



Kinesiology >Kinesiology 2011 Newsletter

Kinesiology Department Newsletter – December, 2011

Message from the Chair

Greetings from the department chair's office! I hope this newsletter finds you well. I'm excited to be able to share a few recent success stories and provide a few updates on the Kinesiology Department at Cal Poly. My name is Kevin Taylor, and on Sept. 1 this year, I became the new department chair. Originally from England, I have been at Cal Poly since the fall of 1999. As incoming chair I am profoundly grateful to Dr. Camille O'Bryant for her leadership and contributions to the department during her three years as chair. Camille selflessly took on the role when no one else was willing or able to, and she steered the department through some challenging times and difficult transitions. Thank you Camille!



[Read more of Professor Taylor's message](#)

Kinesiology News

Professor's \$3 Million Research Grant Will Aid Low-Income Mothers



A Cal Poly professor has received a \$3 million grant from the National Institutes of Health to develop new ways to help low-income mothers return to their pre-pregnancy weight within a year of giving birth. Kinesiology Professor Suzanne Phelan of Cal Poly's STRIDE center (Science through Translational Research in Diet and Exercise) will work with low-income mothers in San Luis Obispo and Santa Barbara counties for the study. Helping women return to their pre-pregnancy weights within a year of giving birth is important for their long-term health, Phelan explained. Professor Phelan's research on pregnancy weight gain also made headlines.

[Details on the study of low-income mothers](#)

[Details on her earlier study on post-pregnancy weight loss](#)

STRIDE Research is Mapping Hunger and Making Headlines

Cal Poly students and volunteers spent October and November canvassing San Luis Obispo County, talking to more than 700 low-income residents to get more-accurate data on how many people go hungry. "We think the rosy picture on

hunger in San Luis Obispo County comes from the fact that those most in need have been undercounted in previous studies,” said Cal Poly Kinesiology Professor Ann McDermott, director of the university’s STRIDE (Science through Translational Research in Diet and Exercise) center.

STRIDE is partnering with the Food Bank Coalition of San Luis Obispo County on the study. It’s being funded by a \$100,000 grant from the U.S. Department of Agriculture. The study is one of only 14 Hunger Free Communities grants awarded across the nation this year by the USDA. Cal Poly received \$30,000 from the grant to design and carry out two data-gathering and analysis efforts: a countywide food availability survey, conducted in spring 2011, and the ongoing hunger survey.



[More on the STRIDE study](#)



Cal Poly Students and Professors Upgrade SoloQuad Kayak

Cal Poly students and professors participating in the adaptive paddle program successfully launched an upgraded SoloQuad kayak for disabled users. The SoloQuad is an adaptive kayak designed for a pilot with quadriplegia or paraplegia.

At the first launch of the SoloQuad in spring 2008, the motor overheated, requiring the kayak to be towed back to shore. A new team of students working on the project redesigned and improved several elements of the kayak.

[Read more about the launch](#)

Kinesiology Professors and Students Adapt Wii for Quadriplegics

A team of Cal Poly professors and students have created a modified Nintendo Wii system that allows people with quadriplegia to play Wii Sports. The Wii-B-Fit project created a universal remote design to incorporate game play of the popular Wii console for individuals with all levels of quadriplegia.

The design includes a laptop playboard with simplified action buttons to aid those with limited hand mobility, and a hat with sensors. The hat allows the wearer to mimic the functionality of the Wii-remote to achieve normal game play. Retired Central Coast firefighter Mike Ward, who is now in a wheelchair, helped the university develop and test the Wii-B-Fit project.

[More on the Wii-B-Fit project](#)



STRIDE Brings National Expert on Healthy Communities to Campus



Cal Poly’s STRIDE center hosted a panel discussion on obesity that included a nationally known physician and local government and health officials. The talk focused on the environmental factors influencing America’s obesity epidemic and the community changes needed to combat it. Richard Jackson, M.D., chair of Environmental Health Sciences at the UCLA School of Public Health, spoke on “Confronting the Crisis, Crash and Collapse: Creating Co-beneficial Solutions for Healthy Communities, Economic Growth, and Sustainable Resources.”

