INSIDE THIS ISSUE

This newsletter is intended to keep you updated on the efforts of our faculty and students here at the Department of Kinesiology at California State University, San Bernardino. In addition, it provides us with an opportunity to share news about some of our alumni. If you do not see information about yourself and your recent achievement(s), please reach out to us. Your stories serve as an inspiration to current students, staff, and faculty. We look forward to hearing from you and spreading news about you, your professional endeavors, and personal experiences.

“Walking is man’s best medicine”

- Hippocrates

Top row, left to right: Robert Flores, James Clover, Thomas Burleson, Alexander Dorado, Sang Ouk Wee, Elizabeth Lucas, Nicole Dabbs, Chauncey Hayes, Matt Jackson, Wagner Prado, Samantha Harbin, Kelcie Tolan, Christopher Gentry, Benjamin Liscano, Ivan Patterson

Middle row, left to right: Quentin Moses, James Vanover, Justin Swanson, Janys Antonio, Amy Wheeler-Mantoan, Guillermo Escalante, Amanda Rymal, Bryan Haddock, Hosung So, Carl Sanchez

Bottom row, left to right: Michael Rister, Christopher Hill, Hephzibah Sudhaker, Sonia Perez-Gamboa, Gail Abrams, Zhaojing Chen, Heidi Ambrosius, Erin Haugh, Sarah Jarvis, Angel Castro, Nathaniel Bodei
Well, what a year it has been! Just like all of you, we are all dealing with changes to our work lives and our personal lives. As you may realize, CSUSB along with the rest of the CSU’s went to virtual (online) teaching this past spring. This same teaching approach is continuing in the summer and will continue this way in the Fall. This has added challenges, as we in Kinesiology typically work with people in real to life settings. However, I must admit that I have been very impressed by our faculty. Every one of them has done an excellent job in this transition to virtual teaching. As always, they help each other out and work to provide our students with the best possible learning environment. However, we all look forward to the time when we can get back to in person teaching.

In addition to classes being virtual, this fall CSUSB will be on the Semester system for the first time. Our faculty have been working hard over the past 4 years to develop a curriculum that meets the needs of our students. We aim to prepare students to enter the workforce or prepare them for continuing their education as they pursue a teaching credential or enter a graduate program. The Kinesiology department is also expanding to the Palm Desert Campus (PDC). Beginning this Fall term, a student can transfer to CSUSB from a community college and finish their Kinesiology degree at PDC. We are starting with the Exercise Science concentration at PDC, but hope to include all KINE concentrations in the future.

With all of the changes and the growth in our program, we have added three outstanding new Tenure Track Faculty to our group. They will be starting with us this August. At the San Bernardino campus Dr. April Karlinsky comes to us after completing her PhD at the University of British Columbia and a post-doctoral fellowship at the University of Toronto. She will be joined by Dr. Venkata Naga Pradeep Ambati (continued on next page)
“We love hearing from our Alumni. When you get a chance, send us a note about your various activities. We have a great group of Alumni doing amazing things.”

Letter from the Chair (cont.)

who completed his PhD at the University of Texas El Paso and was on the Kinesiology faculty at Southern Illinois University. Then at the PDC, Dr. Sarah Dunn will be the first Full Time faculty member in Kinesiology at this campus. She completed her PhD at the University of New South Wales and has been on the Faculty at Laverne University. We are very fortunate to hire three full time faculty, all of which come with a wealth of experience. We know our students will greatly benefit from their expertise.

We love hearing from our Alumni. When you get a chance, send us a note about your various activities. We have a great group of Alumni doing amazing things. You can keep track of our activities through our website: https://www.csusb.edu/kinesiology or through the social media links found on our website.

Sincerely,

Bryan L. Haddock
Venkata Naga Pradeep Ambati, Ph.D.

“I like teaching courses related to biomechanics, motor control, motor learning and musculoskeletal anatomy. I strive to make learning interesting, relevant and fun. Besides traditional lecturing I also try to engage students by having practical activities and discussions. I provide opportunities in class to assist me in several of my ongoing research projects. Students gain the basic fundamentals of motor control and motor learning, biomechanics, experimental setup, data collection, data processing and manuscript writing. Two over-arching themes of my research are: Basic science research to elucidate sensory contributions, particularly vision to motor control and motor learning; and Translational research is at the core of my application. Investigation of gaze behavior in children diagnosed with Autism spectrum disorder (ASD) to identify potential biomarkers of Autism. Besides working I like to stay healthy and try different cuisines. I also love dabbling with fusion-food and create east-west fusion recipes.”

