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THRIVE!

SCHOOL OF EXERCISE AND NUTRITIONAL SCIENCES



STUDENTS PLAYING BADMINTON AND TABLE TENNIS IN THE COURTYARD OF THE WOMEN'S GYMNASIUM IN ENS, 1935

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SDSU ADAPTIVE FITNESS CLINIC STUDENTS ASSISTING A PATIENT



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SDSU ACKNOWLEDGES THE LEGACY OF THE KUMEYAAY NATION

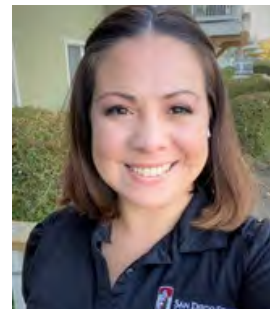
For millennia, the Kumeyaay people have been a part of this land. This land has nourished, healed, protected, and embraced them for many generations in a relationship of balance and harmony. As members of the San Diego State community, we acknowledge this legacy. We promote this balance and harmony.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

- Kumeyaay Land Acknowledgement created by Michael Connolly Miskwish

THRIVE! NEWSLETTER TEAM



DR. MATTHEW MAHAR
DIRECTOR, SCHOOL OF EXERCISE
AND NUTRITIONAL SCIENCES



WENDY SANDOVAL
THRIVE! EDITOR - IN- CHIEF/ENS STAFF
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DIRECTOR'S MESSAGE

The pandemic still isn't over, but our programs are thriving because of the fantastic efforts of our faculty, staff, and students. Academic programs in the School of Exercise and Nutritional Sciences include undergraduate degrees in Foods & Nutrition and Kinesiology, master's degrees in Nutritional Sciences and Exercise Physiology, and the Doctor of Physical Therapy. Our undergraduate degree in Athletic Training is transitioning to a master's degree in Athletic Training starting in Summer 2022. In this issue of *Thrive!*, we say goodbye to esteemed faculty member, Dr. Susan Levy, who retired this summer and welcome new faculty and staff members. Our alumni are truly incredible and are doing truly incredible things. We continue our feature called the 'Cradle of Professors,' with professors in Florida and California. Alumnus, Lupe Celdon, was recognized as Teacher of the Year in San Diego. I hope you enjoy the season and the newsletter and get 7 to 9 hours of sleep a night. Thanks for reading.



DR. MATTHEW MAHAR
DIRECTOR, SCHOOL OF
EXERCISE AND NUTRITIONAL SCIENCES

DR. SUSAN LEVY RETIRES



DR. SUSAN LEVY

Join us as we thank Dr. Susan Levy for her contributions to ENS and SDSU and congratulate her on her retirement! Susan joined the ENS faculty in 2001 as a Measurement and Evaluation specialist, with a particular interest in exercise behavior. She taught a variety of courses for the School at the undergraduate and graduate levels.

Her key responsibilities were the graduate core Experimental Methods and Research Evaluation courses. Dr. Levy's research focus evolved over the years from examining psychosocial predictors of exercise behavior to investigating the effects of physical activity on physical function and maintenance of physical independence in older adults. It was an absolute joy for her to bring students into this work, watch them develop their research skills, and engage with their participants and community partners. She collaborated on various research projects outside of her research area as a measurement and statistical consultant. These included collaborations with faculty members in ENS, the College of Health and Human Services, and at UCSD.

MARY OLSEN CELEBRATES 100TH BIRTHDAY



MARY OLSEN
(PHOTO COURTESY OF
SAN DIEGO UNION TRIBUNE)

Mary Olsen danced the evening away, celebrating her 100th birthday surrounded by family and friends at Heritage Park on Jul 11, 2021. Mary moved her feet while her partners held her up as they danced. Mary gave credit to dancing for her excellent health. She took dance classes in her 60s and believes that is what kept her going. Growing up, she loved exercising and riding her bike everywhere.