[More on Jackson's presentation](#)

Alumni News

Thank You, Kinesiology and STRIDE Donors

More than 166 alumni, parents and friends donated nearly \$58,000 to the Kinesiology Department and to STRIDE (Science Through Translational Research in Diet and Exercise), the university-wide center based in the Kinesiology Department. Your financial support allows our department to offer the experiences and programs that bring Learn by Doing alive to benefit not only our students, but also the community at large.

[Read more about the people and companies which support the Kinesiology Department.](#)

Alumni Notes: Keeping Up with Classmates

Lisa Neirotti earned a doctorate and is director of Sports Management at The George Washington University. Lynn Dyché started the first California Interscholastic Federation statewide high school wrestling tournament. Jani Johnson and Michelle Zulim-Clark teach kinesiology at Cuesta College on the Central Coast.

[Find out what your PE and KINES classmates are up to now](#)

Alumni Questionnaire: We'd Love to Get Your Feedback!

Click on the link below to complete a brief questionnaire that will provide us with helpful feedback to continuously improve the Cal Poly Kinesiology program.

<http://www.surveymonkey.com/s/T86ZMZM>

Faculty Updates



Professor Camille O'Bryant

Cal Poly's three summer physical education workshop directors met with Kinesiology faculty and staff and representatives from CAHPERD (California Association for Health, Physical Education, Recreation and Dance) to discuss the possibility of embarking on a collaborative effort. Working together on the physical education workshops held on campus would be beneficial to everyone, especially the in-service educators and coaches who are seeking professional development opportunities during the summer.

[More from Professor O'Bryant](#)

Professor Bob Clark

During spring quarter 2011, Christie O'Hara and Francesca Castellucci collected data from elite cyclists (the Cal Poly Wheelmen) in the biomechanics lab. They were examining the effects of a non-circular bicycle chain-ring on cycling performance and physiological measures. These oval-shaped rings have the potential to increase cycling effectiveness and efficiency due to alterations in mechanical advantage during the power phase (pushing down the pedal).

[More from Professor Clark](#)



Professor Steve Davis

In the spring of 2010, I collaborated with Kinesiology Professor Kellie Hall, Dairy Science Professor Rafael Jimenez-Flores and his graduate student Jacob Heick, Statistics Professor Andrew Schaffner, and kinesiology students Nero Evero, Francesca Castellucci, Jacob Kelly-Strong, Robert Best, and Arya Alami. Using students who had just participated in simulated military mountain skirmishes, we compared the recovery-boosting effects of consuming a high-carbohydrate bar vs. a high-protein bar made from milk. The



study is known as the "Milk Goes to War" study.

[More from Professor Davis](#)

Pat Hosegood-Martin

Greetings alumni and friends! I continue to have the pleasure of being an adjunct faculty member of the Kinesiology Department and thoroughly enjoy working with our great students. I am also continuing my volunteer activities with the American Heart Association and am active with the Women and Heart Disease prevention luncheon, held each February. Several of our students and alumni also assist with this important event. This past year, I had the pleasure of having an article regarding my research published in the National Association of College Auxiliary Services' College Services publication. I continue to help organizations control their workers' compensation costs by increasing employee job satisfaction.



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Last Update: 12/7/11

Kinesiology Department
California Polytechnic State University
San Luis Obispo, CA 93407
J. Kevin Taylor, Ph.D.
Kinesiology Department Chair
805.756.2545
kinesiology@calpoly.edu



Kinesiology >Kinesiology 2011 Newsletter>Message From the Chair

Message From the Chair

Greetings from the department chair's office! I hope this newsletter finds you well. I'm excited to be able to share a few recent success stories and provide a few updates on the Kinesiology Department at Cal Poly.

My name is Kevin Taylor, and on Sept. 1, I became the new department chair. Originally from England, I have been at Cal Poly since the fall of 1999. As incoming chair, I am profoundly grateful to Dr. Camille O'Bryant for her leadership and contributions to the department during her three years as chair. Camille selflessly took on the role when no one else was willing or able to, and she steered the department through some challenging times and difficult transitions. Thank you, Camille!