Sarah L. Dunn, Ph.D.

Dr. Sarah L. Dunn, is joining the CSUSB Kinesiology Department as an Associate Professor for the Palm Desert campus. Her areas of scholarly expertise are in the early mechanisms for disease risk in young adults which may include: inflammation, metabolic dysfunction, adiposity, and/or vagal insensitivity. She is interested in how lifestyle interventions, incorporating healthy nutritional choices and physical activity (high intensity interval exercise) ameliorate problems associated with inflammation, metabolic dysfunction, and obesity. Dr. Dunn obtained her graduate degrees from the University of New South Wales and University of Sydney, both in Australia, and prior to that she completed her bachelor’s degree at Pepperdine University in Malibu, California. She has taught a variety of courses in Kinesiology, most recently; Exercise Testing and Prescription, Nutrition and Health, Research Methods and Design, and Senior Seminar Project. Her publications, An Introduction To Statistical Analysis in Research with Applications in the Biological and Life Sciences, The Effect of a Lifestyle Intervention on Metabolic Health in Young Women, and Factors that May Impede the Weight Loss Response to Exercise-Based Interventions, represent her interest in the exercise sciences. In her spare time, she enjoys hanging out with her family (husband Travis and two kids, Emerson – 7 years and Harley 2 years) and is currently working on improving her golf game.
April Karlinsky, Ph.D.

Dr. April Karlinsky received her Ph.D. in Kinesiology at the University of British Columbia in Motor Skills Lab. After her Ph.D., Dr. Karlinsky joined University of Toronto as a postdoctoral fellow to continue her research focus in motor learning. Her research has focused on motor learning and control in a social context. Her work has been presented at national and international conferences and has been published in such refereed journals as the Journal of Motor Learning and Development, the Journal of Motor Behavior, and the International Journal of Sport Psychology. Dr. Karlinsky is interested in recreational dancing, and she volunteered teaching for “Dance for Parkinson’s Disease” classes.

Benjamin Liscano

While Benjamin Liscano is certainly not new on our campus and department, he has recently been appointed as Head Equipment Manager in the Kinesiology Department. Mr. Liscano has been visiting CSUSB and the Department of Kinesiology as a child and eventually earned a position working in the equipment room, serving both the Kinesiology Department and the Athletics Department. He has been a staff member with our department for over 20 years and is well-known with faculty, staff, and students from all over campus. During his free time, he is an avid practitioner of Brazilian Jiu-Jitsu and still participates in competitions. He aspires to open and run his own Brazilian Jiu-Jitsu school.
After serving CSUSB Kinesiology for the past academic year, Elliana Villa and Sergio Espericueta will be joining the CSUSB Alumni after spring 2020. Together, they played a vital role in assisting faculty carry out several courses, and they trained and led student interns in the Fitness Assessment Center. Their service is appreciated and they will be missed in the department. They will be transferring their roles to two current students, Holli Rosas and Sean Bonilla.

**Elliana Villa**

“My fondest memory while working as the laboratory technician is the interactions and connections I made with the other lab techs (current and former lab techs), professors and staff. For instance, on Friday evenings, after we had finished the week, we would gather around the main office and we would talk and compare stories, ask for advice, and encourage each other in whatever life had to offer us. Through this opportunity as the laboratory technician I was able to create a better connection with the professors and peers as well as an opportunity to practice my professional skills. I value the skills I was able to develop because I will be able to take them into my future plans of becoming a physical therapist. Thank you to the department of Kinesiology for these valuable experiences and opportunities.”

**Holli Rosas**

“I recall watching in awe as the previous student laboratory technician, Elliana, set up lab activities for my exercise physiology course. Elliana’s professionalism and precision sparked my interest to obtain the same experiences in the laboratory. I plan to exert the same skill and knowledge in this capacity, as well as set an example for all students. I look forward to setting up the Wingate protocol and encouraging students to push themselves during this activity. I am also eager to work alongside the Kinesiology faculty. One of my goals as the student laboratory technician is to make this virtual experience as smooth as possible for both faculty members and students by being attentive and ready to assist. I aspire to continue my education beyond CSUSB by working towards a master's degree in exercise physiology, with the ultimate goal of teaching in higher education.”
**Student Laboratory Technician News (cont.)**

