



Director's Message

We are having a great year in the School of Exercise and Nutritional Sciences (ENS). This edition of THRIVE! will highlight new leadership in the College of Health and Human Services; outstanding student, faculty, and staff accomplishments; the 100th birthday of a truly remarkable Emeritus Faculty member; and faculty and staff members who are new to ENS. Thanks in part to donations from you, the ENS family, to The Great Give fund drive in Fall 2017, we have made improvements to almost all of our teaching laboratories. Thank you for your support. With new leadership in the College of Health and Human Services, additional faculty and staff, and renovated teaching spaces, our future is looking bright. Over the coming year the School of ENS can expect additional research funding, more students involved in research with faculty, and enhanced student progress toward graduation. Enjoy the newsletter and spread happiness wherever you go.



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

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ENS Newsletter Team

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Welcome Dr. Steven Hooker! New Dean of the College of Health and Human Services



*College of Health and Human Services
Dean Steven Hooker*

Dr. Steven Hooker has joined SDSU as the new Dean of the College of Health and Human Services. He follows Dr. Larry Verity, who served as Interim Dean. Steve came to SDSU from Arizona State University, where he worked as the Associate Dean of Research and was a tenured professor in the School of Nutrition and Health Promotion. He earned his bachelor's degree in Physical Education from California State University, Fresno and received his master's degree, also in Physical Education, from California State University, Sacramento. He went on to earn his doctoral degree in exercise science at Arizona State University. Steve previously worked at the University of Dayton, the University of Southern California, the University of Northern Colorado, and the University of South Carolina. Welcome Dean Hooker, we look forward to your leadership!

ENS Mural Connects Modern Mexicans with Aztec Ancestry



Robert Hugenberger painting his "Market" mural under the supervision of SDSU art professor Lowell Houser in 1949.

A small meeting room in the Exercise and Nutritional Sciences building holds a colorful mural with figures of an ancient marketplace where adults and children mingle, with the Aztec temple in the background. A stunning mural, known as "Market," is seen when you walk into this little meeting room, unharmed due to the protection the room provided from environmental hazards. The mural was painted in 1949 by SDSU art student Robert Hugenberger.

Hugenberger graduated from Hoover High in San Diego in June of 1941 and started classes at San Diego State College (SDSC) the Fall of 1941. He enlisted in 1942 and fought in WWII. As a veteran, he returned to his studies at SDSU in the Spring of 1946. He was a top scorer for the SDSC gymnastics teams. During his academic career, he took a course with Dr. Fred Kasch, the School of ENS Emeritus Professor for whom the Exercise Physiology Laboratory at SDSU is named. After graduation, Hugenberger became an award-winning sculptor and muralist.

Dr. Seth Mallios, SDSU professor of Anthropology, provided background information on the mural and the artist who painted it. Dr. Mallios stated: "Hugenberger's student mural is important because it combines the Mexican Muralist tradition that had so inspired American artists, including his mentor San Diego State Professor Lowell Houser, with the post-WWII fantasy and escapism of the late 1940s and early 1950s. The image unites modern Mexicans in the marketplace with their Aztec ancestry as pre-Columbian gods mysteriously float through the sky and stand in their midst. I think it is a strong statement of everyday life and reverence for the past. Even though symbols like the Mexican flag feature Aztec imagery, many links between Aztec civilization and daily Mexican life have been lost, forgotten, or never taught. In creating this mural, Hugenberger unites past and present and, like the contemporary campus murals of Alice and Wonderland and Odysseus, makes a statement that Aztec stories are part of our campus narrative."

"In creating this mural, Hugenberger unites past and present and, like the contemporary campus murals of Alice and Wonderland and Odysseus, makes a statement that Aztec stories are part of our campus narrative."

- Dr. Seth Mallios, SDSU Professor of Anthropology

After 69 years, the mural needs restoration. Conservator Gary Hulbert stopped by ENS and inspected the mural. He noted that it does have some water damage by the fireplace and the upper portion due to previous room renovation. But, overall, the mural is in good shape. The original paint consists of powdered pigment mixed with melted wax and turpentine. Serious care must be taken when conserving the color. A plan is in the works to make sure this beautiful mural is restored without any severe damage. We thank the donors who contributed to the restoration project, and we look forward to the renovation of this masterpiece.