When I arrived at Cal Poly, I was asked to teach Adapted Physical Activity and take leadership in this area. I had no background, no experience and hadn't even taken a class in this area myself. One can view life's challenges as predicaments or opportunities, and I adopted the perspective that this professional challenge was an opportunity for growth and development rather than a predicament. I realized that this is what the team wanted me to do. Since that time, I have won awards for my work teaching the class and have developed a line of scholarships based on multidisciplinary collaborations to promote inclusion for people with disabilities.



Realizing I had no experience and wanting to embody Learn by Doing, I started three community-based learning programs to act as labs for my class. The programs, still running today, put students into the community to organize physical activity for people with disabilities. My experiences in the community led me to collaborate with the College of Engineering, and now we engage engineering senior project students to design and build equipment that helps people with disabilities become more physically active. This work is funded by a grant from the National Science Foundation, secured with three colleagues from the College of Engineering.

Cal Poly has taught me that I am more than capable of learning a new job and succeeding. I am rapidly learning a great deal about being a department chair and am re-doubling my commitment to our team effort. This brief description of my time at Cal Poly gives you a little background information about me and hopefully serves as an example of the rich rewards that await those who look at life's challenges as opportunities to learn and grow. I am constantly reminded that as professionals we must hold ourselves accountable for continued learning and growth.

As alumni, your Cal Poly college days may be over but your education is still in full swing. Learn by Doing is more than our mantra here at Cal Poly -- it's a strategy for building your career and enriching your life.

Moving forward, we plan to publish two Kinesiology Department newsletters each year, one in the fall and one in the spring. Henceforth our newsletters will be electronic and will be available on our website. The website will soon transition to a new look, which will be part of a campus-wide effort to coordinate the university's web presence around a consistent framework.

This is one of many changes in the works at Cal Poly. We have a new president, a new provost, a new dean in the College of Engineering, a new vice president for advancement, and a search is currently underway for two new deans: one for the College of Architecture and Environmental Design and one for the College of Liberal Arts.

This new leadership will undoubtedly lead to new initiatives and will hopefully keep us positive in difficult financial times.

My initial goals as department chair are to integrate the work of our center for Science and Translational Research in Diet and Exercise (STRIDE) into our curriculum, to increase the efficiency with which we use our space and equipment, and to develop a plan to upgrade and update our equipment.

STRIDE is in full swing now, providing hands-on applied learning opportunities for students from across the campus alongside our kinesiology majors. Working for STRIDE provides our students the opportunity to apply what they're learning in their academic coursework to real-world problems, forging solutions based on the application of science and scientific thinking.

In future editions of this newsletter, I plan to update you on our efforts with STRIDE, the success of our students, and the evolution of our department. I hope you enjoy catching up with us. Alumni: we would love to hear from you, too. Please send us a note about what you're up to now, how you are using your kinesiology degree as a professional, and what it has meant to you.

Please bookmark our Kinesiology home page (www.kinesiology.calpoly.edu) and check us out every now and again. Thanks for your support of Kinesiology and Cal Poly, good luck with all your endeavors, stay safe, and keep in touch!

Cheers,
Kevin Taylor

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J. Kevin Taylor, Ph.D.
Kinesiology Department Chair
805.756.2545
kinesiology@calpoly.edu



Kinesiology >Kinesiology 2011 Newsletter>Honor Roll

Thank You for Your Support of the Kinesiology Department and STRIDE

Since the last edition of the Kinesiology Newsletter in June 2009, some 166 alumni and parents have given almost \$58,000 in donations to the Kinesiology Department or its STRIDE center. Forty private companies, agencies and organizations have given nearly \$51,400 in financial support and more than \$31,000 in services, equipment and other items to make many of our community programs possible. Private support from our alumni, parents, friends, private businesses and other agencies are key to enabling our department to continue to provide exceptional Learn by Doing projects and opportunities for today’s students.

We sincerely appreciate your support.

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We have made every effort to ensure that the above information is correct. Donors and friends who find an error or inconsistency regarding their information can call the Kinesiology Department at 805-756-2545 or email us at kinesiology@calpoly.edu. We will take care to make any needed corrections quickly. Thank you again for your support.