**Sergio Espericueta**  “Having the opportunity to work in the Biomechanics Lab as the Lab Technician has been a great honor. One of my fondest memories was seeing the student’s excitement as they tried to outperform the professors during the timing gate trials. The professors were not afraid to join the students. This gave the students a chance to actively work alongside their professors at a more personal level. By interacting closely with the professors, students were able to learn more and felt comfortable asking more critical questions. This experience has taught me how to adapt to various ways of learning and has transferred over to the way I see things in my own life. As I plan to continue my academic career by applying for physical therapy programs, I can take all the experiences I have learned as a lab technician to improve my chances of excelling in my future career. I am excited to join the ranks of previous CSUSB Alumni, and I hope I can make all the professors that helped me throughout the process proud.”

**Sean Bonilla**  “What drew me to this role was the end application result from observing other laboratory technicians. That is, seeing how past student laboratory technicians’ interaction and advising with students rooted their success. I am interested in this role as a student laboratory technician because as an endless student I believe it is my responsibility to take an active part in spreading knowledge to my peers and as well as assisting them to achieve their most efficient performance. Although I am more of a hands on learner, I understand most of my peers may be as well. I am therefore excited to challenge myself to identify how I can maximize my role to assist students at the virtual level. One of my goals post undergraduate is to enter a Doctorate of Physical Therapy program and from what I have currently been seeing, there are many physical therapists reaching out and providing care to their patients at the virtual level. Hence, it is imperative I am able to assimilate and break down information to my peers despite not being in an in person scenario. A personal aspiration I have is to one day run a marathon. Along with my goal to become a Physical Therapist I also aim to one day open up my own clinic with a dance studio portion embedded to combine my love of dance to my professional interests.”
Fanny Rivera (Class of 2017)

Fanny Rivera graduated from CSUSB Kinesiology in 2017, and since then, she has continued her professional training to pursue a career in education. In September 2019, she proudly announced that she is now a physical education teacher at San Bernardino City Unified School District. Fanny is celebrating her new livelihood as an educator with the purchase of her first home. Congratulations, Fanny!

Salvador Avila (Class of 2017)

Salvador Avila graduated CSUSB in Spring 2017 with a Bachelor of Science degree in Kinesiology. His concentration was in Pedagogy Concentration. Following this, he enrolled at CSUSB for the Single Subject Matter Credential at the start Fall of 2017, which he finished in Winter of 2018. At the beginning of the 2019 - 2020 academic year, Salvador started his first official year of teaching as a middle school physical education teacher at Arrowview Middle School here in San Bernardino, CA. We are proud of you, Salvador.

Abdiel Fuentes (Class of 2016)

“It’s been a long 3 years of OT school and I’m excited to announce that I’ve passed my board exams and am now a Registered Occupational Therapist! I couldn’t have achieved my career goals without your help at CSUSB. Thank you [Dr. Nicole Dabbs] for all the support, encouragement, and advice you gave me to become a better leader during KSA. I graduated June 2016. I took a year off in order to complete some prerequisite courses after I graduated from CSUSB. I finished my graduate program in March at Loma Linda University, took the NBCOT test on June 15th and passed. Now I’m just waiting for my license to get here in order to start practicing.”
Helio Navarro
(Class of 2009)

Helio Navarro graduated from CSUSB Kinesiology in 2009 with a concentration in Pedagogy. Following this, he earned his Physical Education Credential as well as a Master of Science in Kinesiology degree with a concentration in Sports Management. Helio just finished his 10th year teaching physical education and coaching for the San Bernardino City Unified School District. He also serves as a varsity high school coach for Carter High School in the Rialto School District. We are proud to see another CSUSB Kinesiology Coyote active in the field for over a decade. Congratulations, Mr. Navarro, and thanks for making a positive impact in our youth community.

Dr. Stephani Yong
(Class of 2017)

Dr. Stephani Yong graduated from CSUSB Kinesiology in 2017 with a concentration in Allied Health Professions. Immediately afterward, she started the Doctor of Physical Therapy program at Azusa Pacific University and recently completed her rigorous formal education in December 2019. She is now regularly serving clients as an active physical therapist at Eisenhower Desert Orthopedic Center.
Several recent CSUSB Kinesiology graduates have been admitted into programs to continue their education or continue their professional development. Some of their names and programs are presented below.

Congratulations, alumni! Please keep us updated with your progress.

