Name Change

The department has received approval to change its name to the Department of Physical Education & Kinesiology. The change was made to reflect the wide variety of career goals being pursued by our current students and was prompted by our move into the College of Science and Mathematics. While preparing teachers and coaches continues to be a major focus of the department, approximately 60 percent of our students are planning to work in settings other than education. Most of these students plan to work in health promotion programs in corporate, clinical (cardiac rehab, physical therapy, etc.) or public/private club settings.

The term "kinesiology," operationally defined, is the branch of learning which relates to the art and science of human movement in work, play, health, creative activity, and the responses to physical exertion. Kinesiology is increasingly being used by departments like ours to describe themselves. Six departments within the CSU are named kinesiology.
New $16 Million Building Opens

Well, it finally happened. We have moved into our new building. Actually, it is two buildings. One building, often referred to as the "PE Tower" is a four-story building which houses our faculty offices, labs, and department office. The other building (The Rec Center) houses the activity space [racquetball courts (9); gymnasium; weight room; aerobics room; wrestling room; locker and shower rooms, equipment storage, laundry room, and offices for the Rec Sports Program] as well as a 50m x 25 yd. outdoor pool.

Most of the coaches are housed in our former offices in Mott Gym.

We have converted the former exercise physiology lab (Mott 205) to a first aid/CPR lab and have set up Crandall Gym exclusively for gymnastics. The wrestling team practices in the Rec Center.

In addition to all faculty members having their own office and having much larger exercise physiology and biomechanics/motor learning labs we also have a computer lab with high-end computers (Macintosh Centris and Quadras) and our own conference/seminar room. Like all new buildings, there are a few "bugs" to work out but, for the most part, we are very pleased.

From the Department Head

It has been two years since we published a newsletter and much has happened during that period of time. I would like to summarize some of the major changes for you in my letter.

We are now the Department of Physical Education and Kinesiology (see related article). Recreation Administration has moved into the Natural Resources Management Department in the College of Agriculture, and has undergone some significant changes as well. Dr. Jamieson and Dr. Swiderski have taken leaves of absence to work in other settings; Mike in Idaho and Lynn at Indiana University. Bob Meyers retired in October of 1992 and unfortunately passed away in March of 1993. Carolyn Shank is the Coordinator and is directing the program through this period of transition.

The PE&K Department has moved into the College of Science and Mathematics. This has been a good move for us. We are now located in a college which is very central to the focus of a polytechnic university. The former School of Professional Studies and Education has been eliminated and all the departments have been relocated in various colleges throughout the university--except Home Economics which is being phased out as a major at Cal Poly.

We have had a number of retirements in the past two years. Stu Chestnut retired in 1990. Stu and his wife, Janet, continue to live in San Luis Obispo enjoying their grandchildren. Jim Railey and Marylinda Wheeler retired in October of 1992. Dr. Railey and his wife, Betty, divide their time between San Luis Obispo and a home they have purchased in Tennessee. Dr. Wheeler spends her winters in Los Osos and her summers in her house on Lake Almanor. Mary Stallard is planning to take the Golden Handshake and retire. Spring Quarter 1994, will be her last quarter teaching at Cal Poly.

Because of budget reductions, none of these people have been replaced. We are no longer able to hire any coaches to teach part-time for us.

While the amount of state money we receive continues to decrease, money contributed by alumni, parents, and friends grows. I want to thank you for your past support and ask that you consider continuing with it in the future. The lone bright spot in the dismal budget situation during the last three years has been the support of our friends. Thank you very much. Without your help, we would have had no flexibility in our budget.

Sincerely,

Dwayne Head
Master of Science
Physical Education & Kinesiology

The graduate program is going strong with new students continually admitted. Some of these students have undergraduate degrees in fields other than physical education and are taking undergraduate courses in physical education to remove deficiencies before they begin their graduate studies.

Craig Baitinger (Newfield, NJ)
Undergraduate Degree: Rutgers 1992
Major: Exercise Science
Past Work: Exercise specialists - hospital-based wellness center
Goals after MS: Director of a health/fitness facility - eventual owner.

Jamie Balent (Newtown, PA)
Undergraduate Degree: West Chester University 1991
Major: Athletic Training
Past Work: Intern - cardiac rehab/exercise and the elderly
Goals after MS: A fun, challenging and profitable position.

Michele Borboa (San Luis Obispo)
Undergraduate Degree: Cal Poly San Luis Obispo Summer 1993
Major: Business, with minor in Psychology
Past Work: Aerobic instructor/director, presently working 10th Street Gym/co-director and aerobic instructor
Goals after MS: Start my own business as a consultant for Wellness Management or corporations - setting up fitness/wellness programs.

Shelly Calvert (Lompoc)
Undergraduate Degree: Cal Poly San Luis Obispo June 1993
Major: Physical Education
Past Work: Now working at Santa Louis De Montfort School in PE
Goals after MS: Coaching and teaching.

Susan Carey (San Luis Obispo)
Undergraduate Degree: CSU Stanislaus, 1992
Major: Biology
Past Work Experience: None in this field
Goals after MS: To work in cardiac rehabilitation or related clinical field.

