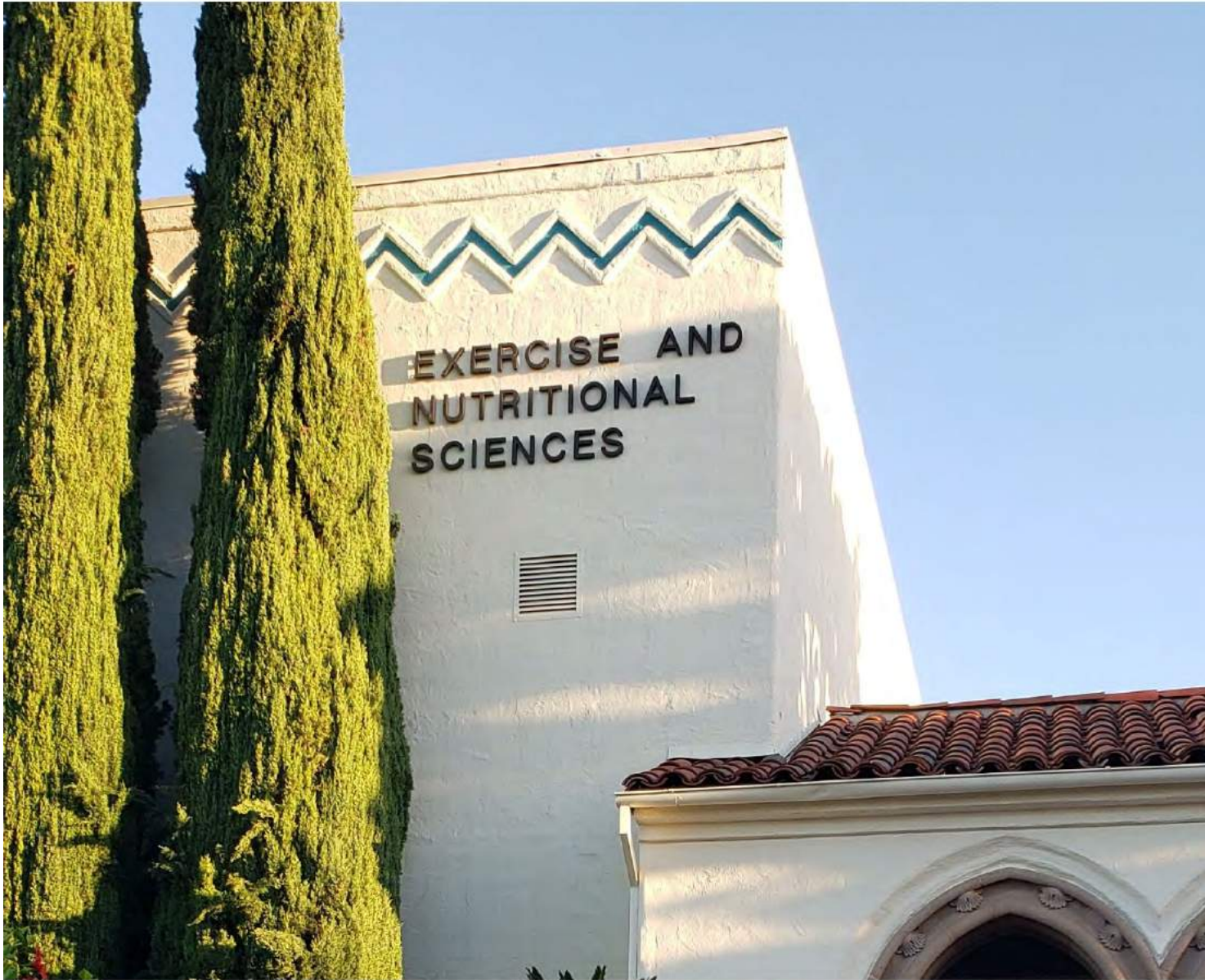




Thrive!

SCHOOL OF EXERCISE
AND NUTRITIONAL SCIENCES



IN THIS ISSUE: ADAPTIVE FITNESS CLINIC HELPS IN JOURNEY TO A HEALTHIER LIFE | STUDENTS FROM SOUTH KOREA VISIT SCHOOL OF ENS | SPARK ENDOWMENTS ESTABLISHED



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SDSU LAND ACKNOWLEDGEMENT

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*

Spring 2020 was the most unusual and stressful semester in memory. I'm sure none of us will forget the major changes forced by the COVID-19 pandemic and that we'll be noticing these changes for years. Our faculty, staff, and students made heroic efforts to accommodate and adjust to the dramatic transformation to virtual instruction in a short time. Despite the new reality forced upon us all, our students continued to impress and our faculty and staff continued to deliver quality learning experiences. In this issue of Thrive! you will read about students who made scholarly presentations, published their research, and won awards. Enjoy the inspirational story of how our Adaptive Fitness Clinic helped Yvonne Taylor change her life and the story about a month-long visit to SDSU from students from South Korea. We are grateful to School of Exercise and Nutritional Sciences alumnus Paul Rosengard and his wife Wendy for establishing endowments to support student scholarships, student research, and faculty research.

Student Success Fee Projects Awarded

Several student organizations in the School of ENS received funding from the Student Success Fee (SSF) for the 2019-2020 academic year. Students in the Student Nutrition Organization (SNO) traveled to Anaheim for the Southern California Food Industry and Technology Expo, where student teams competed in a food product competition. Team SNO from SDSU was a finalist in the competition. Students in the Future Athletic Trainers' Society (FATS) traveled to Sacramento for the California Athletic Trainers' Association conference and Hit the Hill 2020. Students had the opportunity to network with certified Athletic Trainers and advocate for Assembly Bill 1665 The Athletic Training Practice Act.



