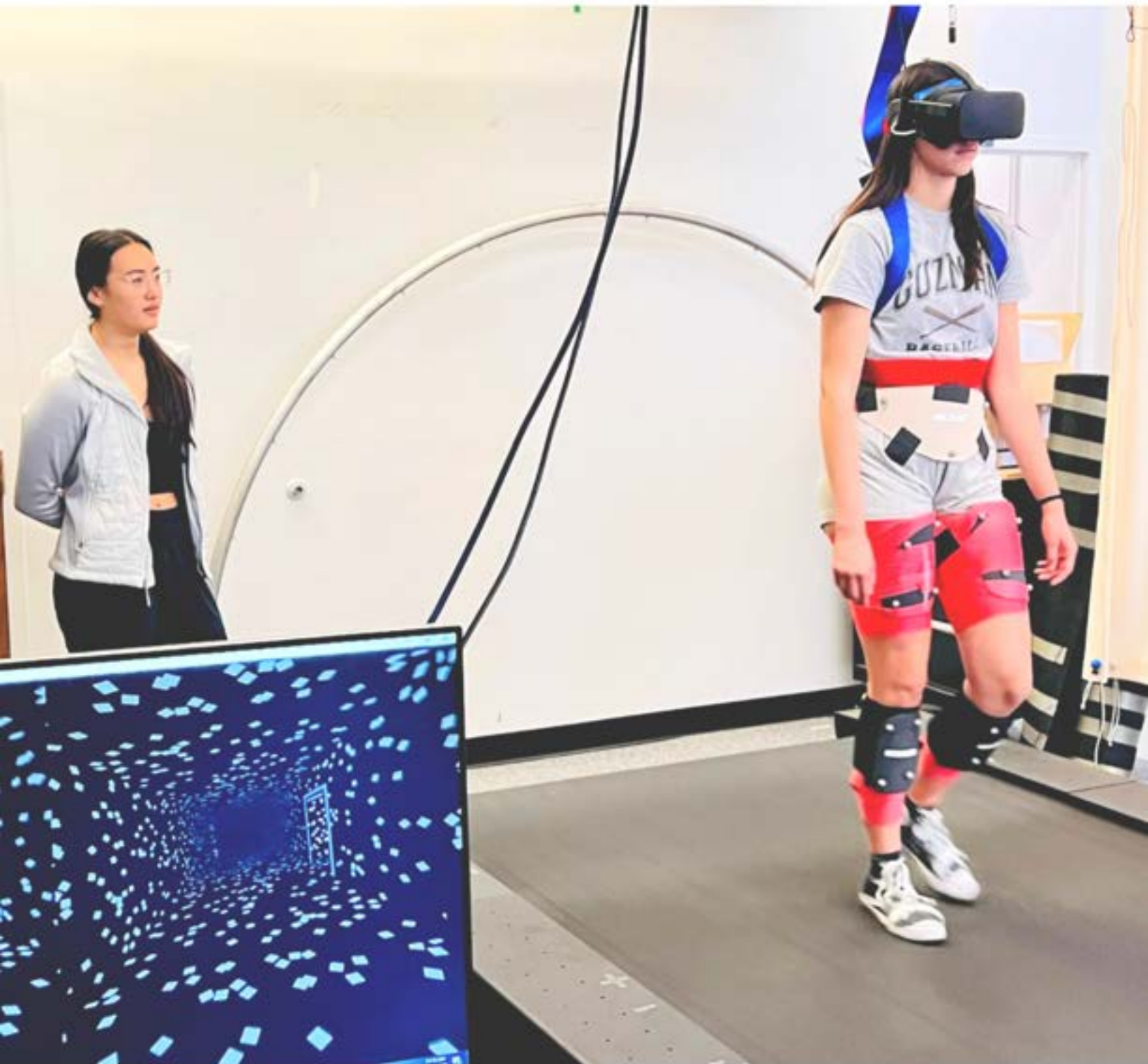


THRIVE!