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Kinesiology >Kinesiology 2011 Newsletter>Notes From Alumni

Notes From Kinesiology Alumni

'00s

Lauren Bastire (B.S., Kinesiology, 2010)

I am currently living in San Marcos, Calif., and going to physical therapy school at the University of St. Augustine for Health Sciences. I'm almost finished with my first year and then will have just a year and a half left! I'm loving school, but it does consume most of my time. When I do have free time, my friends and I love exploring the San Diego area. However, I do miss Cal Poly and living in SLO!

Philip Shepard (B.S., Kinesiology, 2010)

I am currently working for my family's large agriculture company, where I am the acting employee safety and health coordinator. I am living in the San Joaquin Valley, nestled in the middle of our grape vineyards. Our ranch currently grows cotton, walnuts, grapes, melons, corn, olives, wheat, milo, alfalfa and oats. It also has a large cattle operation. Needless to say, I stay very busy. I use my skills and knowledge gained from my degree and studies at Cal Poly every day! Most important, however, is the fact that I love my job and love being able to use my degree in this economy.



Katy Vaughan (B.S., Kinesiology, 2010)

I graduated from Cal Poly in June 2010. Later that summer I started working on my master's degree in public health and physical activity at Kansas State University in Manhattan, Kansas ("The Little Apple"). I defended my thesis (titled "Environmental Justice and Physical Activity: Examining Disparities in Access to Parks in Kansas City, Missouri") in the beginning of October 2011. I am finishing my last bit of coursework before graduating in the beginning of December. The past year-and-a-half, I have worked as a research assistant in the Physical Activity Public Health Laboratory on campus and volunteered in the Functional Intensity Training Laboratory at KSU. I look forward to many new adventures after graduation from the MPH program. This photo is with me and my advisor Dr. Andrew Kaczynski at my thesis defense.



Jessy Skeels (B.S., Kinesiology, 2009)

I am currently in my first year of the Master's of Physical Therapy Program at CSU Sacramento, and I will be graduating in December 2013. I live in Sacramento, and I maintain a per diem rehabilitation aide position at San Joaquin Valley Rehabilitation Hospital in Fresno. I work there once a month during the school semester and more often during school

breaks. My plans are to move back to San Luis Obispo once I have graduated from PT school and hopefully open my own outpatient clinic someday!

Nicole Yarwasky (B.S., Kinesiology; minor, Gerontology, 2008)

I have been working for Club One Inc. in a corporate site for eBay and PayPal in San Jose, Calif. After completing my internship with Club One post-graduation, I was hired full time. I am in the second year of the master's program in kinesiology at Cal State East Bay. I have also become involved with the Senior Support Center of the Tri-Valley in Pleasanton. I have done in-home fall prevention training for elderly clients at the center and have started observing and doing group exercise classes there. I love my career, and I love being in the health and wellness industry!

Nicole (Phifer) Grady (B.S., Kinesiology, 2006)

I got married in 2008 to Tom Grady, a 2005 Cal Poly mechanical engineering graduate. I attended Samuel Merritt University from 2008-11 and just graduated with my master's in May 2011. I am working at Quinn Orthopedic Physical Therapy in Cupertino, Calif., as a physical therapist. I use much of everything I learned at Cal Poly on the job now as a PT, and feel my education really prepared me for graduate school. Thanks to all Kinesiology faculty for all of their hard work!

Amber Sammons (M.S., Kinesiology, 2005)

I live in Pleasanton, Calif., with my dog, Brixon. I am in my seventh year as a full-time tenured physical education instructor and head volleyball coach at Chabot College. I am blessed to have my dream job. Besides working, I have been doing a lot of traveling, and I love the time off as a teacher!

Theresa Field (B.S., Kinesiology, 2005)

Since graduating, I have moved to Ypsilanti, Mich. I have just begun a two-year graduate program at Eastern Michigan University and am working toward a master's degree in prosthetics and orthotics. I am very eager to be a part of this growing field, and I am excited to see where orthotics and prosthetics will go.

Michelle Zulim-Clark (B.S., Kinesiology, 2004; M.S., Kinesiology, 2008)

I live in San Luis Obispo and teach at Cuesta College in the Kinesiology Department. I teach kinesiology theory classes and health education. I'm fortunate to be able to directly use my education in kinesiology and pass it on to my students. I am married and have a daughter who is a year-and-a-half.

