

SPRING 2022 • NEWSLETTER ISSUE NO. 9

# THRIVE!

## SCHOOL OF EXERCISE AND NUTRITIONAL SCIENCES



FENCERS ON CAMPUS LAWN IN FRONT OF ENS BUILDING, 1960

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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



APRYL STEPP PREPARING MEALS WITH STUDENT NUTRITION ORGANIZATION (SNO) MEMBERS IN THE FOODS & NUTRITION LAB AS PART OF THEIR CATERING SERVICES



BREYONNE WILLIAMS (RIGHT) INTERNEED WITH THE LOS ANGELES SPARKS HEAD ATHLETIC TRAINER



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

In 1967, the Beatles advised us that, "It's getting better all the time." That's what it's like in the School of Exercise and Nutritional Sciences in 2022. We recently had an Academic Program Review completed and the reviewers concluded that ENS faculty, staff, and students embody the School's Mission Statement and that our graduates are well-prepared to enter graduate programs or to obtain employment. Our faculty are committed to student success. For example, in the last three years, 124 different students appeared as co-authors with their faculty mentors on scholarly publications. This is an astounding number for any university. A whole host of other students presented their research at scholarly meetings, some of which are noted in this newsletter. Several of the great accomplishments of our graduates are also highlighted. I hope you enjoy this edition of Thrive! and that you keep getting better.



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

# 2022 CHHS COLLEGE COUNCIL AWARD RECIPIENTS

Congratulations to Andrew Pavlov, Gloria Hartman, and the Doctor of Physical Therapy Student Association for being recognized with 2022 College of Health and Human Services College Council Awards!

Outstanding Support Staff: **Gloria Hartman**

Outstanding Graduate Professor: **Andrew Pavlov**

Outstanding Student Organization: **Doctor of Physical Therapy Student Association**



MS. GLORIA HARTMAN



DR. ANDREW PAVLOV



DOCTOR OF PHYSICAL THERAPY  
STUDENT ASSOCIATION

## 2021 Enrollment

### ENS BY THE NUMBERS FALL 2021 ENROLLMENT

UNDERGRADUATE PROGRAMS	NUMBER OF STUDENTS	GRADUATE PROGRAMS	NUMBER OF STUDENTS
BS Athletic Training	30	Doctor of Physical Therapy	114
BS Foods & Nutrition	318	MS Exercise Physiology	14
BS Kinesiology- Exercise Science Generalist	97	MS Nutritional Sciences	35
BS Kinesiology- Fitness Specialist	318	MS Exercise Physiology and MS Nutritional Sciences	16
BS Kinesiology- Pre-Physical Therapy	1,119		
<b>Total Undergraduate Enrollment</b>	<b>1,882</b>	<b>Total Graduate Enrollment</b>	<b>179</b>

# STUDENTS REPRESENT ENS AT SDSU STUDENT RESEARCH SYMPOSIUM

The Student Research Symposium is an annual symposium, where students have the opportunity to present their research to the public. It is a university-wide event that recognizes the research and scholarly accomplishments of SDSU students. Several undergraduate and graduate students represented the School of Exercise and Nutritional Sciences this year. Presenters are listed below.

**STUDENT: ROBERT CASTRO**

Title: *Accuracy of a Predictive Core Body Temperature Formula during Exercise in Heat Stress in Healthy Adults*  
Mentor: Dr. Jochen Kressler

**STUDENT: JAIKKO DAUGHTRY**

Title: *Effects of Blenderized Watermelon Consumption on BMI, Body Fat, and A1C in Overweight or Obese Children*  
Mentor: Dr. Mee Young Hong

**STUDENT: KYRA JENSEN**

Title: *Food Cravings are Mediated by Sensory Mental Imagery in Reward Sensitive Adults*  
Mentor: Dr. Surabhi Bhutani

**STUDENT: JACQUELINE ERDKAMP  
Library Award**

Title: *Effects of Exercise Intensity on Cardiometabolic Health in Individuals with Spinal Cord Injuries (SCI): A Systematic Review*  
Mentor: Dr. Antoinette Domingo

