

Director's Message

The School of Exercise and Nutritional Sciences (ENS) faculty and staff continue to provide outstanding learning experiences. This edition of THRIVE! features faculty, staff, and alumni recognition, student research, and updates on a few of our programs. Involving students in research is recognized as a high-impact educational practice and the extensive involvement of ENS students in on-campus and off-campus research is further evidence of how we continually strive to provide exceptional student experiences. Emeritus faculty member Dr. Thom McKenzie has funded the new Thom McKenzie Student Research Grant program. The SDSU Adapted Athletics program, which is housed in the School of ENS, continues to make strides. Under the guidance of ENS faculty member Antoinette Domingo, we hired the first full-time Program Director. In addition, our Adapted Tennis Team finished second in the nation. The Adaptive Fitness Clinic has expanded to serve more clients from the community and more students. ENS was recognized for Inclusive Excellence and to further our focus on diversity and inclusion, the School of ENS started a Student Diversity Advisory Council, which will be highlighted in a future newsletter.



Dr. Matthew Mahar
Director
School of Exercise and Nutritional Sciences

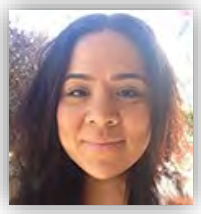
School of ENS Recognized for Inclusive Excellence

The American Kinesiology Association recognized the School of Exercise and Nutritional Sciences with its inaugural Inclusive Excellence Award for sustained commitment to diversity and inclusion through teaching, research, and service programs. Inclusive excellence exemplifies a commitment to efforts that promote diversity and inclusion with the goal of creating a working and learning environment that encourages varied perspectives and an open exchange of ideas in an unbiased and non-prejudicial way.

Congratulations to School of ENS Winners of CHHS College Council Awards!

The School of Exercise and Nutritional Sciences congratulates our faculty and staff members who won a 2019 College of Health and Human Services College Council Award. Cathy Chavez, Mike Buono, and Mark Kern were recognized for overall excellence and going above and beyond the call of duty.

Outstanding Support Staff
Cathryn Chavez



President's Award
Dr. Mark Kern



Outstanding Graduate Professor
Dr. Michael Buono



Inside this issue

"Market" Mural Historic Unveiling.....2
CTL Scholarly Teaching Academy Inducts Dr. Jochen Kressler.....2
Summer Undergraduate Research Program Awardees 3
Athletic Training Program Distinguished Alumnus Award 3
SDSU Student Research Symposium 4
SNO Attend Food Conference 5
AKA Scholar Award Recipient.....5
Adapted Athletics Makes History.....5
SNO Hosts Eating Insects Conference ...6
McKenzie Student Research Grant.....6
Adapted Athletics Names Director.....8
Emeritus Faculty Dr. Lindsay Carter 8
Nutrition Host SNACK Workshop 9
Adaptive Fitness Clinic 10
Nutrition Faculty and Alumnus Honored.....10

ENS Newsletter Team

Dr. Matthew Mahar
Director, School of Exercise and Nutritional Sciences

Wendy Sandoval
THRIVE! Editor-in-Chief/ENS Staff
wsandoval@sdsu.edu



Dr. Jochen Kressler, Inducted into the CTL Scholarly Teaching Academy

CTL Scholarly Teaching Academy Inducts Dr. Jochen Kressler

by Eunice Bae

Dr. Jochen Kressler was inducted into the Center for Teaching and Learning (CTL) Scholarly Teaching Academy. The academy supports both faculty and student success by recognizing and honoring faculty who engage in the demanding work of pedagogical innovation. Dr. Kressler completed a Course Redesign with Technology based on his funded grant from the CSU Chancellor's Office.

> *"Whoever does the work, does the learning."*
> *Dr. Jochen Kressler*

To be inducted into the Scholarly Teaching Academy, a faculty member accumulates credits through attendance at teaching events and scholarly presentations and publications about teaching. Dr. Kressler's work on the impact of course redesign on diverse student populations will be published in the *Journal of Scholarship of Teaching and Learning.*

Dr. Kressler also provides high-impact experiences through involvement of both undergraduate and graduate students in his research.



