

THRIVE!

SDSU | School of Exercise and
Nutritional Sciences



Some members of the School of Exercise and Nutritional Sciences Family at the Fall Welcome Back Party at Mission Bay Aquatic Center

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Dr. Matthew Mahar

Director, School of Exercise and Nutritional Sciences

Director's Message

San Diego State University and the School of Exercise and Nutritional Sciences are thriving. Our amazing alumni continue to enhance our reputation around the world. Our students work alongside the faculty to provide outreach to the campus and community. In this issue, we recognize the passing of two emeritus faculty members and welcome some new faculty and staff. I hope you are inspired by our student successes, alumni accomplishments, and faculty feats. Our remarkable students, staff, and faculty make the School of ENS a great place to work, learn, and discover. Thank you for taking the time to read our newsletter.

SDSU Acknowledges the Legacy of the Kumeyaay Nation

For millennia, the Kumeyaay people have been a part of this land. This land has nourished, healed, protected, and embraced them for many generations in a relationship of balance and harmony. As members of the San Diego State community, we acknowledge this legacy. We promote this balance and harmony. We find inspiration from this land; the land of the Kumeyaay.

Kumeyaay Land Acknowledgement created by Michael Connolly Miskwish



Wendy Sandoval
THRIVE!
**Editor-in-Chief/
ENS Staff**

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Welcome New and Returning Faculty and Staff

The School of Exercise and Nutritional Sciences is delighted to welcome new faculty and staff members and returning faculty who have new responsibilities for the 2023-2024 academic year. We welcome their valuable expertise and enthusiasm.



Mr. Scotty Desrosiers

Electro-Mechanical Technician II

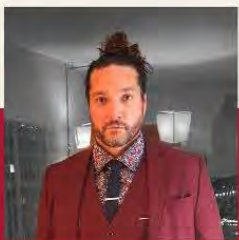
Mr. Scotty Desrosiers joins the ENS staff. He oversees equipment maintenance, installation, and repair.



Ms. Diana Jones

ENS Undergraduate Advisor

Ms. Diana Jones joins us as an ENS undergraduate advisor for the College of Health and Human Services. She brings a wealth of experience and a genuine commitment to student success.



Dr. Micha Kalua

Lecturer

Dr. Micha Kalua teaches DPT 830 Cardiopulmonary Therapeutics in the Doctor of Physical Therapy program.

Welcome New and Returning Faculty and Staff



Ms. Kelly Lane

Pre-Physical Therapy Coordinator and Lecturer

Ms. Kelly Lane is the undergraduate Pre-Physical Therapy program Coordinator. She teaches ENS 200 Introduction to Exercise and Nutritional Sciences and NUTR 313 Contemporary Nutrition.



Dr. David Richards

Lecturer

Dr. David Richards teaches DPT 750 Concepts in Physiology, Pathophysiology, and Pharmacology in the Doctor of Physical Therapy program,



Mr. Kale Rivera

ENS Undergraduate Advisor

Mr. Kale Rivera joins us as an ENS advisor for the College of Health and Human Services. He is committed to guiding ENS students through their academic journey and ensuring students graduate on time.



Dr. Frankie Wade

Assistant Professor

Dr. Frankie Wade's research focuses on the ability to adapt to tasks and environmental demands during walking. She studies how humans generate motion when performing other tasks, such as walking while talking or avoiding obstacles, and how fear of falling might impact the ability to do these tasks well. The overarching goal of her research is to promote and preserve walking mobility during aging. Dr. Wade teaches ENS 306 Biomechanics of Human Movement.

The Cradle of Professors - Dr. Hollie Raynor



After receiving her BS in Foods and Nutrition from SDSU, Dr. Raynor completed her MS in Public Health Nutrition at the University of Tennessee (UT) and her PhD in Clinical Psychology at the State University of New York at Buffalo.

Given her interest in lifestyle interventions, Dr. Raynor completed a post-doctoral fellowship at Brown University, where she specialized in obesity research. She became an Assistant Professor at Brown University and then transitioned back to UT with an appointment in the Department of Nutrition.

Dr. Raynor is Professor and Executive Associate Dean of Research and Operations in the College of Education, Health, and Human Sciences at UT. Her research focuses on behavioral aspects of nutrition, such as variety and timing of eating, and their relationship to dietary intake and health.

