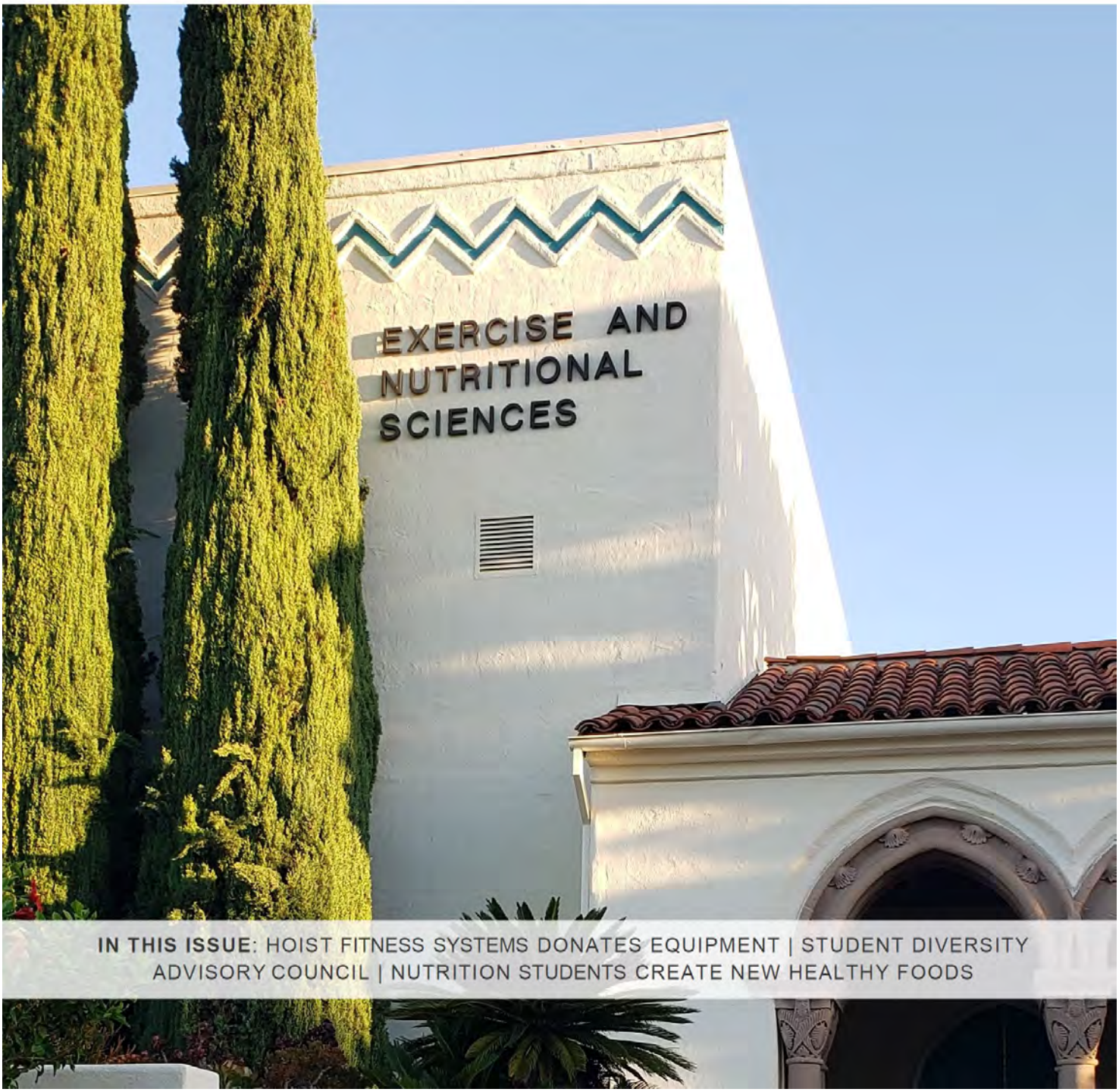
FALL 2019
NEWSLETTER ISSUE NO. 4

THRIVE!

SCHOOL OF EXERCISE AND NUTRITIONAL SCIENCES



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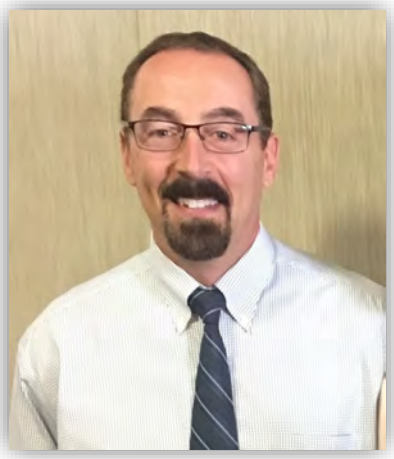
SDSU ACKNOWLEGES THE LEGACY OF THE KUMEYAAY NATION

For millennia, the Kumeyaay people have been a part of this land. This land has nourished, healed, protected and embraced them for many generations in a relationship of balance and harmony. As members of the San Diego State community we acknowledge this legacy. We promote this balance and harmony. We find inspiration from this land; the land of the Kumeyaay.