Newly Renovated "Market" Mural

"Market" Mural Historic Unveiling



Christy Samarkos, Stephen Bartlett, Maria Keckler, President Adela de la Torre, Dan Montoya, and Matthew Mahar, in front of the renovated "Market" mural

A colorful post-WWII traditional Mexican mural hidden deep within the School of Exercise and Nutritional Sciences (ENS) was recently renovated, preserving its historical and cultural significance. The unveiling, which occurred on March 23, 2019, represented the 70th anniversary of the mural. University History Curator and Professor of Anthropology Dr. Seth Mallios told a packed house about the history of the mural and the artist behind it. The artist was WWII veteran and SDSU art student Robert Hugenberger. Hugenberger was also a star on the SDSU gymnastics team, which was coached by School of ENS Emeritus Professor Dr. Fred Kasch, for whom the Kasch Exercise Physiology Laboratory in the ENS building is named.

Members of Hugenberger's family attended the unveiling, actually seeing the mural in person for the first time. SDSU President Adela de la Torre spoke about her love of art and the importance of preserving part of SDSU's history. School of ENS Director, Dr. Matthew Mahar, emceed the event and thanked individual donors, SDSU Alumni, Love Library, and the Office of Student Affairs, which each contributed to the renovation costs.



Robert Hugenberger and SDSU gymnastics team, coached by Dr. Fred Kasch
Photo from SDSU Yearbook

SDSU Athletic Training Program graduate (class of 2017), Michael Barreiro, and his team from Mind and Beauty Productions volunteered their talents and produced a fantastic video about the mural. The mural video is posted on the School of Exercise and Nutritional Sciences website [https://ens.sdsu.edu/blog/2019/03/06/renovation-of-historic-market-mural-video/].



University Curator and Anthropology Professor, Dr. Seth Mallios



Mural being restored by conservator Gary Hulbert



Unveiling of the "Market" mural

Images provided by: Michael Barreiro

MIND & BEAUTY PRODUCTIONS

Summer Undergraduate Research Program Awardees

The SDSU Summer Undergraduate Research Program supports undergraduates to work with faculty on research projects. Congratulations to the following students and faculty who were awarded 2019 Summer Undergraduate Research Awards:



***Student*: Yazley Hernandez**
Title of Research: Existing Capital Promoting Food Security and a Healthy Diet for Low-income Hispanic/ Latinos in San Diego County: Perspectives of Key Informants at Community Stakeholder Organizations
Faculty Mentor: Dr. Amanda McClain



***Student:* Niko Vlassis**
Title of Research: Sweat Gland Function in Patients with Burn Injury and Split-Thickness Skin Graft
Faculty Mentor: Dr. Daniel Cannon



***Student*: Melissa Favela**
Title of Research: Involvement of Olfactory Sensory-Specific Satiety on Distraction-dependent Motivational Eating Behavior
Faculty Mentor: Dr. Surabhi Bhutani



***Student:* Tayelor Roberson**
Title of Research: The Effect of Green Tea Extract (GTE) on Fat Oxidation and Glycemic Responses During and After Arm Exercise
Faculty Mentor:
Dr. Jochen Kressler

Athletic Training Program Honors Russ Romano with Distinguished Alumnus Award



Tatianna Frausto, President of the Future Athletic Trainers' Society (FATS) presented Russ Romano with the Athletic Training Program

Associate Athletic Director for Athletic Medicine for the University of Southern California (USC), Russ Romano, MA, ATC, FAFS, was recipient of the 2019 SDSU Athletic Training Program Distinguished Alumnus Award. Romano was honored on April 28, 2019. Former and current SDSU Athletic Training Program students gathered to honor Romano for his exceptional contributions as an athletic trainer. Romano (1989, 1993) earned two degrees from SDSU.

> "I am proud to recognize Russ as a graduate from our athletic training program and applaud all he has done throughout his career."
> *-Carolyn Greer, Former Athletic Training Program Distinguished Alumnus Award Winner*

In addition to USC, Russ worked at UCLA and SDSU (as a graduate assistant). Carolyn Greer, former University of San Diego Associate Director of Athletics for Sports Medicine and fellow SDSU Athletic Training Program graduate stated: "Russ has represented the profession of athletic training and San Diego State University well. He has published and presented on multiple topics including MRSA, brain health, concussions, and case studies. I am proud to recognize Russ as a graduate from our athletic training program and applaud all he has done throughout his career."