Trevor Cardinal (B.S., Kinesiology, 2003)

I used my kinesiology degree to get into a doctoral program in physiology. Now I am living in Arroyo Grande and am working on the faculty of the Biomedical Engineering Department at Cal Poly. My undergraduate work in the multidisciplinary field of kinesiology provides an excellent foundation for working in the multidisciplinary field of biomedical engineering. It provides experience interacting with and understanding the perspectives of people from different backgrounds.

Tiffany (Aguilera) Slater (B.S., Kinesiology, 2001)

I am married and have a two-and-a-half year old daughter. I am living in Torrance, Calif., and working as an occupational therapist for the Los Angeles County Department of Public Health-California Children's Services. My kinesiology degree provided me with all but two of the prerequisites to apply to the occupational therapy master's program at Cal State Dominguez Hills. Before earning my master's degree in occupational therapy, I earned my master's degree in special education and taught children with mild-to-moderate cognitive impairments. I was overwhelmed with a classroom of 17 students, all with special needs, and decided that I enjoyed the population but needed a different perspective. Thanks to my husband, I learned about occupational therapy and it is amazingly rewarding.

Jennifer (Strauss) Eckerman (B. S., Kinesiology, 2000)

After graduating, I went straight to George Washington University to earn two master's degrees in 2003: one in physician assisting and one in public health. I was lucky enough to come back to the San Luis Obispo area, where I work as a physician's assistant with Urology Associates. That was my first job, nine years ago, and I still love it! I have been married for nine years to my husband, Shane. We have a four-and-a-half year-old son, Gavin. We still love Cal Poly and always will. I feel I had a great education that definitely prepared me for learning and working. We still go to Open House and many sports events. Of course, we truly enjoy living on the Central Coast! This photo is of me and my husband wine-tasting in SLO.



'90s

Markel Quarles (B.S., Physical Education, 1998; M.A., Education, Counseling & Guidance, 2003)

I have been working at Cal Poly since 1998. I am a career counselor and teach part-time at Cal Poly and Cuesta. I am using my PE degree in my career counseling as I advise students in the College of Science and Mathematics.

Cheri (Eplin) Molnar (B.S., Physical Education, 1990)

I worked in corporate wellness as a manager with Quantum Corp., running its health and fitness programs in California's Silicon Valley, in Massachusetts and Colorado. I went back and got my teaching credential, master's in teaching, and master's in holistic health. I left the corporate world for a career in education. I have served as a principal and vice-principal, and am presently a fifth-grade teacher in the San Ramon Valley Unified School District in the Bay Area. I use my education from Cal Poly in the classroom daily! I am also a weekly columnist for an online newspaper owned by AOL and the Huffington Post called "The Danville Patch." I write about "Living in the Moment." I did a lot of writing at Cal Poly, too, and felt I had great instructors that encouraged me to do my best, which I've continued to do. Many students from our district choose Cal Poly as their No.1 choice for college, and I completely understand why.

'80s

Joe Lawrence (B.S., Physical Education, 1987)

I am living in Tracy, Calif., and teaching at John C. Kimball High. I teach physical education and coach the boy's varsity basketball team. My wife Lynda is a substitute teacher in the Tracy Unified School District, and my two children are students at Kimball High. My son, Beau, is a senior (hoping to get accepted into Cal Poly next fall) and my daughter, Isabella, is a freshman.

Lisa Delpy Neirotti (B.S., Physical Education, 1985)

I earned my master's degree at George Mason University in 1988 and my doctorate at the University of New Mexico in 1991. I'm now the director of sport management at The George Washington University in Washington, D.C., where I am an associate professor of tourism and sport management in the Tourism and Hospitality Management Department. I welcome Cal Poly students to apply for our master's program (www.business.gwu.edu/sportMBA) and to attend the ninth annual Sports Industry Networking and Career (SINC) conference Feb. 10-11 in Washington, D.C. Phil DePicciotto (president of Octagon), Kevin Plank (founder/CEO Under Armour) and Lisa Baird (chief marketing officer for the U.S. Olympic Committee) are the keynote speakers along with 70 other industry professionals. To learn more, visit www.sinc-conference.com. It was great to see a Cal Poly student volunteering at the Travel, Events, and Management in Sports (TEAMS) conference in Las Vegas recently. I actually founded this conference in 1997 in Washington, D.C.

