



## Director's Message

Welcome to the inaugural School of Exercise and Nutritional Sciences (ENS) Newsletter. We have titled the ENS Newsletter 'THRIVE!'. When searching for a title that would encompass everything we do in the School of ENS (e.g., Kinesiology, Foods & Nutrition, Athletic Training, Physical Therapy) we found that one thing that our faculty, staff, and students have in common is the desire to help others 'live long and prosper'. Star Trek fans will recognize this sage advice from Mr. Spock (if you don't recognize this phrase or its author, then it's worth a Google search). We plan to publish THRIVE! once every Spring and once every Fall to recognize the teaching, research, and service that members of the ENS family do to help others live rich and meaningful lives. The ENS family includes alumni, students, friends, staff, and faculty. We all strive to make the world better, and this newsletter is designed to broadcast our efforts. We welcome your input and feedback. Please send items of interest to Wendy Sandoval (wsandoval@sdsu.edu). Wendy is the editor-in-chief for THRIVE! She designed the newsletter and organized the content. Wendy is a great team member, and I am grateful for her efforts.



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

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### ENS Newsletter Team

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Director, School of Exercise and Nutritional Sciences

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THRIVE! Editor-in-Chief/ENS Staff

## DPT Faculty Member, Lori Tuttle, Receives \$2 Million NIH Grant in Women's Health Research



*Dr. Lori Tuttle and students using the ultrasound.*

Dr. Lori Tuttle received a research grant of \$2 million from the National Institutes of Health for her project entitled, "An Innovative Rehabilitation Approach for Women with Anal Incontinence." The focus of this project is to investigate the use of different muscle contractions and exercises on the sphincter muscles and muscles of the pelvic floor, with a goal of improved patient symptoms and patient care. Seven to 15% of women are affected by fecal incontinence linked to muscle injury during childbirth. The gold

standard for non-surgical treatment is biofeedback training and pelvic floor muscle training aimed at rehabilitating injured muscles and improving sensorimotor coordination. Current biofeedback regimens do not use known principles of muscle strengthening, such as loading the muscles during different types of muscle contractions. Dr. Tuttle and her colleagues plan to develop a novel method of biofeedback training that includes resistance exercises for the pelvic floor muscles and anal sphincters. It is hypothesized that their muscle strengthening protocol will be more effective in improving pelvic floor and anal sphincter strength and improve fecal incontinence symptoms compared to traditional biofeedback training. The award is a collaborative effort with investigators at UCSD and will support the research over the next five years.

## Students Represent ENS at SDSU Student Research Symposium

The SDSU Annual Student Research Symposium (SRS) took place March 2-3, 2018 at the Conrad Presbys Aztec Student Union. The SRS is a university-wide event that recognizes the research and scholarly accomplishments of SDSU undergraduate and graduate students. Faculty and Staff judges evaluated student entries and five ENS students were recognized for outstanding presentations. We would like to recognize all the ENS students who presented at the symposium.

### ENS congratulates the following winners:

**Hedaya Rizeq** (MS Kinesiology—Applied Movement Sciences)  
Award. Mentor: Dr. Sim Baweja

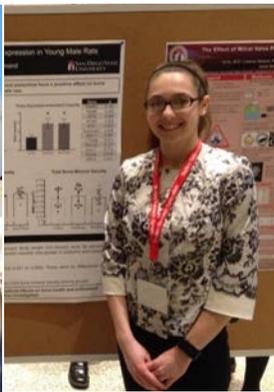
**Sarah Kim & Shruti Shertukde** (BS Foods and Nutrition) Dean's  
Provost's Award. Mentor: Dr. Changqi Liu