Russ Romano with SDSU Athletic Training Program students

ENS STUDENT SPOTLIGHT 2019 SPRING

Students Represent ENS at SDSU Student Research Symposium

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

Provost's Award

Emily Woolf
Title: *Isolation of Mealworm Tropomyosin, a Potential Cross-Reactive Food Allergen*
Mentor: Dr. Changqi Liu

Dean's Award

Lucas Krumpl
Title: *Eccentric Hip Rotation Strength in Healthy Adults*
Mentor: Dr. Michael Rosenthal

Rene Arvizu
Title: *Development of a Non-Invasive Muscle Force Sensor*
Mentor: Dr. Shawn O'Connor

Monique Rashid, Kimberly Tsuda, & Stephanie Estrada
Title: *Glycemic Response to Overground Bionic Ambulation for Spinal Cord Injury*
Mentor: Dr. Jochen Kressler

Jonnatan Fajardo
Title: *Effect of Dried Plum on Bone Health in Men*
Mentor: Dr. Shirin Hooshmand

Jacqueline Ibarra
Title: *Identifying Food Security Resources and Strategies Utilized by San Diego County Low-income Hispanic/Latino Residents*
Mentor: Dr. Amanda McClain

Cassandra Maya
Title: *Growth of Indigenous Versus Hybrid Corns in Milpa with Different Soils*
Mentor: Dr. Changqi Liu

Danielle Gaffen
Title: *Effects of Dried Plum on Bone Biomarkers in Men*
Mentor: Dr. Shirin Hooshmand

Ryan Breneman
Title: *Functional Movement Performance in Future Healthcare Professionals. Do Students Possess What They Promote?*
Mentor: Dr. Michael Rosenthal

Sustainability Award

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

Jyotika Erram & Monica Bari
Imposed Expiratory Resistance and Pulmonary Function in Young Healthy Volunteers
Mentor: Dr. Daniel Cannon

Kathleen Dillon
Title: *Postural Control Deficits with Progressive Supranuclear Palsy*
Mentor: Dr. Harsimran Baweja

Joseph Cuellar
Title: *Posterior Chain Muscle Performance During Isolated Knee Flexion Using Isokinetic Dynamometry Versus the Nordbord Nordic Hamstring Exercise*
Mentor: Dr. Michael Rosenthal

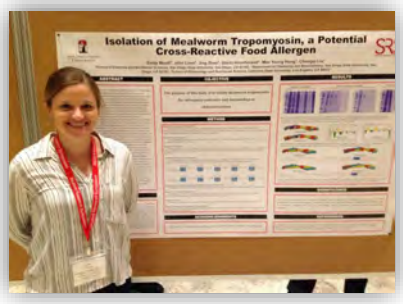
Autumn Stoll
Title: *Physicochemical Characteristics and Proximate Composition of Select Edible Insects in Oaxaca, Mexico*
Mentor: Dr. Changqi Liu

Makenna May
Title: *Sensory Weighting of Postural Control: Implications for Fall Risk in Huntington's Disease*
Mentor: Dr. Harsimran Baweja

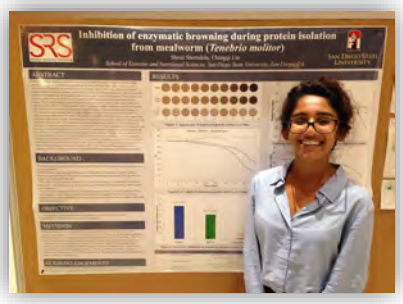
Nader Mehregani
Title: *Hypoxia is not Reliably Prevented by Setting a 60-second Apnea Limit During exercise: The Failure of the "One Minute Rule" for Free Diving*
Mentor: Dr. Daniel Cannon

Nicole Wells
Title: *Effect of Holiday Season on Energy Balance and Weight Gain*
Mentor: Dr. Surabhi Bhutani

Alison Rosenstock & Megan Connolly
Title: *The Promising Effects of Brazil Nut Consumption on Postprandial Satiety, Glucose and Insulin Responses in a Healthy Population*
Mentor: Dr. Mee Young Hong



Emily Woolf, Provost Award Winner



Shruti Shertukde, Sustainability Award Winner

Student Nutrition Organization Members Attend Southern California Food Industry Conference

by Mckennah Goshgarian



SNO members at the Southern California Food Industry Conference

Student Nutrition Organization (SNO) members attended the Southern California Food Industry Conference in Anaheim. SNO President Emily Woolf obtained a grant from the Student Success Fee to partially support the travel. For some students, it was their first time at a professional conference. Other students had the opportunity to present their own research.