SDSU Future Athletic Trainers' Society (FATS) members, with Drs. Denise Lebsack, Margo Greicar and Eric Post at CATA Clinical Symposium

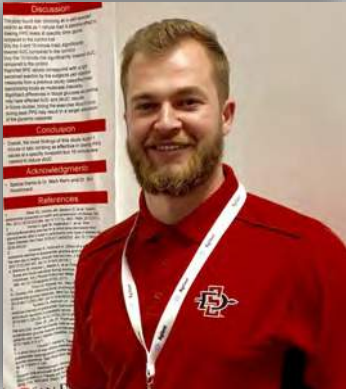


SDSU Doctor of Physical Therapy students at the APTA Combined Sections Meeting in Denver

Students in the Kinesiology Organization Revolutionizing Exercise (K.O.R.E.) hosted the "Secrets, Shortcuts, and Hacks of Movement" workshop with guest speaker Pete McCall. Mr. McCall discussed various patterns of movements and the best ways to target specific muscle groups. Doctor of Physical Therapy students traveled to Denver for the American Physical Therapy Association Combined Sections Meeting. SDSU students were among 18,000 Physical Therapists. Several students presented their research, two of whom won awards. Unfortunately, several other events planned by our student organizations were cancelled due to COVID-19.



2020 American Kinesiology Association Undergraduate Scholar Award Recipient
Kathleen Dillon



2020 American Kinesiology Association Master's Scholar Award Recipient
Jeff Moore

2020 American Kinesiology Association Student Scholar Award Recipients

Two students from the School of ENS were recently recognized for their excellence in academic accomplishments and leadership.

Kathleen Dillon was the local winner of the 2020 American Kinesiology Association Undergraduate Scholar Award. Katie worked with Dr. Harsimran Baweja in the Neuromechanics and Neuroplasticity Laboratory. Katie has multiple published research abstracts and has presented at international neuroscience conferences twice. She will be graduating with her Bachelor's degree in Kinesiology (Emphasis in Pre-Physical Therapy).

Jeff Moore was the local winner of the 2020 American Kinesiology Association Master's Scholar Award. Jeff worked on numerous research studies with Drs. Hong, Hooshmand, Buono, and Kressler and has published six peer-reviewed journal articles. Jeff will be graduating with concurrent Master's degrees in Exercise Physiology and Nutritional Science. Jeff was accepted to the Lundquist Institute for Biomedical Innovation at UCLA.



Doctor of Physical Therapy Students attending APTA Combined Sections Meeting in Denver

DPT Students Attend American Physical Therapy Association Meeting

Over 18,000 physical therapists and physical therapy students attended the American Physical Therapy Association's (APTA) Combined Sections Meeting in Denver, CO in February 2020. The SDSU Doctoral of Physical Therapy (DPT) Program was represented by its faculty and 61 DPT students.

"Attending this conference allowed us to hear the latest research in our profession, learn directly from experts in their respective fields, and network with other physical therapists and students just like us. Some of our students even got to present their research to the rest of the physical therapist community. It was an experience we will never forget!"

-Nicole Reichenberger, Second Year Doctor of Physical Therapy Student

Two DPT student presentations received awards:

1st place Poster Award for the Health Policy and Administration Section, Technology Special Interest Group:
Students: Evan Glasheen, Brianna Brooskin, Brittany Dougherty, Anna Hand, Emily Maxwell, Caitlin Perry, Kendra Sin, and Kim Tsuda

Title: *Twelve Weeks of Underground Bionic Ambulation with FES in Individuals with SCI: A Case Series*
Faculty Mentors: Drs. Antoinette Domingo and Jochen Kressler

Top Abstract by the Academy of Pelvic Health Physical Therapy:

Students: Garrett Barr, Megan Belchamber, Vuk Ekmecic, Leah O'Reilly, Paige Stephens, Maddy White, and Jessica Swartz

Title: *Characteristics of Responders and Non-Responders to Resistance Training and Biofeedback in Patients with Fecal Incontinence*
Faculty Mentor: Dr. Lori Tuttle

Other Student-Led Presentations:

Students: Robyn Bursch, Jennifer Carmel, Jayme Lee, Kelsey Cooper, Ashleigh Carranza, and Colleen O'Connor
Title: *Prevalence and Impact of Neck Pain in Veterans with Traumatic Brain Injury and Persistent Headache*
Faculty Mentors: Drs. Katrina Maluf, Dawn Schiehser, and Bahar Shahidi

Students: Lauren Union and Nicole Taylor
Intern: Kelsey Justin

Title: *Reliability of Clinical and Ecological Measures of Lumbar Posture and Movement Using Portable Motion Sensors*
Faculty Mentor: Dr. Sara Gombatto

Students: Santiago Ortega and Rebecca Pierce

Title: *Kinematic and Kinetic Factors Associated with Leg Reach Asymmetry During the Star Excursion Balance Test in Division I Athletes*
Faculty Mentors: Drs. Sara Gombatto and Susan Levy
Collaborator: Sergio Ibarra

Students: Mason Hearn, Jacqueline Bordessa, Alexander Reinfeldt, and Tyler Smith

Title: *Comparison of Blood Flow Restriction Devices and Their Effect on Quadriceps Muscle Activation*
Faculty Mentors: Drs. Harsimran Baweja, Susan Levy, and Michael Rosenthal

Students: Caitlin Segelke, Evan Glasheen, and Kim Tsuda

Title: *Acute Cardiometabolic and Muscular Responses to Exoskeleton Walking with FES in SCI*
Faculty Mentors: Drs. Jochen Kressler and Antoinette Domingo

Students: Alexandra Tutino, Taylor Humecky, Nick Pasadis, and Nicholas Rounds

Title: *The Relationship Between Perfectionism and Running-Related Injury in High School Runners*
Faculty Mentors: Drs. Michael Rosenthal and Mitch Rau