**Brooke Wickman** (MS Nutritional Sciences & Exercise Physiology)  
Provost's Award. Mentor: Dr. Shirin Hooshmand

**Mason Hearn** (Doctorate of Physical Therapy)  
President's Award. Mentor: Dr. Sim Baweja



Mason Hearn,  
Doctorate of Physical Therapy



Brooke Wickman, MS Nutritional  
Sciences & Exercise Physiology



Hedaya Rizeq, MS Kinesiology—  
Applied Movement Sciences



Sarah Kim  
BS Foods & Nutrition



Shruti Shertukde  
BS Foods & Nutrition

### ENS Students who presented at the Student Research Symposium:

Katharine Dizaye  
Mentor: Jochen Kressler

Tiffany Lum  
Mentor: Mee Young Hong

Jeff Moore, Eric Bartholomae & Kathryn Ward  
Mentor: Jochen Kressler

Paula Baluyut  
Mentor: Shawn O'Connor

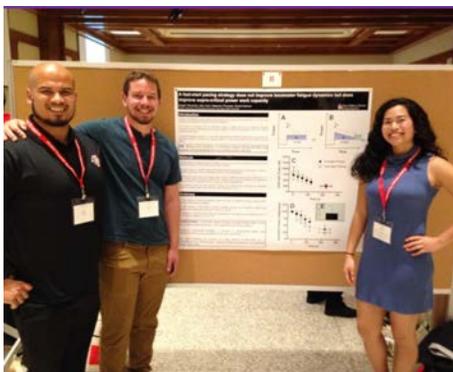
Emily Woolf  
Mentor: Changqi Liu

Abby Villacarlos, Alex Cost  
& Alex Preciado  
Mentor: Dan Cannon

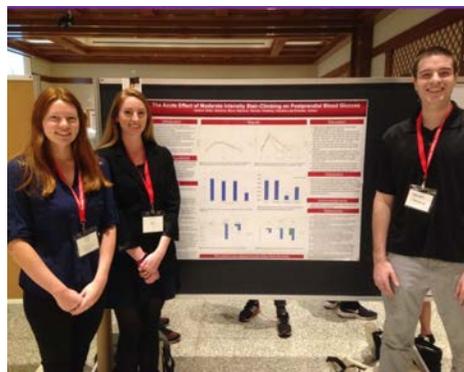
Cameron Vinoskey, Hanna Salmon  
& Brian Carlson  
Mentor: Jochen Kressler

Sonnen Olson, Tristen Giron,  
Luisa Davila-Pablo &  
Chelsea Chapman  
Mentor: Katrina Maluf

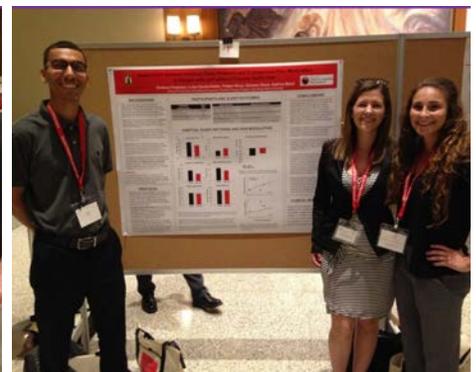
Vineetta Parupudi &  
Hedaya Rizeq  
Mentor: Sim Baweja



Alex Preciado, Alex Cost & Abby Villacarlos



Cameron Vinoskey, Hanna Salmons & Brian Carlson



Tristen Giron, Chelsea Chapman & Sonnen Olson

# ENS STUDENT SPOTLIGHT 2018

## SPRING



### Student Highlight

#### Mason Hearn

Doctor of Physical Therapy (DPT) Student *First Year*

Mason Hearn is a first-year student in the DPT program and a recent graduate from the Kinesiology-Applied Movement Science master's program at SDSU. As an undergraduate, Mason studied Exercise Biology at UC Davis. He was raised on a small citrus farm in the central valley of California and since making the move to San Diego, has acclimated to Southern California living. As a student physical therapist, the majority of his time is spent on coursework, such as clinical anatomy, therapeutic exercise, and neuroscience. Outside of class, he conducts research in the Neuromechanics and Neuroplasticity Lab in the ENS building, where he studies neurological pathologies using virtual reality. Mason presented research regarding acrophobia (extreme fear of heights) and virtual reality at the 2018 Student Research Symposium. He won the President's Award for his presentation and will be representing SDSU at the California State University Student Research Competition May 4-5, 2018.