American Kinesiology Association Master's Scholar Award Recipient



Santiago Ortega (center) with Dr. Mahar and Dr. Gombatto

Santiago Ortega was the local winner of the 2019 American Kinesiology Association Master's Scholar Award. Carlos was recognized for excellence in academic accomplishments and leadership. Santiago worked under the direction of Dr. Sara Gombatto in the Rehabilitation Biomechanics Laboratory. Dr. Gombatto described Santiago as a great student, who is not only kind and helpful to other students, but also very adept with data and technical aspects of research. Santiago was recently accepted into the SDSU Doctor of Physical Therapy program.

SDSU Adapted Athletics Makes History at USTA Wheelchair Tennis Championship



SDSU Adapted Athletics Wheelchair Tennis Team at the USTA Championship

The SDSU Adapted Athletics Wheelchair Tennis team finished as a team finalist at the United States Tennis Association (USTA) Collegiate Wheelchair Tennis Championship. They placed as the 2nd ranked team nationally. SDSU Adapted Athletics Program Director, Ahkeel Whitehead, recognized student athletes Jose Alejandro Estrada and Manny Gomez for "playing your hearts out." Coach Steve Baldwin was lauded for his time and efforts coaching this new team.



Chef Joseph Yoon demonstrating insect dishes to students. Picture courtesy of Jaycee Malicdan

SNO Hosts Eating Insects Conference

by Mckennah Goshgarian

The Student Nutrition Organization (SNO) advocates for food and nutrition security. This Spring, SNO received funding from the Student Success Fee to host a two-day campus-wide Eating Insects Conference and Tasting Demonstration, featuring keynote speaker Chef Joseph Yoon, from Brooklyn Bugs. Chef Yoon's focus is to raise awareness and improve consumer acceptance of edible insects. In the conference, ENS faculty member Dr. Changqi Liu, Chef Yoon, and several students presented their research and experiences with edible insects. Student presenters included Shruti Shertukde, Trevor Toia, Cassandra Maya, and Emily Woolf. Audiences were introduced to the concept of using insects as food, safety, sustainability, nutrition, consumer acceptance, cultural importance, and culinary application of edible insects. In the cooking and tasting demonstrations, Chef Yoon and students prepared a ten-course tasting menu containing edible insects as ingredients. Sample dishes included shrimp cocktail topped with black ants, cricket fritters topped with spicy aioli, torched Manchurian scorpion, cricket crusted fried chicken skewers, veggie cellophane noodles with chapulines, and soy-braised beef short rib with jasmine rice and mopane worms. For dessert, chocolate mousse with berries and bamboo worms was sampled. The event raised appreciation and awareness of edible insects, which may, in turn, help normalize this sustainable source of food.

Thom McKenzie Student Research Grant Awardees

Dr. Thom McKenzie, Emeritus Faculty member in the School of Exercise and Nutritional Sciences (ENS), recently established the Thomas L. McKenzie Student Research Grant program. The grant program supports research on physical activity and/or eating behavior for students working on research with School of ENS faculty members. The inaugural grant recipients and their mentors are featured below:

Student recipients: Hannah Salmons and Abby Villacarlos
Grant title: Effects of an intervention to reduce sedentary behavior and the prediction of social isolation perceptions in physically low-functioning older adults residing in assisted living facilities
Faculty mentor: Dr. Susan Levy

Student recipients: Emily Berk and Emma Marchant
Grant title: Content analysis of physical activity messaging on U.S. synagogue websites
Faculty mentor: Dr. David Kahan

Student recipients: Jonnatan Fajardo and Jacqueline Ibarra
Grant title: Community stakeholder perceptions of socioecological factors promoting household food security and healthy diets among low-income, Hispanic/Latinos
Faculty mentor: Dr. Amanda McClain



Dr. Susan Levy with Hanna Salmons & Abby Villacarlos



Dr. David Kahan with Emma Marchant & Emily Berk



Dr. Amanda McClain with Jacqueline Ibarra & Jonnatan Fajardo



Student Highlight

Rebecca Weller
Graduate Student
Dual MS – Exercise Physiology and Nutritional Sciences

Rebecca graduated with a dual MS in Exercise Physiology and Nutritional Sciences. During her time at SDSU, she worked with Dr. Michael Buono for her culminating research project, examining the effect of heat acclimation on sweat lactate concentrations and sweat calcium concentrations.

Currently, she is working at the Naval Health Research Center as a researcher on an environmental physiology team. They look for ways to mitigate the physiological impact extreme environmental conditions may have on warfighter readiness and how to improve both physical and cognitive performance. She will also continue to team teach the DPT 830 Cardiopulmonary Therapy course with Drs. Mitch Rauh and Sim Baweja.