Dr. Raynor is interested in translating evidence-based obesity treatment guidelines into practice and engaging in the implementation of science-focused research with Cherokee Health Systems, a federally qualified health center. Her research has resulted in more than 150 publications and is supported by the National Institutes of Health. In her role as Associate Dean, she shares her training regarding developing a research agenda and grant writing with faculty. Finally, Dr. Raynor is a member of the prestigious 2025 Dietary Guidelines Advisory Committee.

Diversity, Equity, and Inclusion Speaker Series

The School of Exercise and Nutritional Sciences' Diversity, Equity, and Inclusion (DEI) Committee demonstrated its commitment to fostering a more inclusive academic environment by hosting the CHHS DEI Speaker Series at Montezuma Hall on October 20. The series focused on the pivotal theme of "Advancing Health Equity - Approaches to Address Structural Inequities." This remarkable event had a full house of enthusiastic attendees, including students, faculty, and staff. The audience listened to two distinguished keynote speakers, Dr. Erick Hekler and Dr. Elva Arredondo, who shared their insights and expertise on this critical topic. Following the keynote presentations, a panel discussion and engaging breakout sessions provided a platform for robust conversations and collaborative efforts to advance diversity, equity, and inclusion within the exercise and nutritional sciences field. The event truly exemplified the School's dedication to promoting a more equitable and diverse future in the realm of health and wellness. A special thanks to our ENS DEI Committee, CHHS DEI Council members, volunteers, and all who contributed to the success of this event.



School of ENS DEI Committee: Dr. Jeni Green, Dr. Changqi Liu, Dr. Antoinette Domingo, Dr. Surabhi Bhutani, Ms. Cathryn Chavez, Dr. Kenny Leung, and Dr. Amanda McClain

Meet the

School of ENS Diversity, Equity, and Inclusion Committee

Dr. Antoinette Domingo

Associate Professor & Chair of the ENS DEI Committee

Dr. Antoinette Domingo is an Associate Professor in the Doctor of Physical Therapy Program in the School of ENS. She received her BS degree in Human Biodynamics from the University of California, Berkeley, her MS in Physical Therapy degree from the Mayo School of Health Sciences, and her PhD in Kinesiology from the University of Michigan. She completed her post-doctoral research at the University of British Columbia. Dr. Domingo conducts research on improving health and function in people with physical disabilities, particularly those with neurological diagnoses. She also studies how to best use technologies for rehabilitation. Dr. Domingo co-founded the SDSU Adapted Athletics Program, California's first competitive collegiate-level adapted sports program. She also helped to start the physical therapy pro-bono clinic that supports our adaptive athletes. She is an advisor to the Aztec Adaptive Sports and Adapted Sports Physical Therapy student organizations. She currently serves as the chair of the Diversity, Equity, and Inclusion (DEI) Committee for the School of Exercise and Nutritional Sciences. Dr. Domingo is committed to learning and sharing ideas about DEI in the classroom, clinic, workplace, and community.



Dr. Surabhi Bhutani

Assistant Professor

Dr. Surabhi Bhutani is an Assistant Professor in the School of Exercise and Nutritional Sciences. She received her BS and MS degrees in Foods and Nutrition from Delhi University and her PhD in Human Nutrition from the University of Illinois at Chicago. She completed her NIH T32 Postdoctoral Research Fellowships at the University of Wisconsin, Madison, and at Northwestern University, Feinberg School of Medicine, in energy metabolism and cognitive neuroscience, respectively. Beyond her research, Dr. Bhutani is deeply committed to fostering diversity and inclusivity at SDSU. Her commitment is firmly rooted in her personal background, teaching experience, and dedication to improving a diverse population's health.



Ms. Cathryn Chavez

Administrative Support Coordinator II

Ms. Cathryn Chavez works at the main office of the School of Exercise and Nutritional Sciences as an Administrative Support Coordinator. She is responsible for assisting the faculty and staff with the preparation of tests, orders for equipment and supplies, organizing labs, classrooms, and offices, exam proctoring, and many other duties. She also assists with the DPD Program and Advising. Ms. Chavez spearheads the JEDI Student Advisory Council with Dr. Matthew Mahar. The JEDI Student Advisory Council aims to promote student success for undergraduate and graduate students from diverse backgrounds enrolled in the School of ENS. Ms. Chavez wears many hats and always completes her tasks enthusiastically and efficiently. Her support helps make ENS run smoothly.



