

SPRING 2023 • NEWSLETTER ISSUE NO. 11

THRIVE!

SDSU

School of Exercise and
Nutritional Sciences



IN MEMORIAM- DR. MICHAEL BUONO

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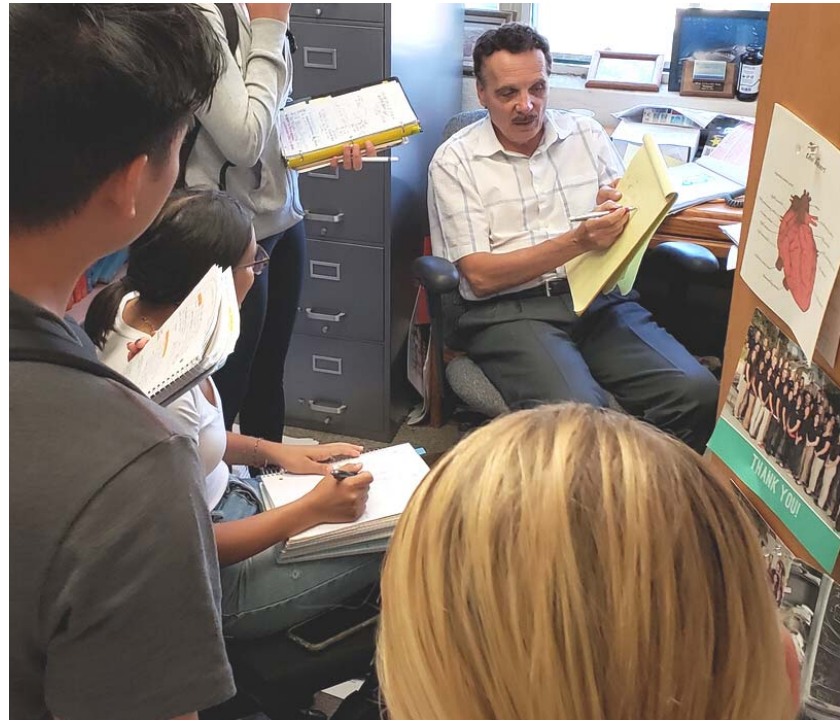
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DR. MICHAEL BUONO DOING WHAT HE LOVED BEST, TEACHING HIS STUDENTS DURING OFFICE HOURS

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



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

The passing of our beloved mentor, colleague, and friend, Dr. Michael Buono, has made Spring 2023 the saddest of semesters in the School of Exercise and Nutritional Sciences. We dedicate this edition of the *Thrive!* newsletter to Dr. Buono. In this issue, I share a story about Dr. Buono's life. In addition, the issue is filled with inspirational comments from Dr. Buono's current and former students. You will also read about the amazing accomplishments of our students, alumni, and faculty. I hope this edition of *Thrive!* brings back fond memories of Dr. Buono. Be kind.



DR. MATTHEW MAHAR
DIRECTOR
SCHOOL OF EXERCISE AND
NUTRITIONAL SCIENCES

The Story of a (Great) Life – Dr. Michael J. Buono (May 30, 1955 – March 4, 2023)

By: Dr. Matthew Mahar

This is a story about one of the world's all-time great professors. More than that, this is a story about one of the world's best people. If you knew Dr. B as a student, you were lucky. If you knew Dr. Buono as a professional colleague, fortune smiled on you. If you knew Mike as a friend, you were blessed by God. I was blessed by God. Mike and I walked hundreds of miles together. Every Monday morning for years, we met somewhere around San Diego. Although our 'home field' was Lake Murray, Mike liked showing me places I had never walked before. We talked about everything, and although we considered these walks our Las Vegas ("what's said here, stays here"), in the rest of this story, I'll tell you some things you know and maybe some you don't.

Dr. Buono grew up in New Jersey – specifically in Dover, NJ. This was a tough town that taught him to be a great observer of people and things. He told me that he always had to have his head on a swivel because he didn't know where trouble might be coming from. While in high school, his summer job consisted of working for the town, including picking up trash and mowing lawns. Because he was good at everything, I assume he was also a good trash collector. Sometimes working tough jobs early in life can help you for the rest of your life. Mike told me that when he got accepted to East Stroudsburg State University, just 40 miles from Dover, he said to himself don't blow this chance, or you'll be working in a factory in Dover the rest of your life. And he'd say, there's nothing wrong with that, but I didn't want to do it. This may have been the real start of his inquisitiveness and love of learning. He was interested in everything and everybody. Because he had an excellent memory and was a great thinker, he remembered something about everywhere he went and everybody he met – and he made us think.

I want to digress slightly to tell you what I learned about his family. After Mike passed, I described him to my brother as this great Italian guy from New Jersey. Being Italian ourselves and from New York, this simple sentence painted a deep and evocative picture of Mike in our minds. Mike had one brother, Ron, who is as funny and fun to be around as Mike. He had first-rate parents who clearly showed their boys a lot of love. Mike said his father did everything outside the house, and his mother (still going strong at age "94 and a half") did everything inside the house – and never the 'twain shall mix. I found this heart-warming.

At East Stroudsburg State University, Mike was on the track team. After graduating from East Stroudsburg, Mike told his Dad, "did you know there's college after college." Mike earned his master's degree from UNLV. He didn't tell me much about that, but he did talk about his time at the University of Arizona, where he earned his Ph.D. in Animal Physiology. Mike worked with world-renowned exercise physiologist Dr. Jack Wilmore and made many life-long friends during his time at UA. But, clearly, he considered his greatest treasure from his time at UA meeting his wife, Shelly.

Mike always said the best decision he ever made was marrying Shelly. Mike told me that his Dad's advice to him was that he better not lose Shelly and said that his Dad would have rather kept Shelly than him. Mike's good friend and colleague for many years, Dr. Ron Josephson, noted that Shelly was truly Michael's guardian angel. Shelly is full of strength, thoughtfulness, grace, and a loving spirit. Mike loved giving Shelly "Queen Night" each week, where he did things like reheat the spaghetti sauce Shelly made to serve her dinner. Mike said weekly how lucky he was to have a wife like Shelly. She was "low maintenance," and he loved being with her. He laughed when Shelly told him he was medium to high maintenance.

