

# Communicator



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## Chair's Corner - Dr. Tamar Semerjian

Welcome to our Winter 2021 Communicator. In reflecting back on 2021, we have had some changes to our everyday lives, but are certainly not back to normal. We were very pleased to welcome students, faculty, and staff back to campus. While some classes remained online, many of our lab and activity classes, as well as seminars and a few lecture classes were able to be held face to face. It was also wonderful to welcome students who graduated in Spring and Fall of 2020 and Spring of 2021 back onto campus, along with our Fall 2021 graduates. We were able to celebrate graduation festivities with them in person at long last.

Despite the challenges of the year, we have been resilient and have adapted to the changing landscape in education. Our faculty have continued to support our students through their teaching, as well as engaging them in robust research activities. In this Communicator you will see some of the wonderful work that they have done. Students have learned to manage online learning, and many have been very happy to be back on campus and reconnect with their peers and faculty. All of our faculty have worked to innovate their classes to offer everything from physical activity to lab classes online, as well as transitioning back into the classroom while keeping everyone safe and healthy.

I would like to wish you all the best during this holiday season, and hope for a brighter 2022. While these have been difficult times, we have stood together, and I look forward to the continued achievements of our students, faculty and staff. Recently, renowned professor, scholar, author, and activist bell hooks passed away. In rereading some of her works I was reminded of a quote from her, "There is light in darkness, you just have to find it." I know many of us have worked hard to find that light, and we will continue to do so in the coming year.

As always, I want to give thanks to all our students, faculty, and staff who make the Department of Kinesiology a vibrant place, where we continue to work to keep us all moving. Your continued generosity helps us to support the academic mission of the department and support our students.

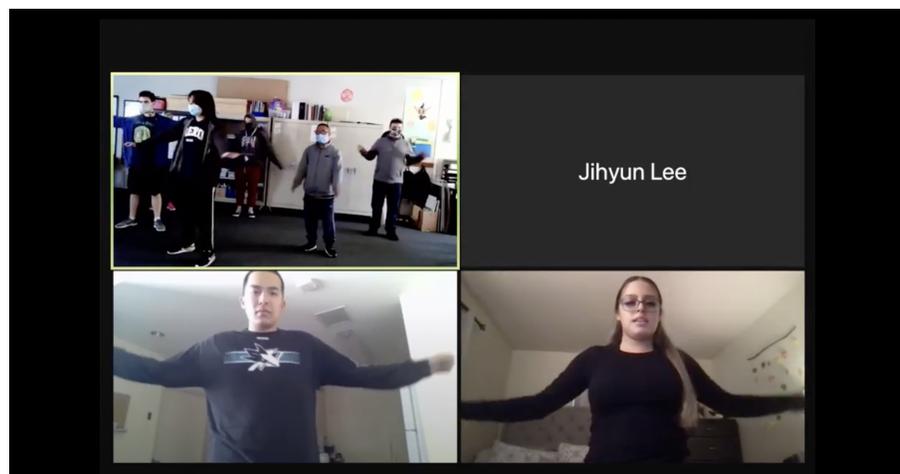
*Tamar Z. Semerjian*

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## Faculty and Staff - News and Awards

Instructor **Marty Behler** was named an Advocacy Group Award of Excellence for 2021 in the category of Native American Coaches by United Soccer Coaches. The award honors an individual, organization or group that has shown commitment and outstanding work meeting the association's highest ideals of inclusion and diversity in soccer.