SDSU

School of Exercise and
Nutritional Sciences



SCHOOL OF ENS STUDENTS BELINDA ALDERN AND HAYLEY HEIL
IN THE BIOMECHANICS LAB

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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



DR. MICHELLE WEBER RAWLINS ADMINISTERED A TEST ON A STUDENT MARILYN MANIGOULT FOR HER CONCUSSION RESEARCH



KINESIOLOGY ORGANIZATION REVOLUTIONIZING EXERCISE MEMBERS WITH ENS STAFF MEMBER GLORIA HARTMAN TALKING ABOUT THE DOCTOR OF PHYSICAL THERAPY PROGRAM ADMISSIONS PROCESS



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

My mentor instilled in me the mindset that, "when there's work to do, you work." I attend numerous culminating presentations from students in the School of Exercise and Nutritional Sciences, including new food development projects from undergraduate Foods & Nutrition students, master's student research projects in Exercise Physiology and Nutritional Sciences, and doctoral projects in Physical Therapy. I am continually impressed by the preparation, professionalism, and poise of our students. It is evident that our students work when there's work to do and are well prepared by our faculty. In this issue, you will be able to read about student and alumni accomplishments outside the classroom. We also introduce new faculty and staff and highlight new assignments that returning faculty have undertaken. This edition of *Thrive!* includes articles about Distinguished Alumni, the Cradle of Professors, Emeritus Faculty, and a life-saving story. Enjoy!



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

ENS BY THE NUMBERS

2022 GRADUATION NUMBERS

UNDERGRADUATE DEGREES AWARDED 2021-2022

GRADUATE DEGREES AWARDED 2021-2022

DEGREE	NUMBER OF DEGREES	DEGREE	NUMBER OF DEGREES
BS Athletic Training	27	Doctor of Physical Therapy	38
BS Foods & Nutrition	110	MS Exercise Physiology	2
BS Kinesiology- Exercise Science Generalist	48	MS Nutritional Sciences	15
BS Kinesiology- Fitness Specialist	65	MS Exercise Physiology & MS Nutritional Sciences	7
BS Kinesiology- Pre-Physical Therapy	293		
Total Undergraduate Degrees:	543	Total Graduate Degrees:	62

ENS STUDENT ACCOMPLISHMENTS 2022

Faculty in the School of ENS prepare students for meaningful careers through mentoring and support. Several ENS students 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)

Student: **Jashan Gill**

American Kinesiology Association Undergraduate Student Scholar Award

Student: **Robert Castro**

Sally Casanova Predoctoral Scholarship and Master's Research Scholarship
Faculty Mentor: Dr. Mee Young Hong

Students: **Cynthia Solomon**, Chelsea Chapman, **Janae Anthony**, **Freddy Gonzalez**, Marco Patawaran, **Julia Sansay**, and **Samantha Ungston**

President's Award, SDSU Student Research Symposium

Student: **Jacqueline Erdkamp**

Library Award, SDSU Student Research Symposium

Aztec Adaptive Sports

Outstanding Student Organization Award, San Diego State University

Doctor of Physical Therapy Student Association

Student Organization of the Year Award, College of Health and Human Services

INSTRUCTIONALLY-RELATED ACTIVITY AWARDS

Dr. Shirin Hooshmand received \$2,500 to support Foods & Nutrition students to host the Aging Experts Guest Lecture Series.

Dr. Denise Lebsack received \$4,700 to support M.S. Athletic Training students attendance at the 2023 California Athletic Trainers' Association Annual Clinical Symposium in Sacramento, CA.

Dr. Changqi Liu received \$1,500 to support Foods & Nutrition students to host guest speakers at the Food Flavor Workshop.

PUBLICATIONS AND PRESENTATIONS (ENS STUDENT NAMES IN BOLD)

PUBLICATIONS

Stephanie Lu, Daniel Pentico, **Robert Castro**, **Sherry Dinh**, John J. Love, David L. Larom, Ramona L. Pérez, and Changqi Liu. (2022). Effect of Ultraviolet Light Exposure and Compost Tea Supplementation on Growth, Antioxidant Activities, and Microbiome of Hydroponically Grown Mustard Greens. *ACS Agricultural Science and Technology*, 2, 521-533.