## Transforming our Perception of the World



Members of the Aztec Adaptive Sports Student Organization pose with members of Adapted Sports Unlimited

The Aztec Adaptive Sports (AAS) Student Organization hosted a showcase, January 26-27, 2018, where SDSU students, faculty, staff, and community members were treated to an award-winning documentary film, inspiring talks, and an exhibition of adapted basketball, volleyball, and tennis. The primary goal of this showcase was to educate the community about the benefits of starting a collegiate level adaptive sports program. Only 12 universities nationwide offer competitive adaptive sports programs, with none in California.

Ahkeel Whitehead serves as the AAS program director. He is a 2016 U.S. Track & Field Paralympian and an ENS graduate (BS Kinesiology, 2017). While training for the Paralympics in Rio de Janeiro, Brazil, Ahkeel had to find training facilities off-campus. He recognizes a need for a collegiate adaptive sports program with training facilities available to students with disabilities. "It is a privilege to be part of this movement at the university level, ever since I started working with AAS to push this movement, I have had a desire in me to see this organization's mission happen," Ahkeel said. "That opens up a door of opportunity for that athlete that otherwise might not have happened at all because before they did not see themselves as going to college; that is powerful."

ENS Assistant Professor Dr. Antoinette Domingo is the faculty advisor for AAS and worked with the student organization to plan the showcase and successfully apply for funding from the Student Success Fee. She is passionate about working with these students to help them fulfill their mission. She also believes that a dedicated adaptive sports program could serve more than just the athletes. Having this program at SDSU would lead to cross-campus collaborations involving students and faculty from many different disciplines and support the University's priorities in research, academic programs, and community engagement.

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*"The Paralympic Games is about transforming our perception of the world."  
Stephen Hawking, world-renowned physicist, who died this year from complications from ALS,  
speaking at the opening of the 2012 Paralympic Games.*

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Hundreds of spectators gathered at Peterson Gym. The showcase opened with a seated volleyball match, where U.S. Paralympian Travis Ricks and the Challenged Athletes Foundation team played SDSU's women's volleyball team. Decorated Paralympian Steve Baldwin and 1MorePush founder Anthony Lara demonstrated wheelchair tennis. The final event was the wheelchair basketball game featuring the ABC Medical All-Star Team. Audience members were then invited to give one of the sports a try.

California Congresswoman Susan Davis delivered a speech at the showcase in support of Aztec Adaptive Sports. AAS hopes that the momentum provided by this showcase will lead to the development of California's first collegiate adaptive sports program and help to make the dream reality for many student-athletes.



Current SDSU Athletic Training Students 2017-2018 Academic Year

## 50th Anniversary for Athletic Training Program

This year marks the 50-year anniversary of the SDSU Athletic Training Program! Dr. Denise Lebsack and the Athletic Training Alumni/Development Committee have been planning for a year of recognition of the many accomplishments and community outreach efforts this program has had across the globe. The ripple effect since 1968 is immense!

In September 1968, Dr. Robert J. Moore was hired in a dual appointment as the first Head Athletic Trainer for San Diego State University Athletics and as a tenure-track professor in the Department of Physical Education. At that time, he had one athletic training student, Jim Hammond. By 1977, emphasis in Athletic Training under the Physical Education major was developed with three athletic training specific courses and a clinical internship program.

Today, the Athletic Training Program is its own Bachelor of Science degree with 12 athletic training specific courses and accreditation by the Commission on Accreditation of Athletic Training Education. The program supports 60-65 students annually across 10 affiliated clinical sites with over 50 clinical preceptors.

The Athletic Training program currently boasts an 88% pass rate on the Board of Certification examination. The program has over 1,500 graduates and is the primary provider of certified Athletic Trainers to the local community, with graduates employed at nearly every major university, community college, and secondary school across the region. The kick-off 50th Anniversary Celebration is at the Far West Athletic Trainers' Association Annual Meeting & Clinical Symposium on April 27, 2018, at 7:00 pm at the Westgate Hotel in Las Vegas, NV.

You can read more about the Athletic Training Program celebration at <https://ens.sdsu.edu/at50/>.



## SDSU Adaptive Fitness Clinic

The SDSU Adaptive Fitness Clinic (AFC) will acquire approximately 2,400 square feet at the end of the Spring 2018 semester.

This will allow the AFC to serve an additional 30 individuals from the community who are living with physical disabilities and enroll up to 40 additional students during each Fall and Spring semester. Also, the new space will allow for the AFC to house more specialized equipment to offer enhanced programming.