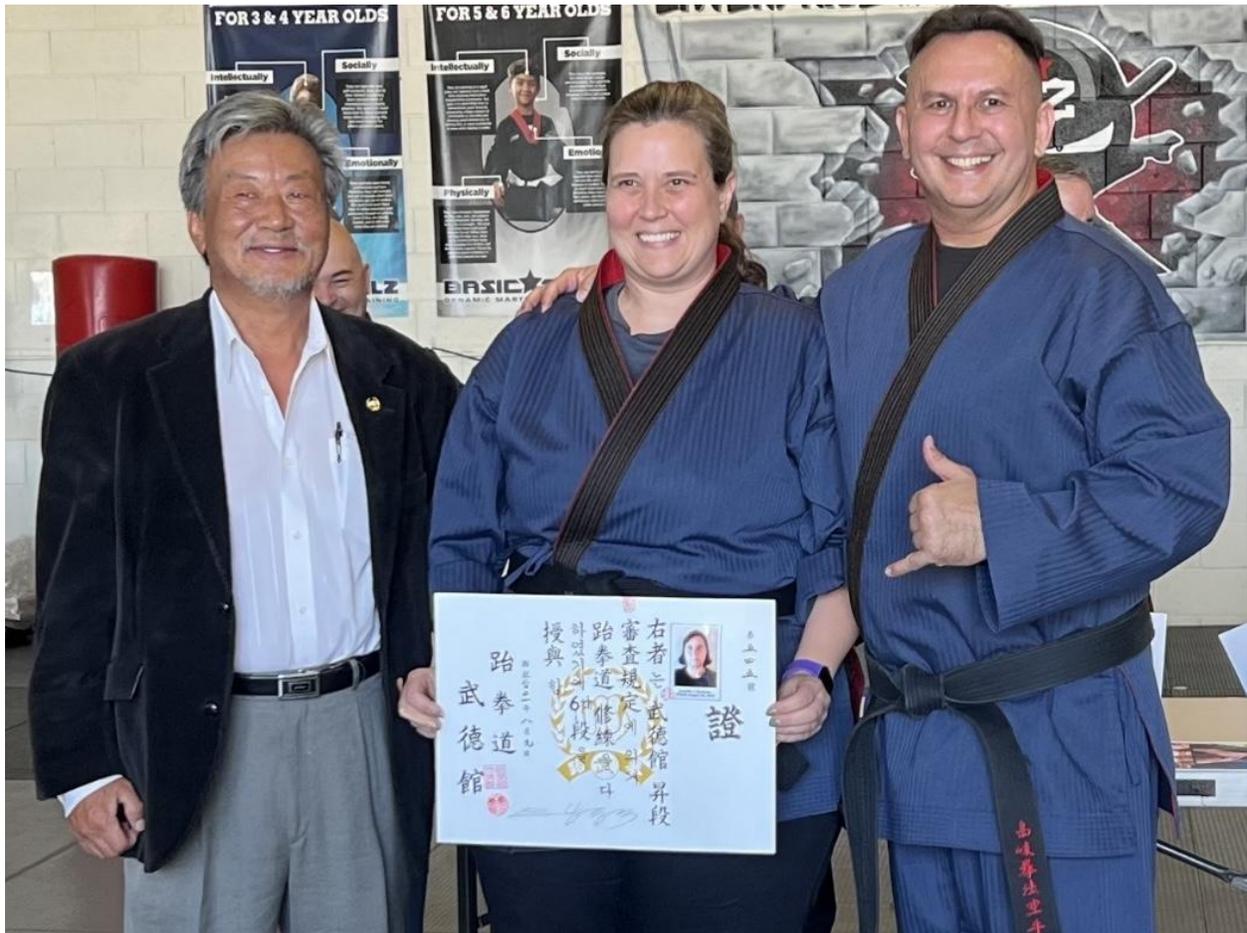
Spartan Fitness was launched in Spring 2018 by **Dr. Jihyun Lee** to promote fitness, fitness knowledge, and physical activity for postsecondary transition students ages between 18-21. Due to COVID-19, the program was paused. This semester, Mr. Brad Weiner and Dr. Lee coordinated the Spartan Fitness program virtually for postsecondary students with disabilities in Santa Clara Unified School District. The program has been the lab part of KIN 108 - Adapted Physical Activity for Young Adults with Disabilities, and SJSU students have been serving as peer mentors for the postsecondary students to help them learn about and engage in meaningful physical activity.



(Images from virtual Spartan Fitness sessions)

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**Dr. Jennifer Schachner** was awarded her 6th degree black belt in Taekwondo on October 25th, 2021.



(Image of Dr. Schachner receiving her 6th degree black belt)

The **Timpany Center** was awarded \$145,000 in CARES funding in the early part of 2021 to help with the financial impact of COVID-19 and the subsequent closure. In July of 2021, **Dr. Jennifer Schachner** was re-awarded the \$55,518 in the Older Americans Act Funding through Sourcewise. The Sourcewise funding is providing free training for instructors and classes for both the land and water based Arthritis Foundation Exercise Programs to the Santa Clara County Community.

In August 2021, **Dr. Schachner** and the **Timpany Center** ran the first crowdfunding campaign with an initial goal of 10K which we reached in the first week. In the end the community and supporters helped raise over \$50,000!

**Dr. Bethany Shifflett** served the last three years as WSKW's Executive Director and prior to that as President and conference coordinator.

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## Publications

**Armstrong, C.G. & Butryn, T.M.** (2021). High school athletes' perceptions of NFL protests and athlete activism. In R. Magrath (Ed), *Athlete Activism: Contemporary Perspectives*. Routledge.