- Kumeyaay Land Acknowledgement created by Michael Connolly Miskwish

Director's Message



Dr. Matthew Mahar
Director
School of Exercise and Nutritional Sciences

Following recognition of the Inclusive Excellence Award from the American Kinesiology Association, the School of Exercise and Nutritional Sciences (ENS) established the ENS Student Diversity Advisory Council. These outstanding students are discussing ideas and programs to enhance student success. If you've ever wondered how many students the School of ENS graduates each year, these numbers can be found within this issue of THRIVE! We are grateful for a substantial donation from Hoist Fitness Systems for state-of-the-art exercise equipment that will enhance student career preparation. Our students continue to shine, with scholarly publications and presentations, as well as in the classroom. Student creativity in NUTR 405 is highlighted in this issue. The Adaptive Fitness Clinic and SDSU Adapted Athletics provide outstanding examples of inclusion in higher education and excellent opportunities for student involvement. Emeritus Faculty member, Dr. Thom McKenzie, was recognized for his distinguished career by the National Academy of Kinesiology. The School of ENS is fortunate to add Jose Banuelos to our Instructional Technology team led by Layna Pena-Buskirk. SDSU's new Provost, Dr. Hector Ochoa, and College of Health and Human Services Dean, Dr. Steven Hooker, recently visited ENS and were impressed with our efficient use of laboratory space. Read all about ENS in this issue of THRIVE!

Introducing ENS Student Diversity Advisory Council



ENS Student Diversity Advisory Council
Back Row: Angel Estrella, Cathryn Chavez, Dr. Matt Mahar, Jamarkus Watkins, and Caleigh Nelson.
Front Row: Kiana Charles, Jonnatan Fajardo, Cassandra Maya, and Larry Underwood
Not pictured: Rosemary McElroy, Shruti Shertukde, Aoi Uchida, and Kristen Whittington.

The School of Exercise and Nutritional Sciences established the ENS Student Diversity Advisory Council in Spring 2019. The purpose of the Student Diversity Advisory Council is to provide a forum for students to express various viewpoints from multiple student perspectives about issues that impact student success.

Students are encouraged to share their thoughts about program strengths, as well as about obstacles to student success, and are empowered to act on their ideas. One idea that is taking shape is organization of a student-to-student mentoring program, where Diversity Advisory Council members develop leadership skills by meeting with students who want to talk or need some advice. The incredibly talented student members (pictured above) of the Diversity Advisory Council are motivated to improve inclusion and diversity within ENS. Staff member Cathy Chavez helps organize and support the ENS Student Diversity Advisory Council.



Adaptive Fitness Clinic (AFC)

By Matt Soto, Director of AFC

The SDSU Adaptive Fitness Clinic is beginning its 36th year of operation. We added over 10 new clients to our Fall 2019 roster of 160 clients and have over 190 students enrolled in ENS 388A. Enrolled students are part of what makes the AFC successful. The other component is a mixture of ENS 440 interns, CFD 590 interns, and volunteers from SDSU and surrounding colleges and universities. Combining all these elements means that we have over 230 students taking part in our learning environments this semester. It is one of the busiest fall semesters in the AFC's history.

We also are excited to announce that Jaclyn Zamudio, who has been a part-time staff member of the AFC since 2018, is now a full-time staff member.

Last, but not least, this fall semester also brings the return of the Adaptive Fitness Clinic Nutrition Committee. This student organization has been working with our clinic for over two years now and has been a great addition to educating and providing information to our clients and the local community.

ENS BY THE NUMBERS

2019 GRADUATION NUMBERS

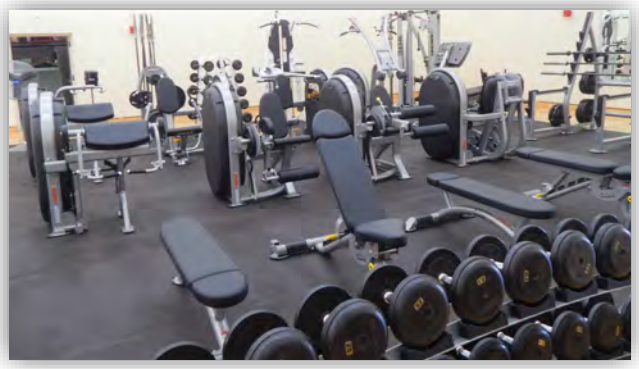
UNDERGRADUATE DEGREES AWARDED 2018-2019

DEGREE	NUMBER OF DEGREES
BS Athletic Training	27
BS Foods & Nutrition	119
BS Kinesiology-Exercise Science Generalist	35
BS Kinesiology-Fitness Specialist	67
BS Kinesiology-Pre-Physical Therapy	272
Total Undergraduate Degrees:	**520**