THE STORY OF A (GREAT) LIFE – DR. MICHAEL J. BUONO CONTINUED

Dr. B was hired at San Diego State University as an assistant professor in 1982 and stayed here for 40 years. Mike taught many of you who are reading this story, including many current faculty in the School of Exercise and Nutritional Sciences. He was a great teacher and a great researcher. His inquisitiveness about environmental physiology led him to consistently develop studies, receive funding for his research, and test students in the environmental chamber. If you graduated from the School of Exercise and Nutritional Sciences sometime in the past 40 years, you probably had Dr. B for at least one class. You likely have fond memories of his enthusiasm, his teaching props (like Lester the rooster and the blow dart and balloon), and his real interest in wanting you to learn and to actually love physiology.

He had a way of making physiology make sense and stick with students far into their careers. And it's more than that. He taught physiology, yes, but he also taught about life. His advice helped students far beyond the classroom. He helped us all see the big picture and his spirit helped guide students on their own individual paths.

I'll always remember our walks. I was so lucky to share so much time with Mike. He loved music, like Southside Johnny and the Asbury Jukes and Bruce Springsteen and the E Street Band, two bands that were also from New Jersey. Mike told me about how he used to go to Fillmore East in Manhattan when he was in high school. That was a famous music venue that hosted many great artists. He loved his Taylor guitar, which he got from Taylor Guitars in El Cajon, CA. He played his guitar every day and was probably a great guitar player, but, of course, he was too modest to say anything about his musical ability.

On our walks, we often laughed about the absurdities of life and of life in academia. When he ended a story with "you can't make this stuff up," I knew an underlying and pointed message, like the "tip of the spear," was behind it. I'll always remember that he was great at seeing the big picture and appreciating life. It's funny how some things could seem so important, but when looked at with perspective were really just part of life everyone has to live with. Mike would tell a story about something and then just say, "REALLY?" We would both then crack up laughing or, as Mike would say, "fall on the ground laughing." Whenever it seemed like someone was whining over something seemingly not that important, he would say, we need to put a little Dover in 'em, meaning we'd need to toughen them up a bit. Then we would fall on the ground laughing. I think my favorite part of every walk was when Mike would comment on how lucky we were (two guys from the northeast) to end up in this great, big, beautiful city where you could walk in so many places and yet not hear any traffic. Sometimes he would ask me if I wanted to say it, but I liked it best when he said how lucky we were.

Although I tried to put some thoughts down to help us remember Dr. B, when the best of us is taken, words are not enough – to show how we feel about Dr. B or to soothe our aching souls. Mike was always looking to help people, and he had this beautiful gift of making you feel better every time you saw him. Dr. B was a funny and caring and kind person. He was as kind a soul as I've ever known. If we are a little kinder when we think of Dr. B., I know that would make him happy.



DR. MICHAEL BUONO WITH DR. MATTHEW MAHAR

STUDENTS REMEMBER DR. MICHAEL J. BUONO

"The best professor I ever had! He made learning so much fun, and we always looked forward to attending his class. He will be so missed!" -**Chelse K.**

"Loved him!!" -**Mandy E.**

"Truly will be missed. I will never forget Dr. Buono. He was the most interesting professor and had the most captivating lectures." -**Monica T.**

"Lester the chicken and the alpha bungaroo toxin ftw! Great teacher, will always remember Dr. Buono." -**Diego G.**

"Gonna miss this guy! Taught me more about Physiology than I could ever imagine. "EVERYONE, LOOK AT ME!" -**Alex C.**

"If you see this next part, you've got it!" -**Anthony F.**

"RIP" -**Oricoson**

"Loved all the Buono-isms: "its a noble profession" "this is supposed to be cool" Also, his story about buying like 100 boxes of pregnancy tests when he was explaining HCG was hilarious." -**Brandon A.**

"The absolute BEST!!!!" -**Mariah W.**

"He liked to make the point that research was a collaborative effort, each experiment building on the findings of research before it. He often said, "If I see farther, it's only because I stand on the shoulders of giants." -**Marcus G.**

"Best SDSU professor by far. I took his Physiology class about 20 years ago and still remember his lessons to this day. He will be greatly missed." -**Pasia-Leigh D.**

"The best teacher and class you could take at state." -**Jagger G.**

"Truly the best professor and a great person; I will never forget the honest enthusiasm he had for teaching and science. He will be greatly missed and always remembered." -**Maja**

"The best professor I ever had. His teachings will stay with me as a registered nurse. May his memory be a blessing." -**Madison**

"Always the best presentation for examples. Especially the blow dart!" -**Marin**

"I was fortunate enough to have him as a professor in undergrad as well as in the DPT program. I can't believe he is no longer with us. He was a true light who sparked a passion in all of his students." -**Brooke B.**

"One of the absolute best professors whose enthusiasm was contagious. It still sticks with me him shooting blow darts in class to get the whole class invested in learning about botulin and muscle inhibitors. He will be missed." -**Adelle G.**

"My heart is heavy. My favorite professor whom I learned so much from. The way Dr. Buono cared about students definitely showed up after class and during office hours. May he rest in peace." -**Rachel O.**

"RIP the homunculus king." -**Dr. AI**

"I loved how he was able to make the most complex concepts so easy to understand! I remember all his drawings on the chalkboards and Him saying, "Look, Look," and tossing the eraser as a "pointer" Man, he was an amazing professor and person." -**Kristin C.**

"He was an amazing professor!!!! A huge loss for the students at SDSU." -**James W.**

"When he brought out Lester the chicken." -**Nicole**

"Rest easy." -**Sam H.**

"Heaven just received an angel! One of my favorite professors at SDSU! We lost a great person." -**Jorge M.**

"Using straws to illustrate muscle fibers." -**Misha**

"Greatest Physiology professor of all time!" -**Mitchell F.**

"LOOK AT ME!!" Greatest professor of all time, without a doubt. Favorite class at SDSU bc he made learning engaging and fun. Willingly wrote my letter of rec for Optometry school applications. Thank you for everything, Dr. Buono." -**Zach C.**