Steven Cedillo (San Luis Obispo)
Undergraduate Degree: Cal Poly San Luis Obispo 1988
Major: Physical Education with a minor in Sport Business Management
Past Work Experience: Associated Students Inc.
Goals after MS: Union administrator or special educator.

Alice Cole (Modesto)
Undergraduate Degree: CSU Stanislaus 1992
Major: Physical Education, BA
Past Work: Professional women's basketball player, coach in summer camps, substitute teacher Stanislaus County
Goals after MS: Women's basketball coach and/or university professor/internship.

Rick Craig (Oakhurst)
Undergraduate Degree: University California Irvine 1991
Major: Biological Sciences
Past Work: Intramural Intern, graduate assistant sport clubs, athletics team manager
Goals after MS: A university recreation program director - Intramurals/sports.

Susan Drury (Los Osos)
Undergraduate Degree: UC Santa Barbara 1985
Major: Business Economics, minor in Communication Studies
Past Work: Self-wellness lifestyles
Goals after MS: Program development and implementation.

Janell Dovalina (Anaheim)
Undergraduate Degree: Cal State Fullerton 1992
Major: Psychology, with minor in Physical Education
Past Work: Assistant track and cross country coach, recreational therapist/chemical dependency program
Goals after MS: Coach track and cross country and teach at junior college level.

Janie Elkins (Sacramento)
Undergraduate Degree: Cal Poly San Luis Obispo Fall 1992
Major: Physical Education, with concentration in Corporate Fitness
Past Work Experience: Dominican Hospital - heart rehab
Goals after MS: Cardiac rehab/wellness programming for seniors.

Lawren Everingham (Bakersfield)
Undergraduate Degree: Cal State Bakersfield 1992
Major: Physical Education
Past Work: None
Goals after MS: College sports and strength and conditioning coaching.
The 1993 recipient is David Robbins from San Luis Obispo High School.

This year Joey Dansby (Pacific Grove) received the scholarship presented annually to the President of the Student CAHPERD unit. This scholarship is funded each year by Lew Cryer in memory of Bob Mott.

**Student Honors**

Each year the department chooses an outstanding Physical Education & Kinesiology major under a program developed by the National Association for Sports Physical Education (NASPE). For the past several years the department has provided money to the recipient to attend the National AAHPERD Conference at which the NASPE award is awarded. The following is a list of recent honorees:

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**Things to Grow On...**

The average muffin contains 800 to 900 calories—which can be 50% or more of a person’s required daily caloric intake, we hear from Dr. Jeffrey Fisher. Problem: Most muffins—even bran and sugar-free ones—aren’t good for you. Breakfast should be 300 to 400 calories. Replacing a muffin with a low-fat option—even with no other dietary changes—can help you lose weight. Weight-loss guidelines: A man needs 12 calories per pound of body weight to sustain his daily needs (Example: 2,160 calories for 180 pound man)...a woman needs 11 calories per pound. To lose weight, eat less than that number by making low-calorie substitutions for high-calorie foods and begin an exercise program. Important: Check with your doctor before beginning any weight-loss program.

Jeffrey Fisher, MD, is a cardiologist in private practice, and clinical associate professor of medicine, New York Hospital-Cornell Medical Center.

Infection self-defense. Thorough handwashing is the easiest way to avoid infection. Key: Apply soap or detergent to hands, and rub vigorously for at least 10 seconds before rinsing in order to wash away germs. Best: Water warm enough to cut through grease. Water hot enough to kill germs would harm your hands. Always wash before handling or eating food...after visiting the bathroom or changing a diaper...after handling uncooked food, money or garbage.

Mayo Clinic Health letter

Young children gain body fat in direct proportion to the amount of television they watch. Also linked to obesity: A low level of physical activity.

Research at the Boston University Medical Center, using data from the Framingham Children’s Study.
Master of Science cont...

Suzanne Gerphiede (Mountain View)
**Undergraduate Degree:** Chico State 1992
**Major:** Psychology, with minor in Health Science
**Past Work:** None
**Goals after MS:** Athletic/fitness director/coordinator.

Dee Ann Goshgarian (Fresno)
**Undergraduate Degree:** San Francisco State University June 1989
**Major:** Psychology emphasis, with minor in Sports Medicine
**Past Work Experience:** Assistant athletic trainer - San Francisco State University
**Goals after MS:** Athletic training or athletic administration.

Karen Harding (San Jose)
**Undergraduate Degree:** Cal Poly San Luis Obispo December 1992
**Major:** Physical Education, with concentration in Aquatic Specialty
**Past Work:** Coaching/teaching aquatic, taught PE at Oakley Elementary
**Goals after MS:** Teaching elementary or junior high school physical education.

Jennifer Macy (Moraga)
**Undergraduate Degree:** UC Berkeley 1992
**Major:** Nutrition and Clinical Dietetics
**Past Work:** Registered Dietitian (clinical), ARA Accounts
**Goals after MS:** Use nutrition and physical exercise information (clinical).