'70s

Jani (Rouda) Johnson (Physical Education, 1978)

A big hello to my fellow alumni! I am in my 21st year of teaching at Cuesta College in the Kinesiology Department. Besides teaching, I am the co-chair of the Cuesta Employee Wellness Program. One of the classes I teach is an exercise leadership class. I hope to prepare physical education students for a career in health and fitness. I enjoy my

work immensely, and feel my time at Cal Poly as a student athlete (cross country/track) helped me prepare for my career at Cuesta. A huge personal goal is to teach all my students the importance of lifetime fitness and health. I hope to spend many more years on the Central Coast enjoying the wealth of fitness activities that are available.

Angie (Pugh) Jameson (B.S., Physical Education, 1978)

I have used my physical education degree ever since I graduated in June 1978. I did not end up going into teaching but ended up in the fitness industry as a certified personal trainer. I moved to Texas in 1988 and took a break from working while I raised my children. I started back in the fitness field working in a large gym, then started my own fitness business in 1998, specializing in kettle bell/rope training and various other workout styles. I also added a massage therapy license to my credentials to add a different dimension to my business. I have always valued my excellent education from one of the finest schools in the nation, and I have many wonderful memories of San Luis Obispo! The last time I was on campus was in August 2008 to visit my niece and tour the campus – there are so many changes and they are all beautiful! The Kinesiology Department is awesome and makes me wish I was still attending school!

Katherine Sorensen Niederfrank (B.S., Physical Education, 1977)

After more than five years as vice principal at American Union School District (rural southwest Fresno), I spent the 2010-11 school year as the interim superintendent/principal. The district at the time was unifying with the local high school district: Washington Union High School District. As of July 1, 2011, Washington Unified School District came into existence. It was a very busy summer for all involved in the process. We did everything from moving to a temporary district office to establishing job descriptions and filling positions.

I was appointed as the director of grants/charters/adult ed/preschool. I oversee two preschools and am trying to re-establish an adult education program and three charter schools. My first love is the most important: director of grants. I have written four grants, and assisted in writing a science grant for teachers in grades 3-8. In September, I received a grant from the Fresno County Office of Education Foundation for Innovative Education. The grant is titled "Motivating At-Risk Youth Through Job-Shadowing." The purpose is to reach out to 9th and 10th graders from families with low education levels and encourage them to pass the California High School Exit Examination (CAHSEE). Once they pass the exam, the school will continue to help the students finish their high school careers and set them up with job-shadowing experiences in their areas of interest. I am also working with the food services director to promote physical activity and healthy eating habits, especially in the primary grades. A big hello to all of you who graduated in 1977 with a degree in physical education!

Thomas (Tom) DeHollander (B.S., Physical Education, 1975)

I have lived in Livermore Calif., for more than 32 years. I am married (Randi) and have four children (Pam, Becky, Ashley and Keith). I have worked in the same line of work for 32 years. I've spent the last 19 years with the Department of Veterans Affairs in Livermore. I use my Cal Poly Learn by Doing training virtually every day, both at work and at home. I have tried to instill that same way of thinking in my four children. Our lives are pretty heavily wrapped up in baseball right now: our son Keith, age 16, is traveling and playing in some top tournaments. As he is a high school junior, we are exploring colleges, including Cal Poly, as a venue for a college education as well as playing top-notch baseball. Randi and I love Hawaii and have visited the islands many times. Our favorite vacation mode is cruising, especially in the Caribbean. Our home and yard have a tropical motif to remind us how happy we are in Hawaii. Gardening and home improvement projects fill our spare time. I am a Sharks, Giants and Raiders fan and try to watch each as often as I can.