Student: Joseph Cuellar

Title: *Hamstring Performance Testing: Nordbord Nordic Hamstring Exercise Versus Isokinetic Dynamometry, What's the Difference?*

Faculty Mentors: Drs. Susan Levy and Michael Rosenthal

Student: Lukas Krumpal

Title: *Does Blood Flow Restriction during Squatting Impact Weight-Distribution Symmetry in Healthy Individuals*
Faculty Mentor: Dr. Michael Rosenthal

STUDENT SPOTLIGHT ²⁰²⁰

SPRING

Adaptive Fitness Clinic Helps in Journey to a Healthier Life

Yvonne Taylor is a healthy woman who is in the best shape of her life! She is a new grandmother to a beautiful baby boy named Adonis and is the mother-in-law to ENS Associate Professor, Dr. Jochen Kressler. She was not always as healthy as she is today. To backtrack a bit, Yvonne had to make changes to her lifestyle to reach her goals: lose weight, get knee replacements, and be healthy. A couple of years ago, she was involved in a car accident where a drunk driver hit the taxi she was in, which caused severe injury to her knees. Yvonne couldn't get proper medical care after her accident. For a while, she had to work as a cook and waitress while being a single mom. After her settlement, her lawyer ran off with her settlement money.

Yvonne's knees began to erode, and she was eventually bound to a wheelchair. Being in a wheelchair triggered an unhealthy lifestyle – eating junk food, depression, drinking, etc. As a result, her weight went up, reaching 412 lbs. She was also on nine different medications – which resulted in weight gain. Yvonne was deteriorating to the point that within a couple of years, she could die. Out of concern, Dr. Kressler had a serious talk with her about changing her lifestyle. That conversation convinced Yvonne to change her lifestyle for the better. After seeing and being scurried along by a couple of doctors, they each recommended her to have bariatric surgery before considering knee replacements. But one physician at UCSD advised her that if she lost the weight, then she would be considered for surgery. Her set goal – to drop to 210 lbs. So that is where her journey began.



Yvonne *before* her transformation and knee surgery



Yvonne *after* her transformation and knee surgery

Dr. Kressler started Yvonne on a strict diet, adjusting her food intake to 800 calories a day. He taught her proper portion control and how to make better food choices. She ate more vegetables and protein that was portioned to the size of her palm. Yvonne admitted that at the beginning of her diet, it was hard and frustrating. On top of the diet, Dr. Kressler put her on an exercise plan, which, too, was hard and frustrating. In the beginning, she was unable to do one sit-up without feeling dizzy. Yvonne did chair exercises, lifted weights, and attended aquatic exercise classes at the YMCA. Dr. Kressler was optimistic and continued pushing her even though, at times, she would get mad at him. He knew what Yvonne needed, and he helped her reach it. She can't say enough about him to explain fully how much of a motivator, teacher, and helper he was. With the right eating and proper exercising, Yvonne was feeling a lot better, moving better, and sleeping better.

As part of her journey, Yvonne was placed on a waitlist at the SDSU Adaptive Fitness Clinic (AFC) and was later enrolled in the program. She met with AFC Director Matt Soto and Assistant Director Melissa Moyer, and they designed a workout plan for her. They worked with her one-on-one with a variety of exercises and strength training routines. She loved that they were not judgmental and were attentive to her needs. Matt, Melissa, and AFC students made sure Yvonne did every exercise correctly, the right way. They motivated her every step of the way.

"Everyone at the clinic loved each other. It was one big family. We were all together to reach one big goal. Whether if it was to walk, or to stretch, whichever way to help make ourselves stronger. Adaptive Fitness Clinic was wonderful!"

-Yvonne Taylor

Not only was exercise important, but the social aspect of the clinic was important as well. That is one thing Yvonne appreciated about the Adaptive Fitness Clinic. It is a place for people to hang out, to be social, and have that support – which is hard to have otherwise. The AFC had people her age. The AFC became her second home.

As time went, Yvonne shed the weight. She couldn't have done it alone. Yvonne is forever thankful to the SDSU Adaptive Fitness Clinic and Dr. Kressler for helping her reach 208 lbs, and she's still losing weight! She won't stop until she hits a healthy weight she feels good at. She was finally able to get her knee replacement surgery on February 27th. Her surgery went well and she received proper physical therapy. She now loves to exercise and is excited she can do more than one sit-up. She is proud that she can lift 73 lbs., can go on walks at the beach with her family, and go shopping for clothes that fit. No more high blood pressure, no more diabetes, no more issues. She never wants to go back to her old self ever again. She is truly grateful for this life transformation.

Students Represent ENS at SDSU Student Research Symposium

The Student Research Symposium (SRS) is an annual symposium held at SDSU where students have the opportunity to gain experience presenting their research to the public. It is a university-wide event that recognizes research and scholarly accomplishments of SDSU students. This year several undergraduate and graduate students represented the School of Exercise and Nutritional Sciences. Presenters and award winners are below.