Rebecca grew up at the base of Mt. Rainier and still enjoys spending as much time outside as she can. Her favorite ways to spend her free time include traveling, hiking, beach volleyball, and exploring with her borgi (border collie-corgi mix).

Kinesiology

Kathie Davis

Co-Founder of IDEA Health and Fitness Association



Kathie Davis is the co-founder of IDEA Health and Fitness Association and American Council on Exercise (ACE). Upon graduation from SDSU with her degree in Physical Education, she embarked on a journey to pursue her passion and dedicate her life's work to promoting healthy lifestyles. Together with her husband Peter Davis, Kathie co-founded IDEA in 1982 and ACE in 1985. TheDavis' vision for developing innovative continuing education has significantly contributed to the maturation of the fitness industry into a growing, thriving field. Her leadership led to the development of the largest annual international fitness event, the IDEA World Fitness Convention®, which brings together over 15,000 fitness professionals from 60 countries to learn and gain the tools they need to change millions of lives. Kathie is no longer involved with IDEA. However, as part of her legacy, she and Peter established the IDEA World Scholarships and she is now dedicating her time to philanthropic organizations, with an emphasis on fitness and wellness.

Doctorate of Physical Therapy

Erin Menefee

Outpatient Orthopedic Physical Therapist, Kaiser Permanente



Erin Menefee graduated from the SDSU Doctor of Physical Therapy (DPT) program in May 2017, where she was presented with the Research Excellence Award. Before receiving her DPT, Erin earned a B.S. in Nutritional Sciences from the University of Arizona where she was also a member of the Cross Country and Track team. Erin worked her way through the DPT program despite a congenital heart defect, which also affected her love of running and competing in marathons. After earning her DPT, Erin had successful open heart surgery, and just 45 days later, she ran one mile. Erin became a real inspiration to others. Since graduating from SDSU, she completed a postgraduate Orthopedic Residency program through Kaiser Permanente. In addition to working as an outpatient orthopedic physical therapist at Kaiser Permanente, Erin is a competitive runner aspiring to qualify for the Olympic Marathon Trials.

Athletic Training

Russ Romano

Associate Athletic Director for Athletic Medicine, University of Southern California

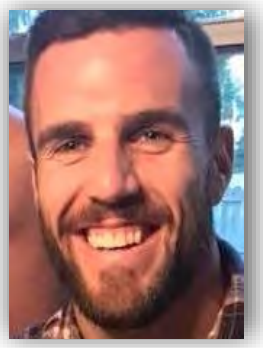


Russ Romano earned both his BA in Physical Education with an emphasis in Athletic Training (1989) and MA in Physical Education-Biomechanics (1993) from SDSU. Hired as an assistant athletic trainer at USC in 1993, he supported football and men's basketball. He was hired as the Head Athletic Trainer at the University of Southern California (USC) in 1998 and has held that position since. In 2008, Romano completed a year-long fellowship with the Gray Institute. In addition to providing medical care for USC student athletes, he has authored/co-authored articles published in peer-reviewed journals, served as an Associate Editor for *Neurosurgery* (sports and rehabilitation section), and reviewed journal manuscripts for *World Neurosurgery*, *Neurosurgery*, *Journal of Athletic Training,* and the *British Journal of Sports Medicine*. Russ is the principal member of the Keck School of Medicine USC Neuro-restoration Center and also serves on the PAC 12 Brain Trauma Task Force. Russ works collaboratively in the evaluation, treatment, research, and utilization of technologies aimed at brain health.

Foods & Nutrition

Zachary Clayton

Postdoctoral Fellow at Dr. Douglas Seals' Integrative Physiology of Aging Laboratory at the University of Colorado



Zachary Clayton is a graduate of SDSU's Foods and Nutrition Bachelor of Science program and Didactic Program of Dietetics (2012). During Zach's undergraduate studies, he began conducting nutrition research with Dr. Mark Kern and caught the research bug. This led Zach to complete SDSU's dual MS in Nutritional Sciences and Exercise Physiology (2013), in which he continued to work with Dr. Kern. Upon graduating, Zach became a Ph.D. student in the Department of Human Physiology at the University of Oregon, where he continued to study nutrition and physiology. In 2018, Zach completed his Ph.D. and took a position as a postdoctoral fellow in Dr. Douglas Seals' Integrative Physiology of Aging Laboratory at the University of Colorado Boulder. Zach is currently studying cardiovascular aging and how various nutrition-based interventions can help slow down this process we all will likely deal with.