**Olivia Adams**  
Master of Science in Kinesiology  
California Baptist University

**Cynthia Clark**  
Master of Science in Kinesiology  
California State University, Fullerton

**Laura Contreras Ballesteros**  
Master/Credential Physical Education Program  
Cal Poly Pomona

**Jacob Edling**  
Doctor of Physical Therapy Program  
Azusa Pacific University

Photos (top to bottom): Olivia Adams, Cynthia Clark, Jacob Edling
(Continued from previous page)

**Darren Favela**  
Physician Assistant Program  
Western University of Health Sciences

**Jessica Heredia**  
Master of Science in Kinesiology  
California State University, Fullerton

**Alexandra Khartabil**  
Master of Science in Kinesiology  
California State University, Fullerton

**Natalie Lu**  
Officer Training Program  
United States Marine Corps

**Nolan Mackey**  
Doctorate of Chinese Medicine, Emphasis in Acupuncture  
Southern California University of Health Sciences

**Natalie Martinez**  
Master of Science in Kinesiology  
California Baptist University

*Photos (clockwise): Darren Favela, Alexandra Khartabil, Jessica Heredia, Nolan Mackey, Natalie Martinez*
(Continued from previous page)

**Resha Patel**
Doctor of Physical Therapy program
Loma Linda University

**Mason Portales**
Master of Science in Kinesiology
California Baptist University

**Margarita Serrano**
Master of Public Health
California State University, Northridge

**Laura Sandoval**
Doctor of Physical Therapy Program
Loma Linda University

**Alice Zayer**
Doctor of Physical Therapy Program
University of Southern California

*Photos (top to bottom): Resha Patel, Margarita Serrano, Laura Sandoval*
Laura Contreras Ballesteros

“The Health and Physical Education building became a second home to me. What used to be just a hallway of offices, turned into places of conversation and laughter among my professors and colleagues. It was not just a place to learn about the human body movement, it was a place where connections and forever friendships were made.

My mentors, Dr. Gentry, Dr. So, and Dr. Rymal, not only taught me concepts of Kinesiology, but they taught me lessons I'll continue to carry with me. Dr. Gentry nudged me into research and showed support no one ever has; it is something I want to provide to my future students. Dr. So eased my worries of balancing work, school, and life by applying the "just do it" attitude. Dr. Rymal's energy and outgoingness is something I hope to also convey as a teacher and person. I cannot thank them enough for their positive impact on my life.

As a Kinesiology student at CSUSB, there are things you cannot forget: the click-clack of Professor Swanson's boots on a dress-up day, Dr. Ng's "What does integrity mean to you?" interview question, Dr. Dabbs' large purses that contain it all, and the bicycle noises that will point you straight to Professor Clover. Although I wish I could include them all, there so many quality professors and faculty that make up a strong family of professionals in the Kinesiology Department.”

Awards and Recognition

- American Kinesiology Association Undergraduate Scholar, CSUSB
- SHAPE America Major of the Year for Pedagogy, CSUSB
- Undergraduate of the Year, CSUSB College of Natural Sciences
- 1st Place - Research Critique Poster, 2019 WSKW Conference
- 1st Place - Original Research Poster, 2020 CAHPERD Conference
- Mentors: Drs. Amanda Rymal, Christopher Gentry, Hosung So

Laura has committed to Cal Poly Pomona for both single-subject credential and masters programs in Physical Education with full scholarships
The Society of Health & Physical Educators (SHAPE) Awards

SHAPE America is the nation’s largest membership organization of health and physical education professionals. Its mission is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport. SHAPE awards were presented to students in each concentration of the major:

Exercise Science
Sergio Espericueta

Physical Education & Adapted Physical Education
Laura Contreras Ballesteros

Allied Health Professions
Shea Caddel
A Look Back at the 2019-2020 Academic Year

National Strength and Conditioning Association National Meeting 2019

On July 10-13, 2019, Professors Nicole Dabbs, Guillermo Escalante, and Jason Ng, traveled with several students to Washington DC for the National Strength and Conditioning Association National Meeting.