'60s

Lynn Dyche (B.S., Physical Education, 1960; M.S. Physical Education, 1965)

In 1955 I was the first wrestler to receive an athletic scholarship at Cal Poly. I graduated in 1960 with a major in physical education and a minor in biological sciences. In 1964 I earned my master's degree in school administration and physical education at Cal Poly. For the past 35 years, I have been a high school teacher and wrestling coach as well as an athletic director. I have earned a number of distinguished honors: National Wrestling Coach of the Year (1973), District 8 Wrestling Coach of the Year (1978). I was inducted into the National Wrestling Hall of Fame as an official (1985), the California Wrestling Hall of Fame (2000), and the California Athletic Hall of Fame (2002). I am proud to have organized and directed the first California Interscholastic Federation statewide high school wrestling tournament in 1973 and have officiated wrestling for over 35 years. I was head official at the CIF State Tournament for 22 years. I have served as an assistant head official for the National Collegiate Athletics Association at the Division I level in wrestling.

'50s

Ken Trigueiro (B.S., Physical Education, 1957)

I'm working as a recreation leader in the Therapeutic Recreation program in the San Diego Park and Recreation Department. I went back to college to pick up refresher courses in recreation (36 units) and have worked for the City of San Diego since 1994. I spent the two years before that working as a recreation aide for the U.S. Navy in San Diego. I love recreation; it's so much fun! After graduating from Cal Poly, I earned a master's degree in physical education from UCLA. My degree from Cal Poly is valuable for me, especially in my current workplace. Cal Poly means a lot to me. Two of my three daughters graduated from Cal Poly. I will always be a stout-hearted Mustang fan of Cal Poly, San Luis Obispo.

Don Morris (B.S., Physical Education, 1952; M.A., Physical Education, 1958)

I was recently featured in a cover story in a military magazine. Read the MOWW Officer Review Magazine article here.

<http://www.militaryorder.net/New%20MOWW%20Design/Officer%20Review/OCT%202011.pdf>

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Kinesiology Department
California Polytechnic State University
San Luis Obispo, CA 93407
J. Kevin Taylor, Ph.D.
Kinesiology Department Chair
805.756.2545
kinesiology@calpoly.edu



Kinesiology >Kinesiology 2011 Newsletter>Professor Camille Obryant

From Professor Camille O'Bryant

Cal Poly's three summer physical education workshop directors met with Kinesiology Department faculty and staff and representatives from CAHPERD (California Association for Health, Physical Education, Recreation and Dance) to discuss the possibility of collaborating on workshops.

Working together on summer physical education workshops held on campus would be beneficial to everyone, especially the in-service educators and coaches who are seeking professional development opportunities during the summer.

Summer 2012 will mark the 66th year for PEACH (Physical Education, Athletics, Coaching and Health), the 62nd year for CPEW (California Physical Education Workshop), and the 39th year for EPEW (Elementary Physical Education Workshop) at Cal Poly.

Mark your calendars and bring your colleagues. Cal Poly is offering new recreation and housing facilities this summer, and the workshop committees are planning quality learning and networking opportunities for all participants.

Here are the dates for the 2012 Cal Poly summer workshops:

- CPEW: July 7-14
- PEACH: July 13-22
- EPEW: July 22-27

Find out more at the 2012 CAHPERD Conference in Pasadena, Calif., Feb. 23-26, 2012. Cal Poly workshop volunteers will be on hand in the conference exhibit hall to answer questions and provide additional information.

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Kinesiology >Kinesiology 2011 Newsletter>Professor Robert Clark

From Professor Robert Clark

During spring quarter 2011, I supervised graduate assistants Christie O'Hara and Francesca Castellucci as they collected data from elite cyclists (the Cal Poly Wheelmen) in the Kinesiology Department's Biomechanics Lab. They were examining the effects of a non-circular chain-ring on cycling performance and physiological measures.

These oval-shaped rings have the potential to increase cycling effectiveness and efficiency due to alterations in mechanical advantage during the power phase (pushing down the pedal). The graduate assistants examined 1 km time-trial performance of the cyclists, their patterns of muscle activity (EMG), blood lactate, oxygen consumption, and efficiency over a four-week period of testing.

This was a fairly complicated study that required participating cyclists to visit the lab for six test sessions, three people to conduct the test sessions, and many hours of post-data collection analysis.