GRADUATE DEGREES AWARDED 2018-2019

DEGREE	NUMBER OF DEGREES
Doctor of Physical Therapy	39
MS Exercise Physiology	2
MS Kinesiology	5
MS Nutritional Sciences	5
MS Exercise Physiology & Nutritional Sciences	5
Total Graduate Degrees:	**56**

Hoist Fitness Systems Donates Exercise Equipment to the School of Exercise and Nutritional Sciences



Newly donated fitness equipment in PG 241

Hoist Fitness Systems' CEO Jeff Patrick and CFO Billy Kim donated exercise equipment valued at $60,000 to the School of Exercise and Nutritional Sciences. Working with ENS faculty member Fabio Comana, Hoist Fitness Systems made some of their most sophisticated equipment available to help train students for the workforce. ENS staff member Cathy Chavez worked with Fabio on the setup and organization of the equipment in PG 241 (pictured above). This state-of-the-art equipment is already being used by students this semester. The donation is part of a larger overall goal to enhance collaboration between Hoist Fitness Systems and the School of ENS in exercise design and beta testing for both healthy and special needs populations. The opportunity to use best-in-class equipment for educational purposes will improve our students' academic experience and make them more marketable upon graduation.

STUDENT SPOTLIGHT 2019 FALL

ENS Student Accomplishments 2019

Grants and Awards (ENS Student Names in Bold)

2019 Student Success Fee Awards

Students: Emily Woolf and the Student Nutrition Organization (SNO) received $7,629 from the SDSU Student Success Fee to support SNO in attending the Southern California Food Industry Conference and Supplier's Night Expo in Anaheim, CA on March 6, 2019. SNO members presented their research and networked with professionals.
Faculty Advisor: Dr. Mark Kern

Students: Emily Woolf and SNO received $5,265 from the SDSU Student Success Fee to support SNO in hosting the Eating Insects Conference and Tasting Demonstration March 7-8, 2019. SNO invited Chef Joseph Yoon from Brooklyn Bugs to raise awareness and improve consumer acceptance of edible insects and held a tasting demonstration for the SDSU community.
Faculty Advisor: Dr. Mark Kern

Students: Tatiana Frausto and the Future Athletic Trainers Society received $6,750 from the SDSU Student Success Fee to support The Future Athletic Trainer's Society to attend the 2019 Far West Athletic Trainers' Association Meeting & Clinical Symposium in San Diego, CA from April 25-28, 2019.
Faculty Advisor: Dr. Denise Lebsack

F31 Individual Pre-Doctoral Fellowship Award

Student: Chelsea Chapman received $102,000 from the National Institutes of Health (NCMRR) to fund her dissertation work in pain communication from 2019-2022.
Faculty Mentor: Dr. Katrina Maluf

2019 American Kinesiology Association Master's Scholar Award

Student: Santiago Ortega was the local winner of the 2019 American Kinesiology Association Master's Scholar Award. Santiago was recognized for excellence in academic accomplishments and leadership.
Faculty Mentor: Dr. Sara Gombatto

2019 Mary Swartz Rose Memorial Graduate Scholarship

Student: Emily Woolf was the recipient of the 2019-2020 Mary Swartz Rose Memorial Graduate Scholarship from the Academy of Nutrition and Dietetics Foundation.
Faculty Mentor: Dr. Changqi Liu

Grants and Awards (ENS Student Names in Bold)

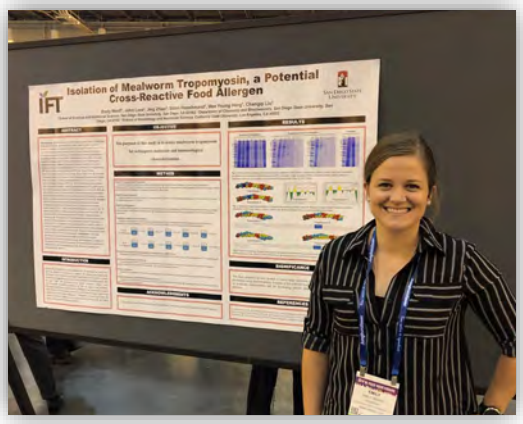
Summer Undergraduate Research Program

Student: Yazley Hernandez
Title: *Existing Capital Promoting Food Security and a Healthy Diet for Low-income Hispanic/Latinos in San Diego County: Perspectives of Key Informants at Community Stakeholder Organizations*
Faculty Mentor: Dr. Amanda McClain