Photo: Students present research findings at the NSCA National Conference in July 2019
Fitness Facility Renovation Completed

In August 2019, the Fitness Facility renovation was completed with the rearrangement of the floor layout and an addition of several pieces of equipment to allow more modes of exercise. The new equipment included:

- Olympic platform with Olympic barbells & bumper plates
- Oversized power rack
- Plate-loaded seated row machine
- Plate-loaded shoulder press machine
- Plate-loaded chest press machine
- Stairmill
- Two Ski-Row “two-in-one” skiing and rowing ergometers
- Two adjustable benches
- Adjustable single leg squat stand
- New elastic bands
- Olympic hex bars
- Barbell “landmine” trainer sleeves
- Foam rollers
- Foam stackable plyometric boxes
- Medicine balls

To enhance teaching capabilities in the space, the renovation also included newly painted walls and updated energy-saving LED lighting to brighten the environment to enhance visibility and safety; mounted oversized whiteboard; installation of a teaching computer station, wi-fi internet, and 75-inch display monitor.
In August 2019, several Kinesiology Department faculty attended a retreat at the UCLA Lake Arrowhead Conference Center in Lake Arrowhead, CA. During this time, faculty collaborated in multiple small groups to create template classes for the Quarter-to-Semester transformation of the Kinesiology Department. Organized and facilitated by Dr. Nicole Dabbs, faculty that participated in this concentrated effort include Professors Bryan Haddock, Jason Ng, Amanda Rymal, Christopher Gentry, Tommy Wee, Zhaojing Chen, Christopher Hill, Matt Jackson, Justin Swanson, Phillip Drouet, Cameron Van Wye, and Jim Clover.

In the transformed semester system, the Kinesiology Department will proudly introduce an updated kinesiology degree program. Some examples of new courses include the following:

KINE 2100 - Orientation to Kinesiology
KINE 2200 - Medical Terminology
KINE 2620 - Teaching & Coaching Principles for Combative and Fitness Activities
KINE 2630 - Teaching & Coaching Principles for Individual and Dual Sports
KINE 2640 - Teaching & Coaching Principles for Team Sports
KINE 2650 - Teaching & Coaching Principles for Fundamental Movement
KINE 2700 - Introduction to Fitness and Programming
KINE 3100 - Adapted Physical Activity
KINE 3200 - Principles of Human Movement
KINE 3250 - Exercise Techniques for Resistance Training
KINE 3400 - Psychology and Sociology of Kinesiology
KINE 3510 - Exercise Science Research Seminar
KINE 4300 - Environmental Exercise Physiology
KINE 4400 - Exercise Testing and Prescription
KINE 4500 - Principles of Strength and Conditioning
KINE 4600 - Electrocardiogram and Stress Testing
KINE 4700 - Clinical Exercise Physiology
A Look Back at the 2019-2020 Academic Year

WSKW Annual Conference in Reno, NV

In October 2019, a large group of CSUSB Kinesiology faculty and staff attended and gave presentations at the annual WSKW Annual Conference in Reno, NV. Highlights include the following:

**Laura Contreras**
*1st place, Dr. Matthew Silvers Outstanding Research Critique Award*

**Alexandra Khartabil**
*1st place, Dr. Robert Carlson Outstanding Review of Literature Award*

**Jessica Heredia**
*3rd place, Dr. Robert Carlson Outstanding Review of Literature Award*

**Julio Mora & Jason Hernandez**
*2nd place, Dr. Lawrence Bruja Outstanding Original Research Poster Award*

**Jessica Heredia & Alexandra Khartabil**
*3rd place, Dr. Lawrence Bruja Outstanding Original Research Poster Award*

**Julio Mora & Jason Hernandez**
*2nd place, Dr. Robert Peavy Outstanding Original Research Award*

**California State University, San Bernardino**
*WSKW Booster Award for having the most faculty/students presence*

The following faculty attended: Drs. Zhaojing Chen, Chris Gentry, and Guillermo Escalante
Dr. Escalante Invited to Speak at ISSN Annual Conference in Colombia

On October 25-27, 2019, Dr. Guillermo Escalante was one of 5 USA-based sports nutrition researchers from the International Society of Sports Nutrition (ISSN) to speak at the ISSN Annual Conference in Colombia sponsored by Motion Sports Nutrition - Colombia. The conference took place in Medellin, Colombia and had approximately 200 dietitians, physicians, researchers, and fitness professionals from Mexico, Central America, and South America attend the event. Dr. Escalante spoke on the effects of phosphatidic acid supplementation on the mammalian target of rapamycin and its implications on strength, hypertrophy, and body composition. He also presented data he has collected on the nutritional, training, supplement, and drug practices of physique competitors as well as a pilot data on the acute effects of Bang Keto Coffee consumption on energy substrate utilization, force production, and rate of force development.

