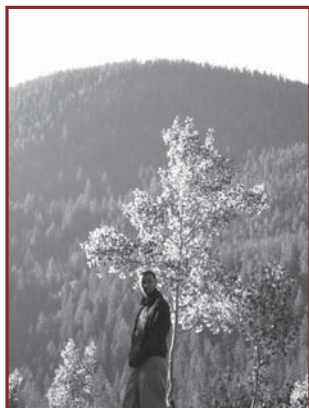


Cross Country Advocacy and Physical Education in the United States



The outdoor beauty of Vail, CO is one reason why Colorado PE programs emphasize outdoor physical activities.



Skye Dunn prepares to take off on a 6 month cross country trek to promote standards based physical education.



Skye Dunn speaks to a PE class in Cottonwood Creek CO.

Throughout my studies in the Department of Kinesiology, it became apparent to me that a majority of people in this country are not taking responsibility for their own physical health and well-being. I had read the articles, watched the news, and seen first hand in Chico, how people are becoming more sedentary. My belief is that some of these individuals were not introduced to lifetime physical activities in physical education when they were younger. I decided to see for myself and set out on a cross-country journey to review the state of physical education in our country and advocate for quality physical education. I was supported in planning and funding by the KINE 661 S'07 class, CASPER, and Dr. Cathrine Himberg.

On June 4th of 2007, four devoted friends and I departed from the Golden Gate Bridge on what would be a 6-month journey to the Atlantic Ocean by walking, cycling, hiking, running, skateboarding, and inline skating. We had fundraised for six months to cover the costs, garnered many corporate sponsors, and were mentally prepared to stuff the five of us every night into a 27-foot motor home. I would be completing the entire trek on foot/bike while the other four would rotate as the person who would accompany me daily.

Safety and accessibility are major factors in allowing people to be involved in physical activities (cycling, inline skating, running, etc.). America is built for cars, and we need to make more paths and bike lanes so that people can be safer when they exercise outdoors. A good example of a state that has taken this to heart is Colorado. The Denver area alone has over 500 miles of paved pathways throughout the metro-

politan area. There was even a paved trail heading down from the Rocky Mountains into Denver alongside I-80. The Colorado people I spoke to were very active and took advantage of these pathways, as well as their many hiking trails. The physical education programs in Denver teach all of the outdoor activities that you would find in the region. The physical beauty of the area is quite an attraction. It was obvious to me why Colorado currently holds the title of "The Healthiest State in America."

The majority of people that I talked to throughout the country associated physical education with team sports and competition. I found it interesting that many of the people that I spoke with that exercise regularly now, hated PE then. The activities they told me they do now include running, cycling, weight training, yoga, and group exercise classes. It just makes sense to teach these types of activities to high school students, because they are more likely to carry them over into adulthood.

Many of the questions that I received from students in the schools I visited were nutrition-related. I believe that physical education teachers need to focus on educating their students on how exercise and diet work together. Many people know that they should exercise and that they should eat healthily, but not many people know how many calories are burned off during different exercises or what "eating healthy foods" really means. Physical educators have an opportunity to make a dent in the rising costs of health care in this country by teaching their students what they need to know in order to take responsibility for their own health and well-being.

One of the most frustrating parts of this journey was the lack of response from school

administrators. I would receive very few calls back from them when I called asking them if I could stop by and speak to their PE classes. In St. Louis, the person that was in charge of the district's PE was also in charge of Science. It took 7 people in the district office to figure out if anyone, and who, was actually overlooking PE for a city of over a million people.

Overall, the experience wasn't exactly what I had imagined, but there were thousands of people that I talked to that now rethink what should be taught in PE, and how important of a subject it is. I encourage everyone to check out CASPER's website (www.supportREALteachers.org) and learn more about how this organization is advocating for PE teachers and programs.

Skye Dunn, MA Spring 08

Inside This Issue:

Cross Country Advocacy	1
Career Convocation	2
Chair's Corner	2
Coaching Education	2
Historical Photos	3
Advisory Board	3
Cathrine's Article	4
Tennis Courts Return to Chico State	4

Kinesiology Career Convocation

Parents and prospective students often ask what kinds of careers are open to Kinesiology majors. Although human movement is a worthy area of study in its own right, the usual careers that naturally follow from undergraduate study in Kinesiology are athletic training, cardiopulmonary rehabilitation, coaching, commercial or corporate fitness, medicine, personal training, physical/occupational therapy, professor/researcher, and teaching (regular and adapted physical education). On February 1st a dozen Kinesiology Advisory Board members and over 100 students met to discuss access and success in these careers. Students and board members met in three main career areas: allied health, fitness, and teaching/coaching. The program was appreciated by all who were involved. Advisory Board meetings will be scheduled not too early in each semester so that more Career Convocations can be held and students have more notice about this event.