PRESENTATIONS

Robert Castro, **Alexander Gonsalves**, and **Edgar Doolan**

Faculty Mentor: Dr. Jochen Kressler

Title: *Evaluation and Validity of a Predictive Equation for Measuring Core Temperature during Exercise in Heat Stress*
Presented at the Southwest American College of Sports Medicine Annual Meeting.

Brigitte Fuller, **Matthew Fahey**, **Kevin Eusoof**, and **Paige Straus**

Faculty Mentors: Dr. Michael Buono and Mr. Jeff Moore

Title: *Peripheral Heating with Negative Pressure Increases Arterial Blood Flow*
Presented at the Southwest American College of Sports Medicine Annual Meeting.



KEVIN EUSOOF, PAIGE STRAUS, BRIGITTE FULLER, AND MATTHEW FAHEY PRESENTED AT THE SOUTHWEST AMERICAN COLLEGE OF SPORTS MEDICINE ANNUAL MEETING

STUDENT ORGANIZATION - KINESIOLOGY ORGANIZATION REVOLUTIONIZING EXERCISE (K.O.R.E.)



MEMBERS OF K.O.R.E.

Kinesiology Organization Revolutionizing Exercise (K.O.R.E.) is a Kinesiology student organization that promotes social, academic, and career success within the fitness realm. Members attend workshops with guest speakers, participate in hands-on workshops on Olympic Weightlifting with K.O.R.E. Faculty Advisor Fabio Comana, and host social events for members. K.O.R.E. strives to create a family-like environment and focuses on empowering students by introducing them to volunteer, job, and professional networking opportunities.

"While being an officer since my first year, K.O.R.E. has taught me so much about the field of kinesiology and what it has to offer. Without the opportunities I have been given through this organization, I would not be the successful student I am today. Something I will always be grateful for."

Nyah Aguayo, K.O.R.E. President

If you are interested in joining K.O.R.E., send an email to sdsu.kore@gmail.com or visit their website for additional information <https://sdsukore.wixsite.com/kore>.

STUDENT HIGHLIGHT



ETHAN AGBAYANI, UNDERGRADUATE STUDENT
FOODS & NUTRITION

ETHAN AGBAYANI

Ethan Agbayani is a Senior pursuing a B.S. degree in Foods & Nutrition and is enrolled in the SDSU Didactic Program in Dietetics (DPD). Currently, he volunteers for the Student Nutrition Organization (SNO) and SNO's Catering. As a catering team member, he helps prepare for the ENS Faculty and Staff Gab & Grub meetings and prepares meals for families with children at Heaven's Window Meal Distribution site in Spring Valley. Ethan was a voting member of the Recreation and Wellness Committee for two years and was a Supplemental Instruction Leader for STAT 119: Elementary Statistics for Business. After graduation, he plans on completing a combined graduate program and dietetic internship. He hopes to qualify for the registered dietitian exam to become a registered dietitian. Ethan likes to cook, bake, play sports, watch T.V., hang with friends, and paint in his spare time.

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. NICHOLAS MURRAY Assistant Professor University of Nevada, Reno

Dr. Nicholas Murray is an assistant professor in the School of Public Health at the University of Nevada, Reno (UNR). He is the director of the Neuromechanics Laboratory, which serves the greater Northern Nevada area by providing reliable and valid concussion assessments. This active clinic and research laboratory provides critical information for healthcare professionals to aid in the decision-making for diagnosis and return-to-play decisions. Dr. Murray leads a team of physicians, athletic trainers, and graduate students who serve the Washoe County School District, UNR, and other local sports teams.