Dr. Jeni Green

Assistant Professor

Dr. Jeni Green is an Assistant Professor in the School of Exercise and Nutritional Sciences. She received a PhD in Exercise and Nutritional Sciences from Arizona State University in 2019. Dr. Green's research focuses on improving the health and well-being of historically marginalized communities and reducing health disparities by implementing mind-body (e.g., yoga, mindfulness, meditation) and physical activity interventions. Her research also includes psycho-social outcomes, digital health approaches, behavior change, maternal health, and community-based and mixed-methods approaches. Dr. Green currently serves on the Diversity, Equity, and Inclusion Committee for the School of ENS, where she works alongside an incredible team focused on shaping departmental policies, practices, and activities that promote a more equitable and welcoming environment for all.



Dr. Kenneth Leung

Lecturer, Doctor of Physical Therapy Program

Dr. Kenneth Leung is a Doctor of Physical Therapy Program lecturer in the School of Exercise and Nutritional Sciences. He received his BA in Molecular Cell Biology with a Neurology emphasis in 2002 from the University of California, Berkeley. Dr. Leung received his DPT from the University of Southern California in 2011 and completed his Orthopedic Residency training. Dr. Leung joined the SDSU Doctor of Physical Therapy program in 2021 and coordinates the musculoskeletal courses while teaching Assessment, Modalities, and Differential Diagnosis.



Dr. Changqi Liu

Associate Professor

Dr. Changqi Liu is an Associate Professor in the School of Exercise and Nutritional Sciences. He received his BS in Food Quality and Safety from Sichuan Agricultural University, an MS in Animal and Food Sciences from the University of Kentucky, and a PhD in Nutrition and Food Sciences from Florida State University. His primary research areas include food allergy and sustainable and functional foods. Dr. Liu has received three educational grants as the Principle Investigator or Co-Principal Investigator from the U.S. Department of Agriculture (USDA) Hispanic Serving Institutions Education Grants Program and one from the USDA's From Learning to Leading: Cultivating the Next Generation of Diverse Food and Agriculture Professionals Program, all aiming at promoting diversity, equity, and inclusion in the fields of food and agriculture.



Dr. Amanda McClain

Assistant Professor

Dr. Amanda McClain is an Assistant Professor in the School of Exercise and Nutritional Sciences and a Building on Inclusive Excellence faculty. She completed her BS in Sports Medicine in 2002 and her MS in Health Promotion in 2005 before working as a Research Associate for five years at the University of South Carolina. She then earned her PhD in Nutritional Sciences, specializing in Community Nutrition, in 2016 from Cornell University. She completed an NIH T32 Postdoctoral Research Fellowship in nutritional epidemiology at Harvard University Chan School of Public Health. Dr. McClain's population science and community-engaged research program aims to understand how the stress of marginalization (e.g., food insecurity, poverty) influences food choice, dietary intake, and cardiometabolic health while also creating interventions and programs that leverage and strengthen existing capacities (e.g., assets) to promote food security, healthy diets, and health equity.



Passing of Emeritus Faculty Members Dr. Audrey Spindler and Dr. Mary Dee Dickerson



Dr. Audrey Spindler passed away on August 24, 2023. She was a true luminary in Food Science and Nutrition. Her incredible journey began with a BS degree in Home Economics at George Washington University, followed by her MS and PhD at Colorado State University, where she specialized in Food Science and Nutrition.

In 1977, Dr. Spindler joined the San Diego State University ranks as an Assistant Professor in the School of Family Studies and Consumer Sciences. Over the next three decades, she left an indelible mark on the university and its students. Her dedication to her students was recognized through numerous accolades, including being honored as an Outstanding Professor. In addition to her teaching, Dr. Spindler was a prolific researcher, with over 40 refereed publications to her name.