ENS Laboratory and Clinic Expansion and Renovation

Over the past year, ENS staff worked hard on renovating and expanding several of our laboratories and the Adaptive Fitness Clinic. Meticulous planning, cleaning, and moving equipment have genuinely transformed these labs into amazing learning spaces for students and clients. These expansions and renovations will help faculty and staff in the School of ENS better prepare students for success. With generous donations from The Great Give last year, we were able to make these changes happen.

Adaptive Fitness Clinic, Peterson Gym (PG) 150 & 151

Weightlifting equipment was moved from the Adaptive Fitness Clinic in PG 150 up to PG 241, providing an additional 2,400 square feet for the Adaptive Fitness Clinic to expand. Hi-Lo Tables and exercise cycles were moved to PG 151 leaving room in PG 150 for first-time client evaluations. New lockers were installed for students and clients. This expansion allows the Adaptive Fitness Clinic to serve an additional 30 clients and house more specialized equipment that can be used to offer enhanced programming. Also, students now have enhanced opportunities to learn adaptive techniques and to teach adaptive exercise in a group setting for clients with physical disabilities.



Expansion of the Adaptive Fitness Clinic, Peterson Gym 150 & 151

New Advising Office, ENS 359

Our Advising Office moved to a new location, ENS 359. This new space is planned out resourcefully for our advisors to better serve students. The room is separated by a partition, allowing one advisor can see a student at the front of the room and the new full-time undergraduate advisor, Leviticus Johnson, to see students in the back. This allows more students are served more efficiently.

New Graduate Assistant/Graduate Teaching Assistant Office, ENS 151

This new space is available for our Graduate Assistants and Graduate Teaching Assistants to hold office hours, work on their lessons, work on their research, and study for classes. The room has new desks (including two standing desks), chairs, and computers.

ENS Research and Teaching Gymnasium, PG 241

The upstairs gymnasium in Peterson Gym, PG 241, was transformed for our weightlifting and kinesiology classes. Half of the gym holds the exercise and weightlifting equipment. The other half is available for kinesiology classes or research experiments. The floor was covered with a layer of cork flooring and rubber mats for protection. ENS staff member, Cathryn Chavez, did a fantastic job of laying out each rubber mat so that the room was ready for the equipment to be moved. ENS Faculty member Fabio Comana worked with Cathryn Chavez on the layout of all the equipment.

Athletic Training Program Laboratory, ENS 107

The Athletic Training Program Laboratory was renovated with new Instructional Technology equipment – projector, computer, and an air touch visualization table for lectures. Soon the lab will be receiving new treatment tables, with a soft surface for treatments scenarios and, with the flip of the table, a hard surface to serve as a desk. The Athletic Training supply room was restocked and organized with assigned bins, making it easier to grab supplies.



Renovation of PG 241

Clinical Nutrition and Physiological Sciences Laboratory, ENS 101 & ENS 102

These labs were renovated with new furniture and equipment so that our students and faculty can carry out their research projects. New items include a new wall divider, desks, cabinets for supplies, blood draw chair with rolling carts, and chairs. ENS 102 was transformed with new cabinet doors and a new whiteboard. Our staff diligently organized this space.

Foods and Nutrition Laboratory, PSFA 424A

The Foods and Nutrition Laboratory in PSFA 424A received new cabinets, making it easier for faculty and students to obtain the supplies needed for their research.

Foods and Nutrition Laboratory, PSFA 428

PSFA 428 was converted into a positive pressure lab for our new Foods and Nutrition faculty member, Dr. Surabhi Bhutani. This lab will allow Dr. Bhutani to conduct her research.

Kasch Exercise Physiology Laboratory, ENS 255

In the Kasch Exercise Physiology Laboratory extensive updates were done in the environmental chamber. In addition, the lab received two new heavy duty treadmills, a new hydrostatic weighing tank, portable carts, drying racks, and refrigerator. The student office was also updated.

Emeritus Faculty Member Jean Landis Celebrates 100th Birthday



Emeritus Faculty Member Jean Landis celebrating her 100th birthday.

Jean Landis was born in 1918 and raised in the farm community of El Cajon, California. She graduated from San Diego State College with an A.B. degree in Physical Education in 1940. Upon her graduation, she taught physical education at Grossmont High School.