Dr. Murray earned his B.S. degree in Kinesiology in 2009 and his M.S. in 2010 in Rehabilitation Sciences from SDSU. He worked in the Biomechanics Lab under Dr. Daniel Cipriani's direction from his sophomore year until he completed his M.S. degree, where he learned the biomechanical methods for evaluating human performance. During his time, he was greatly influenced by Dr. Cipriani and Dr. Aguinaldo and especially by Mr. Greg Voigt. Mr. Voigt's desire to use research to inform clinical practice was instrumental in Dr. Murray's professional development. He keeps Mr. Voigt's athletic training handbook in his office to share with students he now directly influences/teaches. Shortly after graduating from SDSU, Dr. Murray pursued his Ph.D. in Interdisciplinary Health Sciences at The University of Texas at El Paso under the direction of Dr. Rebecca Reed-Jones and Dr. Anthony Salvatore.

After graduation, he continued his academic career at Georgia Southern University, and after four years of southern living, he returned to the western United States. At UNR, he has been helping to build the biomechanics elements of the Kinesiology Department and bring more robust concussion management to the region.

Dr. Murray's primary research is investigating neuromechanical control of the human system. This research line ranges from individuals with acute or chronic neurological deficits to older adults and muscular dystrophy. He has published numerous research articles and is funded by UNR's Neuroscience Institutes COBRE (funded by the NIH NIGMS) to evaluate the effect of repetitive head impacts, independent of concussion, on motion perception. Dr. Murray hopes to continue his patient-first research model to serve the community and conduct critical research to advance care in sport-related concussions.

WELCOME NEW AND RETURNING FACULTY AND STAFF

The School of Exercise and Nutritional Sciences welcomes new and returning faculty and staff members for the 2022-2023 academic year. We are very excited to have them here.



MS. KIM DETWILER

Lecturer

Ms. Kim Detwiler earned her B.S. in Kinesiology from SDSU and is scheduled to complete her Doctor of Athletic Training degree this fall. She serves as Clinical Coordinator for the M.S. in Athletic Training. Ms. Detwiler teaches ENS 265 Care and Prevention of Athletic and Recreational Injuries, ENS 663 Musculoskeletal Interventions for the Lower Extremity, and ENS 699A Athletic Training Clinical Clerkship I.



MR. ANDREW GEHR

Lecturer

Mr. Andrew Gehr earned his M.S. in Nutritional Sciences from SDSU. He teaches NUTR 302L Advanced Nutrition Laboratory and serves as the Nutritional Laboratories Coordinator.



DR. JENNIFER GREEN

Assistant Professor

Dr. Jennifer Green earned her Ph.D. from Arizona State University where she was also a Postdoctoral Research Scholar. She will join us in January 2023. Her research focuses on digital mind-body interventions and health disparities. Dr. Green will teach ENS 434 Promoting Physical Activity and Healthy Eating and ENS 410 Concepts in Metabolism and Weight Management.



DR. MASON HEARN

Lecturer

Dr. Mason Hearn earned his M.S. in Exercise Physiology in 2018 and his D.P.T. in 2021 from SDSU. He teaches DPT 836 Neurophysiological Therapeutics II.



DR. ASHLEIGH JOHNSON

Assistant Professor

Dr. Ashleigh Johnson earned her Ph.D. from the University of Texas and was a Postdoctoral Fellow at Seattle Children's Research Institute. Her research focuses on community-based physical activity interventions for youth. Dr. Johnson teaches ENS 434 Promoting Physical Activity and Healthy Eating.



DR. KYLE KUSUNOSE

Lecturer

Dr. Kyle Kusunose earned his B.S. in Kinesiology (Pre-Physical Therapy emphasis) from SDSU in 2010 and his D.P.T. from the University of Miami in 2014. He teaches DPT 725 Clinical Anatomy I and DPT 726 Clinical Anatomy II.



MS. JENNA LAUGHLIN

Lecturer

Ms. Jenna Laughlin earned her M.S. in Nutritional Sciences from SDSU in 2020. She teaches NUTR 205 Introduction to Science of Food.