Student: Niko Vlassis
Title: *Sweat Gland Function in Patients with Burn Injury and Split-Thickness Skin Graft*
Faculty Mentor: Dr. Daniel Cannon

Student: Tayelor Roberson
Title: *The Effect of Green Tea Extract (GTE) on Fat Oxidation and Glycemic Responses During and After Arm Exercise*
Faculty Mentor: Dr. Jochen Kressler

Student: Melissa Favela
Title: *Involvement of Olfactory Sensory-Specific Satiety on Distraction-dependent Motivational Eating Behavior*
Faculty Mentor: Dr. Surabhi Bhutani



Emily Woolf, MS Exercise Physiology & Nutritional Sciences, presented at the 2019 Southern California Institute of Food and Technologists 79th Annual Meeting

Southern California Institute of Food Technologists Scholarship

Student: Cassandra Maya received a scholarship from the Southern California Institute of Food and Technologists (SCIFT). Cassandra was honored on October 16, 2019 at the SCIFTS meeting at Santa Anita Park in Arcadia.
Faculty Mentor: Dr. Changqi Liu

Presentations (ENS Student Names in Bold)

2019 Southern California Institute of Food Technologists Annual Meeting

Student: Emily Woolf
Title: *Isolation of Mealworm Tropomyosim, a Potential Cross-Reactive Food Allergen*
Awarded first place in poster competition.
Faculty Mentor: Dr. Changqi Liu

2019 American Physical Therapy Association Combined Sections Meeting, Washington, DC

Student: Lucas Krumpl
Title: Results of *Eccentric Hip Rotation Strength in Healthy Adults*
Faculty Mentor: Dr. Michael Rosenthal

2019 Annual Nutrition Conference, Baltimore, MD

Student: Ashley Nakagawa
Title: *Effects of Nut Consumption on Colonic Cell Proliferation and Apoptosis*
Faculty Mentor: Dr. Mee Young Hong

2019 Annual Nutrition Conference, Baltimore, MD

Students: Megan Connolly, Tiffany Lum, Amanda Marx
Title: *Effect of Fresh Watermelon Consumption on Risk Factors for Cardiovascular Disease in Overweight and Obese Adults*
Faculty Mentors: Dr. Shirin Hooshmand, Dr. Mark Kern, Dr. Changqi Liu, and Dr. Mee Young Hong

Student: Nazanin Abbaspour
Title: *The Effect of Mixed Nut Consumption on Cardiovascular Disease Risk Factors in Overweight and Obese Adults*
Faculty Mentors: Dr. Traci Roberts, Dr. Shirin Hooshmand, Dr. Mark Kern, and Dr. Mee Young Hong

Student: Martin Rosas Jr.
Title: *The Effects of Mixed Nut Consumption on Satiety, Anxiety, Postprandial Glucose, Insulin Response, and Bowel Movement Patterns in Healthy Adults*
Finalist for Emerging Leaders in Nutrition Science Abstract Competition and awarded first place in poster competition.
Faculty Mentor: Dr. Mee Young Hong

Student: Ashley Nakagawa
Title: *Effects of Nut Consumption on Colonic Cell Proliferation and Apoptosis*
Faculty Mentor: Dr. Mee Young Hong

ENS Student Accomplishments 2019 Continued

Presentations (ENS Student Names in Bold)

Biomedical Engineering Society Annual Meeting

Students: Rene Arvizu and Alex Smith
Title: *Design of a Non-invasive Muscle Stiffness and Electromyography Sensor*
Faculty Mentor: Dr. Shawn O'Connor

Physiology 2019 in Aberdeen, UK

Students: Monica Bari and Jo Erram
Titled: *Imposed Expiratory Resistance and Pulmonary Function in Young, Healthy Volunteers*
Faculty Mentor: Dr. Daniel Cannon

2019 Cell Symposia Conference, Spain

Student: Jeffrey Moore
Title: *The Acute Effects of Single, Short, Moderate-Intensity Stair-Climbing Bouts on Postprandial Blood Glucose*
Travel partially funded by the Graduate Student Association
Faculty Mentor: Dr. Jochen Kressler

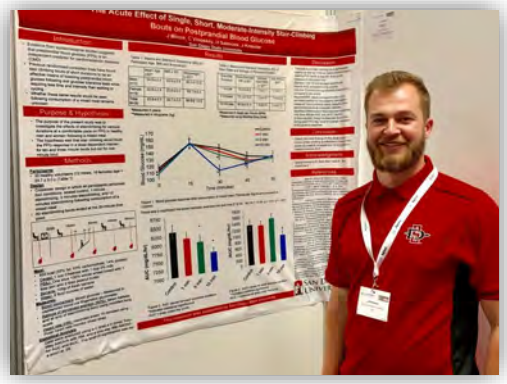
Presentation at San Diego Christian College