While growing up, she was interested in flying planes. From that interest, she joined the Civilian Pilot Training Program right after graduation in 1940. Jean volunteered during WW II and was selected for the Women Airforce Service Pilots (WASP). During WW II, women pilots flew military aircraft on non-combat missions, which freed male pilots for combat missions. Jean was very patriotic and wanted to contribute to the war efforts. For many years, WASP pilots were unrecognized as American patriots due to records being classified. In 2009, President Obama ended the classification when Congress passed a bill to award the Congressional Gold Medal to Jean and all other WASP pilots. In 2010, her great-nephew, Devin Scott, produced an award-winning documentary called "She Wore Silver Wings." Jean recently celebrated her 100th birthday at a luncheon with School of ENS Emeritus faculty members Dr. Lindsay Carter and Dr. Ron Josephson. Also at the celebration were Judith Josephson, Margo Kasch, Devin Scott, Jeanne Scott, Karin Whited, and ENS Director Matthew Mahar. When Jean spoke about WASP pilots finally being fully recognized for their service in WW II, she stated: "My five favorite words to hear are 'Thank you for your service'."

"My five favorite words to hear are 'Thank you for your service'."
- Jean Landis, ENS Emeritus Faculty Member and WWII WASP pilot

After the war, Jean went back to teaching physical education. She attended graduate school and received her M.S. degree from Wellesley College in Massachusetts. Jean taught at several colleges, including Park College, West Chester State Teachers College, Ball State Teachers College, and San Diego State, her alma mater! She was Assistant Professor of Physical Education from 1968-1978. She became Emeritus Assistant Professor of Physical Education after her retirement in 1979. In 2015, Jean was awarded the SDSU Alumni Association "Monty" award for the College of Health and Human Services. She currently lives in El Cajon and at her vacation home in Idaho. She continues to be very active and continues sharing her stories about her time serving as a WASP in WWII. We congratulate Jean on her great milestone and thank her for her contributions to not only SDSU, but also for her service to the United States!

Changes to the SDSU Athletic Training Program



(Left) Dr. Margo Greicar, (Middle) Dr. Denise Lebsack, & (Right) Dr. Eric Post

We are delighted to announce changes to our Athletic Training Program this academic year, including a new Program Director, a new Clinical Coordinator, and a new tenure-track faculty member.

Dr. Denise Lebsack accepted the role of Athletic Training Program Director. Dr. Lebsack has taught at SDSU since 1994. She previously served as the School of ENS Graduate Advisor. She takes the reigns as the Athletic Training Program is transitioning to a master's degree in Athletic Training.

Dr. Margo Greicar is the new Clinical Coordinator for Athletic Training. Dr. Greicar was a part-time faculty member during the Spring 2018 semester and is now full-time! She works closely with our Athletic Training students and preceptors, as students gain valuable clinical experience at selected sites.

Dr. Eric Post is a new tenure-track faculty member in the Athletic Training Program. Dr. Post joins us from the University of Wisconsin-Madison, where he worked in the Department of Orthopedics and Rehabilitation and the School of Nursing. He will be teaching ENS 465 and ENS 466. His research focuses on youth sports safety.



Student Highlight

Kathryn Ward
Graduate Student

Kathryn is in her final year of the Dual Master's Program in Exercise Physiology and Nutritional Sciences. She received her bachelor's degree from the University of California, San Diego and has continued to make San Diego her home despite growing up in rural northern California (Chico, CA).

Apart from her graduate coursework, Kathryn teaches upper division exercise physiology laboratory classes and provides supervision to new teaching associates. Over the past two years, Kathryn has conducted research under the direction of Dr. Jochen Kressler in the Kasch Exercise Physiology Laboratory, examining the effects of moderate intensity stair climbing on postprandial glucose and insulin responses. She presented her research at the 2017 Student Research Symposium and will present her final research manuscript this December. Within the San Diego community, Kathryn has enjoyed volunteering in the nutrition department at the UCSD Hillcrest Hospital and interning at Feeding San Diego.

In her limited spare time, she enjoys running with her husky and rock climbing. Upon graduation, she intends to begin a dietetic internship to become a Registered Dietitian Nutritionist.

ENS Student Accomplishments

Through mentoring and support, faculty in the School of ENS ensure student success and prepare students for meaningful careers. Several ENS students made professional presentations and were recognized for accomplishments. We congratulate them for their efforts during the year.

2018 SDSU Summer Undergraduate Research Program

Ryan Breneman. "Do ENS students possess what they promote?" Mentor: Dr. Michael Rosenthal.
Nader Mehregani. "Arterial and Tissue Oxygenation during 60 s Apneic Rest and Exercise".

Mentor: Dr Daniel Cannon.

Monique Rashid & Stephanie Estrada. "Optimizing Exoskeletal Training for Health Benefits and Functional Capacity in People with Spinal Cord Injury". Mentor: Dr. Jochen Kressler.