Her late husband an ENS Emeritus Faculty member, Dr. Al Olsen, was a pitcher for the San Diego Padres (minor league) in 1939. They met at San Diego High School and married in 1941. During his time with the Boston Red Sox, Dr. Olsen was drafted into the Air Force Special Services during WWII. At the same time, Mary and her mother-in-law participated in the war efforts as riveters at Convair and Ryan Aeronautical. After the war, Dr. Olsen continued pitching for the Cleveland Indians and AA clubs. She followed her husband during the season, moving from city to city each summer with their three children. During the off-season, Dr. Olsen continued his education, earning his doctorate in education. He became a professor of physical education and served as director of athletics at SDSU.

In the 1960s, Mary made reproductions of German and French antique dolls, selling a number of them. Her current hobby is painting rocks of her friends' pets. Residents at her living community, Fairwinds Ivey Ranch, enjoy her exuberant, upbeat personality. At 100, she continues to feel young and looks forward to celebrating her 101st birthday.

SCHOOL OF EXERCISE AND NUTRITIONAL SCIENCES-THE CRADLE OF PROFESSORS

The School of Exercise and Nutritional Sciences is known for graduating students who then go on to become professors at colleges and universities across the nation. In this section, we highlight some of our graduates that helped us become the Cradle of Professors.



DR. KEVIN JACOBS

Associate Professor
University of Miami

Dr. Kevin Jacobs joined the faculty at the University of Miami in 2004. He completed his M.S. in Applied Exercise Physiology at San Diego State University in 1993 and worked as a research physiologist at the Naval Health Research Center in San Diego until 1995. Dr. Jacobs earned his Ph.D. in Exercise Physiology from The Ohio State University in 2000. He completed a four-year postdoctoral fellowship at the University of California, Berkeley, and the Palo Alto VA Health Care System.

His research focus is human metabolism and, more specifically, how factors such as exercise intensity, nutritional status, training status, gender, age, menstrual cycle phase, and environment alter substrate (carbohydrate, fat, and protein) use at rest and during exercise. His research involves basic measurements such as analyzing respiratory gas exchange and concentrations of various blood metabolites and hormones to more complex measurements of substrate turnover by stable isotope infusion and analysis. The results of his research not only further basic science but are also applied to improving our understanding of the etiology of metabolic diseases such as obesity and non-insulin-dependent diabetes and developing more effective lifestyle interventions to prevent and treat these diseases.

Dr. Jacobs's research has involved men and women of various ages and fitness levels as subjects studied in environments as varied as a standard laboratory at sea level to a high-altitude research station at Pikes Peak, Colorado (14,100 ft. elevation). While at the University of Miami, Dr. Jacobs, and his students have investigated many topics, including the metabolic effects of spinal cord injury, pharmacological and ischemic preconditioning effects on cardiovascular hemodynamics, and exercise performance at

simulated moderate and high altitudes and pre-exercise sprints and glycemic control in people with type 1 diabetes during prolonged exercise. Currently, Drs. Kevin Jacobs, David McMillan (doctoral graduate and current faculty member at The Miami Project to Cure Paralysis), and Mark Nash are studying the effects of spinal cord injury on fat metabolism in response to feeding and exercise. This work will improve their understanding of disordered fat metabolism in this population and the effectiveness of exercise in preventing excessive body fat accumulation. The ultimate goal of this translational work is to guide the development of innovative rehabilitation strategies aimed at improving the quality of life of this population. With funding from the Craig H. Neilsen Foundation, investigators test adult men with chronic paraplegia, tetraplegia, and age-matched control subjects without spinal cord injury. The effects of spinal cord injury and an acute bout of upper body exercise on the use of fats stored in the body and those from a recently ingested meal will be examined using novel stable isotope tracer methods, frequent blood, and breath sampling.