"Always taught with so much passion and enthusiasm and always wanted to help all his students. So happy I had the pleasure of learning from what was, in my opinion, one of the most amazing professors at SDSU." -**Calista F.**

"Everyone stop and look at me," and for some reason, I've always remembered his story about golfing with his diabetic friend and eating all his tootsie rolls. He was a gem!" -**Melissa M.**

"Stop writing and just look for a second." -**Anthony G.**

"One of my favorite professors who I still think of when anyone talks about botulism toxin. He always brought so much passion and knowledge to his lectures! I hope now he is truly enjoying the Nectar of the Gods. My heart goes out to his family during this time." -**Kassandra C**

"He was such a lovely person." -**Jukeboxdive**

"The absolute best professor! I still reference and remember the phrases and demos he used during class. May he rest in peace." -**Natalie**

"Legends never die." -**Sophia K.**

"I'm honored that I got to call him a mentor as well as my favorite professor. He made an huge impact on my life and truly cared for his students. I am thankful I got to take his class in person and experience what a wonderful and kind person he was." -**Jessie O.**

"Honestly, the best teacher I've ever had. He loved teaching Physiology so much that he made entire generations of us fall in love with physiology too. "It's a noble profession!" -**Jyotika E.**

"He will be missed!" -**Phillip D.**

So many but also when he would joke, "You get a Ph.D., and they just let you teach!". He was truly so incredible." -**Dana C.**

"This is my 20th summer teaching this class, and I really don't think there's a better way to spend a summer." -**Noah S.**

"So many!! Definitely, him talking about putting his daughter in the oven as a kid so she could sweat more as an adult. And also finding out that he was REALLY into lawn bowling! Ran into him a few times at the courts over at Balboa Park." -**Erynn H.**

"That's where the magic happens!!" I'll never forget his energy, his teaching style, and, most of all, his passion and compassion. His inspiration is truly one of the main reasons I'm doing what I do today. Only yesterday, I was telling a friend how we measured sweat rate in the lab. One of my favorite memories is when he brought in several colored pipe cleaners so he could show us the major blood vessels in the brain. He made himself a little helmet to demonstrate where the vessels were and how they related to each other. A true legend." -**Neeloo R.**

"Rest Easy Buono, hands down the best professor I ever had." -**Coach W.**

"He was my favorite professor I ever had. So different in such an amazing way. My heart breaks for his family, and I am sending love to them and everyone else that knew him." -**Kayleigh S.**

"He was my Physiology professor years ago- I never had a professor as passionate about his study as he was- he could explain the way the heart pumped blood like a song!!!! What an amazing person." -**Stephanie N.**

"Truly a legend & inspiration to all!" -**KORE**

"So thankful to have such an amazing professor that inspired me and impacted my life so much. He's the reason I picked the medical field. I am so thankful for all the conversations, stories, and lessons." -**Raneem.**

"Trying to teach a class of 500 students during a power outage because he hated cancelling class." -**Melissa F.**

"He loved immensely his wife. She was my teacher as well." -**Loredana B.**

"Best teacher." -**Taylor P.**

"Such a loss. May he rest in peace. I learned so much from him and appreciated his passion for Exercise Physiology. He made a tough subject easier to understand and even fun! Everyone who was lucky enough to learn from him is so fortunate." -**Caleigh**

STUDENTS REMEMBER DR. MICHAEL J. BUONO

"I kept a tally of all the times he asked the class to "give him a head nod" one time. Think it got up to like 9 times for that lecture lol. Very grateful for the opportunity to learn from Buono, such an amazing professor." -**Riley F.**

"Dr. Buono, you will be truly missed. You showed me what a true teacher looks like and how to motivate others to want to learn. I am forever grateful! RIP." -**Arturo V.**

"My favorite professor ever!!! The best professor at SDSU!! I'm so sad!! RIP Dr Buono!" -**Makenna**

So heartbroken. You will be so dearly missed Dr. Buono!!! You were one of the best physiology teacher I had at State! I enjoyed your class so much and am glad I was able to tell you how amazing you were when you were still here! You taught me life saving info about strokes that I was able to apply in my own personal life! For that I will be forever grateful!! May you rest in peace and your family take comfort in knowing the overwhelming, positive impact you had in the lives of every student you taught or person you met!!" -**Amanda**

"The amount of people saying he was the best professor they've ever had... hope he knows the impact he had on us. Rest in paradise." -**Fiad**

"He was my professor years ago for physiology. So honored to be able to have been his student." -**Stephani N.**

"The dose makes the poison." -**Serena**

"I know so much about sweat glands, and always picture him putting his daughter in an oven to help her sweat more as an adult." -**Gabi H.**

"I did some ancestry research and found I had an ancestor named Michael Buono ... I mentioned this to him after class and asked if I could call him "Uncle Mike"? He quickly replied "no". -**J.R.**

"I'd pay a dollar for a question!" -**Kelsea M.**

"Here comes the A-Team!" -**Justine B.**

"Hands down my favorite professor at SDSU. He made every class session enjoyable and entertaining. I feel blessed to have been in his class. Rest in peace" -**J.A.**

"As a nutrition major I was worried to go into a field where I didn't fully understand diabetes mellitus. However, professor Buono help me understand it and know it as the back of my hand." -**Jennifer**

"You will be missed! You were such an amazing professor and made me love learning physiology. I enjoyed your class and your humor. Thank you for sharing your knowledge and being such a passionate person." -**Christianne**

"If I had a dollar!" -**Justin**

"When he noticed I got engaged and put sunglasses on. Also all the little dances with the hip circles. Such a spirited character Thankful to have been his student." -**Neeloo R.**

"Dr. Buono is an SDSU legend and will be greatly missed. Such a rare bright light amongst professors that I encountered. He made physiology my favorite class/subject due to his exuberance. I am so happy and grateful for the opportunity to learn from this man." -**Emily**

"Dr. Buono, although our time was short this semester; I am glad to have had the privilege to be taught by you. You are hilarious, relatable, and entertaining!! Making learning easy and fun. Without a doubt you are the best teacher. Aka what he would say "the last of the dinosaur teachers." I'm sorry you didn't get your white bow; but know you have taught, touched, and inspired so many people!! Rest in peace, you will forever be missed.." -**Jade**