Shruti Shertukde. "Inhibition of Enzymatic Browning during Protein Isolation from Mealworm (*Tenebrio molitor*)". Mentor: Dr. Changqi Liu.

Grants and Awards (ENS Student Names in bold)

Student Success Fee Award – Student Nutrition Organization

Brooke Wickman and the Student Nutrition Organization received \$4,460 from the SDSU Student Success Fee to support 17 Foods & Nutrition students to attend the 2018 Southern California Food Industry Conference and Supplier's Night Expo. The theme of the conference was 'Nutrition, Food, and Science: The Future is Now.' Experts from academia, government, and industry presented on nutrition, consumer trends, pesticides, food processing, and food waste. The students discovered trends in research and development, enhanced their knowledge, and interacted with experts and influencers in the field.

United States Department of Agriculture (USDA) Grant

Foods & Nutrition undergraduate students **Genisis Orizaba, Shruti Shertukde, and Yazley Hernandez** completed a two-week ethnographic field study in Oaxaca, Mexico. The grant is led by three SDSU faculty members: Drs. Changqi Liu (School of Exercise and Nutritional Sciences), David Larom (Center for Asian & Pacific Studies), and Ramona Pérez (Department of Anthropology). The students lived and worked alongside Mixtec farmers and their families to learn and document indigenous farming techniques and assess the food and nutritional security of the community.

Weber Honors College Grant

Jessica Martin and **Jonathan Son** are working with Dr. Jochen Kressler on a study entitled, "What are Student Perceptions of Active Learning with Focus on Higher Order Thinking Within a Large STEM Course?"

2018 American Kinesiology Association Outstanding Student Awards

Austin Swisher (undergraduate)

Eric Bartholomae (graduate)

Publications and Presentations (ENS Student Names in bold)

Eric M. Bartholomae, Jeffery Moore, Kathryn Ward, & Jochen Kressler. (in press). Sex differences in postprandial glucose response to short bouts of exercise: A randomized controlled trial. *Journal of Science and Medicine in Sport.*

Sophie Blicher, Eric M. Bartholomae, & Kressler, J. (in press). Effects of chronic green tea extract supplementation on substrate utilization during upper body exercise. *Journal of Sport and Health Science.*

Jochen Kressler, **Joshua Koeplin-Day, Benedikt Muendle, Brice Rosby, Elizabeth Santo, & Antoinette Domingo.** (2018). Accuracy and precision of consumer-level activity monitors for stroke detection during wheelchair propulsion and arm ergometry. *PLoS ONE.*

Mason C. Hearn, Susan S. Levy, Harsimron S. Baweja, & Daniel J. Goble. (2018). BTrackS Balance Test for concussion management is resistant to practice effects. *Clinical Journal of Sports Medicine.*

Megan O. Conrad, **Natalie A. Dib, Candace Edwards, Emily Carper, Alexander Harrington, Andrew Stewart, Arianna Middleman, Jessica Fellow, Matthew T Mahar, & Harsimron S Baweja.** (2018). A comprehensive paradigm to test neurocognitive and neuromotor effects of shift work. Presented at Neuroscience 2018, San Diego, CA.

C. Sadler, K. Brett, A. Heerboth, **Austin Swisher, Nader Mehregani, R. Touriel, & Daniel T. Cannon.** (2018). Hypoxia is not reliably prevented by setting a 60 second apnea limit during exercise: The failure of the "one minute rule" for free diving. Presented at the *2nd Tricontinental Meeting on Diving and Hyperbaric Medicine*, South Africa.

ENS Student Accomplishments (continued)

Publications and Presentations continued (ENS Student Names in bold)

Eric Leslie, Jo Erram, & Daniel T. Cannon. (2018). Heat stress and the velocity-duration relationship: Implications for middle distance and endurance running performance. Presented at the *Integrative Physiology of Exercise Conference*, San Diego, CA.

Harsimran S. Baweja, **Ariana Middleman, Natalie Dib, Alexander Harrington, Andrew Stewart, Jessica Fellow, Candace Edwards, Emily Carper**, Matthew T. Mahar, & Megan O. Conrad. (2018). An objective battery of sensorimotor and cognitive tests to assess effects of work shift length on healthcare workers: A proof-of-principle study. Presented at the HFES Healthcare Symposium, Boston, MA.

2018 SDSU Student Research Symposium

Cameron Vinoskey, Hannah Salmons, & Steven Osborne. The acute effect of moderate intensity stair climbing on postprandial blood glucose.