**STUDENT: BRIANNA FLORES**

Title: *Measuring Food Insecurity in Latinx Families: Expanding Understanding of their Experiences through Exploratory Interviewing and Cognitive Testing*  
Mentor: Dr. Amanda McClain

**STUDENT: SHERRY DINH**

Title: *Effect of UV Light Exposure and Compost Tea Supplementation on Growth, Antioxidant Activities, and Microbiome of Hydroponically-Grown Mustard Greens*  
Mentor: Dr. Changqi Liu

**STUDENT: REMY SPRAGUE**

Title: *Coordination of Body State and Foot Placement Related Muscle Activation for Frontal Plane Walking Balance*  
Mentor: Dr. Shawn O'Connor

**STUDENT: LANI MORALES**

Title: *Across-Agency Partnerships and Within-Agency Capacities Shape How Stakeholder Agencies Address Food Insecurity: Perspectives of Key Informants in San Diego County*  
Mentor: Dr. Amanda McClain

**STUDENT: MONICA WILSON**

Title: *You Sort of Fit Together Like a Puzzle: Across-Agency Partnership Attributes for Combating Food Insecurity in San Diego County*  
Mentor: Dr. Surabhi Bhutani

**STUDENT: ALYSSA SCRUGGS**

Title: *Night Owl vs Early Larks: Effect of Chronotype on Olfaction and Diet Quality*  
Mentor: Dr. Surabhi Bhutani

**STUDENT: CHELSIE MILLER**

Title: *The Effects of Prune Extract on Cellular Models of Bone Cancer*  
Mentor: Dr. Christal Sohl

**STUDENT: MEGAN RYDER**

Title: *BCI (Brain Computer Interface) Meets Biology: What Does Biology Tell Us About Expected Neuroplasticity in Patients with BCI Implants*  
Mentor: Dr. Samuel Kassegne

**STUDENTS: APRYL STEPP, SHANIA ZINGALES, CHELSIE MILLER, JESSICA MARTINEZ, MARICARMEN CERVANTES, ELISE NORTH, LAUREN OKAMOTO, VERNON RAYO, SVITLANA STORM, AND NATHANIEL JASON**

Title: *Fruits, Gut, and Human Health*  
Mentor: Dr. Mark Kern

**STUDENTS: JENNIFER VANDERSCHAEGEN, JENNIFER BERING, HANNAH EDWARDS, ZACHARY CHAVET, AND MAIZIE WAKEFIELD**

Title: *A Preliminary Analysis of Concussion Disclosure in Military Service Members*  
Mentor: Dr. Michelle Weber Rawlins

**STUDENTS: CYNTHIA SOLOMON, CHELSEA CHAPMAN, JANAE ANTHONY, FREDDY GONZALEZ, MARCO PATAWARAN, JULIA SINSAY, AND SAMANTHA UNGSTON  
President's Award**

Title: *A Novel Approach to Efficiently Investigate Empathic Communication in Adults with Chronic Pain*  
Mentors: Dr. Katrina Maluf and Chelsea Chapman



CYNTHIA SOLOMON



APRYL STEPP



ZACH CHAVET, JENNIFER VANDERSCHAEGEN, JENNIFER BERING, HANNAH EDWARDS, AND MAIZIE WAKEFIELD

# STUDENT HIGHLIGHT

## JENNIFER VANDERSCHAEGEN



JENNIFER VANDERSCHAEGEN  
UNDERGRADUATE STUDENT  
ATHLETIC TRAINING

Jennifer Vanderschaegen is a Senior in the SDSU Athletic Training Program and will be graduating this May. She is currently completing her clinical rotation at Pro To Col Sport Systems sports rehabilitation clinic, working with people of all ages and physical abilities. Currently, she is serving on the Far West Athletic Trainers' Association (FWATA) Student Leadership Committee (FWSLC), where she helps with planning student sessions. She also assists with the FWSLC student breakfast for the 2022 FWATA Annual Meeting and Clinical Symposium held in San Diego this spring. Recently, she provided AED and CPR/AED training through San Diego Project Heart Beat for members of Mountain Empire Little League.

Jennifer is co-leader of her daughter's Girl Scout Troop 5832 and is volunteering with her son's Little League. She loves spending time outdoors gardening, tending to her chickens, and hiking. She especially looks forward to completing more miles on the Pacific Crest Trail after graduation.