Cepin, A. M., & **Chang, S.H.** (2021). The effects of older siblings on motor skills for infants and young children. *Research in Dance and Physical Education*. 5(2), 1-9.

**Chang, S.H., & Reekie, S.H.M.** (2021). Teaching college physical activity courses online -some considerations. *Journal of Physical Education, Recreation & Dance*. 92(5), 5-8.

Davies, M.J., **Armstrong, C.G.**, & Blaskza, M. (2021). No name, no logo, no problem?: Examining early fan connections to NHL Seattle. *Sport Management Review*.  
<https://doi.org/10.1080/14413523.2021.1937894>

Haley, R. I., & **Chang, S.H.** (2021). Physical, psychological and social benefits of participation in youth sports for children ages 9-12 years. *International Journal of Human Movement Science*. 15(2), 15-23.

Jones, R. B., & **Chang, S.H.** (2021). The effects of early sport specialization (ESS) on youth sports: benefits and issues. *International Journal of Physical Education, Sports and Health*. 8(3), 14-18.

Worthen, M., de Bourbon, S., **Dao, M.**, Armaline, W., & Fuller McClure, M. (2021). *People's Budget of San José Focus Group Report*. Outlet: People's Budget of San José Coalition.

**Tsuruike, M.**, Ellenbecker, TS. (2021, In Press). A Comparison of Teres Minor and Infraspinatus Muscle Activation in the Prone Position, *Journal of Shoulder and Elbow Surgery International*. DOI: <https://doi.org/10.1016/j.jseint.2021.09.005>

**Williams, A. L.** (2021). The Heritage Strikes Back: Athlete Activism, Black Lives Matter, and the Iconic Fifth Wave of Activism in the (W)NBA Bubble. *Cultural Studies ↔ Critical Methodologies*. <https://doi.org/10.1177/15327086211049718>

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## Faculty Presentations, Speaking, & Workshops

**Dr. Cole Armstrong** provided his perspective to online outlet wallethub.com on what makes a great sports city: [https://wallethub.com/edu/best-sports-cities/15179#expert=Cole\\_G\\_Armstrong](https://wallethub.com/edu/best-sports-cities/15179#expert=Cole_G_Armstrong)

Davies, M.J., **Armstrong, C.G.**, & Blaszk, M., Koczak, C., Nunez, V.J.I. (June, 2021). *Exploring the managerial perspective on developing a new sport team brand*. Paper presented at the annual meeting of the North American Society for Sport Management (NASSM), Virtual.

**Chang, S.H., Shifflett, B., & Dietrich, A** (2021). *Differences in Perceived Benefits of Activity Classes Before & During Pandemic*. Paper presented at 2021 Western Society for Kinesiology and Wellness (WSKW) Annual Conference (virtual).

**Chin, J. W.** & Hodler, M. (2021, November). "Sorry IF I offended": Racism & white supremacy in non-apology apologies. World Congress of Sociology of Sport: International Sociology of Sport Association (ISSA) in partnership with the Latin American Association of Sociocultural Studies of Sport (ALESDE) and the Latin American Council of Social Sciences (CLACSO), Virtual.

<https://issa2020.com/wp-content/uploads/2021/11/ISSA-2021-BOOK-OF-ABSTRACTS.pdf>(#430, p. 123)

**Dr. Jessica Chin** was interviewed for and quoted (p. 25) in a cover story about women coaches in men's sports for the Christian Science Monitor. Article available here:

<https://www.csmonitor.com/USA/Society/2021/0401/Breaking-grass-ceilings-Why-more-women-are-coaching-men-s-teams>

Goodway, J.D., Brian, A., Robinson, E.L., Cohen, L., **Chang, S.H.**, Park, S.Y., & Lorson, K. (2021). From experts to teachers, and motor skills to integrated curriculum: lessons learned from the SKIP motor skill intervention studies. Presented at the 5th Assembly of the International Motor Development Research Consortium (virtual).

**Jin, L.** (2021, October). *Investigation of different footwear insole stiffness on the center of pressure and ankle kinematic patterns in walking gait*. Presentation delivered at the 2021 Western Society for Kinesiology & Wellness Conference. Virtual Conference.

**Jin, L.**, Westley, L., Hannigan, JJ. (2021, August). *Foot-ankle mechanical work in a carbon fiber plate racing shoe compared to a minimal shoe*. Poster presented at the 45th Annual Meeting of the American Society of Biomechanics. Virtual Conference.

**Jin, L.**, Hahn, M.E. (2021, July). *Lower extremity joint moment angular impulse during gait transitions*. Presentation delivered at the XXVIII Congress of the International Society of Biomechanics. Virtual Conference.