MR. JEFF MOORE

Lecturer

Mr. Jeff Moore earned M.S. in Exercise Physiology and M.S. in Nutritional Science concurrent degrees at SDSU in 2020. He is currently working on his Ph.D. at UCLA and teaches ENS 332 Pathophysiology and Exercise Programming of Disease Populations I and ENS 333 Pathophysiology and Exercise Programming of Disease Populations II.

WELCOME NEW AND RETURNING FACULTY AND STAFF



DR. LEONARDO NOGUEIRA

Assistant Professor

Dr. Leonardo Nogueira earned his Ph.D. from the Federal University of Rio de Janeiro in 2008 and was an Associate Research Scientist at the University of California, San Diego. His research focuses on mechanisms of muscle contractile dysfunction. Dr. Nogueira teaches ENS 304 Physiology of Exercise.



MS. MAYUMI PETRISKO

Lecturer

Ms. Mayumi Petrisko is Director of the Didactic Program in Dietetics (DPD) and Graduate Advisor. She teaches NUTR 408 Medical Nutrition Therapy II and NUTR 409 Medical Nutrition Therapy II Laboratory. As DPD Director, she guides students toward their dietetic internships and certification as registered dietitians.



MS. JESSICA REYES

ENS Undergraduate Advisor

Ms. Jessica Reyes joins ENS as a full-time undergraduate advisor. She was previously an advisor for the Fowler Center for Student Success at SDSU.



MS. HEDAYA RIZEQ

Lecturer

Ms. Hedaya Rizeq earned her M.S. in Kinesiology–Applied Movement Sciences in 2018 from SDSU. She teaches ENS 307 Motor Learning and Performance.



DR. MICHAEL STONE

Lecturer

Dr. Michael Stone earned M.S. in Exercise Physiology and M.S. in Nutritional Science concurrent degrees at SDSU in 2013 and his Ph.D. from Purdue University in 2019. He teaches ENS 790 Seminar in Directed Readings.



MS. REBECCA WELLER

Lecturer

Ms. Rebecca Weller earned M.S. in Exercise Physiology and M.S. in Nutritional Science concurrent degrees at SDSU in 2018. She teaches DPT 830 Cardiopulmonary Therapeutics.



DR. JING ZHAO

Assistant Professor

Dr. Jing Zhao earned her Ph.D. from the University of Kentucky in 2012 and was an Assistant Professor at California State University, Los Angeles. Her research focuses on the functionalities and flavor impacts of food proteins. Dr. Zhao teaches NUTR 405 Experimental Food Science and Technology Laboratory.



MS. JULIA ZUNIGA

Lecturer

Ms. Julia Zuniga earned her M.S. in Health and Kinesiology from Georgia Southern University. She teaches ENS 322 Applied Assessments in Health and Fitness.

DISTINGUISHED ALUMNI

DOCTORATE OF PHYSICAL THERAPY



JUAN PABLO MURCIA

Physical Therapist and Owner of Visionary Physical Therapy and Performance

Dr. Juan Pablo Murcia earned his B.S. in Kinesiology (Pre-Physical Therapy emphasis) in 2018 and his Doctor of Physical Therapy in 2021 from SDSU. Throughout his time at SDSU, Dr. Murcia sought extensive mentorship from healthcare and business professionals throughout the United States. These experiences, combined with the education and support from SDSU, have inspired him to start his own physical therapy business. He now combines his love of soccer with his passion for physical therapy with the ultimate mission of helping players overcome pain and injury so they can get back to doing what they love. Dr. Murcia hopes to inspire future physical therapists and entrepreneurs to follow their dreams and realize their limitless potential. During his free time, he enjoys playing soccer throughout San Diego, attending concerts, and spending time with his friends, family, and girlfriend.