## JASHAN GILL



JASHAN GILL  
UNDERGRADUATE STUDENT  
KINESIOLOGY, PRE-PHYSICAL THERAPY

Jashan Gill is a Senior who will be graduating this May with a B.S. in Kinesiology with an emphasis in Pre-Physical Therapy and a double minor in Spanish and Interdisciplinary Studies.

Jashan is gaining experience with Palomar Health as a Pathmaker Intern and with the Challenged Athletes Foundation as a Programming Intern. She also helps as a TA for ENS 306: Biomechanics of Human Movement. She professionally works as a Registered Behavior Technician for children diagnosed with Autism. She worked with SDSU Supplemental Instruction as a Leader and was promoted to a Mentor for STAT 119: Business Statistics. She is the President of Aztec Adaptive Sports and has interned with SDSU Adapted Athletics for Strategic and Internal Development and Strength and Conditioning.

It is through her extensive involvement on campus that Jashan was awarded the American Kinesiology Association Undergraduate Student Scholar Award. She is grateful to have been considered for this award and aims to continue her support as an alumnus by giving back to the university that has supported her.

In her free time, Jashan enjoys going out for hikes, taking photos on her digital and film cameras, and is an avid amateur baker.

# FUTURE ATHLETIC TRAINERS' SOCIETY

The Future Athletic Trainers' Society (FATS) is a student-run organization associated with the Athletic Training Program at SDSU. As a student organization, FATS aims to educate students and the public on the profession of athletic training and provide a platform for athletic training students to enhance their skills and educational opportunities through club involvement. The club provides networking opportunities to club members through guest speakers, in-club hangouts, and district conference attendances. Their executive board members work hard to offer impactful educational opportunities for club members and inform students about job opportunities provided by various clinical sites around the San Diego area. Even though SDSU's athletic training program is transitioning into a master's program, FATS encourages undergraduate students from all majors to join and learn about athletic training as a career choice. Gabriel Saltzman is the current President of FATS. He shared with us what he loves about the club.



FATS MEMBERS AND ATHLETIC TRAINING PROGRAM FACULTY AT FATSGIVING

**“I joined FATS before I applied for the athletic training program here at SDSU, and it was such a smart decision. The connections I have made through this organization have impacted me positively, and I am happy to say that I will keep these relationships for a long time to come.”**

**Gabriel Saltzman, Future Athletic Trainers' Society (FATS) President**

If you are interested in joining or looking to meet more people within this profession, follow FATS on their website at <http://sdsufats.weebly.com/> for more information.

## TEACHING FITNESS AND NUTRITION THROUGHOUT SAN DIEGO

Nasara Gargonnu, a New York Native and a Navy Veteran, is a 15-year Physical Educator for the San Diego Unified School District, Site Wellness Coordinator at Morse High School, Owner of Sirius Fitness, San Diego Black Men Run Captain, as well as a Group Exercise Instructor at various Local YMCA's and San Diego County Government sites. For years, he has been teaching and making sure San Diegans stay on top of their cardiovascular game.

Before his successful career, he was a student at San Diego City College. He then attended San Diego State University, where he earned a degree in Kinesiology. He received certification to teach cardio fitness classes through the American Council on Exercise.

Nasara has been honored as the San Diego YMCA 2014 Fitness Instructor of the Year, a Live Well San Diego Official Partner since 2015, 2017 Live Well Central Region Public Health Champion, and the 2018-2019 Morse High School Teacher of the Year. He also serves as an ambassador for several races, including the Hot Chocolate 15k, Fit Foodie 5k, San Diego Half Marathon, and is the exercise lead for countless runs in and outside San Diego. He has also served as the Race Director for several races in and outside San Diego. Nasara's mission is to teach individuals to thrive and enjoy the highest quality of life through Fitness and Nutrition.