SCHOOL OF EXERCISE AND NUTRITIONAL SCIENCES-THE CRADLE OF PROFESSORS

DR. MICHELLE BARRACK

Associate Professor
CSU Long Beach

Dr. Michelle Barrack is an Associate Professor of Nutrition and Dietetics at California State University, Long Beach. She went to UCLA and ran on the NCAA Cross-Country and Track and Field teams. As an athlete, Dr. Barrack appreciated the role of nutrition on performance and recovery and experienced several injuries, which prompted her interest in learning more about exercise science and nutrition. She joined the San Diego State University M.S. Exercise Science program and worked as a research assistant for Project SPIRIT (Sports Injury Research in Teens), a study led by Drs. Jeanne Nichols and Mitchell Rauh, evaluating components of the Female Athlete Triad and injury incidence in female high school athletes. Dr. Barrack then pursued a Ph.D. in Nutritional Biology at the University of California, Davis. Her graduate work focused on evaluating the prevalence of low bone mineral density risks factors, endocrine profile, and food and nutrient intake in female adolescent endurance runners. After graduating, Dr. Barrack worked in the K30 Graduate Program in Translational Investigation at UCLA. In 2017, she earned the designation as a Board Certified Specialist in Sports Dietetics.

Dr. Barrack's research areas focus on evaluating interrelationships between diet, exercise, bone metabolism, injury risk, and sports performance and assessing the effectiveness of nutrition education interventions to optimize energy availability and nutrient intake in physically active adolescents and young adults. Dr. Barrack has co-authored 46 peer-reviewed publications in esteemed nutrition and sports medicine journals, including the *British Journal of Sports Medicine*, *American Journal of Sports Medicine*, *Clinical Journal of Sports Medicine*, the *Journal of the Academy of Nutrition and Dietetics*, *Medicine and Science in Sports & Exercise*, and the *American Journal of Clinical Nutrition*, among others. Additionally, she has authored or co-authored 80 conference presentations and three book chapters.

Researchers and clinicians highly cite Dr. Barrack's publications in the field. Her most referenced article, "Higher incidence of bone stress injuries with increasing female athlete triad-related risk factors: a prospective multisite study of exercising girls and women," has been cited in more than 250 peer-reviewed articles. Dr. Barrack's publications include four consensus statements where she served on the invited Expert Panel. One of the manuscripts, published in 2014, established treatment and return-to-play guidelines for the Female Athlete Triad. The publication was endorsed by the American College of Sports Medicine (ACSM) and the American Medical Society for Sports Medicine. Dr. Barrack's research contributed to and is cited in the publication, and she was invited to serve on a symposium panel describing the guidelines at the 2015 ACSM Annual Meeting. Two of the consensus statements were the first to define and provide the scientific basis, diagnosis, treatment, and return-to-play guidelines for the Male Athlete Triad.

Dr. Barrack mentors several undergraduate research programs at CSULB, including the Building Infrastructure Leading to Diversity (BUILD) and Advancing Nutrition Development through Alliances for Leadership and Education (ANDALE) Latino Research Training Programs. She has supported students in submitting and presenting research at numerous professional conferences and involved students as co-authors for peer-reviewed research manuscripts. Several graduate students Dr. Barrack advised have been awarded Outstanding Thesis or Directed Project for the CSULB Department of Family and Consumer Sciences and Outstanding Thesis for the CSULB College of Health and Human Services. Dr. Barrack has served the profession in her work with several professional organizations. For many years, she worked as a Sports Nutrition or Disordered Eating Editor for the Academy of Nutrition and Dietetics Sports Nutrition Practice Group, Sports Cardiovascular and Wellness Nutritionist's (SCAN) quarterly publication, PULSE. Dr. Barrack was voted President of the Female and Male Athlete Triad Coalition and recognized as a Fellow of the American College of Sports Medicine. Outside of work, she is a busy mom of three children, Lucia, Rafael, and Chiara. She and her husband enjoy fun outings with the kids, gardening, arts & crafts, and cooking.

WELCOME NEW FACULTY AND STAFF!

The School of Exercise and Nutritional Sciences welcomes new faculty and staff members for the 2021-2022 academic year. We are very excited to have them here!



