

Kinesiology Connection

Department of Kinesiology Newsletter



Welcome to the Department of Kinesiology

The Department of Kinesiology is Quickly Becoming a Leader in the Region

Welcome to the annual edition of the Department of Kinesiology newsletter. This Newsletter is intended to keep you up-to-date of the efforts of our faculty and students here at CSUSB. In addition, it provides us with an opportunity to share news about some of our alumni. If you do not see information about yourself and your recent achievement(s) or

news about yourself and family, it is because you have not shared that information with us. Please do so and see the information on page 8 about sending us information.

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Fighting Obesity

Dr. Haddock, Dr. Siegel, and their students are using active video games to fight childhood obesity.

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Faculty Awards

Several of our faculty have received honors for their dedicated work to students and the field.

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DisAbility Sport

Dr. Moffett and students start an annual festival to increase physical activity opportunities for people with disabilities.

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I am delighted to share with you the activities and achievements that our department realized over the past year. This issue will highlight a few of our achievements that have particular relevance to you – our valued alumni.

You should feel proud about the accomplishments we have realized this past year. The Kinesiology faculty members have now positioned the department as a leader in the Western United States with their teaching, research, and service. We are building our reputation with collaborative research endeavors that includes our undergraduate students. You should feel proud that a majority of us publish results of our research in international and national journals. In addition, several of us (Drs. Oh, Rizzo, Siegel, and So) presented results from our research at international meetings in South America and Europe. Two of us (Drs. Kinzey and Rizzo) serve on editorial boards of international journals. Several hold leadership positions in state, national, and international organizations. I am delighted to tell you that Dr. Bryan Haddock secured externally funded grants that now amount to more than \$5 million dollars.

One of our students (Matthew Jackson) recently won the student research competition under the direction of Dr. Linda Wilkin. In the Fall of 2007 Dr. Moffett directed the First Annual Sports Festival for Individuals with Disabilities. I am sure you will agree this is an impressive record of achievement. You can understand why I am suggesting that our department is becoming a leader in the Western United States.

As a department, we remain committed to the involvement of our students with our teaching research, and service. To move our program forward requires resources. Please try to help us meet our commitment to making CSUSB Kinesiology an outstanding program. Help by making a gift to **CSUSB Department of Kinesiology Alumni Fund** so that we can continue our quest of becoming a leading program in the Western United States. Your support is the life-blood of our program.

I hope you enjoy reading about our efforts, the achievements of our students and alumni.

Kind regards,
Terry Rizzo

Please send us your announcements!

Scholarship and Endowment Funds In Kinesiology

The Kinesiology Department provides scholarships and funds to students and faculty to support their endeavors. Here is a brief description of each fund:

- General Kinesiology Department Foundation Account – Supports department and faculty projects
- Adapted Physical Education Scholarship Fund – Supports students in the adapted physical education certification program
- Exercise Science Scholarship Fund – Supports students in the exercise science concentration
- Pedagogy Scholarship Fund – Supports students in the pedagogy concentration
- Pre-Physical Therapy Fund – Supports students in the pre-physical therapy concentration

Haddock Receives Over \$5 million in Grants

Professors and students use active videogames to fight childhood obesity

The Kinesiology department has received several grants from the National Institutes of Health (NIH). The first of these is a grant to study Pediatric Obesity and the efficacy of interactive video games as a form of prevention / treatment. Many of the faculty have been working on this research along with several of our students. The first project was analyzing the energy expenditure of the “Jackie Chan Fitness Studio” on overweight children. Kinesiology graduate Andrea Brandt worked with Drs. Haddock, Siegel, So, and Wilkin and several other students on this project. The research found that overweight children could play these video games and expend a similar amount of energy as would be expended by more traditional activities such as going for a bike ride or walk. The research was presented at several conferences including the American College of Sports Medicine, and is now in review for publication.

After this first project, another study was completed examining the energy expenditure of college students playing interactive video games. Finally a project comparing the energy expenditure of overweight children riding a stationary bike vs. riding the same bike when the pedaling rate increases the pace of the car on the video game. As with the aforementioned study several students have been significantly involved in this research including: Julie Brock, Susana Carrillo, Sarah Norbyhn, Jacob Parker, Jose Rocha, and Beccy Schnack. As the student graduate more students get involved in collecting the data, helping analyze the data and presenting the data at professional meetings. Most of the data on these projects is being collected at the XRtainment Zone in Redlands, CA.