NASARA GARGONNU

# 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. CHRIS MINSON

Professor  
University of Oregon

Dr. Chris Minson is the Kenneth and Kenda Singer Endowed Professor of Human Physiology and co-director of the Exercise and Environmental Physiology Labs in the Bowerman Sports Science Center at historic Hayward Field. He is also the Chief Science Officer and co-founder of NatureQuant, LLC, a technology start-up company focused on using big data and machine learning to understand the health benefits of nature as well to encourage people to spend time outdoors and to preserve our natural environments.

Dr. Minson received his Master's degree in Exercise Science from SDSU in 1993. In addition to teaching Exercise Physiology Lab and exercise classes, he worked for the Naval Health Research Center on Point Loma. During this time, he was greatly influenced by his favorite professors. He made it his life's passion to become as handsome as Dr. Michael Buono and as fast on a mountain bike as Dr. Jeanne Nichols. Unfortunately, it quickly became clear that he would fail at both goals, so he headed to The Pennsylvania State University in 1997 to obtain his doctorate, and subsequently trained as a post-doctoral fellow at the Mayo Clinic in Minnesota. In 2000 he was hired at the University of Oregon and established the Human Cardiovascular Control Lab and the Bowerman Sports Science Center.

Dr. Minson's research focuses on topics related to integrative cardiovascular physiology and environmental physiology. Current studies are investigating issues related to the improvement of cardiovascular and metabolic function using chronic heat therapy, and understanding the relationships between the endocrine, autonomic, and cardiovascular systems in women in health and disease. He also maintains projects related to cardiovascular aging, biomarkers of cardiovascular and metabolic diseases, and finding novel ways to improve thermal comfort and safety in work environments. He has published over 100 original research papers, and numerous book chapters, served on National Institutes of Health (NIH) study sections and editorial boards of numerous top physiology and exercise science journals, and has been consistently funded by NIH and the American Heart Association. The physiology of performance remains a passion of his since his days at SDSU, and he has worked with many professional sports teams, Olympians, and collegiate athletes in the US and around the world, with a particular interest in preparing athletes to perform in extreme environments as well as to use environmental conditioning to improve athletic performance. He has received numerous awards for his research and mentoring.

# DISTINGUISHED ALUMNI

## DOCTORATE OF PHYSICAL THERAPY



### KATIE ADAMSON

Performance Physical Therapist, EXOS

Katie Adamson received her Doctorate of Physical Therapy from SDSU in 2018 after completing her undergraduate education at UC Berkeley. Upon graduation, she pursued her passion for sports physical therapy. She completed a Sports Physical Therapy Residency at The Ohio State University, ultimately becoming board certified as a Sports Clinical Specialist. Dr. Adamson has further promoted her profession by serving as a member of the Early Career Professionals Committee of the Academy of Sports Physical Therapy, encouraging new clinicians to become more involved and pursue a further specialization. Currently, Dr. Adamson is utilizing her skills as a performance physical therapist at EXOS in Carlsbad, CA, where she primarily works with high-level athletes as a multidisciplinary team member.

## ATHLETIC TRAINING

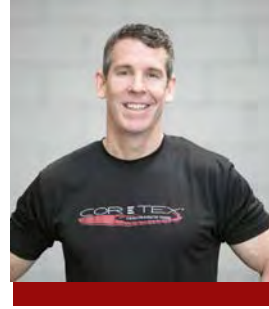


### DARIN PADUA

Chair at UNC Chapel Hill,  
Department of Exercise and Sport Science

Darin Padua received his B.S. degree in Athletic Training from SDSU in 1996. He received his M.S. degree from the University of North Carolina at Chapel Hill and his Ph.D. degree from the University of Virginia. As a student in the Athletic Training program at SDSU, Dr. Padua was mentored by Drs. Robert Moore and Denise Lebsack. He currently serves as Chair of the Department of Exercise and Sport Science at UNC-Chapel Hill, where he teaches undergraduate and graduate courses in anatomy/kinesiology, research methods, and biomechanics. He maintains an active research agenda investigating the role of movement quality and biomechanics as risk factors for lower extremity injuries. He attained Fellow status at the National Academy of Kinesiology in 2013 and the National Athletic Trainers' Association in 2020. In 2017 he received a medal for Distinguished Research in Athletic Training from the National Athletic Trainers' Association.

