

California Polytechnic State University

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FOR IMMEDIATE RELEASE

Contact: Susan McDonald  
(805) 756-7109

### **Cal Poly Kinesiology Professor Named To School District Hall of Fame**

SAN LUIS OBISPO – Susan Puhl, a Cal Poly kinesiology professor, will share honors with news anchor Stone Phillips and 50 other outstanding Parkway School District alumni Nov. 13, when they are inducted into the district's first-ever Hall of Fame.

The Parkway Alumni Association inaugurated the Hall of Fame this year to celebrate the 50th anniversary of the Parkway School District, which is located in Chesterfield, Md. The Hall of Fame recognizes Parkway graduates who have brought honor to the district by distinguishing themselves through career achievements and outstanding community service in the years since they graduated from high school.

Other inductees are NFL player Ryan Young, actor Joel Higgins, race-car driver Ken Schrader, author and health expert Jyl Steinbeck, and others who are leaders in various fields.

Puhl teaches physiology of exercise, testing and exercise prescription, electrocardiography and other courses at Cal Poly. Her research emphasis is the metabolic cost of physical activity and response to unmonitored and home-based exercise.

More than 20 of Puhl's manuscripts have been published in Science in Sport and Exercise magazine and other publications. She is the editor of two books and has completed numerous research projects, including several for NordicTrack Inc.

Puhl graduated from West High School in the Parkway School District in 1972. She earned a bachelor's degree in physical education/health and a master's degree in teaching from Southeast Missouri State University. In 1986, she earned her doctorate in exercise physiology from Pennsylvania State University. She lives in Grover Beach.

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**Cal Poly Public Affairs**

California Polytechnic State University

San Luis Obispo, CA 93407

805.756.7266

[polynews@calpoly.edu](mailto:polynews@calpoly.edu)