Vineeta Parupudi, Hedaya N. Rizeq, Daniel J. Goble, & Harsimran S. Baweja. An alternative to the timed up and go for stratifying fall risk.

Jeff Moore, Eric Bartholomae, Kathryn Ward, & Jochen Kressler. Moderation of postprandial glucose responses to single, short exercise bouts by fitness and sex.

Eric Bartholomae, Jeff Moore, Kathryn Ward, & Jochen Kressler. Sex differences in postprandial glucose response to short bouts of exercise.

Mason C. Hearn & Harsimran S. Baweja. Acrophobic? Let's walk the plank. **SDSU President's Award for Best Presentation (Graduate)**.

Hedaya N. Rizeq, D.J. Goble, Harsimran S. Baweja. Low-frequency oscillations in postural sway scale with dualtasking and fall risk in older adults. **College of Health and Human Performance Dean's Award for Best Presentation (Graduate)**

2018 Southern California Food Industry Conference (SCFIC)

Foods & Nutrition students **Ashley Tunstall, Brenda Alarid, Diana Vergara Rodriguez, Emily Woolf, Lauren Meda, Liliana Edwards, Maria Ordoñez, Melissa Perez, and Yazley Hernandez** developed Jiminy Cracker, a cricket powder-enriched snack, and participated in the Product Development Competition at the 2018 SCFIC. Jiminy Cracker is a high protein, high fiber snack rich in B vitamins, omega-3 fatty acids, calcium, and iron. The product provides a good source of complete and sustainable protein per serving.

2018 Institute of Food Technologies (IFT) Annual Meeting

Emily Woolf presented her research entitled: "Factors that affect willingness to consume insect-based foods in the United States" at the 2018 IFT Annual Meeting in Chicago. Emily conducted a survey to investigate the acceptance of insect-containing foods in the U.S. and to identify the factors that affect consumer's willingness to eat such foods.

2018 American Oil Chemists' Society Annual Meeting

Emily Woolf, Sarah Kim, and Shruti Shertukde co-authored on an invited oral presentation entitled, "Functional properties of mealworm proteins" at the 2018 American Oil Chemists' Society Annual Meeting. The students extracted proteins from mealworm larvae and evaluated the functional properties of the mealworm proteins.

2018 Eating Insects Athens Conference

Shruti Shertukde co-authored an oral presentation entitled, "Edible insects as food in Oaxaca." Shruti investigated the practice of entomophagy (eating insects) in Oaxaca, Mexico and reported the normalized insect collection, preparation, and consumption and its importance in indigenous culture.

American College of Sports Medicine Annual Meeting

Jeff Moore, Eric Bartholomae, Kathryn Ward, Zach Johnson, & Jochen Kressler. (2018). The acute effect of moderate intensity stair-climbing on postprandial blood glucose. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.

Andrew Rioveros, Evan Glasheen, Antoinette Domingo, **Taylor Penafior, Brian Panaligan**, & Jochen Kressler. (2018). Comparison of caloric expenditure in a smart watch and portable metabolic cart. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.

Eric Bartholomae, Jeff Moore, Kathryn Ward, Zach Johnson, & Jochen Kressler. (2018). The effect of single stair-climbing/descending bouts of varying lengths on postprandial glycemic responses. Presented at the American College of Sport Medicine Annual Meeting, Minneapolis, MN.

Daniel Moreno, Evan Glasheen, Antoinette Domingo, **Brian Panaligan**, & Jochen Kressler. (2018). Agreement of heart rate monitoring with a smartwatch in persons using wheelchairs. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.

American Physical Therapy Association (APTA) Combined Sections Meeting

Sarah Nalbandian, Michelle Medicke, Benjamin Lovell, Kelsey Bancells, Noah Ingram, Sergio Ibarra, Thomas Abdenour, Michael Rosenthal, & Sara P. Gombatto. (2018). High flexion movement pattern associated with patellar tendinopathy and low back pain in NCAA division I men's basketball players – a case series. Presented at the APTA Combined Sections Meeting, New Orleans, LA.

Kathryn Weisenberger, Mackenzie Martens, Jake Fellow, Stasia Beerbaum, Noah Ingram, Sergio Ibarra, Thomas Abdenour, Mitchell Rauh, & Sara P. Gombatto. **K. Weisenberger, M. Martens, J. Fellow, S. Beerbaum, N. Ingram, S. Ibarra, T. Abdenour**, Mitchell Rauh, & Sara P. Gombatto. (2018). Knee varus movement pattern associated with history of lateral ankle sprains in NCAA division I men's basketball players – a case series. Presented at the APTA Combined Sections Meeting, New Orleans, LA.