Ahkeel Whitehead Named SDSU Adapted Athletics Program Director

by Eunice Bae



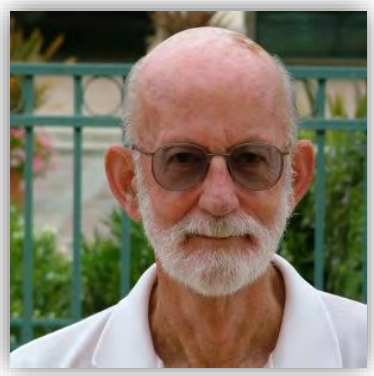
Ahkeel Whitehead, SDSU Adapted Athletics Program Director

The School of Exercise and Nutritional Sciences (ENS) welcomes Ahkeel Whitehead as the new Program Director for SDSU Adapted Athletics. Ahkeel is an SDSU alumnus who earned a BS in Kinesiology with an emphasis in Fitness Specialist. Adapted sports are close to his heart, providing him many opportunities including competing as a Paralympian. Ahkeel was born with hemiplegia cerebral palsy, but that did not stop him from playing different sports such as track and field and football.

> "As Program Director of SDSU Adapted Athletics, I am honored and excited to help our student athletes fulfill their highest potential, both in the classroom and on the field of play."
> *-Ahkeel Whitehead, SDSU Adapted Athletics Program Director*

During his high school days, Ahkeel was approached by coaches who introduced him to Paralympic Track and Field. This was the beginning of his Paralympic athletic career. He went on to participate in the Paralympics in Rio de Janeiro, Brazil in 2016. As a student at SDSU, he was part of the Aztec Adaptive Sports Student Organization, which he utilized as a platform to advocate and network within the San Diego community and abroad to develop support for the Adapted Athletics program. Ahkeel works closely with Dr. Antoinette Domingo, faculty member in the Doctor of Physical Therapy program in the School of ENS, to promote adapted sports and provide students with hands on learning experiences. His passion and work ethic will soon make SDSU a sought after destination for adapted athletes.

Catching Up with Emeritus Faculty Member Dr. Lindsay Carter



Emeritus Faculty, Dr. Lindsay Carter

J.E. Lindsay Carter, Ph.D., Dr.H.C., was born in and grew up in New Zealand. After graduating from the University of Otago (1950-1952) and Auckland Teachers College (1953), he held teaching and research positions at the School of Physical Education at the University of Otago in 1954-55 and again in 1960-62. From 1956-59, Dr. Carter was a Fulbright Scholar at the University of Iowa, Iowa City, where he obtained his MA and PhD degrees. From 1962 to 1992 he was a professor in the Department of Physical Education at San Diego State University, where he taught Applied Anatomy and Kinesiology, Biomechanics, Adaptive Physical Education, Growth and Development, and Kinanthropometry. He received the Outstanding Faculty Award (1983) and the Exceptional Merit Service Award (1984).

Dr. Carter's research work focused on the structure and function of athletes and non-athletes. In addition, he is the co-developer of a method of assessment of somatotype, the Heath-Carter Somatotype Method. He published over 130 articles and chapters, as well as being author or editor of nine books. He was a key investigator in kinanthropometric studies of Olympic and World Championship athletes in Mexico City in 1968, Montreal in 1976, Perth in 1991, Uruguay in 1995, and Zimbabwe in 1995. He served as a consultant or co-investigator for studies in 18 countries. In addition, he has given invited presentations and/or workshops in many countries. In addition to other honors, Dr. Carter received Honorary Doctorate degrees from universities in Hungary (1998) and Belgium (2005). He was elected to the Inaugural Wall of Fame at the School of Physical Education, University of Otago, New Zealand in May 2006. In 2012, AUT University, Auckland, New Zealand, opened a Kinanthropometry Laboratory Clinic, and Archive in honor of Dr. Carter.

Currently, he is Professor Emeritus in the School of Exercise and Nutritional Sciences at San Diego State University and continues his interest in Kinesiology and kinanthropometry. Lindsay's wife, Dr. Lolita Diñoso Carter, passed away in 2011, and his last international travel was in 2015. In 2018, he sold their house in Fletcher Hills and now lives at La Vida Real, a Senior Living Community, in south El Cajon. His health is good and he still exercises on the "roads" and in the gym. Dr. Carter still keeps in contact with several international colleagues.