"RIP to the Best Professor I ever had." -**Sarai**

"He was without a doubt the best professor I had at SDSU. Rest in peace Dr. Buono." -**Taha A.**

"My heart is broken. Truly awakened the love I have for the human body and all its miraculous function. Greatest teacher I ever had the honor of learning from, and also truly one of the funniest, most-able to light up a room teachers on this planet, and I know everyone here agrees. Rest in paradise Dr. Buono! THEE GOAT " -**Robert D.**

"The best professor Ive ever had & the one who had me interested in the medical field." -**Karina**

"The tip of spear." -**Ashley B.**

"Best professor ever! Dr. Buono your passion for and enthusiasm for teaching was felt across all of your students. I've never had such a learning experience as the one I had in your class. You made Physio so enjoyable. You had a real talent for teaching! Thank you for your dedication as an educator!" -**Angelica L.**

"Forever grateful I was fortunate to take Dr. Buono's class and learn so much from him. He was truly one of a kind professor. Rest Easy." -**Daya**

"Repeatedly taps on the board. "LOOK HERE! LOOK HERE!" PASSIONATE is the only way I could describe him. You will be sorely missed Dr. B." -**Andy I.**

"Rest in paradise Dr. Buono." -**Chris R.**

"What a shocking news, thank you Sir for your impact on my life." -**Charlie W.**



DR. MICHAEL BUONO PROUDLY MODELING HIS BUONO-ISMS T-SHIRT

"Dr. Buono is true legend in my eyes! I'm so grateful to have been able to learn from a such a wonderful human. Thank you for igniting my love of learning about the human body. We were so so lucky to have you!" -**Erin D.**

"My heart is heavy. My favorite professor whom I learned so much from. The way Dr. Buono cared about students definitely showed after class and during office hours. May he rest in peace." -**Natalie**

"Dr. Buono was an amazing and inspiring teacher; and he also got me reading the Hunger Games. He was truly just a lovely human being and we were all lucky to have known him." -**Annelise**

"Thankful to have experienced the magic that Dr Buono brought to every lecture (and every person lucky enough to take his classes). Rest in Peace" -**Mackensie M.**

"A privilege to be in his class. Rip Dr. Buono" -**Terrell D.**

ADVICE FOR ENS STUDENTS

The School of Exercise and Nutritional Sciences asked several students one question, "What advice would you give to incoming students?" Here is their advice.



PAIGE SULLIVAN

Student Nutrition Organization (SNO) Treasurer and B.S. Foods and Nutrition Student

"My advice for incoming students is to do things that scare you. Doing things that scare you will spark your growth as a future professional and build self-confidence."



ALINA SOTO

President of the Future Physical Therapist Organization (FPTO) and B.S. Kinesiology Pre-Physical Therapy Student

"Join a club, play a sport, or find a job on campus that helps you build a tight-knit community of like-minded students within such a big campus. Study hard, but don't forget to take time for yourself to recharge and do the things you love!"



NYAH AGUAYO

President of the Kinesiology Organization Revolutionizing Exercise (KORE) and B.S. Kinesiology Pre-Physical Therapy Student

"Take every opportunity that comes your way to meet new people or to advance your career. Enjoy every good and bad moment of your four years because it flies by."



JUSTIN POPLIN

Member of the Sports Nutrition Cooperative (SNC) and M.S. Nutritional Sciences Student

"Remember your why. As you take classes and meet new people, your why might be completely different from when you first started, but that's ok. More importantly, branch out from your comfort zone and school. Get out, work, intern, and explore the field that you're going to school for."



KELSEA MILLS

President of Doctor of Physical Therapy Student Association (DPTSA) and Doctor of Physical Therapy Student

"Study long and hard but always make time for yourself. Take advantage of this time in your life – the journey is just as important as the destination!"

ADVICE FOR ENS STUDENTS (CONTINUED)



ANNA LAFONTAINE

President of the Future Athletic Trainers' Society (FATS) and First-Year M.S. Athletic Training Student

"I love coming to school because of my classmates and professors; class is always fun because of them! I also love coming to school because I am getting educated on something I am passionate about."



JESSICA MALONE

Member of the Sports Nutrition Cooperative (SNC) and Concurrent M.S. Exercise Physiology and M.S. Nutritional Sciences Student

"Most of the learning during your education (especially in grad school) happens in the organic discussions in class. That will be the stuff that sticks with you forever. Take pride in your education, and don't miss class."



EDGAR DOOLAN

JEDI Student Advisory Council Member and Concurrent M.S. Exercise Physiology and M.S. Nutritional Sciences Student

"Raise your hand, get involved, and volunteer, even if you think you don't want to. Challenging yourself is fun."



JOSE MARTINEZ

First-Year M.S. Athletic Training Student

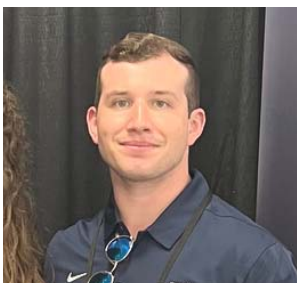
"The best advice I could give for incoming students is always to try to make the best out of a bad day. For example, if you didn't get the grade you wanted on an assignment, review it, see where you could improve, and move on. College moves at a rather fast pace, so you can't get hyper-focused on a bad day or moment, so try to find something good from it and use it to succeed next time."



IVETH LAGUNAS

President of the Student Nutrition Organization (SNO) and B.S. Foods and Nutrition Student

"I highly recommend exploring clubs and getting to know your professors here at SDSU. It can open up new opportunities to build your professional skills and experiences."



NATHANIEL JASON

M.S. Nutritional Sciences Student

"Just do your work and get involved in student organizations."

STUDENTS REPRESENT ENS AT SDSU STUDENT SYMPOSIUM

The Student Symposium is an annual symposium, where students publicly present their research. It is a university-wide event that recognizes the research and scholarly accomplishments of SDSU students. This year, several undergraduate and graduate students represented the School of Exercise and Nutritional Sciences. The presenters are listed below.