ATHLETIC TRAINING



MICHAEL BARERRIO

Certified Athletic Trainer and Associate Product Manager, Aspen Medical Products

Michael Barreiro earned his B.S. in Athletic Training from SDSU in 2017. He practiced as an Athletic Trainer for Drum Corps International and Rady Children's Hospital Orthopedics Department. As a student, Michael was mentored by incredible Athletic Trainers such as Carolyn Greer, Sarah Lyons, Tim Fischer, and Justine Coliflores. He received the 2022 Far West Athletic Trainers' Association (FWATA) Special Recognition Award for significant contributions and promotion of Athletic Training. Michael is working on his M.S. degree in Digital Marketing and has recently taken on the role of Associate Product Manager for Aspen Medical Products. He plans to utilize his Athletic Training background and passion for business by innovating and developing Aspen's substantial spinal product lines in various hospitals and trauma centers. In his spare time, he enjoys volunteering for FWATA as the History and Archives Committee Chair, playing his guitar, cooking, and spending time with his family and friends.

FOODS & NUTRITION



JANINE DOGGETT

Program Director, U.C. San Diego Health Dietetic Internship

Janine Doggett earned her B.S. in Foods and Nutrition from SDSU in 2010 and completed her M.S. and Dietetic Internship at Texas A&M University – Kingsville in 2012. She has worked as a clinical dietitian and nutrition support clinician at U.C. San Diego Health since 2013. Aside from patient care, Janine has a passion for the dietitian's role in identifying and treating malnutrition and has trained 500+ dietetic interns and dietitians in the nutrition-focused physical exam. She took over as Program Director for the Dietetic Internship at U.C. San Diego Health in 2020 and is an active board member of several nutrition organizations. She enjoys being busy with her family, reading, and spending time outdoors.

KINESIOLOGY



KARINA GLAZE

Co-Founder and CCO of Girl Gains

Karina Glaze earned her B.S. in Kinesiology (Fitness Specialist emphasis) from SDSU in Spring 2022. She currently works as a Medical Assistant. She is also a co-founder and Chief Communications Officer of Girl Gains, which was founded at SDSU in 2020 and whose mission is to promote female weightlifting and empower women through a safe and judgment-free community. Karina's company currently has 65+ chapters across the U.S. and Canada and has recently been affiliated with Gymshark.



Dr. Pete Aufmesser (center) pictured with fellow soccer referees

CATCHING UP WITH EMERITUS FACULTY MEMBER DR. PETE AUFSESSER

Dr. Peter Aufmesser was a faculty member at SDSU from 1975-2015 and taught various classes. His primary area of expertise was in physical activity for individuals with disabilities. He was the Adapted Physical Education Credential Advisor from 1978-2004. In 1983, he founded the Fitness Clinic for Individuals with Disabilities, now called the SDSU Adaptive Fitness Clinic.

Throughout his career, Dr. Aufmesser was involved in service across the university and the San Diego Community. He received numerous awards, including the Monty Award in 2004, but his most notable accomplishment is the Adaptive Fitness Clinic. Now in its 39th year in operation, the Clinic continues to provide unique training to ENS students and administer services to severely physically disabled clients.

Since retiring in 2015, Dr. Aufmesser has stayed alive in the community by serving as President of the San Diego Soccer Referees Association and Vice President of the High School Soccer Referees Association. He serves as the Board Director for the It's All About The Kids (IAATK) Foundation and helps run a food pantry in Barrio Logan. Dr. Aufmesser also spends his time tutoring third-grade math at Porter Elementary School.

Dr. Aufmesser can be seen at Mission Bay, Lake Murray, or Grossmont College riding his bike 3-4 times a week. During COVID-19, he wrote a soccer book for referees, coaches, players, and avid fans called "A Foul is A Foul! Isn't it?" You can find Dr. Aufmesser's book on Amazon. His book reflects a 50-year career as a referee who officiated 8,128 games across age levels 6 through college. The book is filled with anecdotes from the games. The proceeds from the book go to IAATK's food pantry. Dr. Aufmesser has been traveling to Kauai and Seattle, and visiting his sons who live in Pasadena and Syracuse.