Dr. Spindler's leadership extended beyond the classroom and research lab. She also served in administrative positions, including Acting Director of the School of Family Studies & Consumer Sciences and later as Director of the Didactic Program in Dietetics. Her dedication and commitment led to promotions, ultimately reaching the Professor of Exercise and Nutritional Sciences rank. She retired as Professor Emeritus from SDSU in 2007, leaving a legacy that will continue to inspire future generations. Dr. Spindler's impact on the fields of Food Science and Nutrition and the lives of her students is immeasurable. Her memory will forever be cherished, and her contributions will continue to shape the future of our discipline.



Dr. Mary Dee Dickerson passed away unexpectedly on August 8, 2023, at her home in San Jose. She graduated from Labette County Community High School in 1957. She attended Kansas State University and received her BS in Home Economics and MS in Family Economics.

Dr. Dickerson was appointed to the faculty of San Diego State University in 1967. Her teaching included the areas of family management and family finance. Later, she completed her PhD at Oklahoma State University. Her research focused on consumer economics, family economics, finance, and computer applications. She published her work in prestigious journals and presented her findings at professional conferences. She was a sought-after speaker at local, regional, state, and national meetings, workshops, and conferences on consumer education, finance, and computer-aided instruction. Dr. Dickerson was active as a Program Chair and member of the American Council on Consumer Interests Board of Directors. She also was the Founding President of the San Diego Chapter of the Society of Consumer Affairs Professionals in Business. Dr. Dickerson was a member of the Faculty Senate and member and Chair of the important Committee on Committees. She was a member of the Constitution and By-Laws Committee and the University Gerontological Studies Committee.

Dr. Dickerson retired in 1990 as Emeritus Assistant Professor of Family Studies and Consumer Sciences. She remained active through business activity as a licensed income tax preparer and in real estate until her passing.

Student News

Student Spotlight

Edgar Doolan



Edgar Doolan is a graduate student in the Concurrent MS in Exercise Physiology and MS in Nutritional Sciences program. He is also a Didactic Program in Dietetics student and a Justice, Equity, Diversity, and Inclusion (JEDI) Student Advisory Council member. While at SDSU, Edgar has worked as a research assistant on various topics, such as food insecurity in Latinx families with Dr. McClain, olfactory dysfunction and training with Dr. Bhutani, and exercise and heat stress with Dr. Kressler. With the support of Dr. Matthew Mahar, Edgar also co-led, co-developed, and secured funding for the newly created JEDI Student Mentor Program that is now in its second semester. With Cathy Chavez's immense help, he also started the Coffee and Conversation series to enhance the community atmosphere within the School of ENS. After graduating this fall, he will complete a dietetic internship and sit for the RD exam. Edgar is at home with his pug and husband when not at school.

Jessica Manzuk



Jessie Manzuk is a first-year Master of Athletic Training program student who is a hometown girl from sunny San Diego. She has always loved sports and being active outdoors. Her interest in sports medicine stemmed from many years as an athlete. Jessica earned her BS in Kinesiology with an emphasis in Fitness Specialist at SDSU. She is the Director of Communications/Chairman of the Outreach Committee for the Future Athletic Trainers' Society. She also serves as a Student Mentor in the School of Exercise and Nutritional Sciences Justice, Equity, Diversity, and Inclusion (JEDI) Mentor Program. During her undergraduate studies, Jessie was fortunate to gain experience through SDSU Athletics as an athletic training intern, a strength and conditioning intern, and a student clinician/exercise assistant for the Adaptive Fitness Clinic. Jessie loves the atmosphere and opportunities that SDSU provides to students.

ENS Student Accomplishments 2023

In the School of ENS, our faculty members are dedicated to cultivating the potential of our students and steering them toward promising careers. Several ENS students made professional presentations, published their research, were awarded grants and scholarships, and were recognized for their accomplishments. We congratulate them for their efforts.