Student: Tim O'Neal
Title: Essential Nutrition for Sports Performance

Presentations (ENS Student Names in Bold)

Research Society on Alcoholism 42nd Annual Scientific Meeting, Minneapolis, MN

Students: Yuko Murase, Nicole Wells, Jacqueline Quigley, Jeremy Pascua, Natalie Pinkowski, Lama Almaiman, and Susan M. Brasser
Title: *Effects of Low-to-Moderate Ethanol Consumption on Colon Cell Proliferation, Differentiation, and Apoptosis in Young and Middle-Aged Rats*
Faculty Mentor: Dr. Mee Young Hong



Jeff Moore, MS Exercise Physiology & Nutritional Sciences Presenting at the Cell Symposium Conference in Spain

Publications (ENS Student Names in Bold)

Austin R. Swisher, Blake Koehn, Stanley Yong, Jonathan Cunha, Carrie Ferguson, and Daniel T. Cannon
Title: Dynamics of Locomotor Fatigue during Supra-critical Power Exercise
Journal: *Medicine and Science in Sports and Exercise*
Faculty Mentor: Dr. Daniel Cannon

Stanley Yong, Austin R. Swisher, Carrie Ferguson, and Daniel Cannon
Title: Maximal Sustained Isokinetic Power at Exercise Intolerance is Not Critical Power
Journal: *International Journal of Sports Medicine*
Faculty Mentor: Dr. Daniel Cannon

Kayla J. Hurd, Shruti Shertukde, Trevor Toia, Angelina Trujillo, Ramona L. Pérez, David L. Larom, John J. Love, Changqi Liu
Title: The Cultural Importance of Edible Insects in Oaxaca, Mexico
Journal: *Annals of the Entomological Society of America*
Faculty Mentor: Dr. Changqi Liu



Thao Ho, Andres Elizarraraz, Rachel Quingua, David Alarcon, Miranda Valenzuela, and Oona Albertson in NUTR 405 laboratory analyzing nutrients for their food development projects

Nutrition 405 Students Create New Healthy Foods

Dr. Changqi Liu and Foods and Nutrition students are revolutionizing new food products that are healthy and nutritious. Their innovative process is carried out during their NUTR 405 Experimental Food Science and Technology Laboratory class. This course covers food and nutrient analysis, sensory evaluation, and food product development.

> "Students enjoy the hands-on nature of the class, and the product development project is their favorite. We have many creative students who come up with brilliant ideas."
> *-Dr. Changqi Liu, Assistant Professor, Foods and Nutrition*

Students are first introduced to conventional food analysis methods and then leverage their knowledge and creativity to develop a food product prototype. In the capstone project, students conduct a market analysis to identify a gap for a new food product. They then formulate a prototype and analyze its nutrient composition, texture profile, shelf stability, and sensory attributes. Students test, evaluate, and improve the formulation until the final product meets pre-determined goals. They also design packaging for the product and analyze its marketability and profitability. Twelve students, with three products, entered the product development competition at the 2018-2019 Southern California Food Industry Conference.



Top row left to right: Justin De la Cruz, Andrew Gehr, Sherry Pinneo. Bottom row left to right: SNC Director Alison Meagher, Molly Ginsburg, Jayden Montejano, Tiffany Lum, Angel Estrella (not pictured)

Sports Nutrition Cooperative Advises Student Athletes

The SDSU Sports Nutrition Cooperative (SNC) provides scientifically supported nutrition education and resources to NCAA Division I student-athletes. They do so by delivering informative presentations, holding interactive discussions and grocery store tours, and offering dietary analysis and nutrition recommendations to SDSU sports teams. Director of the SNC, Alison Meagher, spearheads the program, making sure that the students provide essential information on healthy diets for athletes. The SNC also has a presence at the Aztec Recreation Center, providing information to its members.

> "SNC has given me great experience as I transfer into becoming a Sports Dietitian and getting my CSSD. I have become more comfortable interacting with athletes, coaches, and athletic trainers."
> *-Sherry Pinneo, RDN, MS Exercise Physiology & Nutritional Sciences student*

Undergraduate Foods and Nutrition major, Jayden Montejano, shared her view of progress the SNC made in the athletic world at SDSU. Montejano stated: "The SNC has given me the ability to build a stronger connection of nutrition and its effect on performance with our athletes. Being able to work alongside our outstanding athletes and notice improvements in their performance has given me confidence and comfort in my chosen career path." SNC allows its members to gain professional skills and experience, to discuss new research findings and trends, and to collaborate with fellow students who share a passion for sports nutrition.