Faculty Spotlight

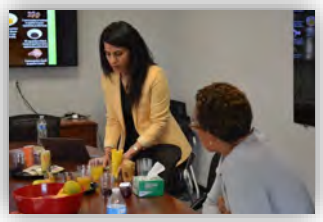
Dr. Mark Kern
Professor, Foods and Nutrition

Dr. Kern (Mark as he prefers to be called) earned his Ph.D. in Foods and Nutrition in the Interdepartmental Nutrition Program at Purdue University where he blended foods and nutrition with exercise science. He was hired in 1995 to "cross over" between the areas after the foods and nutrition faculty merged into the Physical Education Department to form Exercise and Nutritional Sciences. Mark taught Advanced Nutrition and the Advanced Nutrition Laboratory for many years but has been teaching Fundamentals of Nutrition more often recently. He has regularly taught Nutrition for Athletes and Nutrition and Energy since he was hired. His research usually addresses the interactive and separate effects of diet and exercise on chronic disease risk factors, appetite, body weight regulation, bone health, and exercise performance. He prefers to team up with Mee Young Hong, Shirin Hooshmand, and Changqi Liu for his research endeavors. Among other projects, they are currently funded along with collaborators at the University of Stirling in Scotland to assess the effects of pistachios as a recovery food after intense downhill running. Mark likes to put his discoveries to the test by competing in triathlons, and although training takes a lot of his time, he admits his favorite way to spend his time when he's not eating is to ride motocross.



School of Exercise and Nutritional Sciences faculty with St. Lucia Fellows in front of the ENS building

Foods and Nutrition Faculty Hosts Visitors from St. Lucia at SNACK Workshop



Dr. Hooshmand demonstrating healthy fruit options to St. Lucia fellows

Obesity is a growing public health issue throughout the Caribbean region. School nutrition programs and healthy food choice education are needed to reverse the trend at the onset of the excess weight gain. The U.S. Department of Agriculture (USDA) Foreign Agricultural Service funded SDSU to host a School Nutrition Advancement for Caribbean Kids (SNACK) Workshop for three Fellows, Amansa Clarke, Meriam Henville, and Brenda Phanis-Lewis, from St. Lucia. Drs. Changqi Liu, Shirin Hooshmand, Mark Kern, Mee Young Hong, Amanda McClain, Surabhi Bhutani, and Matthew Mahar presented nutrition and physical activity-related topics in this two-week workshop from March 25 – April 5, 2019.

The Fellows also met with several students from the School of ENS and guest speakers with various expertise. Dr. Kern talked with them about why some school-aged children are picky eaters and how Wii Fit/Sports are a great way to encourage physical activity. He gave strategies about how to reduce overweight and obesity, which presents a worldwide public health challenge. Dr. Hong discussed the relationships between body weight perception, body mass index, physical activity, and food choices, as well as important snacking behaviors as an effective way to fit extra nutrients into children's diets.



Visiting the Eco Squad Garden Club at Challenger Middle School

Dr. Hooshmand demonstrated the fresh and dried fruit options in the U.S. and how fruit consumption can promote health for children. She also talked about nutrients and strategies that could help school children achieve a high peak bone mass as it is critical for maintaining healthy bones in adulthood. Because schools are a great place to implement a new program, Dr. McClain brainstormed with the Fellows to identify potential facilitators and barriers to implementation of a school nutrition program in St. Lucia and suggested strategic ways to plan ahead to maintain progress.



St. Lucia Fellows with Dr. Mahar and Dr. Hong

Dr. Bhutani talked about how the family environment impacts weight gain and healthy eating, sharing with the Fellows strategies on how to involve family members in dietary and physical activity interventions. Dr. Mahar showed the Fellows how to use short physical activates (also known as *Energizers*) in the classroom to provide physical activity to the children. Dr. Liu discussed the global food security challenge and gave examples of sustainable agriculture, food waste minimization, repurposing, and enhancing the understanding of food safety. He also discussed the benefits of Farm-to-School programs and strategies for successful implementation of such programs. Members from the Student Nutrition Organization and Food Recovery Network met with the Fellows to demonstrate how SDSU students are taking the initiative in nutrition and food security advocacy. Student Kinesiology student Katie Dillon discussed how balance and obesity are interrelated and how technology can be leveraged to engage students in physical activities. The Fellows also visited San Diego-area schools, farms, community gardens, health promotion centers, and government offices. Two weeks later, the Fellows went back to St. Lucia and leveraged the knowledge gained from the workshop to implement school nutrition programs and promote child nutrition and health.