Grants and Awards

****ENS Student Names in Bold****

Student: Selene Alvarado Martinez

School of Exercise and Nutritional Sciences Student Research Grant Award and the Phil Bates Scholarship

Student: Jesse Baker

Phil Bates Scholarship and San Diego State University Master's Research Scholarship

Student: Kayla Boggs

Phil Bates Scholarship

Student: Marta Carrillo

San Diego State University Master's Research Scholarship

Student: Robert Castro

American Kinesiology Association Master's Scholar Award Nomination

Student: Ellie Cramton

School of Exercise and Nutritional Sciences Student Research Grant Award and the Phil Bates Scholarship

Student: Jesse Baker

Phil Bates Scholarship and San Diego State University Master's Research Scholarship

Student: Jacqueline Erdkamp

American Kinesiology Association Undergraduate Scholar Award Nomination

Student: Victoria Esparza

Phil Bates Scholarship

Student: Madeline Gibson

Phil Bates Scholarship

Student: Shotaro Hirayama

Phil Bates Scholarship

Student: Simon Pierce

ENS Student Research Grant and the George Ellis Memorial Scholarship

Student: Jazmin Rodriguez-Chavez

Sustainable Food System Scholarship

Student: Courtney Smith

Academy of Nutrition and Dietetics Irene J. Jones Memorial Scholarship

Student: Alexandra Spare

FWATA Annual Meeting and Clinical Symposium Gail Weldon Memorial Scholarship

Student: Madeline Strom

FWATA Annual Meeting and Clinical Symposium Lewis Crowl Scholarship

Student: Rebecca Vernazza

Phil Bates Scholarship

Instructionally Related Activity (IRA) Awards

Dr. Antoinette Domingo received \$575 for the Aztec Adaptive Sports organization to host the Adapted Athletics Keynote Speaker event.

Dr. Shirin Hooshmand received \$2,000 to support the Foods & Nutrition students to host the Aging Experts Guest Lecture Series.

Dr. Mee Young Hong received \$2,000 to support the Foods & Nutrition students to host the Nutrition Guest Lecture Series.

Dr. Mark Kern received \$2,385 to support the Foods & Nutrition students to attend the Dietetics Admissions Toolkit course.

Dr. Denise Lebsack received \$2,400 to support the Master of Athletic Training program students to attend the 2024 FWATA Annual Symposium.



Jacqueline Erdkamp, local award recipient of the 2023 American Kinesiology Association Undergraduate Scholar Award and Robert Castro, local award recipient of the American Kinesiology Association Master's Scholar Award

ENS Student Accomplishments 2023

Presentations

****ENS Student Names in Bold****

Students: **Ali Raza and Jesse Baker**

Faculty Mentor: Dr. Jing Zhao

Title: *Developing Seafood Flavors from Macroalgae*

Presented at the 2023 The Good Food Conference

Student: **Carlos Jaimes Noriega**

Faculty Mentor: Dr. Jing Zhao

Title: *Heavy Metal Content in Extracted Rice Bran Protein*

Presented at the Institute of Food Technologists (IFT) 83rd Annual Meeting

Students: **Adrienne Pamintuan, Jessica Davis, and Jazmin Rodriguez-Chavez**

Faculty Mentor: Dr. Changqi Liu

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

Presented at the Institute of Food Technologists (IFT) 83rd Annual Meeting

Student: **Simon Pierce**

Faculty Mentor: Dr. Leonardo Nogueira

Title: *Diaphragm Force and Mitochondrial Function Ex Vivo Following GSNOR Inhibition In Vivo Preceding Mechanical Ventilation*

Presented at the Southwest Chapter of the American College of Sports Medicine Annual Meeting

Accepted in the *International Journal of Exercise Science* Conference Proceedings

Students: **Lloyd Marshall and Dylan Kasper**

Faculty Mentor: Dr. Leonardo Nogueira

Title: *Single-Leg Resistance Exercise Training in Mice Leads to a Fast Increase in In Vivo Torque of Anterior Crural Muscles*

Presented at the Southwest Chapter of the American College of Sports Medicine Annual Meeting

Accepted in the *International Journal of Exercise Science* Conference Proceedings

Students: **Dylan Kasper and Lloyd Marshall**

Faculty Mentor: Dr. Leonardo Nogueira

Title: *Effects of Nitrate Supplementation on In Vivo Muscle Torque Recovery From BaCl₂-Induced Injury*

Presented at the Southwest Chapter of the American College of Sports Medicine Annual Meeting

Accepted in the *International Journal of Exercise Science* Conference Proceedings