Elisabeth (Lisl) Muckinhaupt (Meadville, PA)
**Undergraduate Degree:** Slippery Rock University December 1992.
**Major:** Physical Education Exercise Science
**Past Work Experience:** Headache Center & Neurology Institute P.T. Aide, wellness internship, aerobic director and instructor, personal trainer, Fit Kids, worksite prevention injury stretching programs.
**Goals after MS:** Director of a wellness program in a corporate setting and eventually owner of a wellness clinic.

Kristin Neufeld (Bakersfield)
**Undergraduate Degree:** CSU Bakersfield Fall 1991
**Major:** Business
**Past Work:** Internship: Geisinger Medical Center (PA)
**Goals after MS:** Cardiac rehabilitation.

Katherine Pittinger (Livermore)
**Undergraduate Degree:** Cal Poly San Luis Obispo 1988
**Major:** Business Admin/Human Resource Management
**Past Work:** Livermore Valley Tennis Club front desk manager
**Goals after MS:** Cardiac/sports rehab, or corporate fitness/wellness management - not absolutely sure!!

Betsy Titus (Los Osos)
**Undergraduate Degree:** Chico State 1988
**Major:** Community Health Services
**Past Work:** Burn and vascular patients, home health, activities with seniors
**Goals after MS:** Design and implement health/wellness programs, incorporating cardiac issues and exercise.

Darien Wright (Santa Maria)
**Undergraduate Degree:** University of Florida, Gainesville
**Major:** Exercise & Sport Sciences, minor in Exercise Physiology
**Past Work:** Wellness management internship, Marian Medical, professional tennis coach and instructor center
**Goals after MS:** Cardiac rehabilitation as an exercise physiologist.

Cal Poly Branching Farther and Farther Abroad
Two of our graduates have taken teaching posts overseas. Mike Scsdotti and his wife are now in Bangkok, Thailand, where they are teaching at the International School. They are very happy with this assignment. Notes from them indicate that they are enjoying the culture of other Asian countries near Thailand.

At the opposite end of the world, Kimi Stanley is teaching physical education in Peru and enjoying trips into the surrounding areas. Kimi said, "There is nothing like this, I love it here. I'd recommend that everyone teach overseas some time. It's great!"

Did You Know?...
There are 8 to 12 teaspoons of sugar in a 12 ounce can of soda, 16 teaspoons in a single scoop of ice-cream, 9 teaspoons in one cup of jello, and 15 teaspoons in a piece of chocolate cake. Americans consume an average of 142 lbs. of sugar a year.

Smokers infected with HIV develop full-blown AIDS twice as quickly as nonsmokers with the virus.

*Workplace Health, September 1993*
GRADUATES

1991-92

Master of Science

William Steven Abbott
Mitzi M. Androvich
Glynis Inohara
Margaret Elaine MacKenzie
Gregory S. Ramsey
Tim Michael Reichardt
Lesley J. White

Annie J. Levine
Angela F. Lucifora
Mark R. Marcellini
Analicia K. Martin
Lori L. Mathison
John C. Mersmann
William Max Meyer
Kristin Allison Neitzel
Michael J. Orogren
Kathleen F. Pappani
Lori L. Peterson
Jennifer Dyan Rice
Teresa S. Santarelli
Patience Smith Santos
Staci L. Sargent
Michael Scocchetti
Nancy L. Siegrist
Grant P. Snyder
Brian D. Stieff
Kimberly A. Styer
Joseph D. Sussman
Scott D. Sutter
David W. Svetich
Gretchen Sweigart
Richard C. Swoboda
Claudia Trudeau
David J. Walsh
Michael S. West
Alan C. Wilson
David W. Winward

Bachelor of Science

Laura Ingrid Abele
Michelle Rene Agius
Janie Aldrich
Quinn B. Allan
Takeshi D. Azama
Elizabeth A. Barker
Elizabeth A. Barrilleaux
Mark Christopher Blethen
Mark Jerome Boyle
Roger H. Chagnon
Lance M. Christensen
John A. Coelho
Julie E. Conley
Melissa L. Daymond
David A. Dodgin
Jon Charles Dodson
Derek A. Domingues
Lachelle K. Donoghue
Kal B. Economy
Randy R. Fiel
Edward Joseph Gerard
Jack W. Greer
Carolyn M. Hansen
Ladeane Rustad Hansten
Sean T. Harper
Gregory A. Helfer
Leslie Allison Herrmann
Bradford M. Hirsch
Stephanie Anne Hussey
Kathleen M. Johnson
Kathryn A. Jones
David Kay
Kristine L. Kent
Stacy A. Kuehnis
Jeff P. Labrado
Tracey J. Larson
Byron K. Lear