## KINESIOLOGY



### ANTHONY CAREY

CEO/Founder of Function First, Inventor of  
Core-Tex Fitness, Author/Speaker

Anthony Carey received his B.S. in Exercise Physiology from Trenton State College in 1989 and his Master's in Biomechanics and Athletic Training from SDSU in 1994. Anthony is the founder of Function First and has worked almost exclusively with chronic pain clients for the past 30 years. Function First has drawn clients from 17 countries and 33 states to San Diego for its services. With a desire to improve more people's movement quality, Anthony invented and patented the Core-Tex and Core-Tex Sit. Both products are available under his second company, Reactive Training. He enjoys the beach, exploring San Diego, and traveling with his family.

## FOODS & NUTRITION



### ANITA YOUNG

Integrative & Functional Registered & Licensed  
Dietitian, Behavioral Health Nutrition Therapist  
& Instructor

Anita Young earned her B.S. in Foods & Nutrition and completed her dietetic internship at SDSU in 1998 and 1999. Anita is in the research phase of her Ph.D. in Mind-Body Medicine, emphasizing Integrative & Functional Nutrition at Saybrook University, Pasadena, where she also earned her M.S. Dr. Young owns a private practice primarily serving her key interest population, individuals in substance use disorder (SUD) recovery. Besides providing medical nutrition therapy, she has designed and implemented her evolving Nutrition in SUD Recovery Curriculum, covering psychiatric conditions, substance addiction, and comorbid chronic disease. Anita has been recognized by the Ohio Academy of Nutrition and Dietetics for her work with the underserved SUD population. Her philanthropy includes Rotary International and community involvement. She enjoys writing, running, spending time with her husband and two teen sons, attending music concerts and opera, and the occasional scuba excursion.



# CATCHING UP WITH



Drs. Fred Kolkhorst and Nancy Marlin  
Celebrating their 30th wedding  
anniversary on August 11, 2020.

## EMERITUS FACULTY MEMBER DR. FRED KOLKHORST

Dr. Fred Kolkhorst joined the School of Exercise and Nutritional Sciences faculty in 1998 and served as Director from 2010 to 2015. During his tenure as Director, he oversaw the transfer of ENS from the College of Professional Studies and Fine Arts to the College of Health and Human Services. In addition, he contributed to launching the Doctor of Physical Therapy program and organized the School's 100th anniversary with a series of events that culminated with a centennial dinner celebration.

Looking back, Dr. Kolkhorst is most proud of the outstanding faculty that we were able to hire. In addition to his ENS responsibilities, he served on the University Research Council and Institutional Review Board, chaired the Intercollegiate Athletics Council, and was the founding Director of the Student Research Symposium. In 2015, Dr. Kolkhorst stepped down as Director and returned to teaching and

research before retiring in 2017 after receiving a heart transplant, for which he is so grateful. His wife, Nancy, and he are at high risk of COVID because they are organ transplant recipients and immunosuppressed. They have remained primarily homebound during the past two years.

However, Dr. Kolkhorst is busy working on the online conversion of the exercise physiology textbook that he co-authored with Dr. Michael Buono, making occasional presentations on his heart transplantation and improving his cooking skills. Dr. Kolkhorst and Nancy continue to adopt senior rescue labrador retrievers, and their current dog, Max, an 11-year-old chocolate lab, considers himself the mayor of the neighborhood.



## **FACULTY SPOTLIGHT** **DR. SHIRIN HOOSHMAND**

Professor, Foods and Nutrition

Dr. Shirin Hooshmand received her undergraduate degree in nutrition in Iran and continued her education in the United States. She earned her Ph.D. in Foods and Nutrition from Florida State University and joined SDSU in 2011.

Dr. Hooshmand started her teaching career by teaching introduction to the science of foods, pediatric nutrition, and seminars in foods and nutrition, but more recently, she teaches advanced nutrition and geriatric nutrition classes.

She started her research career by focusing on bone health and nutrition in postmenopausal women and now has expanded her research areas to focus on how nutrition improves age-related changes in skeletal and vascular health and impairments in cognitive function.