Student: **Jesse Baker**

Faculty Mentor: Dr. Jing Zhao

Title: *Flavor Characterization of Alternative Proteins*

Presented at the Fermentation-Enabled Protein Summit

Students: **Austin Morales and William Wong**

Faculty Mentor: Dr. Jochen Kressler

Title: *Effects of Stair Stepping on Late Day Postprandial Glycemia*

Presented at the Southwest Chapter of the American College of Sports Medicine Annual Meeting

Students: **Courtney Smith, Katia Enns, Trisha Molina, Edgar Doolan, and Krisztina Kemenes**

Faculty Mentor: Dr. Amanda McClain

Title: *"We Didn't Turn Away People": Perspectives of Key Informants at Stakeholder Agencies in San Diego County, CA in Meeting the Food Insecurity Demands during the COVID-19 Pandemic*

Presented at the American Society for Nutrition

Publications

****ENS Student Names in Bold****

Morales, L., Yowell, L., **Molina, T., Smith, C., Arizcuren, J.,** and McClain, A.C. (2023). Across-agency partnerships and within-agency capacities facilitate holistic, tailored approaches to addressing food insecurity: a qualitative study. *Journal of the Academy of Nutrition and Dietetics*. DOI: [10.1016/j.jand.2023.07.024](https://doi.org/10.1016/j.jand.2023.07.024).



Students Simon Pierce, Dylan Kasper, and Lloyd Marshall with Dr. Leonardo Nogueira at the Southwest Chapter of the American College of Sports Medicine Annual Meeting



Members of the Aztec Adaptive Sports Student Organization

Featured Student Organization

Aztec Adaptive Sports

Aztec Adaptive Sports is dedicated to challenging and diminishing the societal misconceptions surrounding disabilities. Aztec Adaptive Sports achieves this by enlightening students about the world of adaptive sports, offering their unwavering support to SDSU's Adapted Athletics program through active volunteering, and fostering positive relationships among their members while expanding their horizons in preparation for their careers. Aztec Adaptive Sports members dedicated their time to volunteer at the SDSU Wheelchair Tennis Invitational and the Wheelchair Dancers Organization Showcase. Furthermore, their members are fortunate to engage with inspirational guest speakers like Lacey Henderson, a Paralympic Athlete and a Certified Sports Performance Consultant. The year 2023 brought them great pride as Aztec Adaptive Sports was selected from a competitive pool of applicants nationwide to receive the prestigious American Kinesiology Association Diversity, Equity, and Inclusion Undergraduate Student Group Impact award in recognition of their impactful work within the SDSU and San Diego communities.

ENS Coffee and Conversation Event

On October 26th, the School of Exercise and Nutritional Sciences hosted an event known as "Coffee and Conversation." The event was organized by the Justice, Equity, Diversity, and Inclusion (JEDI) Student Advisory Council. This gathering provided a platform for ENS students to engage with each other and with faculty. Student and faculty speakers shared valuable insights on the diverse programs housed under ENS, introduced student organizations, highlighted research opportunities, and much more. The event fostered a vibrant exchange of ideas, networking, and camaraderie, serving as an essential link between students and the rich academic offerings within ENS.



Dr. Jeni Green speaking about her research at the ENS Coffee and Conversation

Faculty News



Emeritus Faculty Member Dr. Peter Aufsesser Inducted into the San Diego County Sports Officials Hall of Fame

Congratulations to Emeritus Faculty member Dr. Peter Aufsesser for his well-deserved induction into the 2023 San Diego County Sports Officials Hall of Fame! His dedication to sports officiating has been nothing short of inspiring. His knowledge, precision, and unwavering commitment to fairness have earned him this prestigious honor and set the highest standards for officiating in San Diego County and beyond.



Dr. Mee Young Hong Recognized with the 2023 Korean Nutrition Society Award

Dr. Mee Young Hong was recognized with the prestigious Korean Nutrition Society Award at Nutrition 2023 at the American Society for Nutrition conference in Boston. This award recognizes excellence in nutrition research conducted by a North American scientist who is engaged with the Korean Nutrition Society, Korea, or related collaborators. Dr. Hong's extensive research reflects a focus on functional foods with regard to risk factors for metabolic diseases. Her studies have received much attention in the community and were featured on ABC News, webMD, DailyRx, SDSU NewsCenter media, Hungarian National Geographic, and Experimental Biology, to name a few. Dr. Hong is also consistently recognized by her students as an outstanding teacher.