ALUMNI NEWS 2018

FALL

Athletic Training

Robbie Bowers

Head Athletic Trainer
Rancho Bernardo High School



Robbie Bowers is currently the Head Athletic Trainer at Rancho Bernardo High School (28 years). He graduated with a B.A. in Physical Education, emphasis in Athletic Training in 1986. During his career, he has served in multiple important positions, such as the Political Action Committee Treasurer for the California Athletic Trainers Association (CATA), CATA Secondary Schools Committee Chairman, CATA Legislative Action Team member, and Vice President San Diego High School Athletic Trainers Association. Robbie is also endowing an Athletic Training Scholarship for the School of ENS. Throughout the years, Robbie received many prestigious awards, such as the SDSU Robert Moore Distinguished Alumnus Award, the High School Sports Association of San Diego Athletic Trainer of the Year Award, the 2002 Aztec Hall of Fame Inductee Award, the Far West Athletic Training Association Excellence in Athletic Training Award, the National Athletic Trainers' Association (NATA)/Gatorade Secondary School Athletic Trainer Award, and the NATA Life Saver Recognition. He currently is a preceptor for the School of ENS Athletic Training Program, supervising and teaching future athletic trainers.

Doctorate of Physical Therapy

Jules Stewart

Navy Medical Center



Jules Stewart has been working as a Research Physical Therapist in the C5 Gait Analysis Laboratory at Naval Medical Center San Diego since 2016. In addition to conducting research on fall prevention, care after limb preservation, and rehabilitation effectiveness, Jules works with patients who have undergone amputation, limb preservation procedures, and other major limb trauma to help optimize their walking and running.

Jules' passion for research was strengthened during her time in the Doctor of Physical Therapy program at SDSU where she worked with a team to study the relationship between the circadian system and Parkinson's disease. She is an advocate for interdisciplinary and clinically-driven research and continues to expand her research focus through collaboration with academic and medical institutions in her current role.

Kinesiology

Todd Durkin

Owner, Fitness Quest 10 & Todd Durkin Enterprises



Todd Durkin is an internationally recognized strength, speed and conditioning coach, body-worker, author and motivational speaker. He graduated from SDSU in 1999 with an M.A. in Exercise and Nutritional Sciences with an emphasis in Biomechanics/Sports Medicine. He is the founder of Fitness Quest 10 in San Diego, CA, an award-winning health and human performance facility where he works with a high-profile clientele of elite professional athletes including NFL MVPs, Super Bowl Champions and MVPs, Heisman Trophy Winners, Olympic and X-Game Gold Medalists, and World Series Champions. Fitness Quest 10 has been named one of "America's 10 Best Gyms" by *Men's Health* 7 times. Durkin's work there has earned him the industry's highest honors including being named Personal Trainer of the Year by both IDEA and ACE, a four-time Top 100 Most Influential Person in Health & Fitness, and the 2017 Jack LaLanne Award winner, representing legacy and impact in the fitness industry. Durkin was a featured trainer and finalist on the 2016 television series NBC STRONG. He holds a coveted spot as a member of the Under Armour Training Team and routinely travels the world for speaking engagements and keynotes.

Foods & Nutrition

Michelle Barrack Gardner

Assistant Professor of Nutrition and Dietetics
CSU Long Beach



Dr. Michelle Barrack Gardner is an Assistant Professor of Nutrition and Dietetics at California State University, Long Beach, Registered Dietitian Nutritionist (RDN), and Board Certified Specialist in Sports Dietetics (CSSD) specializing in nutrition for high school and collegiate cross-country and track & field runners. She has researched and published extensively on factors increasing the risk of low bone mineral density and bone stress injury in runners. Currently, Dr. Barrack Gardner is collaborating with sports medicine physicians at UCLA and Stanford University to evaluate the efficacy of a nutrition education intervention, including a smart-phone application, "Run Fueled," aimed at optimizing nutrient intake, health, and reducing bone stress injury risk among elite collegiate runners. She also has experience evaluating dietary supplement use among NCAA collegiate athletes and distance runners. She serves as Sports Editor for PULSE, a publication of the Sports, Cardiovascular, and Wellness Nutritionist's Dietetic Practice Group of the Academy of Nutrition and Dietetics. Dr. Barrack Gardner earned a Ph.D. in Nutritional Biology from the University of California, Davis, an M.S. in Exercise Physiology from San Diego State University, and a B.A. in Psychology from the University of California, Los Angeles. Dr. Barrack Gardner largely credits the opportunities and mentoring she received from various faculty at SDSU, including Dr. Jeanne Nichols, Dr. Mark Kern, Dr. Mike Buono, and Dr. Fred Kolkhorst, among others, for her passion in research, exercise science, and nutrition.