**DR. MICHELLE RAWLINS,
ASSISTANT PROFESSOR**

Dr. Michelle Rawlins received her Ph.D. from the University of Georgia and was a Postdoctoral Fellow at A.T. Still University. She joins our SDSU athletic training program teaching the ENS 465 - Seminar in Organization and Administration in Athletic Training course.



**DR. SASHA RESCHECHTKO,
ASSISTANT PROFESSOR**

Dr. Sasha Reschechtko received his Ph.D. from Pennsylvania State University and was a Postdoctoral Associate at the University of Western Ontario. Dr. Reschechtko is teaching the ENS 307 - Motor Learning and Performance course.



**DR. KENNETH LEUNG,
LECTURER**

Dr. Kenneth Leung received his Doctor of Physical Therapy degree from the University of Southern California. He joins the SDSU Doctor of Physical Therapy Program teaching DPT 710 - Foundations of Physical Therapy Evaluation II and DPT 820 - Musculoskeletal Therapeutics I.



**MR. BRIAN PANALIGAN,
LECTURER**

Mr. Brian Panaligan graduated with a Master of Science degree in Nutritional Sciences and a Master of Science degree in Exercise Physiology from SDSU. He joins us as a lecturer teaching ENS 304L - Exercise Physiology Lab.



**MS. TORI SIMON,
LECTURER**

Ms. Tori Simon graduated with a Master of Science degree in Exercise Physiology from SDSU. She joins us as a lecturer teaching ENS 304L - Exercise Physiology Lab.



**MR. KENSLOW SMITH,
UNDERGRADUATE ADVISOR**

Mr. Kenslow Smith joins ENS as a full-time undergraduate advisor. He was previously an advisor for student-athletes at the University of San Diego.

DISTINGUISHED ALUMNI

DOCTORATE OF PHYSICAL THERAPY



JORDAN SPRADLIN

Orthopedic Resident Physical Therapist,
University of Southern California

Jordan Spradlin received his Doctorate of Physical Therapy in 2020. During his studies, he served as the Core Ambassador for the American Physical Therapy Association (APTA), acting as a liaison between APTA's student assembly board of directors and California PT/PTA programs. Following graduation, he demonstrated further commitment to personal and professional development through completing the University of Southern California's Orthopedic Residency program. This specialization has allowed Dr. Spradlin to pursue his passion for serving his country as an officer and physical therapist in the United States Army. He is currently training for active duty to serve the community and is eager to provide exceptional care to service members and their families at home and abroad.

ATHLETIC TRAINING



CAROLYN GREER

SDSU Athletic Training Program Lecturer

Carolyn Greer received her B.A. in 1975 and her M.S.A. in 1983 from SDSU. She is the former Associate Director of Athletics for Sports Medicine at the University of San Diego. After 40 years, Carolyn retired but still gives back to the SDSU Athletic Training program by teaching courses. She trained under the late SDSU Emeritus Faculty and National Athletic Trainers' Association (NATA) Hall of Fame member Robert J. Moore. She is a Far West Athletic Training Association Hall of Fame member and NATA Most Distinguished Athletic Trainer. Carolyn has lectured locally, regionally, and nationally on Proprioceptive Neuromuscular Facilitation and other topics.

FOODS & NUTRITION



KELLY LANE

Lecturer and Undergraduate Advisor
School of Exercise and Nutritional Sciences

Kelly Lane has spent the better part of the last two decades designing and teaching upper and lower division courses in the School of Exercise and Nutritional Sciences at SDSU. Her course design experience includes general education, online, and hybrid courses covering the subjects of Human Nutrition, Food Systems Management, and Analytical Food Science. As an award-winning lecturer, she designed and taught one of the largest online upper-division general education courses in the California State University system. As the Undergraduate Advising lead in the School of Exercise and Nutritional Sciences, Kelly stays current with the ever-evolving internship, certification, job, and degree requirements to ensure her course content remains relevant.