SDSU Adapted Athletics Hosts Wheelchair Tennis Event



SDSU Adapted Athletics Wheelchair Tennis event on July 27, 2019

by Ahkeel Whitehead

Wheelchairs lined up, tennis balls ready to go, and visitors eager to learn first-hand how to play wheelchair tennis! Visitors of all ages attended the first official Tennis Day for the SDSU Adapted Athletics tennis team. The all-day event allowed participants to take lessons in traditional tennis and wheelchair tennis. Adapted Athletics Director Ahkeel Whitehead wanted to demonstrate the significance of wheelchair tennis to the adapted community and to our SDSU Adapted Athletics program.

Special thanks to the Doctor of Physical Therapy student volunteers, United States Professional Tennis Association volunteer coaches, and our friends from Racquet Fit for making this event successful. Rocket Fit provided all the racquets for the event. SDSU Adapted Athletics is looking forward to hosting this event again in 2020!



Student Highlight

Jonnatan Fajardo
Graduate Student
MS Nutritional Sciences

In December, Jonnatan will graduate with an MS in Nutritional Sciences. He is currently working with Dr. Shirin Hooshmand for his research project, examining the effects of dried plums on bone density and bone strength in older men. He will be contributing to a new study investigating the effects of strawberries on cognition, motor function, and vascular health.

With Dr. Amanda McClain, he is working on a qualitative research project about community stakeholder perceptions of socioecological factors promoting household food security and healthy diets among low-income, Hispanics/Latinos. This study has support from the Thomas L. McKenzie Student Research Grant.

Jonnatan looks forward to conducting independent research to expand scientific knowledge in treating metabolic diseases. He spends his free time traveling with his wife Jacquie, spending time at the dog beach with his dog Leela, perfecting his favorite cup of coffee, and, on occasion, practicing pyrography.

ALUMNI NEWS 2019 FALL

Kinesiology

Kevin Petti

Professor of Anatomy and Health Sciences at San Diego Miramar College

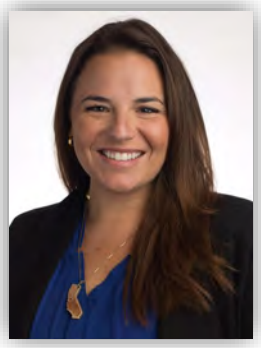


Kevin Petti, PhD earned a master's degree in Exercise Physiology from SDSU in 1989. Dr. Petti teaches anatomy and physiology, human dissection, and health science at San Diego Miramar College, where he is a full professor. He is also a dual U.S./Italian citizen, anatomy and physiology textbook co-author, and president-emeritus of the Human Anatomy and Physiology Society. Dr. Petti leads an SDSU Study Abroad program to Italy that is geared for ENS students. Since 2015, over 300 SDSU students have traveled to Italy with Dr. Petti. Dr. Petti is invited to speak about the connection between art and anatomy in Greco-Roman, Medieval, and Renaissance Italy at international conferences, museums, and universities throughout North America and Europe. The University of Palermo, Sicily, hosted Dr. Petti for a week as a guest lecturer in their seminar series celebrating its 210th anniversary. He also served as Senior Scientific Consultant and General Coordinator for North America for the 2017 International Congress on Anatomical Wax Modeling in London. In 2019, Dr. Petti spoke at the Italian Embassy in Washington, D.C. The Chinese Central Television (CCTV) featured Dr. Petti in their 8-part documentary *200 Years of Surgery*.

Doctorate of Physical Therapy

Gail Bachman

Outpatient Orthopedic Physical Therapist, Kaiser Permanente, SDSU Doctor of Physical Therapy Lecturer



Gail Bachman, DPT, is a graduate of the SDSU DPT program's charter class and a proud Aztec! Dr. Bachman completed her undergraduate degree in Kinesiology at SDSU in 2007, then returned for her Doctorate in Physical Therapy in 2012. After graduation, she was excited to be invited back to the DPT program as a lab assistant. She currently serves as an adjunct faculty member teaching the PT Business and Administration course in the Summer, as well as assisting with neurology courses in the Spring and Fall. In addition to her role on the SDSU DPT faculty, Dr. Bachman works as a physical therapist at Sharp Grossmont Hospital in the outpatient neurology department specializing in vestibular rehabilitation. She is an advocate for the effective management of the acute or chronically dizzy patient and is working with her hospital leadership to provide an interdisciplinary approach to managing these patients. She has also spent a large part of her student and early professional career on efforts to increase volunteer service within her profession. As a student, Dr. Bachman developed the CA Outreach Challenge to encourage PT/PTA students to volunteer in their local communities and currently serves as the Director of PT Day of Service.