Distinguished Alumni

Doctor of Physical Therapy

Jared Brown

Sharp Grossmont Hospital, Adjunct Faculty SDSU

Dr. Jared Brown earned his Doctorate of Physical Therapy from SDSU as a member of the inaugural class of 2015. Following his graduation, motivated by a deep passion for physical therapy and education, he assumed the role of an adjunct faculty member in the DPT program at SDSU. Here, he contributes his expertise to the teaching of Musculoskeletal Therapeutics I & II. In addition to his academic pursuits, Dr. Brown is an integral part of the healthcare landscape at Sharp Grossmont hospital. He adeptly balances his time between the outpatient orthopedic clinic and overseeing the Injury Prevention Program for the hospital. Driven by a commitment to continuous learning, Dr. Brown has furthered his education by obtaining certifications in ergonomics and applied functional science. Notably, he has recently developed a keen interest in the field of golf, achieving certification from the Titleist Performance Institute. This multifaceted professional not only excels in traditional physical therapy but also demonstrates a remarkable dedication to exploring diverse aspects of his field.



Dr. Jared Brown

Foods and Nutrition

Monserrat Gonzalez

Licensed Nutritionist and owner of Nutres

Ms. Monserrat González obtained her BS in Foods and Nutrition in 2015 and her MS in Nutritional Sciences from SDSU in 2018. As an undergraduate, one of her final projects included opening a juice bar. Eight years later, her business is still thriving. In 2018, she was certified in nutrigenomics by the Institute of NutriGenomics in Madrid, Spain. Monserrat was licensed as a Lactation Educator Counselor through the University of California, San Diego and has been an active member of the Institute of Functional Medicine since 2019. Dr. Shirin Hooshmand was one of her mentors at SDSU, and was a great example and inspiration. Monserrat has been practicing clinical nutrition for over twelve years and opened her first wellness center, Nutres®, in February 2019. She has been working with online programs, helping more than 12,000 people change their health and lifestyle. Monserrat's goal as a nutritionist is to reach out to more people from around the world to spread the word about nutrition and health through healthy habits. Her mission is to keep creating awareness of how good food is important to prevent illnesses and to have a healthy life, physically, mentally, and emotionally.



Ms. Monserrat Gonzalez

Distinguished Alumni

Kinesiology

Fabio Comana

Lecturer and Fitness and Exercise Science and Exercise Science Coordinator at SDSU School of Exercise and Nutritional Sciences

Mr. Fabio Comana completed his undergraduate and graduate degrees in the School of Exercise and Nutritional Sciences at SDSU. As an undergraduate, he was captain of SDSU Rugby, which in 1987 won the U.S. Collegiate Division I National Championship. After playing for SDSU, he played for OMBAC Rugby and was part of the USA Division I National Championship teams in 1994 and 1996. He is an inductee into the SDSU Hall of Fame and the San Diego Hall of Champions. As a practitioner with the American Council on Exercise (ACE), he directed global certifications. Fabio was the original creator of ACE's Integrated Fitness Training Model, now used by all ACE personal trainers. He was the National Academy of Sports Medicine's Director of Continuing Education and is currently a Senior Faculty Instructor. He is also a Medical Advisory Board Member for OrangeTheory Fitness. Fabio serves as a fitness consultant to over 12 different organizations, including SeaWorld, where he developed the Shamu and Dolphin trainer conditioning programs. He is frequently interviewed and contributes as a media spokesperson for television and print within the industry. Fabio organizes and presents at professional conferences for over 30 national and international fitness, health, and sports conditioning organizations. He was the first-ever recipient of the IDEA China Global Innovator Award. As an instructor at both SDSU and UCSD, Fabio has designed and developed 14 different courses and now serves as the School of ENS Fitness and Exercise Science and Exercise Science Coordinator, and is advisor to the Kinesiology Organization Revolutionizing Exercise (KORE) student organization.