Currently, Drs. Haddock, Kinzey, Siegel, and Wilkin are working with the staff at Beaver Medical Group in Redlands, the XRtainment Zone, and the School of Public Health at Loma



Linda University to evaluate the use of these interactive games as part of the Beaver Medical Groups, “Family Fit” program.

In addition, to the research mentioned above; in the summer of 2006 the Kinesiology department received an NIH EARDA grant. This was a \$500,000 grant over 5 years to help faculty across campus increase health related research. In the Winter of 2007, faculty from the Kinesiology department worked with faculty from across the campus on RIMI grant. In the fall of 2007, the university received this \$4 million grant, over a five year period, to increase research in the area of health disparities.

Congratulations Dr. Haddock



Announcements

Dr. Sarah Boeh continues to have her students teach gymnastics and dance to local students.

Dr. Chris Grenfell is now the graduate coordinator for the department.

Dr. Bryan Haddock, Dr. Wilkin, & Dr. So published an article in ICHPER-SD Journal of Research.

Dr. Stephen Kinzey presented at the CAHPERD conference and is on the university curriculum committee.

Dr. Aaron Moffett was selected as a coach/leader for the US Paralympic Academy at the 2008 Paralympics in Beijing.

Dr. Hyun-Kyoung Oh received the teaching skills study award and a course development grant.

Kinesiology Builds International Relations

Many faculty members are becoming internationally recognized. Dr. Moffett, Dr. Oh, Dr. Rizzo, Dr. Siegel, and Dr. So have all presented at international conferences this past year. In addition, Dr. So invited several members of Xian Physical Education University in China to collaborate with the Department of Kinesiology. The delegation included President Su Mingli, Professor Lei Qiang (director of international education center), and Professor Wu Zhongquan (director of sports scientific research office). During their visit to our campus, international exchange programs between two institutions were discussed that included international

workshops, faculty and student collaborative research, and short- and long-term student exchange programs. The memorandum of understanding (MOU) was signed by two university presidents. This international activity was a "return visit" of our faculty's visit to Xian Physical Education University in September 2006. Those who are interested in and need more information about this program, please contact Dr. Hosung So at hosungso@csusb.edu.

Kinesiology Starts Service Learning Class

This past fall, the Kinesiology Department started offering KINE 301: Service Learning in Kinesiology to reward their students who volunteer in the community. "Our students are doing an amazing job volunteering and doing community service with youth sports programs, community recreation programs, fitness centers, and physical therapy

clinics. We want to reward our students for their hard work" said Chair Dr. Terry Rizzo.

The class is now offered every quarter and students are looking for more opportunities to volunteer. Soon they will be volunteering at the Kid's Fitness Challenge in Fontana. If you need volunteers, please contact the department.



Announcements

Dr. Greg Price completed several department initiatives.

Dr. Terry Rizzo is the CAHPERD President and published 3 articles this year.

Dr. Shannon Siegel presented at CAHPERD and numerous international conferences.

Dr. Cliff Singh is working on his lab and is a union representative.

Dr. Hosung So completed several international projects and presented them at various conferences.

Dr. Linda Wilkin mentored multiple students including Tristan Sims and Matt Jackson who presented their research in student competitions.

Kinesiology Makes a Big Impact at CAHPERD Conference

Dr. Terry Rizzo, chair of Kinesiology, is now the President of the California Association Health, Physical Education, Recreation, and Dance. Janys Antonio is also the Vice-President of Dance. In addition, several members of the Kinesiology department presented at this year's conference. Dr. Rizzo said, "I am really proud of our faculty. We had numerous top-notch presentations at the conference and the conference attendees learned valuable lessons that they are now applying in their classrooms. The presentations were well received." The faculty presented information that will help teachers and coaches in the classrooms and

on the fields everyday.

Kinesiology students also participated at the conference. Dozens of students attended the conference and most of them also volunteered. Brianna Williams, a Kinesiology student, said, "*I learned a lot and met several people that will be helpful for me as I start my career in exercise and business.*" Several students also commented that they were able to see the lessons that they have been learning in the classroom applied to their future careers. Thus, both students and faculty thought it was a great weekend and were able to benefit from the program.