Faculty Recognized by Athletics Department

Throughout the academic year, multiple CSUSB Kinesiology faculty members were recognized and presented by student-athletes during their competitions. On February 27, 2020, student-athletes from the CSUSB Basketball teams named several kinesiology faculty as Basketball Most Valuable Professors (MVPs).

Photo (from left to right): Profs. Hosung So, Alex Dorado, Tom Burleson, Chauncey Hayes
A Look Back at the 2019-2020 Academic Year

Photo: Faculty and students attend the 2019 SWACSM Regional Meeting

American College of Sports Medicine: Southwest Regional Meeting 2019

On October 25-26, 2019, a group of several faculty and students attended the Annual SWACSM Meeting in Newport Beach, CA. Activities included poster presentations by several poster presentations by students.

Photo: Students participating in the poster presentations.

Photo (clockwise from top left): Erick Ramirez, Ana Mejia, Sean Bonilla, Julio Mora, and Amanda Maravi

SWACSM Quiz Bowl

Students competed in the Jeopardy Quiz Bowl at the annual SWACSM regional conference in Newport Beach, CA on October 25, 2019. In this kinesiology-based trivia competition, teams of three students from dozens of academic institutions from all over the southwest US showcased their knowledge on topics such as anatomy, physiology, exercise physiology, pathophysiology, electrocardiogram interpretation, biomechanics, and exercise prescription. This year, two teams of three students each represented CSUSB Kinesiology: Erik Buenrostro, Shea Caddel, Elizabeth Corella, Sergio Espericueta, Chanel Catunao, and Ricky Sok.
Kinesiology Department Participates in 2020 CSUSB Student Research Competition

In February 2020, kinesiology students participated in the 2020 CSUSB Student Research Competition. Participants (and their advisors) included:

- Roberto Solano (Drs. Amanda Rymal and Christopher Hill)
- Joanna Moreno (Drs. Christopher Hill and Amanda Rymal)
- Sergio Espericueta (Dr. Nicole Dabbs)
- Sean Bonilla (Dr. Nicole Dabbs)
- Rachel Reyes & Nolan Mackey (Dr. Sang Ouk Wee)
- Sonia Perez-Gamboa (Kinesiology Dept IT technician)

Two kinesiology-affiliated students won and would represent CSUSB at the 34th Annual CSU Student Research Competition at CSU East Bay on April 24-25, 2020

- Joanna Moreno
- Sonia Perez-Gamboa (Kinesiology Dept IT technician)
A Look Back at the 2019-2020 Academic Year

Alumni, Vance Wood, returns as Professor for a Day

On February 27, 2020 in KINE 473 (Instructional Strategies for Physical Education, 10:00-11:50, 22 students) and KINE 261B (Pro Prep Badminton, 12:00-1:50, 31 students), Mr. Vance Wood, a physical education teacher from Clark County in Las Vegas came to two of Dr. Ho-sung So’s classes as an Alumni Professor for a Day and did a wonderful presentation that has greatly impacted our students!

Alumna, Jasmine Wimbish, returns as Professor for a Day

On February 13, 2020, alumna, Jasmine Wimbish, returns to CSUSB Kinesiology as a Professor for a Day to discuss her current training in Loma Linda University’s Prosthetics and Orthotics program. She spoke to Dr. Dabbs’ Senior Seminar class (KINE 390) and brought equipment and work samples to share insight about another way students can apply their kinesiology degree. Ms. Wimbish discussed how a profession in prosthetics and orthotics relies on a strong kinesiology foundation; allows one to blend of science and creativity; and gives her a sense of purpose and fulfillment through service to others. She emphasized that the field is short on professionals, therefore opportunities are abound, and kinesiology students should consider this career path.
KSA Members Continue Community Service Projects

In the recent years, KSA has been recognized for its commitment to serving the community. In November 2019, several members of KSA continue this tradition of volunteering their time to benefit our local community, this time by helping with a project to build a children’s playground in a local park. By creating a safe and inviting space, the project aims to get more youth outside and physically active in a fun way.