Gina M. Albanese
Claudine S. Auyong
Joseph Pierre Benguerel, Jr.
Mary J. Bittner
Joseph Nicholas Boehm
Shelly Lynne Calvert
Troy Douglas Caraway
Robert Dale Clark
Christopher P. Conner
Melissa A. Conner
Keith T. Cooper
Deanne M. Cox
Teri Lynn Dath
Diana M. Dill
Rebecca L. Dryden
Laurie Leigh Durette
Jennifer A. Eagle
Richard A. Egan
Jamie M. Elkins
Douglas Robert Esparza
Steven J. Ferraro
Janet Marie Forsythe
Aaron Edward Fountain
Jodi L. Fountain
Paul E. Gabrielson
Ernie Geronimo
Joelle K. Gonzalez
Kristen T. Hance
Karen A. Harding
Erin E. Havey
Kelly Ann Hazard
Michelle L. Howe
Darren T. Kanenaga
Vicki S. Kanter
Kathleen C. Kelley
Mark R. Libby
Michael Dirk Marley
Sergio Martinez
James E. Mastro
Jean A. Matter
Deborah J. Miller
Gretchen Mitchell
Michael D. Myers
Callie A. Palen
Holly Beth Peterson
Catherine Lee Pruett
Eric Wayne Reis

1992-93

Master of Science

Kathleene D. Banister
Michele D. Bodnar
Shawn C. Cabalka
Sandra Lynn Chasnoff
Cynthia Beth Coester-Whalls
Jane M. Danks
Brent Ericsson
Charles Fox
Neil Blair Herrisch
Sean Padua-Conrad
Jeff T. Logan
Kimberly E. McCracken
William Max Meyer
William R. Rosskopf
Rhonda D. Shaw
Karen A. Sweeney
Marianne Elizabeth Talley

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Jeffrey Fisher, MD, is a cardiologist in private practice, and clinical associate professor of medicine, New York Hospital-Cornell Medical Center.

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Mayo Clinic Health Letter

...preschool couch potatoes are more likely to become obese in early childhood. Young children gain body fat in direct proportion to the amount of television they watch. **Also linked to obesity:** A low level of physical activity.

Research at the Boston University Medical Center, using data from the Framingham Children's Study.
Kathy Barthels: This past year has been full of textbook revisions (4th edition), getting the new Biomechanics Laboratory up and working (still working on that). Trying to find all my “stuff” after moving to my new office, catching an occasional wave or two, and spending some much needed quality time with my family and friends. Oh, and building a new house at the beach in Morro Bay!

Vic Buccola: I am in my 32nd year of teaching at Cal Poly and I am still having an enjoyable time. My responsibilities include teaching First Aid classes, a graduate class in Administration of Physical Education and Athletics and weight training classes. I am still involved in college athletics as the Commissioner of the American West Conference. I am also a member of the West Region NCM I-M Football Committee.

We have moved into the new Rec Sports/Physical Education & Kinesiology Building. It is a very nice facility with modern equipment. The exercise room consists primarily of Cybex equipment but also has a number of Lifecycles, Climb Max steppers, free weights and treadmills. We all have single offices. It is a change after having an office-mate for 30 years.

Family News: We now have four grandchildren, all boys. They range in age 20 months to 5 years.

Steve Davis: Greetings, sports fans! Hope you are all living happy and successful lives out there in the “Real World.” I always enjoy hearing from you and learning of your many successes - even when they don’t involve what we taught you at Cal Poly. I’m always glad to know the years we invested in each other were worthwhile.

We have moved into our new facilities, and our new laboratory is quite an improvement. Next time you pass through SLO-town, please stop by and we’ll give you the tour. I’m also enjoying my new private office as it helps me to focus. You can still find it by looking for the messy desk, and my office phone number is still the same: (805) 756-2754. I even have voice mail now.

The Corporate Fitness under-graduate concentration continues to do well, and our graduate program in “Exercise Science and Health Promotion” (formerly “Wellness Management”) continues to improve. I am now teaching a graduate course in Cardiopulmonary Pathophysiology and Exercise which is very useful for those entering a clinical tract. The list of alumni who now have good jobs as preventive and rehabilitative health and exercise specialists (or who have branched-off into related careers) continues to grow, and our pride grows right along with it.

We still have a need for teaching resources, so please keep those real world EKG’s, equipment, software, etc. donations coming. We are also establishing a resource center for students, so if you have textbooks or magazines you think the students would still find useful, please send them as well. (If you have to choose between throwing it out or sending it to us, just ask yourself, “Would I have found this useful when I was a Cal Poly student?”).

Those of you who left Cal Poly without completing Senior Project or Master’s Thesis/Project, (and I won’t embarrass you by publishing your names in this newsletter - though I might try in next year’s newsletter), PLEASE contact me and let’s get you finished off and graduated. Won’t you be happier with that diploma hanging on the wall? How do you expect me to ever get my desk cleaned off if you don’t finish??

I will be contacting many of you in the near future to complete an important survey. We need to know where you’ve gone and what kinds of jobs you’ve had since leaving us. Those of you who have dropped off the edge of the planet, please send us a postcard to let us know what’s up. You’re supposed to “phone home” every once in awhile!

Hope you’re all doing well, and I wish you much success during the coming year. Always remember, “You have a right to be healthy, so EXERCISE it!”

Gerald DeMers: This is my fifth year at Cal Poly (time flies) and the past couple of years have been extremely busy. I have been involved with three major
Gerald DeMers cont...

projects, one of which has been completed and the others are still in progress. I was a member of the American Red Cross Progressive Swimming Revisions Committee. The work of this committee resulted in a complete restructuring of the ARC swimming program. Three new textbooks and a 90-minute video were developed through this committee's efforts. I was a primary author for the texts and technical advisor for the video. The new program was introduced in June 1992. This program will affect approximately 3.5 million swimmers each year.

