevents accidental separation of the frame's main components. These added cables will also allow for a full range of width adjustment.

We have yet to find a wheelchair to which we cannot attach the UPF in under a minute! The UPF has integral attachment clamps that attach to both left and right sides of the wheelchair. Current design specifications for the latest prototype make it collapsible to a size of 36"x36"x12". All attachments are designed to be fully operable by a user with a maximal force output of 5lbs. and a 12" range of motion.

Attachments

Currently we have attachments for: softball/baseball, soccer, and golf but we have plans for many more to come.

The Future of the UPF

Attachments that we have already considered or began working on include Frisbee golf, bocce ball, archery, basketball, floor hockey and paint ball. The possibilities are limited by our imagination because the creativity and skill of the engineering students is tremendous!

Once a complete frame is designed that includes multiple attachment sites for a variety of equipment, new attachments be designed and created to fit the UPF. We are planning to build a number of the UPFs for use in the Friday Club and by Special Olympics throughout our county. Long term we plan to explore the commercial production of the UPF although the most important, the driving goal of this entire project is the availability and convenience for anyone and everyone who wishes to utilize the UPF. With this in mind we hope to complement the commercially available UPF by publishing plans that people can use to make their own!

Questions: J. Kevin Taylor, Ph.D.

Kinesiology Department
Cal Poly, 1 Grand Avenue,
San Luis Obispo, CA 93407
jktaylor@calpoly.edu



Alumni News

Partner, Ali (2005)

Was offered a position with Scripps Center for Integrative Medicine. I will be their Exercise Physiologist for the cardiac rehabilitation program and lifestyle modification program. I am really excited to start and am still getting used to the fact that I am finished with school and ready for the real world.

Gant, Bryan (2003)

Graduated in Health Education. I was married to Rebecca Johnson. I bought my first house in Fresno and recently passed the Paramedic National Registry Test.

Email: bgant24@yahoo.com

Friedlander, Deene (1996)

I teach part time at Moorpark College in the Physical Education Department. I received my Master's Degree in Exercise Physiology from San Diego State University in 1998. I have been married for almost ten years to Dan (City and Regional Planning, 1996). I stay at home with our two children, ages four and one.

Email: Friedlander@adelphia.net

Brunk (Hammer), Cheryl L. (1985)

Community Services Director for American Cancer Society in Modesto, CA. Prior to American Cancer Society, worked as Director for American Diabetes Association for 8 years. Works with large corporations providing wellness programs such as Active for Life. Currently plays softball and tennis recreationally; Married to Kevin Brunk (ARCH 1987); have a son 14 and a daughter 11. Live in Oakdale, CA for 14 years. Looking forward to another visit to SLO soon.

Cheryl.brunk@cancer.org

Hoopes, Josh (2003 PPT)

Attending physical therapy school at the University of Montana. Will graduate in Spring '07.

slohoopes@yahoo.com

McGehee-Tucker (Saheb-Ettaba), Leila (1980)

Currently a candidate of Doctor of Naturopathy.

leilamt@san.rr.com

Thomas (Shumate), Sandy (1984)

Run, bike and swim. Soccer mom to 2 girls, 8 and 10 years old. Love to stay active and so do the kids. Husband is a total surfer and so are the kids - Genesee 10 and Kayla 8. We are enjoying life in San Diego. They even have a surf club that my 10 year old joined at school. My husband and both girls surf and I boogie board.

Sandrat29@cox.net

Lachemann, Brad (1996)

PE Specialist at Lucia Mar Unified. AGHS Baseball Head Coach 1996-2004. Lots of golf. Two children (Brady 3 and Macie 5)

Blachemann@LMUSD.org

Wertz, Jacquie (1986)

PE teacher in Kernville Union School District - new position. Teach grades 4, 5, 6 and 8th. Living up in Kernville, CA; lower Sequoia National Forest. Enjoy lots of outdoor adventure, river-rafting and hiking. Took 1 ½ years off to be with my family, Lyle and our son Eliah. Never thought I'd become a "mommy" at age 42!

Lawrence, Joe (1987)

Teaching Physical Education at Merrill West High School in Tracy, CA. Coaching Girl's Varsity golf and Girl's Varsity basketball. I have been married for 15 years to my wife Lynda. I have a son Beau, who is 11, and a daughter, Isabella, who is 8.

jlawrence@tusd.net

Message from a former student: (Email to Jerry DeMers)

Dr. DeMers:

My name is Kenneth Dyar and I graduated from Cal Poly in 1989 with a BS in Physical Education (I even took an aquatics class from you when you first arrived on campus). I am writing to you to ask if you will pass on some exciting news to the rest of your department, and anyone else on campus who might be interested.

I was just chosen as one of the 5 California Teachers of the Year for 2006. I am the first teacher from Kern County to receive this award. I have been teaching for 15 years (5 in the elementary classroom, and the last 10 as a physical educator at Cecil Avenue Middle School in Delano), and I'm obviously very excited about the opportunities that await me in the upcoming year.

But what I really want to say is a huge "Thank you" to Cal Poly and all the wonderful professors who laid the foundation for my success. I have always told anyone who would listen (and even some who wouldn't!) that Cal Poly has the GREAT-EST physical education program anywhere. My alma mater is an amazing place to learn the art and science of physical education pedagogy, but your department also taught me the value of advocacy, professional membership in CAHPERD and AAHPERD and being a leader.

As I scanned the current Kinesiology staff list, I noticed that most of my former professors are no longer there; and I knew of the passing of Dr. Marylinda Wheeler. But if you could please let Mary Stallard, Andrea Brown, Ray Nakamura, Dr. Webb, Dr. Barthels and others who were teaching in the mid 80's when I was there know what an invaluable impact they had on my life and career I would greatly appreciate it.

I am proud to represent my city, county and state as a Teacher of the Year. But I am also extremely proud to represent Cal Poly, San Luis Obispo, the Kinesiology Department, and its wonderful staff and students. You do great work, and you produce great teachers. Thank you for putting future educators in the field who are ready to teach, guide, and mold our youth into the leaders of tomorrow.

Sincerely,

Ken Dyar
Cecil Avenue Middle School
Delano, CA
Physical Education Department Chair
BS, Physical Education, Cal Poly, San Luis Obispo 1986
2006 California Teacher of the Year