KSA Hosts Virtual Professional Panels

Throughout the Spring 2020 term, KSA hosted multiple professional panel meetings in a virtual setting due to the COVID-19 pandemic. Alumni and kinesiology related professionals gave presentations followed and answered questions in a casual environment. Many students attended these events even though the meeting was held virtually.
Meeting of the Minds Symposium 2020

On May 20, 2020, CSUSB Kinesiology students and faculty participated in the annual Meeting of the Minds Symposium. Due to the COVID-19 pandemic, the event was held virtually, yet several students presented their research through both poster and oral presentations. Some student presenters (and their faculty advisors) include:

- Mason Portales and Resha Patel (Drs. Hill & Rymal)
- Laura Conteras Ballesteros (Drs. Rymal & Gentry)
- Huitron M (Dr. Prado)
- Sergio Espericueta (Dr. Dabbs)
- Sean Bonilla (Dr. Dabbs)
- Johnny Huatran, Sheida Moradi (Dr. Chen)
- Adrienne Iporac, Ana Mejia (Dr. Chen)
- Rachel Reyes, Nolan Mackey (Dr. Wee)

Moreover, members of kinesiology were recognized with awards at the end of the event including:

- Faculty Mentor Award: Dr. Nicole Dabbs
- Best Presentation Award: Rachel Reyes & Nolan Mackey (Dr. Wee)

A Look Back at the 2019-2020 Academic Year
CSUSB was recognized by the American College of Sports Medicine as a Gold Campus for the 2nd consecutive year for its Exercise is Medicine-On Campus efforts. The Exercise is Medicine-On Campus leadership team at CSUSB during the 2019-2020 academic year comprised of:

- Dr. Jason Ng (Advisor)
- Dr. Richelle Marracino (Health Care Professional)
- Vilayt Del Rossi (Health Fitness Professional)
- Margarita Serrano (President, EIM-OC Club)
- Heidy Argueta Bustos (Vice President, EIM-OC Club)

The ACSM’s Annual Meeting—originally scheduled in May 2020—was cancelled due to the coronavirus pandemic, so CSUSB was recognized at a virtual recognition ceremony on June 12, 2020.

EIM-OC Physical Activity Screening and Referrals

Since the 2018-2019 academic year, the Student Health Center has incorporated physical activity level assessment when every patient checks in for a visit, and health care providers are referring patients to physical activity resources on campus. One such resource are Kinesiology student interns who serve as Exercise Consultants. This year, the Exercise Consultants relocated to the front entrance of the Student Health Center where individuals can drop by and pick up an exercise prescription. Now every visitor who enters the Student Health Center is first greeted by an ambassador of physical activity.

Dr. Nicole Dabbs named President of NSCA Foundation

After two years of serving as the Vice President, in July 2020, Dr. Nicole Dabbs was appointed as President of the National Strength and Conditioning Association’s (NSCA) Foundation. The NSCA Foundation is the non-profit section of the NSCA that supports advancement of strength and conditioning by funding members in educational and research efforts.
Other Student Hijinks & Faculty Frolics

Photos: Cody the Coyote joins students in the classroom (top); students, faculty, and CNS Dean Sastry Pantula pause for a group photo during a campus walking break (middle); members of the Kinesiology Student Association (KSA) distribute commencement regalia to graduating seniors (bottom).
Other Student Hijinks & Faculty Frolics

Photos: KSA, faculty, and members of the University Honors Program pause for a photo during a walking break (top); Cody the Coyote visits the labs Kinesiology department to learn about health and wellness (middle); Kinesiology students staging for their entrance into the Coussoulis Arena for the Fall 2019 commencement ceremony (bottom).
Thanks for reading
Please reach out to us

We are interested in the careers of our former students. Please help us by filling out the job survey below.

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Job experience(s) other than degree related since you have graduated. (Feel free to include personal news as well, thank you!)

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Your Name: ___________________________ Email Address: ___________________________

Mailing Address: ___________________________ Graduation Year: ________________

**Contribution** to the Department of Kinesiology Philanthropic Foundation Accounts

$ ____________ □ General Kinesiology Account
(Support for advancing scholarly activity and service to the local and professional community)

$ ____________ □ Fitness and Development Account
(Support for scholarly activities of faculty and students)

$ ____________ □ DisAbility Sports Festival Account
(Support for the annual festival for disabled youth in the community held every October)

$ ____________ □ Student Travel Fund
(Support for kinesiology students to travel to various conferences with faculty)

Make checks payable to "CSUSB Philanthropic Foundation" and indicate which account you wish the funds to be deposited into on the "memo" section of the check and mail the check and this form to:

CSUSB - Kinesiology
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