Another project involves a committee which has revised the YMCA of the USA On the Guard (lifeguard) program. I was offered the opportunity to be involved with this committee as a contributing author and editor for the new textbook and technical advisor for rescue skills and the new video. I wrote the chapter relating to spinal injury management and the YMCA has adopted rescue methods I developed for handling spinal injuries and other forms of rescue. The video will be filmed at the Swimming Hall of Fame in Ft. Lauderdale, FL in January or February 1994. The new program is scheduled for release in January 1994. The YMCA certifies approximately 14,000 lifeguards each year.

The third project I have been involved with is the revision of the American Red Cross Lifeguarding program. I am a reviewer and editor for the new text and conducted a field test, June 1993, for new rescue skills the American Red Cross will be publishing in their new Lifeguard Training text. I am also a contributing author, reviewer and editor for the new ARC course and textbook, Head Lifeguard. This program will be introduced in June 1994.

CAHPERD now has an Aquatic Subdivision within the Recreation Division. It took two years to establish this program within CAHPERD. Aquatic presentations are now offered at the state CAHPERD Conference each year and programs will continue to be offered in the future. As Vice-President of the CAHPERD Recreation Division, my agenda is to promote aquatic safety within the state of California. Keep your eyes and ears open for "Water Safety Awareness Week" this coming May/June.

In my spare time, I am writing a book, Aquatic Liability and Risk Control, with a friend and colleague who lives in Pennsylvania. I am excited about this text because it is a unique book in the field of aquatics. Mosby/Lifeline Publishers have agreed to publish this book. It should be in press toward the end of 1994.

Sonja Glassmeyer: Since the last newsletter there have been a number of interesting changes within the department, and the one that I am most excited about was the move into our brand new facility in June. I have a great view of the inner campus, the Poly "P" and the beautiful hills surrounding San Luis Obispo from my office window. I continue to be involved with the Commercial/Corporate Fitness Concentration both in teaching two of the required courses (Lifestyle Management and Exercise and Health Promotion for Senior Adults), and as internship coordinator. I spend a lot of time on the road visiting interns and internship sites, and I really do enjoy getting out and about to see what is happening in the real world. I also teach in the Wellness Management Graduate Program (Seminar in Adult Wellness and the Design and Implementation of Health Promotion Programs). The Health Education classes, First Aid/CPR and Fitness Walking classes give me a chance to interact with students outside of our major, and I find these experiences enlightening and rewarding. This last summer I had a wonderful 10 day work/vacation in Wisconsin where I attended and presented at the National Wellness Conference at the University of Wisconsin at Stevens Point. I will be attending the AWHP Region 7 Conference in April in San Francisco, and the CAHPERD Conference in March in San Diego, so I hope to see some of you at these meetings. On a more personal note, Gary and I still continue to live in Lockwood, near San Antonio Lake in Monterey County. It is sometimes hard to do the 130 mile round-trip commute, but we love the clean air, quietness, all of the wildlife and being closer to the Carmel-Monterey area where we spend as much time as possible walking and biking. Don't forget to keep in touch and let us know what YOU are doing - best wishes to you all!

Kellie Green Hall: My third year at Cal Poly was an interesting and delightful experience, as my family and I continue to adjust to (and enjoy) life on the Central Coast!!! The thrust of my professional activity this year has evolved around teaching and conducting research concerning the acquisition of motor skills. A highlight of our year included a family trip to Europe last spring. We visited the Catholic University in Leuven, Belgium, where I studied and collaborated with Dr. Martinus Buekers, a fellow motor learning researcher. We then traveled through France, Switzerland and Italy before arriving in Munich, Germany. There I enjoyed learning from and collaborating with Dr. Gabriele Wulf at Max Planck Psychological Research Institute. This proved to be a very stimulating trip for me professionally and a wonderful experience for my family as well. In the past year I have submitted four articles for publication, all are at
Kellie Green Hall cont...

various stages in the publishing process. I am currently involved in three new experiments, two with my colleagues from Europe and one with two graduate students here at Cal Poly.

Another highlight of this year has been advising the student CAHPERD unit. They are a great group of majors. We were proud to be awarded the California Student Unit of the Year by the State Organization. Congratulations go to Joey Dansby and the rest of the officers for all of their hard work! Congratulations also go to Stacey Carr, one of our past presidents and the State Student Representative who was awarded Student of the Year by the South Western District of AAHPERD. I served as the Research Section Chair for State CAHPERD this year and we had a wonderful State Conference in San Diego. It was great to see so many past and present "Cal Polytes" in attendance.

And last, but certainly not least, on May 4th, my husband Greg and I had our third bundle of joy. Connor Elling Hall weighed in at 8 lbs. 6 oz. and was 19-1/2 inches long. He joins big brother Ryan (5), and big sister Jayme (3). We are looking forward to a fun-filled summer.

Dwayne Head: We had our first two grandchildren this year, am I getting older or what? It is really nice having babies back in our lives again.