Athletic Training

Justine Veronique-Coliflores

Athletic Trainer, University of San Diego, SDSU Athletic Training Program Lecturer



Justine-Veronique Coliflores is currently the Head Women's Basketball, Cross Country, and Track Athletic Trainer at the University of San Diego (USD). She is entering her 10th season. Ms. Coliflores graduated with a BS in Kinesiology, emphasis in Athletic Training in 2008, and an MA in Kinesiology in 2011 from SDSU. She serves as Faculty Advisor for the SDSU Athletic Training program's Future Athletic Trainers' Society. Her dedication to the SDSU Athletic Training program has been as constant as it has been impactful with her long-standing roles as USD's site coordinator and student schedule manager. She also serves as Adjunct Faculty for the SDSU Athletic Training program and lecturer for the ENS 389 Practicum in Athletic Training course. At USD, she has devoted much time to policy creation, has finished the Department's Disordered Eating Policy, and is currently in the process of creating an emergency action plan for acute mental illness situations. Ms. Coliflores' commitment to the athletic training profession ranges from high school to higher education. She also contributes her time to the Far West Athletic Trainers' Association at their Annual Meeting and Clinical Symposium as Public Relations Officer and Volunteer Coordinator.

Foods & Nutrition

Hollie Raynor

Professor, Department of Nutrition; Interim Assistant Dean of Research in the College of Education, Health and Human Sciences, University of Tennessee



Hollie Raynor, PhD, RD, LDN, is a Professor in the Department of Nutrition and the Interim Assistant Dean of Research in the College of Education, Health and Human Sciences at the University of Tennessee. She holds a BS in Foods and Nutrition from San Diego State University, an MS in Public Health Nutrition from the University of Tennessee, and a PhD in Clinical Psychology from the University of Buffalo. She is a registered dietitian and a licensed psychologist. Dr. Raynor conducts research in lifestyle interventions for pediatric and adult weight management, has published over 125 peer-reviewed articles, and has received funding from the National Institutes of Health, American Diabetes Association, Academy of Nutrition and Dietetics Foundation, and Weight Watcher's International, for her research. She served as a member of the National Committee for Clinical Guidelines for Obesity for the American Psychological Association and as a member of the Academy of Nutrition and Dietetics' (AND) Prediabetes Evidence Analysis Library Committee. Her research interests are on identifying the best methods to implement dietary factors that enhance satiation and translating lifestyle intervention into practice-based settings.



Faculty Spotlight

Dr. Katrina Maluf,
Director, Applied Sensory Motor Lab

Dr. Katrina Maluf teaches Psychosocial Aspects of Rehabilitation and Advanced Clinical Reasoning in the Doctor of Physical Therapy Program. She is interested in a better understanding of how to assess, prevent, and treat stress-related chronic pain conditions.

Dr. Maluf uses measurement tools such as quantitative sensory testing, functional magnetic resonance imaging (fMRI), wearable sensors, and electromyography. These tools can help her understand how the central nervous system is altered by chronic exposure to mental stress and pain, and how mind-body interventions that combine physical activity with cognitive-behavioral approaches can be used to prevent or reverse these changes.

As a physical therapy (PT) student at Washington University in St. Louis, Dr. Maluf worked on a research study with one of her professors. After PT school, she stayed in school to finish her studies if she wanted to get an answer to her question. That question turned into her PhD thesis and she was hooked on research ever since. Her second job is raising four teenagers! She enjoys spending time with friends and family, running anywhere near the water, exploring the San Diego restaurant scene, traveling, and reading short stories. Next on her list is learning Spanish.

Catching Up with Emeritus Faculty Member Dr. Ronald Josephson



Emeritus Faculty, Dr. Ronald Josephson with his wife Judith and two daughters, Erika and Kirsten

Foods and nutritional sciences came naturally to Dr. Ronald V. Josephson. Dr. Josephson received his bachelor's degree at Penn State. His master's and doctoraal degrees were from the University of Minnesota, about 40 miles from his great-grandfather's 200-acre farm on Square Lake. Ron's teaching and research at Ohio State (1970-1975) and San Diego State (1975-2002) spanned over 30 years. He taught food science and carried out basic and applied research on bovine and human milk, soy products, fish and shellfish, and medical foods. His collaborative and grant/contract-funded research and refereed scientific articles always involved training of students.

Dr. Josephson was professionally active (member and committee chair) in national organizations (Institute of Food Technologists, American Dairy Science Association) and on Editorial Boards (CRC Reviews in Food Science & Nutrition), and was President of the San Diego Chapter of Sigma Xi, the research honorary society. On campus, he served as an academic advisor and in various administrative and service capacities. He considers his most satisfying contribution to SDSU his collaboration with colleague Dr. Audrey Spindler in creating documentation for independent BS and MS degree programs in foods and nutritional sciences. The degrees were approved by the CSU Chancellor's Office between 1983-1985. This helped foster the program merger with Physical Education in 1993-1994 into what is now the School of Exercise and Nutritional Sciences. Along with Margo Kasch and Dr. Lindsay Carter, he contributed to the definitive ENS History of Exercise and Nutritional Sciences at SDSU.