Dr. Hooshmand values and respects the culture of life outside of work (or what is known as work-life balance), but she firmly believes that you should not let commonly accepted culture take away from your purpose in life. So, as boring as it might sound to some, she doesn't mind spending her free time and weekends writing letters for her students to help them advance their careers and futures, nominate her colleagues and co-workers for awards, or work on other service aspects of her profession.

She still manages to find some extra time for sleep. She most enjoys socializing with friends and combining socializing with some physical activity, which always makes her feel like she has killed two birds with one stone.



## **MEET THE STAFF** **MS. JENNIFER GROENENDAL**

Accounting Technician II  
School of Exercise and Nutritional Sciences

Jennifer Groenendal joined the School of Exercise and Nutritional Sciences in early February 2022 as the new Accounting Technician II. Previously she worked at different companies in the private sector, working on various aspects of accounting: accounts payable, accounts receivable, general accounting, collections, purchasing, and inventory. She is learning her position here at SDSU and is loving every minute of it! From working with the faculty and other staff members, running budget reports, processing reimbursements, and purchasing supplies. When Jennifer is not working, she enjoys spending time with her family, taking care of her fur baby Bella, going to Padres baseball games with friends, and soaking up the sunshine at the beach.

## **ROBERT MOORE AND GREGG VOIGT MEMORIAL SCHOLARSHIP**

A scholarship fund has been established in honor of late ENS Emeritus Faculty members Robert Moore and Gregg Voigt. They taught a wide range of courses in the School of ENS, including basic kinesiology, physical growth and development, care and prevention of sports injuries, and athletic injury evaluation courses. If you would like to contribute, you can click [here](#) or use the QR code provided. We thank everyone who contribute to the scholarship!





ENS LECTURER JEFF MOORE

## ENS EDUCATION HELPED WITH DIAGNOSIS

Jeff Moore, an alum of the School of Exercise and Nutritional Sciences graduate program and current lecturer for ENS 332 and ENS 333 Pathophysiology and Exercise Programming courses, used his education to self-diagnose his diabetes before getting medical treatment. As a graduate student, Jeff learned more about diabetes from Dr. Michael Buono and participated in his and Dr. Kressler's research for over six years. Two years ago, Dr. Buono and Jeff began working on a device that helps manage blood glucose levels. This topic seemed easy and familiar for Jeff because his brother grew up with Type 1 diabetes. His family couldn't go on car rides without stopping for his brother to use the bathroom. His brother passed out during a basketball game and later found out his blood sugar level was high, eventually leading to his Type 1 diabetes diagnosis. Jeff grew up familiar with diabetes which influenced his interest in researching more about diabetes.

A week before his 27th birthday, Jeff began to feel off with the classic symptoms Dr. Buono taught him - polyuria, polydipsia, excessive urination, and excessive thirst. He is a healthy young 27-year-old man who eats healthy and runs every day, so he thought it was bizarre of him to have these symptoms. Jeff emailed his doctor about it and didn't hear from her for three weeks. He took matters into his own hands and, using a glucometer he learned about from his research at SDSU, tested his blood sugar and came out with 330 mg/dl (over the expected maximum 200 mg/dl mark). In the mornings, his blood sugar was supposed to be in the 100s, but it was double the normal level. Jeff's research and the knowledge he learned from Drs. Buono and Kressler helped him keep track of what was going on with his body. He emailed his doctor, and she immediately responded by having him get blood work and an antibody test done. After that, his doctor told Jeff that she was convinced it was Type 1 Diabetes. Type 1 diabetes is usually a childhood disease, and Type 2 is more common in adults. However, Type 1 diagnoses in adults are becoming more common than in previous years.

Frankly, Jeff couldn't have been more grateful, appreciating the irony of studying diabetes for so long and eventually getting it himself. It has been an easy transition for him - the knowledge and the technology make it easy for him. He still maintains his healthy lifestyle, but now with Type 1 diabetes. He wears a continuous glucose monitor (CGM) on his chest and an insulin pump on his arm to give him his insulin as needed. His CGM sends his readings to his phone or iWatch every five minutes. Many people don't realize that it's a severe problem until they have an extreme event and are in the hospital. Jeff notes that he is thankful for the knowledge he gained from Drs. Buono and Kressler and his research helped him get a faster diagnosis.

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### Connect with Us