Most of our travel revolved around family events. Christmas the last two years has been in Taos, New Mexico, and Lake Tahoe. Both involved skiing. We have traveled to Washington each summer to visit family in Olympia. On the way back to California we spend time on the Oregon coast. Last year we spent five days on the Rogue River, relaxing, hiking, and watching the Osprey and Bald Eagles.

After the workshops this summer we will make a trip to Washington/Oregon again.

Vaughan Hitchcock: What have I been up to in recent years? Well, I have concentrated my energies, as always, on my teaching schedule - First Aid/CPR, Officiating, Soccer, Team Handball, and a new Generic Coaching course. In addition, I have continued operating my wrestling technique summer camp in the Tahoe area. Last summer was the 26th year of my camp. The camp continues to be well received.

Last summer my son Steve, Pat O'Donnell and I put together eight video tapes that cover a wide range of wrestling skills. These are instructional tapes for coaches and athletes.

I have continued to develop my hobbies of ranching, farming and viticulture. Wife Pat and I have been doing a little traveling - Mexico, Central America, Costa Rica, Guatemala, Panama Canal, also Hong Kong and the Caribbean.

I continue to miss my coaching of the Cal Poly wrestling team. I'm lost when three o'clock comes and it is time for practice.

Ray Nakamura: Each year passes and I always find myself one year older. I don't feel like I'm getting older but reality recently set in when I hit the big 50, and am looking back at 13 great years at Cal Poly. Time passes all too quickly, especially when I watch my son, Kyle (Sophomore at SLOHS), and my daughter, Lindy (8th grade at Laguna Middle School) growing into young adults. I am really enjoying the new recreation center and have gotten myself into a very regular exercise program and find myself in good health. I recently completed a manuscript for a book and am presently looking for a publisher. The book takes a different twist by focusing on helping coaches fulfill the athlete's basic emotional needs of feeling accepted, capable, and significant. When these needs are met within a relationship, the coach will find it easier to communicate, motivate, reinforce, and discipline young athletes. It's about treating athletes with respect and dignity.

If you should come back to campus, be sure to stop by my office for a visit.

ANDY PROCTOR WANTS YOU!!!

The longer you are away from Cal Poly, the less you are aware of the many changes that have occurred within our curriculum and our classes. During my 20+ years at Cal Poly, I want to assure you that not only has our Physical Education & Kinesiology curriculum undergone drastic changes; but our individual classes have also changed. This fact is extremely true in regards to PE 319. No matter how many years ago you took Measurement & Evaluation, I can assure you that our current students are doing many assignments and projects in new and different areas than you had when you were in class. Although PE 318 has not changed too much, I am beginning to move many of the "beginning" computer application assignments so that
we can do more advanced software application in PE 319.

As all of you should remember, I am absolutely committed to teaching our students how to use a personal computer. I believe every graduate should be using the PC as a tool in their profession. To that end, I teach various software programs in these two courses. I will not bore you with what I am currently teaching and what I tentatively have planned for the future, but what I would like is some feedback from you.

To be a more effective teacher and to better prepare our majors for the "real world", I would like to hear from you. Specifically, I would like to know how the computer skills I taught you in PE 318/319 helped or did not help you. What would have better prepared you for your jobs? Although I am primarily interested in the computer part of my classes, I will certainly appreciate any and all feedback you give me regarding anything I teach in any of my courses.

If you have a few spare minutes, I would certainly appreciate a little note from you. If you include your name and address, I will be more than delighted to respond to each and every one of you who takes the time to write to me.

Thank you for interest and time.

Jim Webb: Hello again from the mad scientist in the Human Performance Lab. Here I sit, monitoring an Advanced Physiology of Exercise Final, and eagerly looking forward to the Christmas holidays and some R&R.

It's been an exciting year so far. Lots of time and attention has been focused on our new building and naturally my efforts have been directed toward the set up of the new Human Performance Lab. It will be approximately twice as large as the old facility and will have individualized rooms (modules) to accommodate the various kinds of testing. Three new features will be the addition of a chemistry room, a physician's examination room, and a computer/data processing and storage room. We also have a new, glass windowed, stainless steel hydrostatic weighing tank. Other testing rooms are dedicated to anthropometry, spirometry, body composition, strength, treadmill work capacity and bicycle/rower/climber/stepper work capacity. The lab also has a lecture room. In addition to the facility we were able to procure about $80,000 of new equipment to complement the lab. Among the more significant items purchased are a new combination glucose/lactate analyzer, a spectrophotometer for the chem lab, and treadmill, bicycle, respiratory gas analyzer and ECG unit for the cardiovascular modules.

The department is working closely with Unisen Corporation (maker of treadmills, steppers, etc) in the development of their product line, and as a result has had several pieces of equipment donated to the department for research purposes. You guessed it, senior projects and graduate research.

The Cal Poly Corporate/Commercial fitness as well as Wellness Management graduates are continuing to enter the health promotion field and to be successful. Graduate interests are quite diversified and range from corporate and club employment to a variety of clinical assignments (ECG techs; cardiac rehab; orthopedic implant sales; trauma rehab; clinical exercise physiology; etc.) More and more from this concentration are moving into nursing, physician assistant, physical therapy and occupational therapy programs. We, in the department, about "bust our buttons" with pride at the Cal Poly success stories.