**Lee, J.** (2021, November). Interdisciplinary Collaboration in Kinesiology to Improve Adapted Physical Activity Research. Presentation delivered at the 2021 International Conference of the Korean Society of Exercise Physiology.

**Lee, J.** (2021, May). *Tips to Help Children with Autism*. This workshop was hosted by Good Seed, a parent group for families of children with disabilities.

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**Lee, J.** (2021, November). *What Are Gross Motor Skills & Why Are Those Important?* This workshop was hosted by Good Seed, a parent group for families of children with disabilities.

**Dr. Bethany Shifflett**, in collaboration with colleagues at CSU Stanislaus and UW Whitewater, presented a 'Content Analysis of Papers Published in Kinesiology Journals'

**Steidinger, J.** (2021, October). *Media Challenges and Opportunities in Sport During Covid-19*, panel presented at the 2021 Association for Applied Sport Psychology Conference, Virtual.

**Dr. Joan Steidinger** was interviewed on the podcast, "Medical Experts in Football (Soccer)" in November of 2021.

**Dr. Daniel Weng** organized and conducted a Medical Taiji Trainer's Certification Course (7/31-8/1) to prepare health field professionals and activity instructors to be able offer Taiji Program at various public teaching settings including parks and recreational programs, senior centers, adult education programs and fitness centers.

**Dr. Daniel Weng** was an invited speaker for the 2021 World Taiji Science Forum held December 2-5. His topic was: *Taiji's Multiple Functions in Modern Time* ([www.wtjssf.org](http://www.wtjssf.org)).

Weiner, B., & **Lee, J.** (2021, November). *Physically Active Recreation and Leisure in Postsecondary Transition Planning*. The 50th National Adapted Physical Activity Conference, Virtual.

Worthen, M., de Bourbon, S., **Dao, M.**, McClure Fuller, M., & Armaline, W. (2021, November). *The People's Budget of San José: Findings & Continuing the Conversations*. Presentation at Transforming Communities: A Movement to Racial Justice. San José, CA. USA.

## **Student and Alumni News, Presentations and Research**

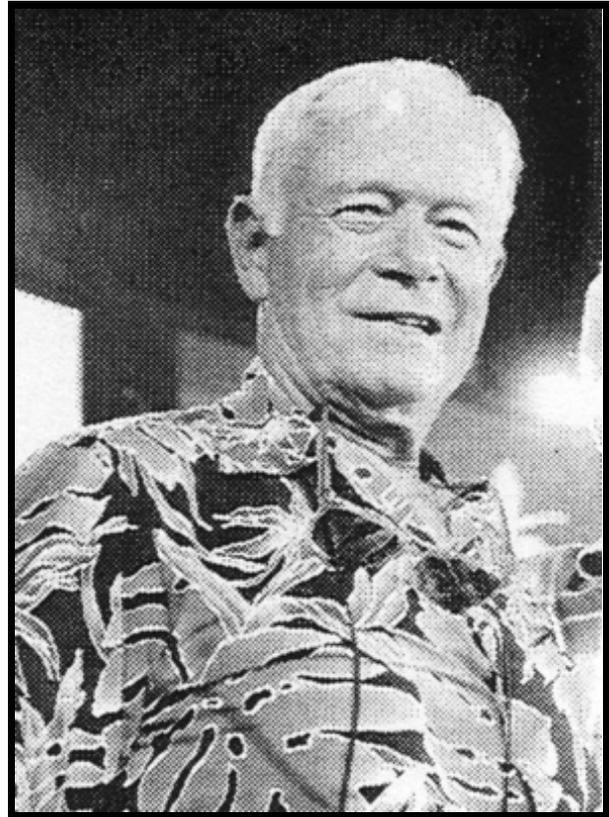
**Gustavo Aldama, Allison Bui, and Dr. Areum K. Jensen's** conference submission "Differential Cardiovascular Responses to Acute Exercise in Adults with Cerebral Palsy" was accepted as a finalist for the 2021 Graduate Student Research Competition and into the International Journal of Exercise Science: Conference Proceedings at the Southwest ACSM meeting in October.

The University of California Santa Barbara promoted former assistant coach **Jaclyn Rosen** and Kinesiology alumnus ('14) to Head Coach of its women's and men's swimming teams. Rosen joined the UCSB coaching staff in 2020 as an assistant coach.