Faculty Spotlight

Dr. Michael Buono
Professor, ENS

Michael J. Buono has been a professor at SDSU in the School of Exercise and Nutritional Sciences and the Department of Biology for over 30 years. He received his Ph.D. in Animal Physiology from the University of Arizona. He is a systemic physiologist and uses exercise and environmental perturbations to explain physiological control systems in humans.

His current teaching assignments include Biology 336 – Human Physiology and DPT 750 – Concepts in Physiology, Pathophysiology, and Pharmacology. Over the years he has been named the outstanding faculty member in ENS, Biology, and Interdisciplinary Studies.

During his career at SDSU, he has received over 1.5 million dollars in extramural funding. He has over 120 peer-reviewed publications in the scientific literature, including articles in such prestigious journals as the *American Journal of Physiology*, *Journal of Applied Physiology*, *European Journal of Physiology*, *Experimental Physiology*, and *Journal of Thermal Biology*, to name a few.

Dr. Buono was a collegiate track athlete at East Stroudsburg State College in Pennsylvania and has remained active his whole life. He currently hikes, mountain bikes, lift weights, and practices hot yoga for recreation. He also lawn bowls competitively in Balboa Park and Coronado.

ENS Staff Member Wendy Sandoval Wins 2018 Presidential Staff Excellence Award for Innovation



Wendy Sandoval with her Presidential Staff Excellence Award for Innovation.

Congratulations to ENS staff member Wendy Sandoval for winning the 2018 Presidential Staff Excellence Award for Innovation. Wendy was honored at the Parma Payne Goodall Alumni Center. Her contributions involve improving the ENS website, starting the ENS Facebook and Instagram accounts, and creating this ENS Newsletter. Wendy's creativity has helped draw attention to the accomplishments of faculty and students, amplify the rich history of Emeritus faculty members, and highlight distinguished alumni. Wendy also helps with administration of the Athletic Training program and developed a system to help hundreds of students process travel and event awards. Wendy is a tremendous team player who makes ENS better in many ways. Her work promotes ENS and magnifies the reputation of the School. We congratulate her on this prestigious recognition!

SDSU Athletic Training Program Alumna Carolyn Greer Retires from USD



Carolyn Greer

SDSU Athletic Training alumna and Athletic Training Program preceptor, Carolyn Greer, retired after 40 years as the University of San Diego's Associate Director of Athletics for Sports Medicine and Head Athletic Trainer. At SDSU, Carolyn was a member of the women's gymnastics team. After breaking a sternum during her junior year, she began to visit the Aztec's athletic training room where Dr. Robert Moore, founder of SDSU's Athletic Training Program, caught her attention. She earned both a B.A. and M.A. from SDSU.

Her career began as the head athletic trainer at USD in 1978, where she became the first female head athletic trainer at the NCAA Division I level. She also was involved as an athletic trainer at the 1984 Summer Olympic Games for Artistic Gymnastics, the NBA Summer Professional Basketball League, San Diego Friars Professional Team Tennis, and SDSU.

Her primary focus included prevention of injury and evaluation of injuries; management, treatment and rehabilitation of athletic injuries; and education and counseling of athletes.

During her career, she taught athletic training courses at USD and SDSU. Her immense passion and dedication to her craft helped many students launch amazing careers in athletic training. She won the Robert J. Moore Distinguished Alumnus Award in 2007 and was honored as the National Athletic Trainers' Association Most Distinguished Athletic Trainer. In 2009, Carolyn was inducted into the Far West Athletic Trainers' Association Hall of Fame. In 2011, she was honored with the San Diego Sports Medicine Foundation Community Service Champion Award.

We thank Carolyn for her endless dedication to the SDSU Athletic Training Program and to the athletic training profession and wish her the best in her retirement!



Meet the Staff

Karin Whited
Operations Coordinator

Karin is the ENS Operations Coordinator in the School of Exercise and Nutritional Sciences. She is the glue that holds ENS together. Karin started working at SDSU in 1996 at the SDSU Research Foundation. She joined ENS in 2004.