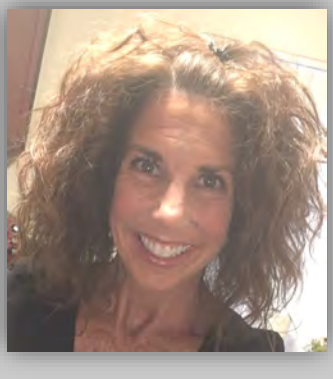
Dr. Josephson always enjoyed competitive sports, from high school to the present. Since 1985, he has played in the La Costa 35 Athletic Club Softball League and serves as their historian. When his daughters Kirsten and Erika played in the 1980s, he was a volunteer coach and president of the San Dieguito Bobby Sox softball League. Both daughters are public school teachers. His wife Judith is a teacher, writer, and children's book author. Since 1975, they have lived in Encinitas where they enjoy frequent visits with their two granddaughters, Khloe and Stella. One retirement passion of Dr. Josephson is researching family history—creating family trees on Ancestry.com, including trees for family and friends.



Dr. Mitchell Rauh, Dr. Shawn O'Connor, Provost Hector Ochoa, Dean Steven Hooker, and ENS Director, Dr. Matthew Mahar

Provost Hector Ochoa and Dean Steven Hooker Visit the School of ENS

Provost Hector Ochoa and College of Health and Human Services Dean Steven Hooker visited ENS on October 11, 2019. They toured laboratories and saw firsthand the research of our faculty and students. Provost Ochoa joined SDSU in July, 2019, from University of New Mexico, where he was Professor and Dean of the College of Education from 2014-2019.



Meet the Staff

Gloria Hartman
Administrative Support Coordinator I, Doctor of Physical Therapy Program

Gloria Hartman's warm smile is the first thing people see when they walk into the Doctor of Physical Therapy (DPT) office. She has been welcoming, assisting, and motivating students and faculty since 2016. She transitioned from the main ENS office, where she worked for seven years. If not in her office, Gloria can likely be found outside soaking up the positive energy of SDSU students.

Over the past ten years on campus, Gloria has thrived daily from her interactions with not only ENS, DPT, and other students, but also with faculty, staff, and visitors alike. Gloria is a strong, dedicated advocate of the School's mission while surrounding herself with a close community that promotes health and fitness both during and away from work. She contributes to the health and well-being of all by consciously living a balanced lifestyle and staying as active as possible with the many beautiful outdoor activities that San Diego has to offer.



ENS Emeritus Faulty Member Dr. Thom McKenzie receiving the Clark W. Hetherington Award from Dr. Bradley Cardinal, President of the National Academy of Kinesiology.

Dr. Thom McKenzie Receives Top Award from the National Academy of Kinesiology

School of Exercise and Nutritional Sciences (ENS) Emeritus Faculty member, Dr. Thom McKenzie, was the recipient of the 2019 Clark W. Hetherington Award, the highest recognition of the National Academy of Kinesiology. Dr. McKenzie has published nearly 300 scholarly articles and presented his work at over 500 conferences. Dr. McKenzie was born in an old farmhouse in Canada and has had a remarkable career as, among other things, a physical education teacher, coach, school administrator, camp director, sports performance consultant, and university professor. Dr. McKenzie is a co-developer of SPARK, an internationally recognized, evidence-based physical education curriculum and instruction program that, 30 years later, is still being used. One of Dr. McKenzie's graduate advisors at Dalhousie University was Dr. Brent Rushall. Dr. Rushall taught at SDSU and is also an Emeritus Faculty member of the School of ENS. Dr. McKenzie developed several validated observation instruments used by researchers to assess physical activity in various USA and International settings. He encourages students to gain real-life experiences and faculty to help others understand the social significance of their work.

Jose Banuelos Joins ENS!

The School of Exercise and Nutritional Sciences is pleased to welcome new staff member, Jose Banuelos, to the ENS Informationl Technology team.



JOSE BANUELOS
Equipment Technician I

Jose Banuelos has a wide variety of experience, including 12 years combined as a former U.S. Navy avionics technician and a biomedical equipment technician. He also has over 10 years experience overseeing mechanical operations in a factory.

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Support from alumni and the community makes a tremendous difference for students, faculty, and programs within the School of Exercise and Nutritional Sciences. To help enhance the impact ENS is able to make for students and the greater community; please visit http://campaign.sdsu.edu/ENS. To learn about specific funding needs, naming opportunities, or including ENS in your estate plans, please contact Natasha Bliss, Director of Development, at nbliss@sdsu.edu or (619) 594-1569.