On a personal note, life is as entertaining as ever. The winter provides some ski time for Jean and I, and the summer allows us the opportunity to get the camper on the road and see some country, do some biking and fishing and kick back. We're already planning a summer trip to the Midwest and deep South which will give us a chance to visit old friends. If time works out we will then head north to Alaska to visit relatives and fish in the Seward Salmon Derby. Somewhere in that time frame I'll take care of a few summer "honey do" jobs.

If you make it back to San Luis, stop in and say "hello." It's always a treat to visit and renew friendships.

Did You Know?...

• The more educated you are, the less likely it will be that you smoke. About 70 percent of high school dropouts smoke, compared with only 20 percent of Americans who graduated from high school.

Energy Times, Vol. 3 #4

• Thirst can be an insensitive indicator of your body's need for fluids; when exercising, thirst is unreliable for determining how much fluid to drink or when to drink it. It is recommended that 8 ounces of water be ingested at 10 to 15 minute intervals during and after exercise. When exercising in the heat, drink an additional 13 to 20 ounces of water 10 to 20 minutes before exercising.

• Participating in an exercise program can eliminate the weight gain often associated with smoking cessation.
ALUMNI IN THE SPOTLIGHT

Donn Clickard  MS 1970
Athletic director at Atascadero High School, has been recognized as a certified athletic administrator by the National Interscholastic Athletic Administrators Association. To earn the distinction, Clickard passed an evaluation of his background, experience, and professional contributions along with a comprehensive writing examination. He is one of 64 interscholastic athletic administrators nationwide to reach the level in 1990.

Luis Montano
Was appointed as the Head Wrestling Coach at Columbia University in New York City. Luis was a two-time Division I All-American during his career at Cal Poly.

Don Morris  BS 1958 (Emeritus Faculty)
Won two basketball silver medals at the California State Senior Olympics held in San Diego.

At least three alumni we know of competed in the 1993 Ironman Triathlon World Championships. The ordeal, which includes a 2.9 mile ocean swim, a 112 mile bike ride followed by a marathon (26.2 miles) is held annually in Hawaii. The participants included Lisa Verke (1988), from Bend, Oregon; Alisa Goughnour (MS 1985); and Steve Ferraro (1988), both of San Luis Obispo.

Lisa is a professional triathlete who was ranked seventh in the Triathlon World Series at the time of the 1993 Ironman. Alisa has participated in the Ironman in 1991-93 and has been a member of Team USA from 1990-93. Steve Ferraro competed in the Ironman 1990-93.

Both Holly Gunterman (1977) and Patrick Vickroy (1979) have been named as the Outstanding Elementary School Physical Education Teachers in the State by CAHPERD. Holly teaches in Idyllwild, and Patrick is a Physical Education Specialist in Gilroy.

Suzy Will (1983) was named the San Luis Coastal Teacher of the Year for 1992. At the time of the award, Mrs. Will was a physical education teacher at Morro and Del Mar Elementary Schools in Morro Bay.

Dr. Evelyn Pellaton (Emerita) was named the 1992 Citizen of the Year for Cayucos. Evie, who retired in 1982, has served as the President of the Cayucos Advisory Council, Senior Center Bus Drive as well as playing drums for three dance bands. That is what is called an active retirement!

Michael S. West (1992) received one of three scholarships provided by the Far West Athletic Trainers Association at their 1991 Annual Conference. Mike was the third Cal Poly student-trainee to earn one of these scholarships in the past 10 years. Way to go Mike! 🎉

ALUMNI NEWS

Natalie Auyong  1985
Working at LaJolla Rehabilitation and Sports Therapy.

Tiffiny (Bridges) Shay  1989
Head coach athletic trainer at Leland High School in San Jose. She also works at the PAR Clinic in San Jose. She is married to Patrick Shay (Bus '88), who is a CPA with Deloitte and Touche.

Geoffrey T. Capell  1964
Is a teacher and coach at a high school in San Jose. A very proud Cal Poly alum, his license plate reads “POLY 64.”

Carol Fletcher  1990 (MS)
Carol has accepted a position as assistant athletic director/women's basketball coach at Teiko Post University in Waterbury Connecticut.

Robert C. Gebhardt  1985
Earned his physical therapy certificate at UC San Francisco and works at Sequoia Hospital in Redwood City.

Kecia Gorman  1987
Is teaching at Moorpark College and coaching at California Lutheran University. She attended the Far West Athletic Trainers Association convention and symposium this summer.

Robert R. Harris  1986
Is head athletic trainer at CSU Stanislaus. He spent five summers as an athletic training assistant with the Los Angeles Raiders at their summer camp in Oxnard. He and his wife, L. Renee Erlandson, (NSCI '88), a registered dietitian, have a young son.

Laura R. Held  1982
Completed her eighth year as head athletic trainer at CSU San Bernardino. She was recently married.

Joe H. Lee  1966
Joe is semi-retired from Foothill College in Los Altos. He works during the football season at Foothill, and spends the rest of his time in Apache Junction, Arizona, or traveling with his wife.

Analia (Annie) Martin  1992
Is the head athletic trainer at Morro Bay High School.