Student: Sarah Alhenaidi

Title: *The Impact of Consuming Two Cups of Fruit Daily on Body Composition and Cardiovascular Biomarkers*

Mentors: Drs. Shirin Hooshmand and Mark Kern

Students: Jesse Baker and Sarah Kinsey

Title: *The Color Stability of Various Genetically Mutated Samples of C-Phycocyanin*

Mentor: Dr. Jing Zhao

Students: Cassidy Burns and Maya Satnick

Title: *Lower Extremity Kinematics During the Landing Phase of a Lateral Broad Jump in Division I Men's Basketball Athletes*

Mentor: Dr. Sara Gombatto

Student: Simon Pierce

Title: *Cigarette Smoke Exposure Effects on Diaphragms Susceptibility for Ventilator-Induced Diaphragm Dysfunction*

Mentor: Dr. Leonardo Nogueira

Students: Jacqueline Erdkamp and Julia Alo

Title: *Effects of using the Step2Bed on Forces, Muscle Activity, Joint Angles, and Transfer Time in Older Adults*

Mentor: Dr. Antoinette Domingo

Student: Edgar Doolan

Title: *How Do Latin Parents Interpret and Respond to the U.S. Household Food Security Survey Module? A Qualitative Cognitive Interviewing Study*

Mentor: Dr. Amanda McClain

Student: Lloyd Marshall

Title: *Effects of Smoking on Locomotor Muscle Adaptations to Chronic Electrical Stimulation*

Mentor: Dr. Leonardo Nogueira

Dean's Award: Health & Human Services

Student: Chelsie Miller

Title: *Exploring the Effects of Prune Extract on Cellular Models of Bone Cancer*

Mentors: Drs. Shirin Hooshmand, Changqi Liu, and Christal Sohl

Student: Carlos Noriega

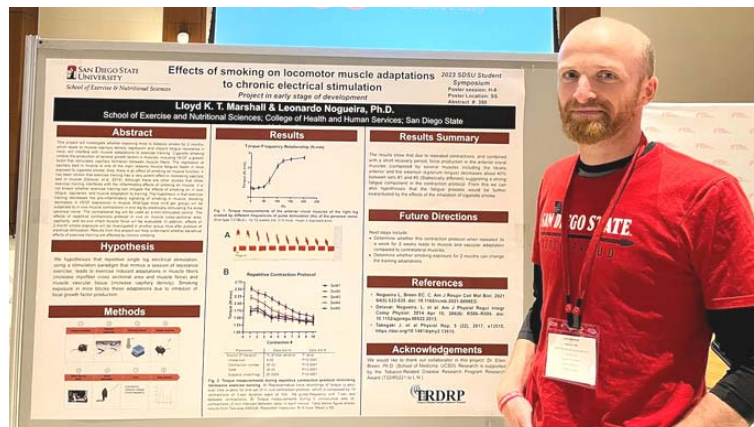
Title: *Rice Bran Protein Isolation and Heavy Metal Content*

Mentor: Dr. Jing Zhao

Student: Wylianne Pangan

Title: *Movement Strategies for Tactile Detection in the Little Finger*

Mentor: Dr. Sasha Reschechtko



LLOYD MARSHALL PRESENTING AT THE SDSU STUDENT SYMPOSIUM

Student: Mikaela Garcia

Title: *The Role and Impact of the Athletic Trainer in the Medical Disqualification Process Following Concussion*

Mentor: Dr. Michelle Weber Rawlins

Students: Jazmin Rodriguez-Chavez and Jessica Davis

Title: *Biodegradable Whey Protein Films Loaded with Biosynthesized ZnO Nanoparticles*

Mentor: Dr. Changqi Liu

Student: Mira Saab

Title: *Athletic Trainers' Perceptions of Factors that Should be Included in Medical Disqualification Consideration Following Concussion*

Mentor: Dr. Michelle Weber Rawlins

Student: Paige Sullivan

Title: *Evening Sleep Chronotypes Perceive Food Odors to be More Intense and Report Greater Cravings Compared to Morning Sleep Chronotypes*

Mentor: Dr. Surabhi Bhutani

Student: Courtney Smith

Title: *"Minimizing the Number of Barriers": How Agencies Pivoted to Address Food Insecurity in San Diego County during the COVID-19 Pandemic*

Mentor: Dr. Amanda McClain

Selected for presentation at the SDSU Sustainability in Action: President's Update event in April 2023.

Student: Sarah Kinsey

Title: *Effects of Blackberry Consumption on Satiety, Postprandial Glucose, Anxiety, and Skin Health*

Mentor: Dr. Mee Young Hong

STUDENT SPOTLIGHT

BRIGITTE FULLER



BRIGITTE FULLER
UNDERGRADUATE STUDENT
KINESIOLOGY PRE-PHYSICAL THERAPY

Brigitte Fuller is an undergraduate student graduating with a B.S. degree in Kinesiology Pre-Physical Therapy this May. Currently, she volunteers for the Justice, Equity, Diversity, and Inclusion Mentorship Program as a mentor, supporting undergraduate peers within ENS with their academic and personal goals and fostering a spirit of community. Brigitte is also a research assistant and certified phlebotomy technician for Jeff Moore and the late Dr. Michael Buono, exploring blood flow and a novel means of blood sugar regulation. The team had an abstract accepted at the American College of Sports Medicine Southwest Chapter Meeting in the fall, with Brigitte presenting as the first author and the American Physiology Summit in April. In addition, Dr. Buono nominated her for the American Kinesiology Association Undergraduate Scholar Award this semester. Shortly after graduation, Brigitte will begin the Doctor of Physical Therapy program here at SDSU as part of the class of 2026. Brigitte is a fitness instructor and physical therapy aide outside of school. She enjoys taking dance classes, doing her nails, and going to the beach with her husband and three dogs.