In addition to the new space, The AFC now offers adaptive group exercise for people with physical and intellectual disabilities. ENS students now have an opportunity to learn techniques to teach adaptive exercise in a group setting for active people with intellectual and physical disabilities.

The AFC is working towards expanding its group classes to serve active aging seniors and Parkinson's Disease-specific group classes.

To support ongoing needs within the Adaptive Fitness Clinic please visit: <http://campaign.sdsu.edu/AdaptiveFitness>.



# ALUMNI NEWS <sup>2018</sup> SPRING

## Kinesiology



**Jake-Lawler-Schwartz**  
Biomechanics Researcher for Nike

Jake Lawler-Schwartz has worked as a biomechanist for the Nike Sport Research Lab since completion of a master's degree in Kinesiology from San Diego State in 2013. Based out at Michael Johnson Performance (MJP), a sport performance facility north of Dallas, Texas, Jake works with some of Nike's most prestigious athletes and teams conducting

Biomechanics and Applied Sport Science research. As a member of the Sport Performance Insights team, he has helped both American and international athletes prepare for the Olympics, return to play from injury, and make decisions related to apparel and footwear. Jake has taken on projects ranging from in-depth athletic evaluations to footwear-specific biomechanics research. Jake also contributes as a consultant for MJP's sport performance staff, providing information on concepts relevant to sport science, athletic evaluation, and synthesis of strength and conditioning research for practical application.

## Doctorate of Physical Therapy

**Danielle Burt**  
Physical Therapist SHARP Healthcare

Dr. Danielle Burt was involved in a motorcycle accident in 2004 resulting in the amputation of her right leg. During her recovery, Dani was inspired to become a physical therapist so that she could help others who go through a similar experience. She

received her Doctorate in Physical Therapy (DPT) from San Diego State University in 2015 and is currently working at Sharp Memorial Hospital in San Diego, the same hospital where she was a patient. She was crowned the first ever women's World Adaptive Surfing Champion at the International Surfing Association (ISA) World Adaptive Surfing Championship in 2017. She has represented Team USA in the ISA Adaptive World Surfing Championships for three years.



## Athletic Training



**Sally Nogle**  
Head Athletic Trainer  
Michigan State University

Dr. Sally Nogle is the Head Athletic Trainer for Michigan State University. She received her BA from the SDSU athletic training (Physical Education) program in 1979 and her MA in 1983. She was mentored by Dr. Robert Moore, founder of the SDSU Athletic

Training program, who she credits for much of her success. She left San Diego and went to work as an assistant athletic trainer at Michigan State University. She worked her way up to Associate Head Athletic Trainer and then in 2013 became the first female Head Athletic Trainer/Football Athletic Trainer in the Big Ten. Sally, a 2008 SDSU Robert J. Moore Distinguished Alumnus Award winner, was inducted into the Michigan Athletic Trainer's Association Hall of Fame (2006) and into the National Athletic Trainer's Association Hall of Fame (2012). In 2017 she returned to San Diego to work the sidelines at the Holiday Bowl at SDCCU Stadium.

## Foods & Nutrition

**Liz Fusco**  
U.S. Rowing Performance  
Dietitian/Sports Nutrition  
Consultant for U.S. Cycling & Triathlon

Liz Fusco is a Registered Dietitian Nutritionist (RDN) specializing in sports nutrition for elite endurance athletes. Liz received her MS in Nutritional Sciences and Exercise Physiology from SDSU in 2014 and began working with Team USA athletes and staff as a graduate assistant. Liz completed her dietetic internship through the University of Houston and completed most of her supervised practice at the Methodist Hospital in Houston. After acquiring her RDN credential in April 2014, Liz returned to the USOC as a consultant to endurance sports leading up to the Rio 2016 Olympic Games. Liz joined the staff of U.S. Rowing as their first sports dietitian in the Fall of 2016. She continues to consult with USA Triathlon, U.S. Cycling, and U.S. Sailing athletes.