Michael Mocny  1977
He is a physical therapist in Santa Barbara. He spoke at the Far West Athletic Trainers Association convention held in summer 1992.
Alumni News cont...

Timothy Moscicki 1990
Head athletic trainer at Loyola High School in Los Angeles. He was previously head athletic trainer at Eastern Montana College. He is married and has a young son.

Brian Roberts 1978
He is an athletic trainer and general manager at the SPARC Clinic in Diamond Bar. He was a speaker at the FWATA summer 1992 convention. He is married and has a son and a daughter.

Clifford M. Shidawara 1983
He is a clinical athletic trainer at the START Clinic in Tempe, Arizona. He was formerly head athletic trainer of the Phoenix Firebirds, a San Francisco Giants organization. He and his wife have two sons and a daughter.

Barry A. Smith 1986
Former head athletic trainer at Central Arizona College in Coolidge, Arizona. He and his wife have two sons and live in Phoenix.

Todd E. Sperber 1984
Todd is assistant athletic trainer and co-head strength coach for the Los Angeles Raiders where he's worked for 13 years. He is married and lives in Long Beach.

David W. Svetich 1991
A clinical athletic trainer at Sport Spine & Orthopedic Rehabilitation Center in San Luis Obispo. He was a summer athletic training assistant with the Los Angeles Raiders.

Michael S. West 1992
Passed his athletic training certification examination and is doing graduate work in athletic training at the University of Arizona.

Chris Wolfley 1989
Is the head football coach at Oakland High School.

Steven H. Yoneda 1970, MS 1972
Completed his 23rd year as head athletic trainer at Cal Poly. He attended the NATA national conference in Denver and the FWATA convention in Santa Barbara.

Equipmen Donations
The Department has recently received donations of several pieces of equipment from companies and individuals. These donations total more than $20,000.

Don and Rosemary Talley (Arroyo Grande) donated a complete Microfit Computerized Assessment System. This gift was made in memory of their daughter, Marianne Talley (MS-1993) who passed away unexpectedly in 1993.

Unisen, Inc., has donated a computerized Treadmill and Stairclimber to support on-going research being conducted by Dr. Jim Webb and several senior project students.

The Concept II Corporation donated two Rowing Ergometers to help with a research project being conducted by Dr. Webb and Dr. Head, and 10 senior project students.

The Versa-Climber Company, via Brian Roberts (BS 1980) donated a Model Versa Climber to be used in the Human Performance Lab.

This equipment added to that which we were able to purchase with the new building coupled with what we have been able to purchase over the last several years. This equipment makes our Human Performance Lab the best equipped in the CSU system and perhaps in the State. Because of this, the lab experiences which our students receive in exercise physiology and related classes are without peer anywhere in California!

Thanks for Giving

Mike Alamo  Richard Katen
Lawrence Allen  Shirley Kinkade
Barbara Anderson  Dana Lamphere
Donald E. Arington  Scott Leathers
Nicholas Auyong  Joe Lee
Ralph Baldaviez  Gail Leland
Pamela Bales  Christina Lindow
Timothy Barkas  John R. Lindow
Richard Barrett  ER Macy
James Benkert  Sheila Macy
Sharon Blux  Alan Majewski
Larry Brem  Dawn Marmo
Lee Brit  Tanya McAlexander
Deborah Burchaell  Donald McIntyre
Salatore Cardinale  Christine McParland
Wendy Chan  Ronald Mercurio
Gary Churchill  John Miller
Elizabeth Gieloha  Laurence Milstead
Suzanne Cohen  Todd Morgan
Mover's Computers  Nancy Negri
Gariel Cortina  Harold Nelson
Carol Cox  Eddie Niederfrank
Patrick Croft  James Oliveira
Craig Cummings  Callie Palen
Kristin Davis  Diane Park
James Dillon  Ann Pers
Kristi Donati  James Purkiss
Lawrence Dubrul  Tanya R-Williams
Sharon Dudley  Loretta Reed
Douglas Federman  Jerry Reynolds
Samuel Field  Ronberg Family
Michael Fitzsimmons  Edward Rucks
Allison French-Mair  Heinz Schwarz
Vincent Gallagher  Rhonda Shaw
Dee Gonsalves  Kimberly Shrode
Jeffrey Goodyear  Socorro Sigala
Sarah Guglielmo  Susan Strain
Holly Guentermann  Thomas Sullivan
Susan Guthrie  Ted Tanaka
James Halley  Ronald Tingle
Margaret Hart  Marian Vanze
Cynthia Hasbrook  Kenneth Verheyan
Darlene Jackson  Court Warren
Kris Jankovitz  Patricia Weber
Janice Jenkins  Wayne West
Jeniffer Jones  John Whitford
Janice Jordan  Jeffrey Wilson
**HOW ARE YOU DOING?**  What's new with you?? Tell us about your career, family, and any exciting things you have been involved in.

Comments/Suggestions for the next Newsletter:

Please mail to:  
PE&K Department  
California Polytechnic State University  
San Luis Obispo, CA  93407

Please inform us if your name or address has changed. Thank you for helping us keep our records updated.

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