Mr. Fabio Comana

Athletic Training

Lea Thomann

*Health Care Service Provider
United States Olympic & Paralympic Committee*

Dr. Lea Thomann received her BS in Kinesiology with an emphasis in Athletic Training from SDSU in 2004. After working and traveling abroad in Australia, she returned to the U.S. and earned her Doctor of Physical Therapy degree from the University of Southern California in 2008. Dr. Thomann has consistently blended her professions of athletic training and physical therapy, having served in diverse roles spanning professional sporting, collegiate, and clinical settings. She is passionate about movement analysis and biomechanics related to rehabilitation and furthered her clinical expertise by earning designations as a Board-Certified Sports Clinical Specialist and Fellow of Applied Functional Science. Notably, Dr. Thomann returned to SDSU in 2012 to lead the Athletic Training Program as Director and Clinical Coordinator, as well as Lecturer in the University's inaugural Doctor of Physical Therapy Program. Following six years of service at SDSU, Dr. Thomann was selected to become U.S. Soccer's Senior Manager of Sports Medicine, in which her responsibilities included overseeing the medical care of 23 National Teams. After four years with U.S. Soccer, she accepted a role as a Physical Therapist and Athletic Trainer with the United States Olympic and Paralympic Committee and is based in Chula Vista, CA, at a Sports Medicine clinic. Beyond clinical care, Dr. Thomann travels domestically and internationally to support Team USA, most recently at the Pan American Games in Santiago, Chile. She looks forward to supporting Team USA as the Medical Director for the Youth Olympic Games in South Korea and medical provider at the Olympic and Paralympic Games in Paris in 2024. Beyond work, Dr. Thomann loves being active – spending time with friends, going to the beach, playing pickleball, practicing yoga, exploring new restaurants, and finding the best coffee shops are some of her favorites!



Dr. Lea Thomann



Dr. Shawn O'Connor

Faculty Highlight

Dr. Shawn O'Connor Associate Professor

Dr. O'Connor earned his BS in Mechanical Engineering from the Georgia Institute of Technology in 2004. During this time, he explored various career paths, including working as an engineering intern and taking additional pre-med classes. However, his passion for research led him to pursue a PhD in Biomedical Engineering at the University of Michigan, which he completed in 2009. His doctoral research focused on mathematical models of walking biomechanics and development of a treadmill-based virtual reality system to study walking balance. Dr. O'Connor then completed postdoctoral fellowships at Simon Fraser University and the University of California, San Diego, before joining the San Diego State University faculty. Dr. O'Connor's research at SDSU focuses on biomechanics, locomotion control, and the development of movement health sensing technologies. His projects investigate age-associated mobility decline, addressing factors such as muscle health, metabolic health, and balance. Internal university grants and external private grants support his work. At SDSU, Dr. O'Connor teaches ENS 306 Biomechanics of Human Movement, an upper-division course for Kinesiology majors. He finds great satisfaction in teaching biomechanics to prepare future clinicians and trainers. In his free time, Dr. O'Connor enjoys reading, home improvement projects, and attending comedy shows.

Discover ENS Research

Dr. Ashleigh Johnson Physical Activity Researcher

Dr. Ashleigh Johnson's research focuses on physical activity promotion, youth populations, and community-based interventions. Her current research topics include (1) using sport-based activities to increase physical activity levels among rural girls and (2) improving physical fitness testing in schools by exploring individual experiences and examining challenges in analyzing fitness data. This work significantly addresses barriers to physical activity and sports opportunities that can reduce gender, socioeconomic, and geographic disparities in youth activity levels.



Dr. Ashleigh Johnson



Dr. Sasha Reschechtko

Dr. Sasha Reschechtko Sensation in Motion Scientist

Dr. Sasha Reschechtko studies the neuroscience of movement, mainly how sensory systems contribute to our ability to move by letting us feel objects we are interacting with and telling us where the body is in space. He investigates how sensory receptors in the skin and muscle influence movement and sensory perception. In addition to furthering our general understanding of sensation and movement, this research has a long-term goal of developing tests of sensory ability that could be used to track pathologies and sensory recovery in clinical settings by analyzing the kinematics, kinetics, and energetics of movement.

SDSU

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Stay connected with us and never miss exciting updates, events, and opportunities in Exercise and Nutritional Sciences. Follow us on social media to join our vibrant community of health enthusiasts, engage in discussions, and access valuable resources to enhance your academic journey. Follow us now and be a part of the ENS family!