KINESIOLOGY



REBECCA WELLER

Research Physiologist, Naval Health Research Center
& Lecturer, School of Exercise and Nutritional Sciences

Rebecca Weller graduated from Washington State University with a B.S. in Kinesiology and Psychology in 2016 and from SDSU with an M.S. in Exercise Physiology and M.S. in Nutritional Sciences in 2018. During her time at SDSU, she worked with Dr. Michael Buono examining the effect of heat acclimation on sweat lactate and sweat calcium concentrations. Rebecca works at the Naval Health Research Center as a Research Physiologist on the Environmental Physiology Team for the Department of Warfighter Performance. She teaches Cardiopulmonary Therapeutics for the Doctor of Physical Therapy program at SDSU. Rebecca grew up on the base of Mount Rainier in Washington. She enjoys traveling to National Parks, beach volleyball, rollerblading, boxing, and spending time with her dog outside of work.

STUDENT NUTRITION ORGANIZATION

The Student Nutrition Organization (SNO) serves the San Diego community through nutrition education, advocacy for nutrition, wellness causes, and philanthropic ventures. SNO provides student members with practical field experiences and opportunities for community involvement

SNO is comprised of a passionate group of students with various interests and is bolstered by social events held every month. SNO events help members to get to know each other by participating in yoga or Zumba classes, hiking groups, meal outings, and more (but mostly eating). SNO provides members with the opportunity to gain work experience through the SNO catering program. Most importantly, SNO welcomes students from all majors to join. Active members attend bi-weekly meetings and volunteer within the community, but their involvement goes beyond these obligations.



Senior Chelsie Miller is the current President for SNO. She shared with us what she loves about the club.

"If I had to pick one thing I love about SNO, it would be building relationships with our members. A wise friend told me that the people make the club, not all of the administrative and things going on behind the scenes." - Chelsie Miller, Student Nutrition Organization (SNO) President

If you are curious about nutrition or looking to meet new people, you can attend one of their general body meetings. More information about becoming a member, member meetings, and getting involved is posted on their website at sno.sdsu.org.

GREGG VOIGT SCHOLARSHIP

A scholarship fund has been established in honor of late ENS Emeritus Faculty member Gregg Voigt. He passed away on June 19, 2020, after a long battle with cancer.

Gregg taught a wide range of courses at ENS, including basic kinesiology courses, physical growth and development, care and prevention of sports injuries, and athletic injury evaluation.

As a patient, Gregg participated in cutting-edge research with Mayo Clinic doctors. Because of his sports medicine background, he shared special insights and presented his survival story and perspective at national conferences attended by Mayo Clinic researchers. Gregg showed courage during his challenges and persevered with a successful career at SDSU.

We thank many individuals who have already contributed to help us endow the Gregg Voigt Scholarship. If you would like to contribute, click here:

<http://campaign.sdsu.edu/greggvoigt>.



ENS EMERITUS FACULTY MEMBER

INTERVIEW WITH LUPE CELEDON



LUPE CELEDON
RECIPIENT OF THE SAN DIEGO UNIFIED SCHOOL
DISTRICT TEACHER OF THE YEAR 2021

Lupe Celedon, a recent graduate from the School of ENS Master of Science in Exercise Physiology program, was named the 2021 San Diego Unified School District (SDUSD) Middle School Teacher of the Year. Lupe began teaching in 2006 at the same middle school that she attended. She worked at La Pressa Middle School for a couple of years and in 2009 began working at the Creative and Performing Media Arts Middle School. A place she now calls home. During her time in the M.S. Exercise Physiology program, Lupe relied on the mentorship of Dr. David Kahan and Dr. Susan Levy. She wanted to apply the ideas she got from SDUSD in physical activity and bring them back to YMCA-sponsored afterschool programs. It was an excellent opportunity to get her ideas to fit her vision for increasing physical activity opportunities for students in schools.

She first started teaching yoga to students in her Advisory class, which later evolved into more. She taught P.E. using all of her yoga, and physical education training and then started incorporating "Brain Breaks" into content lessons inside the classroom. She collaborated with the YMCA, where she implemented the primetime afterschool program, incorporating games that kept children engaged. She showed "group leaders" different activities accessible to children from different backgrounds and ability levels. She worked on an instructional manual with varying games with accommodations. With children's feedback, the manual was perfected and is currently in the process of being published to be circulated out to programs and schools.