MADELINE STROM



MADELINE STROM
GRADUATE STUDENT
ATHLETIC TRAINING

Madeline Strom is a first-year graduate student pursuing her M.S. degree in Athletic Training (MSAT) and is a part of the inaugural MSAT cohort at San Diego State University. Madeline currently serves as the Vice-President of the Future Athletic Trainers' Society and is completing the first year of clinical clerkships with the University of California San Diego, working with Sport Club teams. Madeline was also recently awarded the Richard E. Vandervoort Memorial Scholarship, presented by the National Athletic Trainers' Association Research and Education Foundation. With one more year until graduation, Madeline is excited to continue studies at SDSU and gain more clinical experience. After graduation, Madeline hopes to sit for the Board of Certification Examination and become a certified athletic trainer. Once certified, Madeline would like to work at the community college level and give back to the community that inspired them to pursue athletic training in the first place. Madeline likes to read, hang with friends, and be in nature in their spare time.

STUDENT ORGANIZATION - DPTSA



MEMBERS OF THE DOCTOR OF PHYSICAL
THERAPY STUDENT ASSOCIATION

The Doctor of Physical Therapy Student Association utilizes the many talents and bonds among the Doctor of Physical Therapy students to bolster connection to one another and the community. For more information, visit the link tree to (find or connect) to their website: <https://linktr.ee/SDSUDPTSA>.

"Physical therapists improve the way you move!" - Kelsea Mills,
President of DPTSA and Second-year Doctor of Physical Therapy
student.

2023 AMERICAN KINESIOLOGY ASSOCIATION STUDENT SCHOLAR AWARD RECIPIENTS

We are pleased to announce the local winners of the 2023 American Kinesiology Association Undergraduate and Master's Scholar Awards. Jacqueline Erdkamp and Robert Castro are recognized for their academic accomplishments and leadership excellence.



JACQUELINE ERDKAMP

During her first year at SDSU, Jacqueline Erdkamp was eager to participate in the many opportunities available. During Jacqueline's sophomore year, she began working as a tutor for the SDSU Athletic Department, where she helped student-athletes excel in courses such as statistics, chemistry, and writing. At the same time, she began volunteering as a research assistant with Dr. Antoinette Domingo on a systematic review studying the effects of exercise intensity on cardiometabolic health in individuals with spinal cord injuries. She analyzed the effects of a step stool (Step2Bed) which increases the safety of bed transfers in older adults. Step2Bed helps reduce the risk of falls and decreases the effort and range-of-motion needed to get out of bed.

"Winning this award makes me incredibly thankful for my education and experiences, which could not have been possible without Dr. Michael Buono, Dr. Antoinette Domingo, and many other outstanding faculty."-Jacqueline Erdkamp

B.S. KINESIOLOGY - PRE-PHYSICAL THERAPY
2023 AMERICAN KINESIOLOGY ASSOCIATION
UNDERGRADUATE SCHOLAR AWARD RECIPIENT

Jacqueline began volunteering in the physical therapy department at the university of California San Diego (UCSD) Hospital in Hillcrest, gaining knowledge in outpatient and inpatient settings. After reaching her goal of 120 hours at UCSD Hospital, she began volunteering at Optimize Physical Therapy and at Rady Children's Hospital, where she worked with various patients recovering from illnesses and injuries. Jacqueline will graduate with her B.S. Kinesiology - Pre-Physical Therapy this May and start a new journey at California State University Long Beach's Physical Therapy program.

ROBERT CASTRO

Robert Castro is thrilled and humbled to receive the American Kinesiology Association Master's Scholar Award. Over the last three years, he has worked with several faculty on various research projects ranging from food science to exercise physiology. As a result, Robert co-authored two published manuscripts, with another manuscript currently under review and another being drafted. He has been fortunate to receive recognition for his research and scholarly accomplishments through scholarships, such as the Master's Research Scholarship, the CHHS Graduate Student Research Award, and the prestigious C.S.U. Sally Casanova Pre-Doctoral Scholarship.

*"The American Kinesiology Association Master's Scholar Award is a testament to the unwavering support of my mentors and peers, and I am honored to be the recipient of such prestigious recognition!"
-Robert Castro*



ROBERT CASTRO
CONCURRENT M.S. IN EXERCISE PHYSIOLOGY
AND M.S. IN NUTRITIONAL SCIENCES
2023 AMERICAN KINESIOLOGY ASSOCIATION
MASTER'S SCHOLAR AWARD RECIPIENT

Robert's success would not have been possible without the guidance and support of his mentors and peers. His success reflects the quality of our graduate (and undergraduate) program. The valuable tutelage and experiences he received played a critical role in shaping his academic journey. He is thankful for the unwavering support from Drs. Mee Young Hong, Jochen Kressler, Changqi Liu, Amanda McClain, and Matthew Mahar. He will be pursuing his Ph.D. in Nutrition and Integrative Physiology at the University of Utah.

THE CRADLE OF PROFESSORS- DR. KATHLEEN THOMAS

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.



Professor in the Department of Health,
Physical Education, and Exercise
Science at Norfolk State University

Dr. Kathleen Thomas, Ph.D., A.T.C., has been a Professor in the Department of Health, Physical Education, and Exercise Science at Norfolk State University (NSU) since 2016 and currently serves as the Interim Associate Dean of the School of Education. A 1991 graduate from SDSU with a B.A. in Physical Education and an emphasis in Athletic Training, she became certified as an Athletic Trainer through the National Athletic Trainers' Association Board of Certification in 1992. Her first position out of college was working as the athletic trainer at Mt. Carmel High School for all sports. She married her Naval Officer husband and moved across the country to Nashville, TN, where she worked as an Assistant Athletic Trainer of Women's Sports at Belmont University. She earned her M.S. in Exercise Science and Health Promotion from Middle Tennessee State University. Another move took her to the Norfolk/Virginia Beach area of Virginia, where she earned a Ph.D. in Human Movement Sciences from Old Dominion University with an emphasis on Motor Control of Posture and Locomotion, while conducting research in the Center for Brain Research and Rehabilitation under the advisement of Dr. Steven Morrison.

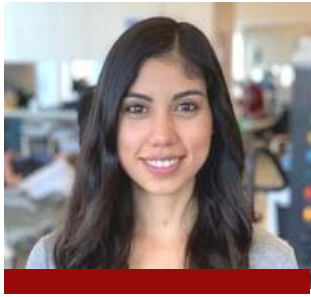
After graduating in 2013, she served as an Assistant Professor of Exercise Science at North Carolina Wesleyan University before accepting an offer at NSU. Since 1991, She has been certified as an Exercise Physiologist with the American College of Sports Medicine. She is licensed in the Commonwealth of Virginia.