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## In Memoriam - Hugh Mumby (1926 -2021)

Our department lost a true friend and long-time supporter of physical activity and its academic study earlier this year with the death of Harold **Hugh Mumby**, AB, MA, at the age of 94. Hugh was born in Bloomington, IN, but grew up in Lucknow, India, where his father served as a Methodist missionary, and where Hugh lived for 15 years, attending Woodstock School in the Himalayas. Hugh studied for his undergraduate degree at UC Berkeley ('49) and also for his graduate degree ('53), both in Physical Education, enlisting in the Army Air Corps in 1945 before returning to Berkeley after the war. He lettered in three sports (gymnastics, track, and wrestling), and was Pacific Coast Intercollegiate Wrestling champion in 1946



at 175-pounds and in 1948 at 191-pounds, and qualified for the US Olympic wrestling trials in 1948. From 1949-1951 he was a junior supervisor of Cal's Physical Education Department.

Hugh married Jeanne in 1950, and began his teaching career at San José State in 1952. In addition to teaching in what was first the Men's Physical Education Department, later the combined men's and women's Physical Education Department, then renamed the Department of Human Performance, Hugh coached the gymnastics (3 years), tennis (4 years), and especially the wrestling (18 years) teams at various times. He made great contributions to the academic department, especially in the field of biomechanics (in the class then called kinesiology), until his retirement from Human Performance in 1986, and was published in such journals as Research Quarterly. He also taught in, and was a great supporter of, the activity program, teaching across a broad range of classes but especially badminton, and he served as the Activity Program Coordinator for many years, and also as the department's class scheduler.

Hugh was inducted into the California Chapter of the National Wrestling Hall of Fame, and in the Fall of 2020 (deferred to 2021 owing to COVID) was inducted into the SJSU Sports Hall of Fame Class of 2020 in recognition of his accomplishments in wrestling. Taking over the position from his father, and serving as the coach of the SJSU wrestling team in 1952-1969, and in 1971, he led the Spartans to 100

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dual match victories, finishing with a career record of 130-69-6 win-loss record and five conference championships.

Hugh's love of physical activity and the wish to impart it to others is carried on by his daughter, Heather, who was an SJSU Human Performance major in the 1980s and who now teaches Math and Physical Education in Windsor, CA. He kept in touch with the department until shortly before his death, being always interested in what we were doing. Above all, Hugh was a true gentleman, appreciated by his friends, colleagues, students, and athletes, and will be greatly missed by all who knew him and were charmed by his quiet chuckle, delightful if somewhat sideways smile, and his sometimes flamboyant Hawaiian shirts. Hugh is survived by two daughters and one son.

- SHMR

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## Department of Kinesiology Scholarship Recipients - 2021

The Department of Kinesiology awarded over **\$22,000.00** to graduate and undergraduate students during the 2021 scholarship cycle. In total, 18 students received awards from the department. [Kinesiology scholarships](#) help defray the costs associated with college attendance, and provide assistance to students as they strive to make a difference on campus, at home, and in their community. Thank you to all of the gracious donors who have made these scholarships possible.

### Donating and Giving

The SJSU Department of Kinesiology has long been renowned as a leading national and international department. With its innovative faculty, state of the art facilities, and internal and external support, KIN in 2021 is no different. Despite the successes of our group, we are always collectively looking to grow and prosper. In order to do so, we ask for your assistance. If you are compelled to support the mission and vision of the Department of Kinesiology through a financial gift, please contact our college Director of Development, Sonia Wright. She may be contacted by email: [sonia.wright@sjsu.edu](mailto:sonia.wright@sjsu.edu) or by phone: 530.340.2278 or you can visit [giving.sjsu.edu](http://giving.sjsu.edu) and select Give Now and select the Kinesiology Program. Alternatively, please contact Department Chair Dr. Tamar Semerjian - [tamar.semerjian@sjsu.edu](mailto:tamar.semerjian@sjsu.edu) to discuss options.

As everyone knows, 2021 has been a difficult year. Indeed, as we have all faced challenges related to COVID-19, our students have been especially afflicted by the global pandemic. Collectively, our students, faculty, and staff will face unique realities moving forward. A donation to the Department of Kinesiology helps us to smooth these transitions and support the high level program we have always been.

Donations to SJSU Kinesiology go to support many initiatives including:

- Kinesiology Scholarships
- Faculty and Student scholarly-related travel
- Equipment, software, and hardware purchases
- Research and teaching support
- Graduate Assistantships
- Student training and conference registration
- Amongst many others.

For online information on giving to SJSU and the Department of Kinesiology please visit [giving.sjsu.edu](http://giving.sjsu.edu).

***Thank you for your consideration.***

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