"It filled my heart to go through the reflections involved in the Teacher of the Year writing process. It gave me a chance to show gratitude to my mentors. To thank those that care about the big picture in education, fostering strong minds, bodies, and spirits" - Lupe Celedon

Lupe was nominated for the SDUSD Teacher of the Year award by the staff at Creative and Performing Arts Middle School. She went through the writing, presenting, and interviewing process and SDUSD recognized Lupe's outstanding efforts with the Teacher of the Year award. Lupe noted that she is forever grateful for all the support and mentorship she had along the way to get to where she is today.

ENS DIVERSITY AND INCLUSION COMMITTEE



The School of ENS Diversity and Inclusion Committee is the newest standing committee in the School. Over the past year, the committee developed a School Diversity and Inclusion Plan, evaluated student success metrics of different student groups, and surveyed course instructors about current teaching techniques and course activities that help students understand diversity, equity, and inclusion (DEI) principles. Based on this evidence, the committee is planning interventions to help faculty and staff integrate DEI principles to enhance student learning and career preparation.

SCHOOL OF ENS DIVERSITY AND INCLUSION COMMITTEE,
DR. CHANGQI LIU, MS.CATHRYN CHAVEZ, DR. AMANDA MCCLAIN,
DR. ANTOINETTE DOMINGO (CHAIR), MS. MELISSA MOYER, AND
DR. SASHA RESCHECHTKO



DR. AUDREY SPINDLER VOLUNTEERING IN AFRICA

CATCHING UP WITH EMERITUS FACULTY MEMBER DR. AUDREY SPINDLER

Dr. Audrey Spindler received a B.S. degree in Home Economics at George Washington University, followed by her M.S. and Ph.D. degrees at Colorado State University in Food Science and Nutrition. Later she became a Registered Dietitian and Certified Nutrition Support Dietitian.

In 1976, Dr. Spindler worked as an aging services specialist for the State Department of Public Assistance and Social Services in Cheyenne, Wyoming. In 1977, she was appointed as Assistant Professor of Foods and Nutritional Sciences in the School of Family Studies & Consumer Sciences at San Diego State University. Over the next 30 years, she had a distinguished and productive career at SDSU. Dr. Spindler developed the two-semester introductory food science course and special courses in cultural foods and geriatric nutrition. She was honored on several occasions as Outstanding Professor by the honor graduate in Foods & Nutrition and was honored by the SDSU Mortar Board as Outstanding Professor. She was promoted twice during her tenure and rose to Professor of Exercise & Nutritional Sciences. She was acting director of the School of Family Studies & Consumer Sciences from 1985-1986.

Dr. Spindler was active in research and graduate education. Over her career, she was the author or co-author of over 40 refereed publications. Her collaborative research work with exercise physiologist Dr. Jeanne Nichols helped lead to the merger of Foods and Nutritional Sciences with the Department of Physical Education in 1993-1994 after the SDSU Administration closed the School of Family Studies & Consumer Sciences in 1992. She retired as Professor Emeritus from SDSU in 2007.

Dr. Spindler thanks the California State University System, SDSU, its administrators, staff, faculty colleagues, and students for 30 years of meaningful work and sufficient retirement income. She found being a mentor for the McNair Scholar's program to be deeply rewarding. Almost all of the student scholars researching under her went on to earn Master's degrees. Two students who earned doctorates are Virginia Chaidez, Ph.D., R.D., associate professor at the University of Nebraska, and Lorena Pacheco, D.P.H., R.D., a post-doctoral student at Harvard University.

Shortly after retirement, Dr. Spindler went to the Zambian bush under the auspices of the Catholic Medical Mission Board. Some of the things she did there were related to sustainable agriculture, raising three-spot tilapia in aquaculture, and teaching beekeeping. She tutored children in science, math, and English and taught the monks how to read music.