Some of Karin's many contributions include: assisting the School of ENS Director, overseeing the functions of the office and School, handling state and Foundation budgets, scheduling and coordinating classes, working diligently on human resources processes for staff, faculty and graduate student employees, coordinating contracts, and much more! She is the recipient of the 2013 Presidential Staff Excellence Award (formerly the Zuma Award) for Service to the SDSU Community.

Her contributions are essential in helping the School of ENS thrive and everyone associated with ENS is grateful for her service.

Every day Karin brings great positivity and has a smile on her face. Whether it's helping a student sign up for a Special Study class or a faculty member with a contract, she does it with enthusiasm. Her work ethic is a true inspiration to staff and faculty members.

Karin spends her free time with her friends, family, and her two beautiful granddaughters, Harper and Willow. She enjoys gardening, wine tasting, boating, and backpacking.

Welcome New ENS Faculty and Staff Members!

The School of Exercise and Nutritional Sciences welcomes new faculty and staff members for the 2018-2019 academic year. We are very excited to have them here!



Dr. Surabhi Bhutani

Dr. Surabhi Bhutani earned her Ph.D. from the University of Illinois. She is an Assistant Professor in Foods & Nutrition. Dr. Bhutani will teach NUTR 304 Nutrition Throughout Life Span and conduct research in human nutrition and cognitive neuroscience..



Dr. Margo Greicar

Dr. Margo Greicar is a lecturer and Clinical Coordinator in the Athletic Training Program. She will teach ENS 265 Care and Prevention of Athletic and Recreational Injuries, ENS 303 Applied Kinesiology, ENS 389 Practicum in Athletic Training, and ENS 463 Principles and Techniques in Therapeutic Exercise and help students with their clinical sites.



Leviticus Johnson

Leviticus Johnson joins ENS as a full-time undergraduate advisor. She was previously an advisor in the College of Business. A University-wide goal is to improve student graduation and retention rates.



Dr. Amanda McClain

Dr. Amanda McClain earned her Ph.D. from Cornell University. She is assistant professor in Foods & Nutrition. She will teach NUTR 510 Nutrition Education and Community Health and conduct research on social, cultural, and life course influences on dietary intake among low-income and Hispanic/Latino populations.



Suzanne Meredith

Suzanne Meredith is a lecturer and Graduate Advisor. She will teach ENS 330 Exercise and Wellness Across the Lifespan and ENS 440 Fitness Practitioner Internship. As Graduate Advisor she will oversee the application process, monitor student progress, and recruit new students.



Layna Pena-Buskirk

Layna Pena-Buskirk the Information Technology Consultant for the School of ENS. Layna previously worked at the SDSU Library. She will oversee all of the information technology and computer issues.

FACULTY & STAFF ²⁰¹⁸ FALL

Welcome New ENS Faculty and Staff Members (continued)



Mayumi Petrisko

Yumi Petrisko is a lecturer and the Didactic Program in Dietetics Program Director. She will teach NUTR 406 Medical Nutrition Therapy I and NUTR 408 Medical Nutrition Therapy II and guide students in the Didactic Program in Dietetics toward their dietetic internships and eventual certification as a Registered Dietitian Nutritionist.



Dr. Eric Post

Dr. Eric Post earned his Ph.D. from the University of Wisconsin. He is assistant professor in the Athletic Training Program. Dr. Post will teach ENS 465 Seminar in Organization and Administration in Athletic Training and ENS 466 Clinical Pathology of General Medical Conditions and conduct research on early sport specialization and youth sports safety.



Dr. Carlo Wood

Dr. Carlo Wood is a lecturer in the Doctor of Physical Therapy program. He will teach DPT 726 Clinical Anatomy II and DPT 820 Musculoskeletal Therapy I. He completed a Fellowship at the American Academy of Orthopaedic Manual Physical Therapists has research interests in clinical neurodynamics and sports physiotherapy.

Dr. Liu's Research Grant for Summer Field Study at Oaxaca, Mexico

Dr. Liu was awarded a prestigious United States Department of Agriculture grant earlier this year to study Sustainable Optimized Urban and Latino-Driven Agriculture. With the focus on providing innovative solutions to food security through indigenous knowledge, Dr. Liu took three Foods & Nutrition undergraduate students, Genesis Orizaba, Shruti Shertukde, and Yazley Hernandez, on an ethnographic field study in Oaxaca, Mexico. The students lived and worked alongside Mixtec farmers and their families to learn and document indigenous farming techniques and assess the food and nutritional security of the community. More pictures of this amazing field study can be seen on the ENS Facebook page!



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 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.