Dr. Thomas has 30 years of experience working with various populations ranging from high school and college athletes to youth, cardiac and pulmonary rehabilitation patients, and developing exercise programs for individuals with diabetes and other disease pathologies. In collaboration with a local medical school, she leads research on improving physical activity habits in obese African-American women in the Hampton Roads community of Virginia. She intends to continue to focus on community-based research to improve health and mobility in individuals with adapted needs.

Dr. Thomas's primary research focuses on motor control of posture and locomotion, where she has conducted research with various populations. She has also been a yoga instructor for more than ten years. She uses the practice and meditation principles to improve performance and mental focus in athletes (tennis and baseball specifically) and promote overall wellness to the general population. In her spare time, she practices what she preaches. She enjoys running, cycling, and yoga, and she recently added indoor climbing to her list of physical activities.

DISTINGUISHED ALUMNI

DOCTOR OF PHYSICAL THERAPY



ALEJANDRA HERNANDEZ

Assistant Clinical Professor at the University of California, San Francisco & San Francisco State University Doctor of Physical Therapy Program

Dr. Alejandra Hernandez earned her Doctor of Physical Therapy degree and B.S. in Kinesiology from SDSU. Following graduate school, Dr. Hernandez pursued an Orthopedic Physical Therapy residency at the University of California, San Francisco, and became a board-certified orthopedic clinical specialist. Dr. Hernandez transitioned into the role of Assistant Clinical Professor for the University of California, San Francisco (UCSF)/San Francisco State University Doctor of Physical Therapy program, where she helps rehabilitate patients with orthopedic injuries in the UCSF faculty practice, assists in the Advanced Orthopedic series for the first-year and second-year DPT students, and is a part of the Integrated Spine Service, which is a multidisciplinary, patient-centered approach to help patients manage chronic back and neck pain. She helped establish the Wellness at Work program at UCSF to reduce repetitive strain injuries and educate the workforce on proper ergonomic techniques. Dr. Hernandez loves to hike, run, travel, explore new coffee shops, and eat dark chocolate outside the clinic.

FOODS & NUTRITION

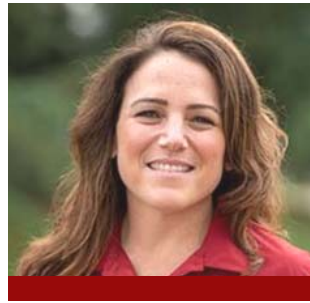


MISSY SCHAAPHOK

Director of Global Nutrition & Sustainability, Taco Bell Corp/Yum Brands

Missy Schaapok has always been passionate about food and nutrition and its environmental impact. She sits at the intersection of those worlds as director of global nutrition and sustainability for Taco Bell Corp. Missy earned her B.S. degree in Foods and Nutrition from SDSU in 2005. She completed her dietetic internship at the University of Delaware in 2009. Missy plays a significant role in how Taco Bell creates food and packaging that is innovative, sustainable, and craveable. As Taco Bell's first-ever dietitian, she led the development of the Power Menu, a menu featuring high-protein bowls and burritos under 500 calories. Missy brought customers a vegetarian menu certified by the American Vegetarian Association – the first in the quick service restaurant industry. She led the global efforts to leave a lighter footprint, announcing Taco Bell's Global Packaging and Recycling commitment. She was named an American Food Hero by Eating Well Magazine in 2020. Missy is an avid home chef, snowboarder, mountain biker, and dog walker.

ATHLETIC TRAINING



SARAH LYONS

Senior Associate Director of Athletic Training at Stanford University

Sarah Lyons earned her B.S. in Kinesiology with an emphasis in Athletic Training from SDSU in 2002. In 2004, she transitioned to a staff Athletic Trainer at California State University, Northridge (CSUN). At CSUN, Sarah worked with FedEx, the United Soccer League San Fernando Valley Quakes, and the Los Angeles Rampage, a Women's Premiere Soccer League Team. She joined the Stanford Athletic Training staff in July 2013 as an Assistant Athletic Trainer. Sarah's current role is Senior Associate Director of Athletic Training, responsible for the supervision, management, evaluation, and treatment of Women's Gymnastics and Men's Rowing. She serves as the California Athletic Trainers' Association Region 2 Director. Her national and district involvement supports Stanford Sports Medicine. She has volunteered as an athletic trainer for the Aids Life Cycle and Helen's Cycles Century Ride. In Sarah's spare time, she enjoys board and card games, finding the best cup of coffee in every city, and spending time with her family and friends.

KINESIOLOGY



TODD GALATI

Senior Director of Credentialing & Practice Advancement for the American Council on Exercise (ACE)

Todd Galati earned his B.A. in Athletic Training in 1989 and his M.A. in Kinesiology in 1996 from SDSU. He is the Senior Director of Credentialing and Practice Advancement for the American Council on Exercise (ACE). He oversees ACE's certification programs for personal trainers, group fitness instructors, medical exercise specialists, health coaches, and continuing education approval. He was awarded the 2020 Credentialing Industry Leadership Award from the Institute for Credentialing Excellence. Todd was a program director with the University of California, San Diego School of Medicine, where he studied the effectiveness of youth physical activity, nutrition, and health education programs in reducing risk for cardiovascular disease, obesity, and type 2 diabetes. He taught Biomechanics and Applied Kinesiology courses at California State University, San Marcos. Todd enjoys spending time with his family, coaching youth sports, and hitting the trails to mountain bike and run.



FACULTY HIGHLIGHT

DR. LORI TUTTLE

PROFESSOR

Dr. Tuttle earned her B.S. in Exercise Science in 2002 and her M.S. in Physical Therapy in 2004 from St. Louis University. After graduating, she worked as a Physical Therapist at the University of Michigan Hospital. Her patient care experiences continue to inform her teaching and research. She earned her Ph.D. in Movement Science with an emphasis in Biomechanics from Washington University in St. Louis in 2011. Her research focused on exercise interventions and muscle changes in people with diabetes and peripheral neuropathy. Dr. Tuttle completed a postdoctoral fellowship at the University of California San Diego in Muscle Physiology in the Department of Orthopedic Surgery from 2011–2013 before joining the San Diego State University faculty.