The study's finding: when compared to a cyclist using a traditional circular chain-ring, participants in this study completed the 1 km sooner, went faster and made more average power. There were no changes in EMG and no changes in lactate production. The final product is a paper that should be coming out in the Journal of Sports Science and Engineering.

The study also resulted in something else: O'Hara is now working for Rotor Corp. in Madrid, Spain, as the director of its new science division. (This is the company that sells the non-circular chain-ring we tested). She is involved in product development and testing of professional Union Cycliste Internationale (UCI) bicycle racers for teams that are sponsored by Rotor. (UCI is the Europe-based international league for professional cyclists.) If you follow professional cycling, look for her on cycling news websites and television coverage. She was in Colorado in November, working the Gamin-Cervelo team during their training camp. She is back in Spain working with other pro teams in Europe.



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California Polytechnic State University
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J. Kevin Taylor, Ph.D.
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Kinesiology >Kinesiology 2011 Newsletter>Professor Steven Davis

From Professor Steven Davis

Greetings Cal Poly kinesiology alumni and friends. Hope you are all doing well in the "real world." I continue to have a very busy professional life. My Pathophysiology & Exercise, Electrocardiography, Echocardiography, and Tennis classes continue to go well. Kudos to Jack Collins, our very capable department technician, who manages to keep the aging electrocardiographs and our sole remaining echocardiograph working.

I renewed my American College of Sports Medicine (ACSM) program director, registered clinical exercise physiologist and clinical exercise specialist credentials in January 2011. I also continue to serve as the chair of the University Human Subjects Committee (a.k.a. our Institutional Review Board). I'm working on earning accreditation for our exercise science curriculum from the Commission on Accreditation of Allied Health Education (CAAHEP). Internationally, CAAHEP accreditation is replacing the ACSM as the preferred endorsement of curricula in exercise science.



In the spring of 2010, I collaborated with Kinesiology Professor Kellie Hall, Dairy Science Professor Rafael Jimenez-Flores and his graduate student Jacob Heick, Statistics Professor Andrew Schaffner, and kinesiology students Nero Evero, Francesca Castellucci, Jacob Kelly-Strong, Robert Best and Arya Alami in a study of the effects of a high-carbohydrate bar vs. a high-protein bar made from milk following simulated mountain skirmishes (also known as "The Milk Goes to War Study.")

Our subjects carried 25 percent of their body weight (up to a maximum of 50 pounds) on weekend hikes up Bishop Peak, Poly Canyon and down Stenner Canyon, and from the top of the Cuesta Ridge downhill through Poly Canyon and back to campus. Subjects were divided into "Green" and "Gold" squads and competed for fastest course completion times. Skirmishes were simulated en route using squirt guns with "colored ammo." We found that subjects had somewhat greater anaerobic capacity when they ate the milk protein bar after their hikes.

Although choice reaction time was improved (decreased) following the hikes, no matter which supplement was consumed, subjects had significantly greater improvements following consumption of the high carbohydrate bar. This research was funded by the Department of the Navy, Office of Naval Research, the California State University - Agricultural Research Initiative, and the California Dairy Research Foundation. It is currently under review by the peer-reviewed journal Military Medicine.

In summer 2012 I served as a consultant for Med-Tox Health Services of Ontario, Calif., to develop a physical fitness test battery for National Basketball Association referees. We recommended four physical fitness tests including the time-honored "line drill," the "bend, twist and touch" test of flexibility, the "T-test" of agility, and the Leger (a.k.a. bleep or beep) test of cardio-respiratory fitness. The Leger test is also used by the International Basketball Association. The NBA players and owners may not come to agreement on a contract this year, but the referees will be ready if they do!

On a personal note, my wife, Kirsten, and I continue to stay physically active and practice what we preach. We have participated in the SLO Triathlon most summers. In August we rode our bicycles down the coast from San Francisco to San Luis Obispo along Highway 1. We also hiked from the top of the Cuesta Grade along the Lopez Creek Trail to Lopez Lake, camping overnight at the primitive Upper Lopez campground.

Thanks for staying in touch. I always enjoy hearing about your many achievements as Cal Poly alumni. Please remember, you have the right to be healthy, so exercise it!

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