Upon Dr. Spindler's return from Africa, she volunteered at Cuyamaca State Park, Silverado Hospice, and many church-related activities.

Dr. Spindler has facilitated and led retreats at several monasteries for the past 11 years. She especially enjoys the time spent in purposeful study and preparation for the retreats. Two Bastet-Mau kittens, Frankie and Benny, have become her recent companions.



FACULTY SPOTLIGHT **DR. MITCH RAUH**

Professor & Founding Director, Doctor of Physical Therapy Program

Dr. Rauh joined the ENS faculty in 2011. He was previously Professor and Director of Research at Rocky Mountain University of Health Professions. Dr. Rauh received his B.S. in Physical Therapy and Ph.D. in Epidemiology from the University of Washington. He also received his M.P.H. from the Graduate School of Public Health at San Diego State University

Presently, Dr. Rauh is a Professor and Director for the SDSU Doctor of Physical Therapy Program (DPT). Dr. Rauh is co-principal investigator of Project SPIRIT (Sports Injury Research in Teens) with Emeritus Faculty member Dr. Jeanne Nichols. This study monitors injuries, the female athlete triad syndrome, and the impact on injury and long-term bone health among girls' high school sports. His current research focuses on the relationships among the runners' sex, maturation status, training program (mileage, terrain, surface), shoe wear, behavior (adaptive vs. maladaptive), muscle strength, bone health, menstrual health (females), and running biomechanics that may interact with each other to increase the adolescent runner's risk of running-related injury. In addition, he researches heat illnesses and other cardiac issues in youth runners.

In the DPT program, Dr. Rauh teaches Cardiopulmonary Therapeutics and the Musculoskeletal Therapeutics course sequence. He has chaired over 10 doctoral projects in the DPT 897 Doctoral Research/DPT 889 Doctoral Project sequence. Since starting the program with two full-time DPT faculty in 2011, Dr. Rauh has grown the DPT program to 9 full-time and 15 part-time faculty.

Dr. Rauh enjoys spending time with his family, running and reading books on American history, particularly the Civil War and turn-of-the-century eras. He also volunteers for the Southwest Sports Wellness Foundation to provide injury screenings of high school athletes.



MEET THE STAFF **MS. WENDY SANDOVAL**

Administrative Support Coordinator I
School of Exercise and Nutritional Sciences

Wendy Sandoval is an Administrative Support Coordinator I for the School of Exercise and Nutritional Sciences (ENS). With a smile, she assists ENS faculty and students. She is the go-to person for ENS's social media platforms and the School website, streamlining the School's presence, accomplishments, opportunities, and events. Wendy is also the coordinator for the Athletic Training Program and works with faculty, preceptors, and students while managing administrative tasks to keep the program running.

She coordinates with student organizations, assists with scheduling, manages School Foundation funds, and many other projects. Currently, she serves on the Diversity, Equity, and Inclusion Council for the College for Health and Human Services and is an SDSU Change Ambassador. Wendy believes in student success and focuses on making sure students get the assistance they need to succeed.

In Wendy's free time, she enjoys hiking, trying new food, following Dodgers baseball, watching movies (especially the scary ones), creating customized tumblers, and spending time with her family and friends.



CATHRYN CHAVEZ WITH SDSU PRESIDENT
ADELLA DE LA TORRE

CATHRYN CHAVEZ WINS PRESIDENTIAL STAFF EXCELLENCE AWARD

Congratulations to ENS Administrative Support Coordinator Cathy Chavez for being recognized with the Presidential Staff Excellence Award for Service to the University. She was honored at the University House on August 12, 2021.

During the pandemic, Cathy assisted faculty members by providing instructions for their virtual transition. She helped reestablish labs and identify alternative lab spaces for faculty and students during the pandemic. Amongst many other needs for the School, she mentors students when guidance is required with their academic planning.

She provides outstanding service to the School of ENS and has been very helpful to all. Bravo, Cathy!



INTERESTED 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 Stacy Carota, Senior Director of Development, at scarota@sdsu.edu or (619)594-1569.

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