Undergraduate Research Excellence Award

Melissa Favela-Ayala

Title: *Role of Olfactory Imagery on Eating Patterns and Weight Gain-A Scoping Review*
Mentor: Dr. Surabhi Bhutani

Nava Lavine, Jessica Makin, & Alexandra Rosenbloom

Title: *Inhibition of Enzymatic Browning During Protein Isolation from Mealworm (Tenebrio molitor Larvae)*
Mentor: Dr. Changqi Liu

Kathleen Dillon

Title: *Postural Control Deficits in Atypical Parkinsonism: Pilot Case Series*
Mentor: Dr. Harsimran Baweja

Freddy Gonzalez & Justine Buenaventura

Title: *Impact of Blood Flow Restriction Training on Patellar Tendon Stiffness and Patient Outcomes - A Pilot Study of Short-Term Effects*
Mentor: Dr. Michael Rosenthal

Monica Bari & Jyotika Erram

Title: *Imposed Expiratory Resistance and Pulmonary Function in Young Healthy Volunteers*
Mentor: Dr. Dan Cannon

Joanna Arroyo

Title: *Evaluation of First-Generation Status and Supplemental Instruction Attendance as Predictors for Grade Distribution*

Rochelle Lapizar, Kei Leung & Zheyuan Liu

Title: *Extraction of Antioxidants from Pistachio Seeds Using Different Solvents*
Mentors: Drs. Changqi Liu, Mark Kern, Shirin Hooshmand, and Mee Young Hong

Emily Woolf & Cassandra Maya

Title: *Informational and Sensorial Interventions for Improving Consumer Acceptance of Edible Insects*
Mentor: Dr. Changqi Liu

Angelica Mora, Serena Patel, & Alexa Sanchez

Title: *Effects of Balance Training with Visual Perturbations on People with Incomplete Spinal Cord Injury*
Mentor: Dr. Antoinette Domingo

Justine Buenaventura, Freddy Gonzalez, Maria Pearson, & Christopher Eidson

Title: *Reliability of NordBord Nordic Hamstring Exercise Testing in Healthy Adults*
Mentor: Dr. Michael Rosenthal

Bailey Bingham & Daisy Bermudez

Title: *Associations Between Sport Specialization, Income, and Injury Among Collegiate Athletes*
Mentor: Dr. Eric Post

Taylor Roberson & Fabian Sortino

Title: *The Effect of Green Tea Extract on Fat Oxidation and Glycemic Responses during and after Arm Exercise*
Mentor: Dr. Jochen Kressler

Khoa Vo

Title: *Increased Muscle Co-Contraction Around the Ankle Joint and Center of Pressure Beneath the Foot Associated with Increased Chance of Falls in Elderly Adults*

Tori Simon, Tim O'Neal, & Cole Larson

Title: *A fast-start Pacing Strategy Does Not Improve Locomotor Fatigue Dynamics but Does Improve Supra-Critical Power Work Capacity*
Mentor: Dr. Dan Cannon

Robyn Bursch, Jenny Carmel, Ashleigh Carranza, Kelsey Cooper, Jayme Lee, & Collen O'Connor

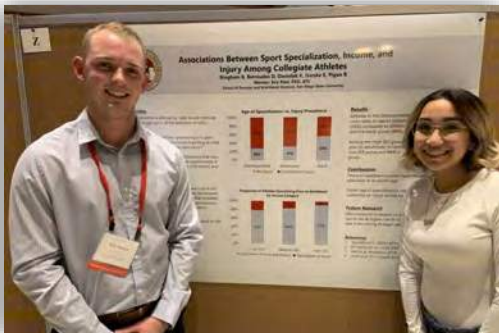
Title: *Greater Severity and Functional Impact of Post-Traumatic Headache in Veterans with Comorbid Neck Pain following Traumatic Brain Injury*
Mentor: Dr. Katrina Maluf

Andrea Ramos

Title: *Gender and the Link Between Fitness and Cancer Risk/Mortality: A Review of the Literature*
Mentor: Dr. Noe Crespo

Antonio Delgado

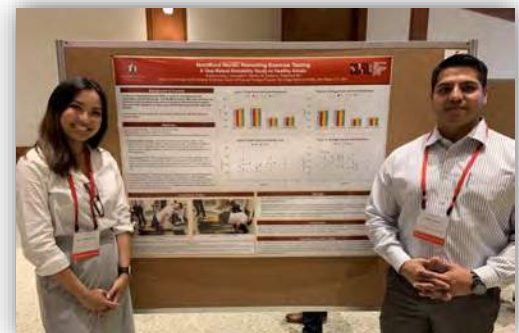
Title: *Gastrointestinal Stromal Tumors Expression of Truncated KIT*



Bailey Bingham and Daisy Bermudez



Melissa Favela Ayala, recipient of Undergraduate Research Excellence Award



Justine Buenaventura and Freddy Gonzalez

STUDENT SPOTLIGHT ²⁰²⁰ SPRING

ENS Student Accomplishments 2020

Through mentoring and support, faculty in the School of ENS ensure student success and prepare students for meaningful careers. Several ENS students traveled to conferences, made professional presentations, published their research, and were recognized for their accomplishments. We congratulate them for their efforts.

Grants and Awards (ENS Student Names in bold)

Quest for the Best Award

Student: Christian Holt was recognized by the Division of Student Affairs as one of the top-10 high-achieving SDSU students for outstanding performance in academics, campus involvement, leadership development, and community service.

Product Development Competition Finalist

Students: Jennifer Behimino, April Ball, Chaeun Lee, Cassandra Maya, Natalie Mejia, and Martin Rosas. "Rooting For You" Crackers: Root Vegetable Pulp Crackers. Student Product Development Competition, 2020 Southern California Food Industry Conference, Anaheim, CA.

Student 3M Pitch Contest

Student: Cassandra Maya won third place at the 2019 SoCal Food Science and Technology Faculty Consortium Meeting.

Student Success Fee Awards

Student: Aarica Geitner and the Student Nutrition Organization (SNO) received \$5,569 from the SDSU Student Success Fee to support SNO to attend the 2020 Southern California Food Industry Conference and Supplier's Night Expo in Garden Grove, CA.

Student: Aarica Geitner and SNO received \$9,110 from the SDSU Student Success Fee to support SNO in hosting the Eating Insects Conference and Tasting Demo.

Student: Aarica Geitner and SNO received \$16,050 from the SDSU Student Success Fee to support SNO to attend the 2020 California Academy of Nutrition and Dietetics Annual Conference.