Meet the Staff

Cathryn Chavez
Administrative Support Assistant II

Cathryn Chavez works at the main office at the School of Exercise and Nutritional Sciences (ENS) as an Administrative Assistant II.

She is responsible for assisting the faculty and staff with preparation of tests; orders for equipment and supplies; organization of labs; classrooms, and offices; exam proctoring; as well as many other duties. She also assists with the DPD Program and Advising.

Cathy wears many hats and is always completing her tasks with enthusiasm and efficiency. Her support helps make ENS run smoothly. She is the “go-to” person when someone in ENS needs her assistance. She helps out students when they need help and loves to go the extra mile to make sure they get the help they need.

Faculty depend on her quick thinking, positive energy, and “get-it-done” attitude. She is a fantastic team member.

Cathy enjoys spending her free time with her husband, Joe, and her son, RJ. She loves to try new foods and travel to many new places. She also enjoys running and working out.

Adaptive Fitness Clinic

by Matt Soto

The Adaptive Fitness Clinic (AFC) served over 150 clients during the Spring 2019 semester and instructed over 200 students, interns, and volunteers. The AFC will be purchasing a new treadmill for one of its Lite Gait machines both made possible by the generous donation from Peter and Kathy Davis. Clinic Director Matt Soto was recently interviewed on Los Angeles-based "Power Forward" radio show on 95.1 KVCM hosted by Greg Tapscott. Matt discussed the history of the AFC, how the AFC helps the San Diego disabled community, education of students, as well as other clinic-related topics. The "Power Forward" program focuses on individuals in their respective communities who assist and help move others forward to reach their goals. AFC faculty, Matt Soto and Melissa Moyer, work with two SDSU student groups on their class projects. Another student group from the Mechanical Engineering 490 class is completing a group project that focuses on fabricating an assisted device for Lite Gait equipment. SDSU Club QL+ is focusing their efforts on building a power assist device for a clinic client’s manual wheelchair. In preparation for a busy summer, the AFC is looking for enthusiastic volunteers who wish to gain hands-on experience in the clinic and who want to help serve the San Diego disabled community. If interested, contact Melissa Moyer at mmoyer@sdsu.edu for additional information.



Client taking a stroll in Peterson Gym



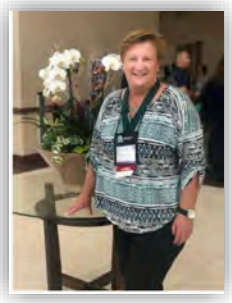
SDSU Students working with clients

Foods & Nutrition Faculty and Alumnus Honored

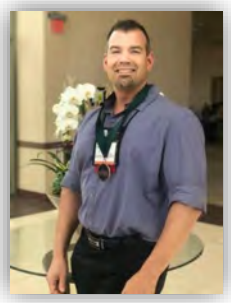
Former Didactic Program in Dietetics (DPD) Director, Joan Rupp, was recognized as Outstanding Dietetic Educator by the Nutrition and Dietetic Educators and Preceptors (NDEP) Dietetic Practice Group. Foods & Nutrition faculty member Brenda O'Day was recognized as an Award Winner by the California Academy of Nutrition and Dietetics (CAND) for “Excellence in Education.” Former dual MS in Nutritional Sciences and Exercise Physiology and DPD student, John Haubenstricker, was recognized as an Award Winner by the CAND for “Excellence in Community Nutrition Practice.” John works for the American Red Cross WIC program and is currently pursuing his doctorate in Public Health from Loma Linda University.



Former DPD Director, Joan Rupp



Foods & Nutrition Faculty Member, Brenda O’Day



Former Master’s and DPD Student, John Haubenstricker

Interesting in Supporting ENS?
A great way to support the School of Exercise and Nutritional Sciences to THRIVE!, support from the community makes a tremendous difference for students, faculty, and programs within the School of Exercise and Nutritional Sciences. To help enhance the impact ENS is able to make for students and the greater community; please visit http://campaign.sdsu.edu/ENS. To learn about specific funding needs, naming opportunities, or including ENS in your estate plans, please contact Natasha Bliss, Director of Development, at nbliss@sdsu.edu or (619) 594-1569.