Dr. Tuttle's research at SDSU has focused on exercise interventions for women with pelvic floor dysfunction. Internal university grants and the National Institutes of Health have funded her work. Her primary teaching role at SDSU is in the Doctor of Physical Therapy program. She teaches in the Evidence-Based Practice series and also teaches a course designed to train students to be Physical Therapists in a hospital setting. One of the highlights of this course is a collaboration with nursing faculty that utilizes the nursing simulation lab to allow students a hands-on experience with a critically ill simulated "patient" before working in the clinical setting. Dr. Tuttle enjoys traveling and trying new restaurants in her free time and is an avid reader.



SPARK EQUITY AWARDS

SPARK offers the world's most evidence-based physical education and physical activity programs for pre-kindergarten through 12th grade. SPARK was started in 1989 by Dr. Jim Sallis and School of ENS Emeritus Faculty member Dr. Thom McKenzie. Recently, Drs. Sallis and McKenzie provided funding to establish the SPARK Equity Awards. The purpose of these awards is to bring SPARK programs to more low-income communities, where the need is greatest.

The inaugural SPARK Equity Awards winners were recently announced. Two organizational and ten individual winners received a total value of over \$225,000 in SPARK curriculum, training, and equipment. "Among the over 50 outstanding applications received, the review committee selected 12 highly deserving applications for funding that span the entire nation, from Washington state to Florida. The funding will enhance the ability of these schools and organizations to provide physical activity opportunities to youth from low-income communities, that will ultimately improve child health and academic performance" noted Dr. Matthew Mahar, Professor and Director of the School of Exercise and Nutritional Sciences at SDSU.

In a joint statement, Drs. Sallis and McKenzie shared: "Physical activity contributes to children's health and well-being. Research indicates that children in low-income neighborhoods tend to be less active than those in wealthier areas, and schools serving low-income communities tend to have fewer resources for physical education and physical activity. Thus, we targeted the Awards to bring health-promoting physical activity programs to low-income areas."

The SPARK Equity Awards are set up through the School of Exercise and Nutritional Sciences at SDSU and will be available on an annual basis.



DR. SHIRIN HOOSHMAND

SENATE DISTINGUISHED PROFESSOR

School of Exercise and Nutritional Sciences professor, Dr. Shirin Hooshmand, was named winner of the Senate Excellence in Teaching Award. Dr. Hooshmand was hired at San Diego State University in 2011 and has embodied the teacher-scholar model. She is a dynamic teacher and mentor and a highly productive researcher. Dr. Hooshmand is admired by her students and by her faculty colleagues for her dedication to teaching, her caring approach to mentoring students, and her magnificent work ethic.

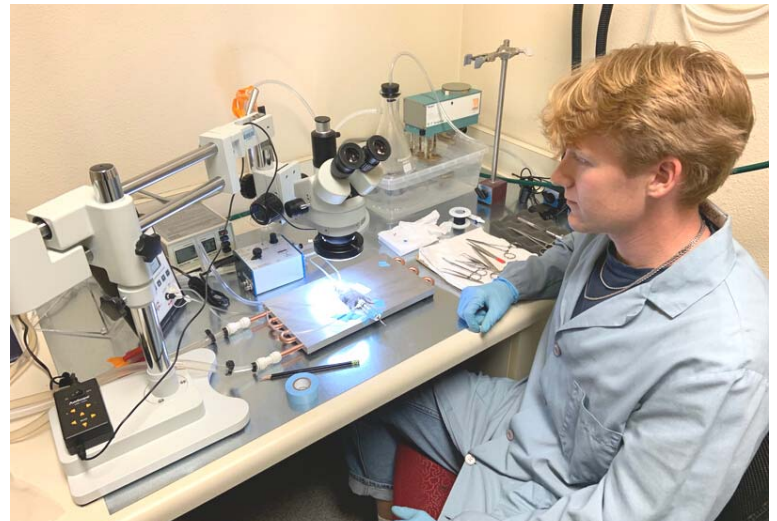
Dr. Hooshmand's lectures are engaging, artistic, and masterful. She helps students understand, for example, the "machinery" of the cell and the roles of nutrients in metabolism. Her diligence and rigor lead her to continuously update her course materials to enhance student learning.

Dr. Hooshmand completed a four-year process to become a registered dietitian (RD) in 2018 while maintaining her teaching load and research program. She has mentored over 75 students in Nutritional Sciences and has been recognized with numerous Outstanding Faculty Awards.

DISCOVERING ENS RESEARCH

Dr. Leonardo Nogueira, Exercise Physiologist

Dr. Leo Nogueira's research focuses on biochemistry, molecular biology, histology, and in vivo procedures in which mice are exposed to environmental pollutants. Experiments of mechanical ventilation and locomotor muscle damage can be performed on experimental animals. Dr. Nogueira and his students conduct experiments with isolated muscles and single muscle fiber contractility, fatigue resistance, and intracellular fluorescence.



UNDERGRADUATE STUDENT SIMON PIERCE IN DR. LEONARDO NOGUEIRA'S RESEARCH LAB

Dr. Jing Zhao, Food Scientist

Dr. Jing Zhao's research focuses on developing and utilizing novel protein ingredients. Her research group actively collaborates with the alternative protein industry. Current research projects include the extraction and characterization of rice bran protein, flavor characterization and modification of algae and algae proteins, and the development of seafood flavor from non-animal food sources. Dr. Zhao's group comprises a collection of enthusiastic and brilliant young researchers, including one postdoctoral research scientist, Dr. Ali Raza, three graduate students, and five undergraduate students. The primary research instruments used in Dr. Zhao's research includes state-of-the-art gas chromatography, a mass spectrometry system with a cooled injection system, an olfactometry detection port, an amino acid analyzer, a nitrogen analyzer for protein analysis, and a gel electrophoresis system.

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