Student: Bailey Bingham and Future Athletic Trainers' Society (FATS) received \$14,820 from the SDSU Student Success Fee to support FATS to attend the 2020 California Athletic Trainers' Association Clinical Symposium in Sacramento, CA.

Student: Stephanie Lenz and the Kinesiology Organization Revolutionizing Exercise (K.O.R.E.) received \$3,114 from the SDSU Student Success Fee to support guest speakers Ken Miller and Pete McCall.

Publications and Presentations (ENS Student Names in bold)

Publications

David Kahan, Thomas L. McKenzie, **Anna O'Brien, Carlos Portillo, Remy Sprague, Emma Marchant, and Nadine Lising.** (2020) Physical Activity Messaging on North American Jewish Day School Websites. *Journal of Jewish Education*.

Changqi Liu, Jasmin Masri, Violet Perez, **Cassandra Maya,** and Jing Zhao. (2020). Growth Performance and Nutrient Composition of Mealworms (*Tenebrio molitor*) Fed on Fresh Plant Materials-Supplemented Diets. *Foods*, 9(2), 151. doi.org/10.3390/foods9020151.

Conference Abstracts

Joytika Erram, Monica Bari, and Daniel T. Cannon. Measuring Airway Resistance and Characterizing the Flow-Volume Envelope with External Expiratory Loading in Healthy Adults. *FASEB J* (in press).

Monica Bari, Joytika Erram, and Daniel T. Cannon. Imposed Expiratory Resistance and Pulmonary Function in Young Healthy Volunteers. *FASEB J* (in press).

Presentations

Alexandra Rosenbloom, Nava Lavine, Jessica Makin, Shruti Shertukde, Jing Zhao, and Changqi Liu. (2020). Inhibition of Enzymatic Browning During Protein Isolation from Mealworm (*Tenebrio molitor*) Larvae. Accepted presentation at the Institute of Food Technologists (IFT) 80th Annual Meeting.

Emily Woolf, Cassandra Maya, Joseph Yoon, Jing Zhao, Yaozhou Zhu, and Changqi Liu. (2020). Informational and Sensorial Interventions for Improving Consumer Acceptance of Edible Insects. Accepted for presentation at the Institute of Food Technologists (IFT) 80th Annual Meeting.

René Arvizu and Alexander Smith. Design of a Non-Invasive Muscle Stiffness and Electromyography Sensor. Presented at the Biomedical Engineering Society Annual Meeting in Philadelphia, PA.



Dr. Changqi Liu, April Ball, Cassandra Maya, Natalie Mejia, Jennifer Behimino, Martin Rosas, and Chaeun Lee presenting at the SCFIT Expo in Anaheim, CA

STUDENT SPOTLIGHT ²⁰²⁰ SPRING

Future Athletic Trainers' Society Attends CATA Clinical Symposium



SDSU Athletic Training Program's Future Athletic Trainers' Society, Dr. Denise Lebsack, Dr. Margo Greicar and Dr. Eric Post at CATA 2020

SDSU's Athletic Training Program (ATP) student organization, the Future Athletic Trainers' Society (FATS), traveled to Sacramento, CA, in February 2020 for the California Athletic Trainers' Association Annual Clinical Symposium. A significant portion of the student's registration, travel, and lodging costs were supported by an award from the Student Success Fee. Thirty-four FATS members and Drs. Denise Lebsack, Margo Greicar, and Eric Post attended the Symposium. In addition, ENS Administrative Coordinator Wendy Sandoval participated in the Symposium to learn more about the profession and be better prepared to assist students as our Athletic Training Program transitions to a master's degree. SDSU represented the largest contingent at the Symposium.

"CATA was an incredible opportunity to see first-hand how close knit of a community the athletic training profession truly is. The San Diego State Athletic Training Program, as a whole, did an amazing job with representing our school with enthusiasm and professionalism."

-Bailey Bingham, Senior, SDSU Athletic Training Program student and FATS President

The two-day conference was filled with presentations on lower back pain, therapeutic techniques to manage pain, interdisciplinary approaches to treating sports injuries, concerns with doping, positional release therapy, athlete safety regulations, liabilities and legalities, research talks, and more. Dr. Eric Post presented his research on Sport Specialization in Overhead Athletes: Athlete Risks and Parent Perspectives. After his talk, students attended the Student Leadership

Luncheon, which featured a panel of experts and networking opportunities. The Keynote speaker, Donald Kessler, presented his talk entitled, *The Only Easy Day, Was Yesterday*.

"CATA was an amazing opportunity as a student to apply what I learn in the classroom and to get to dive deeper than I can during my normal coursework. I think it was extremely beneficial getting to network not only with other professionals, but also with young professionals and other students in this career path. Ultimately, the most impactful part of the conference for me was Hit the Hill, as a student getting the opportunity to eloquently express myself and my experiences gave me a furthered passion for this profession."

-Tal Shoshan, Senior, SDSU Athletic Training Program student and FATS Vice-President

Athletic Training faculty and students advocated at Capitol Hill to pass Bill 1665 – Athletic Training Practice Act, authored by Assemblyman Robert Bonta, for Athletic Training Licensure. California is the only state that doesn't require athletic trainer licensure. If the athletic trainer treating or diagnosing a patient is unqualified, student-athletes may be placed at a greater risk for injury.

A team consisting of SDSU Athletic Training Program Director Dr. Lebsack, SDSU ATP Preceptors Robbie Bowers, Adrienne Wilson, and Justin Porta, and Wendy Sandoval met with the staff of Senator Brian Jones. Wendy Sandoval characterized the meeting as "powerful" and an "eye-opener." Wendy witnessed first-hand how passionate Athletic Trainers are about this bill and how vital the bill is to ensure adequate care for student-athletes. As a mother of an athlete, Wendy is convinced that it is essential for her son (and other student-athletes) to be appropriately cared for by a certified athletic trainer.