FACULTY HIGHLIGHT

DR. JOCHEN KRESSLER

Associate Professor

Dr. Kressler earned his B.S. in Kinesiology from SDSU with an emphasis on Fitness, Nutrition, and Health in 2004. He earned his M.S. in Exercise Physiology in 2007 and his Ph.D. in Kinesiology and Sport Sciences in 2009 from the University of Miami. Dr. Kressler completed his postdoctoral fellowship with the then American College of Sports Medicine President, Dr. Millard-Stafford, at the Georgia Institute of Technology. He did another postdoctoral fellowship at the Miami Project to cure Paralysis at the University of Miami, Miller School of Medicine, Department of Neurosurgery. He was also an Adjunct Lecturer for the Kinesiology program at Florida International University.

Dr. Kressler's research focuses on understanding the cardiometabolic responses to different exercise modes. He uses very short, single bouts of exercise to improve glycemic response markers after eating. He also collaborates with Dr. Antoinette Domingo in the Doctor of Physical Therapy program to examine the effects of exoskeleton walking in people with spinal cord injuries. Dr. Kressler taught various classes across several institutions related to exercise, cardiovascular and muscular physiology, pathophysiology, exercise programming, and measurement and evaluation. His primary teaching assignments at SDSU are the Advanced Exercise Physiology Laboratory course at the graduate level and the Pathophysiology and Exercise course at the undergraduate level.

In his free time, Dr. Kressler likes going to the beach, surfing, surf-skating, and riding his bicycle for cardio. He also has a toddler who loves being in the water and he looks forward to taking him surfing when he is ready. Dr. Kressler is very excited about the upcoming World Cup and hopes Germany and the USA perform better than in recent games. He is cautiously hopeful.



DR. DAVID KAHAN RETIRES

DR. DAVID KAHAN

Emeritus Professor

Join us as we thank Dr. David Kahan for his contributions to ENS and SDSU and congratulate him on his retirement! In 2001, Dr. Kahan joined the ENS faculty as an Assistant Professor, where he taught various courses at the undergraduate and graduate levels, including elementary physical education methods and curriculum-oriented courses.

He also served as Associate Director of the School of ENS and taught courses in measurement and evaluation, promoting physical activity and healthy eating, and seminar in directed readings. Dr. Kahan's research focused on physical education teacher education and physical activity in cultural and religious minorities.

He was named SHAPE America Southwest District Scholar in 2015 and was recognized with an exemplary paper award by the American Education Research Association in 2017. We wish him the best in his new endeavors.



SDSU ATHLETIC TRAINING PROGRAM ALUM
YUKI MATSUZAWA

SDSU ATHLETIC TRAINING PROGRAM ALUM SAVES A LIFE

The SDSU Athletic Training program prides itself on its rich history of preparing future Certified Athletic Trainers. SDSU Athletic Training program alum Yuki Matsuzawa used what he learned from the program and applied it when facing an emergency at an athletic event. At the annual Senior Games Track Meet at Mesa College on September 19th a 66-year-old participant collapsed. Yuki was the Certified Athletic Trainer on duty at the event. He and three student-athlete volunteers administered CPR and used an automated external defibrillator (AED). After several minutes of chest compressions and a shock from the AED, the patient was breathing and responding. EMTs transported the patient to the hospital, where he fully recovered. Yuki received the Heart Beat Hero Award for his life-saving actions that day.



EMERITUS PROFESSOR DR. THOM MCKENZIE

DR. THOM MCKENZIE RECOGNIZED WITH PRESIDENTIAL LIFETIME ACHIEVEMENT AWARD

Congratulations to Emeritus Faculty Member Dr. Thom McKenzie on being recognized as the Honorary Lifetime President from the International Organization for Health, Sports, and Kinesiology. This recognition is bestowed on outstanding leaders who have made extraordinary contributions to higher education. Dr. Thom McKenzie joined the SDSU faculty in 1980. He officially retired as Emeritus Professor of Exercise and Nutritional Sciences in 2004, remaining professionally active as a physical activity and policy researcher and program consultant. He is a co-founder (with Dr. Jim Sallis) of the SPARK (Sports, Play, and Active Recreation for Kids) program.

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