Graduate Program Continues to Grow

The graduate program (Masters in Secondary Education with a Kinesiology Option) is alive and well. Dr. Grenfell has assumed the role of Graduate Coordinator and the College of Education is once again accepting application for admittance to the program.

There are just under 20 students in varying stages of progress through the program. Eight students have been

preliminarily approved to participate in the June commencement ceremonies.

A new feature of the graduate program has been agreed upon and that is the addition of comprehensive examinations as an alternative to the Master's Project. This new option should be added as soon as it goes through the curricular approval process within the university.



DisAbility Sports Festival is a Huge Success

130 Athletes with disabilities come to CSUSB to participate in 10 sports

Cal State San Bernardino held the inaugural Disability Sports Festival on campus on Saturday, Oct. 6. "The now annual event is open to athletes of all ages, and is designed to promote physical activity and sports for people with disabilities and to raise awareness of disability sports and physical activity in the Inland Empire," said Dr. Aaron Moffett, assistant professor of kinesiology at CSUSB. At the festival, athletes learned from Paralympians and other elite coaches in 10 different sports or physical activities.

"The festival will help elevate the level of awareness of sports for people with disabilities, while also giving those athletes in the Inland Empire an event where they can participate in sports such as basketball, tennis, track and field, quad rugby, wall climbing, swimming, hand cycling and more," Moffett said.

At this year's festival, there were over 200 student, faculty, and staff volunteers. *"The festival will be an ongoing service-learning project, in*

which students from kinesiology and other classes at CSUSB will be able to participate and to learn how to help enhance the quality of life of people with disabilities. Without the help of the volunteers, we would not be able to achieve this goal." he added.

Anthony Lara, who participated at the 2000 Sydney Paralympic Games in table tennis, was the keynote speaker during the Opening Ceremonies. He spoke about how sport has taught him several lessons that have helped him succeed. He also invited the athletes to try new sports and continue their participation on local teams. *"Go out there and try something new. You will succeed and I hope this success leads to joining new teams,"* encouraged the keynote speaker.

Now, Dr. Moffett and several students are planning an auction on May 3 to raise money for the event next school year. The next festival will be held on Oct. 4 and they are expecting over 200 participants with disabilities.



Student & Alumni Announcements

Current & Past Students Excel in the Field

Cheryl Salazar is the new assistant boys water polo coach at Fontana High School.

Ryan Martinsen is coaching football with his dad and is interning with Silverado High School.

Melina Andriano was accepted to San Diego State University Masters program.

Matthew Jackson represented CSUSB in the state-wide student research competition.

Mari Mikami was CNS Outstanding Major of the Year.

Jonathan Martin, Tristan Sims, Rebecca Schnack have been selected as NASPE National Outstanding Major of the Year.

Chad Christensen has been accepted to the Western University of Health Sciences Physician's Assistant program.

Melissa Wigginton is a graduate student at CSU-Fullerton and continues to write articles for their newsletter.

Nikki Hahn just started the Occupational Therapy program at Loma Linda University.

Alyssa Herlihy just started her masters program at Loma Linda in Occupational Therapy.

Becky Schnack was accepted to the Loma Linda University Doctor of Physical Therapy program.

Monique Comley presented *Fun activities for everybody* at the National Adapted Physical Education Conference in San Francisco.

Congratulations

Student Group Continues to Grow

Kinesiology Student Association is Nominated for Student Group of the Year

The Kinesiology Student Association is thriving! Dr. So, KSA advisor, stated, "We are really proud of our students. They have been working really hard to organizing events and are getting other Kinesiology students involved with campus and community activities." Students from the different concentrations including Maria Alvarado, Brianna Williams, and Jeremy Richter meet several times a quarter and hold various events such as the date auction and the Olympics and help with peer tutoring. They have also completed several community projects such as the Kid's Fitness Challenge at the Rose Bowl in January and the California Motor Speedway in April. Keep up the good work KSA!



Department of Kinesiology

5500 University Parkway
San Bernardino, CA 92373

<http://kine.csusb.edu>