At the end of the Symposium, Dr. Lebsack shared her thoughts about our ATP students: "I was extremely proud of how well our students represented SDSU. It was so rewarding to see the AT students and alumni in a professional, social, and advocacy environment. Our group is so genuine and truly cares about the profession and future of Athletic Training. I was so proud!"



Melissa Fitzgibbons, Jessica Lew, Senator Brian Jones, Robbie Bowers, Justin Porta, and Dr. Denise Lebsack



ENS Faculty and students with Kyung Hee University students from South Korea during their certificate ceremony at SDSU

Students from South Korea Visit School of ENS

What began as a gathering of shy and reserved strangers with uncertain expectations from different parts of the world, ultimately resulted in friendships and a strong sense of connection. A group of 20 students and two faculty members from Kyung Hee University (KHU) in South Korea visited SDSU for four weeks in the Spring 2020 semester. The visit was rich with cultural sharing and inclusive activities for both KHU and SDSU students. Two of our student organizations (Student Nutrition Organization [SNO] and Kinesiology Organization Revolutionizing Exercise [K.O.R.E.]) shared cultural experience with the KHU students as they cooked American and Korean food together. Aarica Geitner, President of SNO, summarized the evening:

“There were so many smiling and happy faces. At one point, laughter filled the room as the Korean students were showing us how to make Kimchi Rice. It is a night I’m sure both groups and faculty will not soon forget!”

-Aarica Geitner, President of SNO

KHU students took several workshops led by ENS faculty and students. Fabio Comana and his students Jose Govea and Jusilla Bridgemon provided the ‘Techniques in Corrective Exercise and Coaching Proper Exercise Form’ workshop. Fabio stated: “Throughout the process of teaching both theory and practice, I was fortunate enough to become acquainted with all of the students and enjoyed observing how their distinct personalities emerged as they began to master the subject matter and the movements instructed. It was an absolute pleasure to have spent time with the students, to witness their enthusiasm for learning, and to feed off the energy, passion, and excitement they brought to each session. I do hope we can establish an ongoing relationship and that KHU continues to bring students to ENS.” Jose and Jusilla appreciated learning about the South Korean culture as they taught exercise techniques. Jusilla noted, “I found it rewarding and fulfilling to watch the students flourish during their time here at San Diego State University. I hope they’ve learned just as much from me as I have from them.”

The workshop entitled, ‘Current Trends and Topics in Nutrition and Food Science in the U.S.’ was led by several Nutritional Sciences faculty and students. Drs. Mee Young Hong, Shirin Hooshmand, Mark Kern, Changqi Liu, and Amanda McClain covered topics such as Sports Nutrition, Nutrition and Bone Health, and Behavioral Nutrition. Several Nutritional Sciences students were also involved, including Andrea Chapin, Molly Ginsburg, Tiffany Lum, Jeff Moore, Sherry Pinneo, Martin Rosas, and Cassandra Maya. Dr. Hong shared her thoughts on the South Korean Student’s visit:

“I received many comments from the visiting KHU students indicating that they had so much fun and that it was a great opportunity to learn and discover many new things, experience San Diego culture, and make new friends. I hope this experience opens their eyes, broadens their minds and views, and promotes their personal and professional growth.” *-Dr. Mee Young Hong, Professor, Foods and Nutrition*

The KHU students also participated in an Aquatics experience at Mission Bay Aquatic Center, where they had the chance to learn to paddleboard, surf, sail, and kayak. The visit left an indelible impression on our new friends from South Korea. Many students indicated that they wanted to go to school at SDSU and live in San Diego. Both Universities hope that this initial program blossoms into an exchange program that can provide the benefits of international travel and cultural sharing to more students.



Student Highlight

Freddy Gonzalez **Undergraduate Student** **B.S. Kinesiology – Pre-Physical** **Therapy**

Immediately following high school, Freddy Gonzalez enlisted in the U.S. Army, where he studied to be a combat medic and for a variety of other medical assisting roles. In his time as a student, he studied math and science as his preparation for kinesiology, which also included studying child development. In Spring 2020, he will attain a Bachelor of Science degree in Kinesiology, with an emphasis in Pre-Physical Therapy. He also has a minor in Child Development.

Freddy was accepted into SDSU’s Doctor of Physical Therapy (DPT) program. In preparation for the DPT program, he got involved in research projects with Dr. Michael Rosenthal, Dr. Eric Post, and Mr. Fabio Comana, where he was able to apply the knowledge he learned at SDSU. Freddy has made several research presentations at professional meetings. As a student instructional assistant, a significant amount of his time was committed to assisting professors through additional office hours, mentoring, and assessment of assignments.

In his free time, Freddy is physically active. He maintains a strength training regimen, participates in recreational archery, and masters his aim at recreational firearm ranges. He enjoys visiting loved ones and believes it is his most important pastime.

ALUMNI NEWS ²⁰²⁰

SPRING

Kinesiology

Doug Jones

Research Physiologist on Thermal Physiology Team for the Navy

Dr. Doug Jones, born and raised in San Diego, graduated from SDSU with B.S. in Kinesiology (2010) and a M.S. in Exercise Physiology (2011). During his time at SDSU, he taught Exercise Physiology laboratory courses, served as the Exercise Physiology Laboratory Manager, and conducted thermal physiology research under the guidance of Dr. Michael Buono. Prior to graduating in 2011, Dr. Jones began an internship at the Naval Health Research Center in San Diego, where he currently works as a Research Physiologist for the Thermal Physiology team in the Warfighter Performance department. Since graduating, he has maintained an adjunct faculty position in the School of ENS, which allows him to continue research and collaborations with the faculty. In 2019, he completed his Ph.D. at the University of Brussels in Belgium, with his dissertation focused on cold water immersion and human performance. Dr. Jones has translated his Ph.D. efforts into operational research for the military by evaluating neurophysiological responses in warfighters immersed in cold water at the Marine Corps Mountain Warfare Training Center in Bridgeport, CA. On any given weekend you will find him rock climbing, hiking, trail running, mountain biking, or volunteering as an Alpine Ski Patroller. He would like to thank the outstanding faculty and staff in the School of ENS who provided exceptional support to him and many other students during their time at SDSU.