### Faculty Spotlight

**Dr. Susan Levy**  
*ENS Faculty*

Susan Levy joined the ENS faculty in 2001 as a Measurement and Evaluation specialist, with a particular interest in exercise behavior. She taught a variety of courses for the School at the undergraduate and graduate levels. Her key responsibilities are the graduate core Experimental Methods and Research Evaluation courses. Susan's research focus evolved over the years from examining psychosocial predictors of exercise behavior to investigating the effects of physical activity on physical function and maintenance of physical independence in older adults. It's been a real joy for her to bring students into this work and watch them develop their research skills and engage with their participants and community partners. She also had the privilege of collaborating on a variety of research projects outside of her own research area, as a measurement and statistical consultant. These have included collaborations with faculty members in ENS, the College of Health and Human Services, and at UCSD. Being a good citizen of the School, College, and University has also been a guiding principle and has led to a breadth of truly enriching service activities that are an integral part of her professional life. A self-confessed "gym-rat," she can be found at the ARC in the wee hours of the morning or hiking in the Alps or a little closer to home on Cowles Mountain.

## Foods and Nutrition Faculty Member, Changqi Liu, Receives USDA Grant

Dr. Changqi Liu and colleagues received a USDA-NIFA-HIS Grant. The Sustainable, Optimized Urban and Latino-driven Agriculture (SOULA) project at SDSU aims to provide innovative solutions to food security through interdisciplinary collaborations, the incorporation of indigenous knowledge, and the development of a pipeline of diverse specialists with flexible skill-sets in the fields of food and agriculture. The grant will provide hands-on research experiences to students through the Indigenous to Urban Agriculture course, Food Security Internship, and Summer Field School. In their lecture and laboratory curricula, students are introduced to the traditional milpa (multispecies interplanting) technique, modern urban agricultural methods, and advanced scientific instrumentation. They then apply the knowledge in real-world projects through the internship. The grant also provides study abroad opportunities, where students work alongside indigenous farmers to document and preserve traditional farming techniques that may be lost in subsequent generations.



*Students clearing and preparing the land.*

## Emeritus Professor Thomas McKenzie Awarded SHAPE America's Highest Honor

Dr. Thom McKenzie, ENS Emeritus Professor, received the Luther Halsey Gulick Medal at the 2018 SHAPE America National Convention in Nashville in March.

Founded in 1885, SHAPE America (Society for Health and Physical Education; formerly AAHPERD) is the nation's largest membership organization of health and physical education professionals (approximately 14,000 national members plus 35,000 state affiliates). The Luther Halsey Gulick Medal Award, established in 1923, is SHAPE America's highest honor and is bestowed annually to a member for long and distinguished service associated with physical education and physical activity.

Dr. McKenzie has been an investigator on over 15 nationally-funded grants and authored/co-authored over 250 professional papers. He previously received 10 top awards from SHAPE America. These include the AAHPERD Alliance Scholar, Research Consortium Scholar Award, R. Tait McKenzie Award, Raymond A. Weiss Lecturer Award, Research Consortium McCloy Lecturer, RQES Scholar Award, CSPAP Research Award, Physical Education Teacher Education Honor Award, Curriculum and Instruction Honor Award, and the Hall of Fame Award. He was also recognized by SHAPE America affiliates, including Presidential Citations from Southwest District AAHPERD and California AHPERD (twice).

He has also been cited for his work locally, including a "Community Champion" award at the Fitness Summit in 2006. SPARK PE, an evidence-based curriculum and staff development program which he co-founded in 1989, continues to be distributed nationally ([sparkpe.org](http://sparkpe.org)). Also, Thom and co-authors have received seven Exemplary Research Paper Awards from the Special Interest Group for Research on Learning and Instruction in Physical Education of the American Educational Research Association.

He has served on the Science Board of the President's Council on Fitness, Sports, and Nutrition (PCFSN) and has received both the PCFSN Lifetime Achievement Award (2012) and the Science Board Honor Award (2014). Internationally Dr. McKenzie is well known for his research, as well as for being a 16-year volunteer staff member for USA National and Olympic Volleyball teams. Additional information on his work can be found at [thomckenzie.com](http://thomckenzie.com). The School of Exercise and Nutritional Sciences congratulates Dr. Thom McKenzie on his latest award!



### 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](mailto:nbliss@sdsu.edu) or (619) 594-1569.