Doctorate of Physical Therapy

Rose Schlaff

Virtual Sexual Health Coach, Lecturer for University of Michigan and San Diego State University

Dr. Rose Schlaff (DPT, WHC, IF) has always had a gift for making people feel at ease when talking about uncomfortable, sensitive, or embarrassing topics. It's no surprise that she ended up in the world of pelvic and sexual health. Dr. Schlaff received her Doctorate in Physical Therapy from San Diego State University, specializing in treating the pelvic floor muscles. After that, she became a Certified Women's Health Coach and Women's Sexual Health Fellow. Now, Dr. Schlaff owns her own virtual sexual health coaching practice where she helps women who struggle with pain or discomfort during sex overcome pain and experience pleasure and joy both in and out of the bedroom. In addition to her virtual sexual health coaching practice, she is a guest lecturer for the University of Michigan's Human Sexuality Certificate program and San Diego State University's Marriage and Family Therapy Sexuality and Intimacy course. She has had the opportunity to lecture internationally on the topic of women's sexual and pelvic health in Beijing, China. Dr. Schlaff has published in the *Journal of Women's Health Physical Therapy* and is a contributing author to the World Professional Scientific Committee for the International Society for the Study of Women's Sexual Health.



Athletic Training

Mark D'Anza

Athletic Trainer and Teacher at Durango High School and Lecturer at University of Nevada, Las Vegas

Mark D'Anza is currently a teacher and an athletic trainer in Las Vegas, NV. He graduated from San Diego State University with a B.S. in Kinesiology, with an emphasis in Athletic Training in 2005. Mark teaches Anatomy & Physiology and AP Biology at Durango High School, where he has worked since 2008. Mark is an adjunct lecturer in the Department of Kinesiology and Nutrition Sciences at the University of Nevada, Las Vegas, where he teaches Emergency Management of Illness and Trauma. He is an athletic trainer for Select Physical Therapy, working at various events and schools in Las Vegas. In addition, he has traveled with the USA Wrestling national teams to tournaments around the world. Mark has served in a variety of settings as an Athletic Trainer. He served as President of the Nevada Athletic Trainers' Association. This distinction also made him the Nevada Representative to the Far West Athletic Trainers' Association (FWATA), where he served on the managing board. He currently serves on the Scholarship Committee for FWATA and is the incoming Chair for the FWATA Secondary School Athletic Trainers' Committee. When the National Athletic Trainers' Association held their meeting in Las Vegas in 2019, he was chosen to act as the Host City Representative. Mark was recently recognized with the FWATA Special Recognition Award.



Foods & Nutrition

Heather Buonomo

Chief of Operations for the Food and Housing Division for the County of San Diego, Department of Environmental Services

Heather Buonomo obtained a B.S. in Food Science and Nutrition, before becoming a Registered Environmental Health Specialist with the state of California. She has worked for the County of San Diego, Department of Environmental Health's Food and Housing Division since 2002. She worked her way up to Chief of Operations for the Food and Housing Division where she oversees a team of 107 full-time employees and an annual operating budget of \$17.5M. She manages the California Health and Safety Code regulations at over 15,500 food establishments, 2,500 housing sites, including 77,000 apartment and hotel units, 30 detention facilities, 35 organized camps, 200 body art shops and over 4,000 swimming pool sites. She is the Chair of Subcommittee B of the California Retail Food Safety Coalition, which focuses on writing state code language to address food safety issues, represents San Diego County on the state Food Safety Policy Committee and participates in a state advisory committee for the implementation of AB 2178, state law on Limited Service Charitable Feedings Organizations. Heather has also twice been the local chapter president of the California Environmental Health Association and in 2017 was recognized as the Department of Environmental Health's Employee of the Year, an award that is given to only one person out of 300 employees annually. When not at work, you'll find her running, swimming, hiking, eating (her husband's cooking!) and spending time with her family at endless children's sporting events.



Catching Up with Emeritus Faculty Member Dr. Pat Patterson



Faculty Spotlight

Dr. David Kahan,
Associate Director and Professor

Dr. Kahan came to SDSU from the University of New Mexico in 2000, and from then through 2012 taught Physical Education Teacher Education courses. After that, Dr. Kahan taught Physical Education of Children, Measurement and Evaluation, and Promotion of Physical Activity and Healthy Eating before becoming the School's Associate Director in 2017 and assuming teaching the culminating Seminar in Directed Readings graduate course. Dr. Kahan mentors Graduate Teaching Assistants who teach exercise physiology laboratory courses and performs School and program curriculum assessment and review projects. Dr. Kahan's research encompasses two different tracks, both of which incorporate undergraduate students in data collection, data analysis, and manuscript writing.

First, Dr. Kahan explores how young people's physical activity is affected by religion and religious observance. He has worked with Muslim, Jewish, and Catholic schools in this regard. Second, Dr. Kahan conducts website content analysis to determine how physical activity is advertised/messaged online. This line of research thus far has included charter schools, private schools, Jewish day schools, Islamic centers, and synagogues.

In his spare time, Dr. Kahan exercises daily by swimming, running, or cycling. He attends various college and professional sporting events around San Diego and regularly attends the area's cultural festivals and theater productions.



Emeritus Faculty, Patricia Patterson with her son Jesse and his wife Jen.

From 1985 to 2014, Dr. Patricia Patterson was a faculty member in the Department of Kinesiology (later named School of Exercise & Nutritional Sciences). During this time, she taught Measurement and Evaluation, Statistics, Research Methods, Introduction to Kinesiology, and activity classes, including swimming and aerobic dance. She received the Outstanding Faculty Award in 1994 and 1997. She was named the "Most Influential Faculty Member" on three separate occasions for students admitted to Mortar Board and once for a student who earned "Quest for the Best," a status given to no more than 10 students each year who have excelled in service to the University and community.

Pat's research interests focused on measurement issues (specifically validity and reliability) for measures of physical fitness and physical activity. She also played a significant role in service to the Department, College, and University during her tenure at SDSU. She was a member of or chaired numerous committees at all levels. She also served as the Graduate Advisor from 1997-2001 and as Undergraduate Advisor from 2006-2014. Pat also served as a statistical consultant for graduate students and faculty from 1985-2002.

In retirement, Pat enjoys traveling, reading, movies, plays, weight training, being physically active, and visiting her son Jesse and his wife Jen, who live in the Washington, DC area.

ENROLLMENT BY THE NUMBERS

Fall 2019 Enrollment

Undergraduate Programs	Number of Students	Graduate Programs	Number of Students
BS Athletic Training	155	Doctor of Physical Therapy	114
BS Foods & Nutrition	378	MS Exercise Physiology	13
BS Kinesiology – Exercise Science Generalist	108	MS Kinesiology	3 <small>(new enrollment in this program is currently suspended)</small>
BS Kinesiology – Fitness Specialist	325	MS Nutritional Sciences	29
BS Kinesiology – Pre-Physical Therapy	1,224	MS Nutritional Science and MS Exercise Physiology	19
Total Undergraduate Enrollment	2,190	Total Graduate Enrollment	178

SPARK Endowments Established

By *Natasha Bliss*

Paul Rosengard graduated from San Diego State University in 1977 with a degree in Kinesiology and received his teaching certificate from the university in 1978. A lifelong advocate of physical activity, Paul became involved with research on an N.I.H. funded program named SPARK (Sports, Play, and Active Recreation for Kids) alongside SDSU Professors Thom McKenzie and Jim Sallis.

SPARK is dedicated to creating, implementing, and evaluating research-based programs to improve the health of children and adolescents, and promotes wellness throughout the lifetime. Considered the “Godfather” of the SPARK Program, Paul first joined the SPARK research team in 1990 and served as the program’s Executive Director from the beginning of dissemination in 1993 until his retirement in 2015.

Paul is known for his extensive work as a content author, teacher trainer, and physical activity leader, having contributed as an intervention director and consultant for many benchmark national studies/projects throughout his career. These studies focused on the fields of physical education, after school programs, early childhood, and coordinated school health.

While leading the SPARK dissemination effort, Paul taught future teachers how to instruct physical education at UCSD for 11 years. He has over 25 publications/papers/magazine articles in professional journals, has authored or co-authored 16 curriculum books for teachers, and has conducted nearly 400 professional workshops and conference presentations worldwide. He was appointed as the first Deputy Director of the California Governor’s Council on Physical Fitness and Sports (1996) and served as a key member of the education committee for many years. Before returning to SDSU in 1990 to work on the first SPARK research grant, Paul taught for 12 years as a physical educator, athletic director, department head, and sports coach. He’s also proud of his years as a Recreation Leader with the Chula Vista Parks and Recreation Department (which put him through SDSU) in his hometown of Chula Vista, CA.

Together with his wife, Wendy, Paul is establishing three endowed funds within SDSU’s School of Exercise and Nutritional Sciences.

The **SPARK Endowed Scholarship** will provide support to students pursuing the Fitness Specialist concentration in Kinesiology who have financial need.

The **SPARK Endowment for Student Research and Scholarly Activities** will enhance the educational experience of students by supporting expenses related to research, conference travel, and other high-impact practices that contribute to the academic experience of students.

The **SPARK Endowment for Faculty Research** will support expenses associated with faculty research.

“SDSU has been a big part of my life. From 1974-79 as a student, from 1990-2002 as an employee, and through our partnership with SPARK from 1990-2015 when I retired. I’m grateful to have an opportunity to give back to SDSU, and I strongly encourage my fellow alumni to do the same and join me in becoming a member of the Heritage Society,” shared Paul.

The School of Exercise and Nutritional Sciences extends its most profound appreciation to Paul and Wendy for the impact they are making in the lives of future students and faculty through the establishment of these three endowed funds.

To learn more about giving opportunities or how to establish an endowed fund in your name, please contact our development staff:

Stacy Carota
Executive Director of Development
College of Sciences and College of
Health and Human Services
scarota@sdsu.edu

Natasha Bliss, MPH
Director of Development
College of Health and Human Services
nbliss@sdsu.edu

Interesting in Supporting ENS?

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.



Meet the Staff

Charmita Jimenea
Accounting Technician II

Charmita Jimenea works in the School of ENS office as the Accounting Technician. She has been with the School of ENS for three years. She previously worked at the SDSU Research Foundation for 11 years as an Accounts Payable Technician and Procurement Card Administrator.

With her knowledge from the Research Foundation, Charmita has thrived at her position in the School of ENS. She helps keep the School running smoothly via purchasing, budgeting, and accounting. She also works with faculty to process curriculum changes. Charmita is a perfectionist, with a fine eye for detail. She is a great teammate and is always ready to help (even if you can’t see her behind the computer screen).

In her free time, she enjoys playing video games (Fortnite and Minecraft) with her son.