Coaching Education

The preparation of sport coaches has been a strength of the Physical Education/ Kinesiology Department at Chico State for many years. That leadership is especially important now that the CIF is mandating scholastic coaches be certified after December of 2008. There is a desperate need of qualified coaches at all levels of competition in California.

The department offers a Minor in Coaching (31 – 32 units) that meets the requirements of the new CIF standards and is modeled after national accreditation standards. Dr. Traci Ciapponi currently leads this program and she has several goals for the coming years. The first is to obtain a level 3 accreditation from the National Council for Accreditation of Coaching Education (NCACE) for our minor. This would make our minor the first and only accredited program in the state of California. The level 3 accreditation would provide all of our students in the minor the

knowledge they would need to coach a competitive season of scholastic sports. A long-term goal would be to obtain a level 4 accreditation for a major in coaching. At level 4 students are prepared for year-round coaching of a sport. Another goal would be to obtain a level 5 accreditation for a graduate specialization in coaching. At this top level the students are provided with the knowledge they would need to coach at the collegiate and professional levels of competition.

The department is hoping to increase student interest in our coaching education program and continue to be a leader in educating those who will be coaching our future generations of athletes. If you would like more information about NCACE please go to www.aahperd.org/naspe/template.cfm?template=programs-ncace.html. We are always looking for partners in the coaching profession who can contribute to the program through internship experiences and other collaborations. Contact Dr. Ciapponi if you are interested in working with us or if you have any comments or questions at tciapponi@csuchico.edu.



Chair's Corner

Dear Alumni and Friends,
Greetings from the Department of Kinesiology! I hope our newsletter finds you in good health and ready for the new beginnings of spring. In this issue of the newsletter we highlight some new initiatives and some revisions of well-known and respected programs in coaching to stay on the cutting edge of professional preparation and serve the needs of schools in California. The advocacy efforts of Skye "The PE Guy" Dunn and his walk across America are highlighted in the column by Dr. Catherine Himberg. Her CASPER organization and numerous sponsors helped support Skye's efforts.

Dr. Traci Ciapponi's column summarizes how the department has created programs that support training for scholastic athletic coaches. The CIF will require certification for all scholastic coaches after December of 2008. I hope you enjoy the update on our coaching minor and the historical photos column that highlights some of the close ties between Kinesiology and athletics at Chico State.

A big "thank you" to the advisory Board for the Kinesiology Careers Convocation. Over 100 of our majors attended and over a dozen advisory board members shared their experiences in careers in physical education/coaching, adult fitness, and allied health professions. Current members of our advisory board are highlighted in a column about this important contributor to the department. Some great news for the department is the recent announcement of the renovation of the tennis courts. We greatly appreciate the donations from Kinesiology alumni and the efforts of the university administration that is making this project possible.

Other important events of note are new faculty hires and an alumni reception at the CAHPERD state convention. We are delighted to announce that we have hired two new tenure track faculty, in PETE and Biomechanics. The department chair search was suspended. The department also hosted a reception for Kinesiology alumni at the recent CAHPERD convention in Riverside. We hope to continue to sponsor such events and look forward to more alumni becoming involved with their alma mater. Thank you to all the alumni and friends that have given financially to support student scholarships, service programs, new technologies, and capital needs. Your support and advocacy has helped us bring back tennis courts to Chico State.

Given the lean financial times in California in the near future, one cost savings strategy we might adopt is to go to one printed newsletter a year, with the Spring issue being available only on the department website. Please feel free to contact us at the department about this issue or others at: cturner@csuchico.edu or 530-898-6373. If we go this route we would provide an email with a hyperlink to the newsletter for alumni who send us their email addresses.

Duane Knudson, Ph.D.

Interim Chair

Historical Photos

Over the last year the department has provided some support for Don Batie (retired faculty) and Robert Burnett to scan old sport negatives of the Enterprise-Record to document the history of Chico State Kinesiology and Athletics. So far hundreds of photos have been scanned and saved on CD, representing about 1/3 of the material. Photos beginning in the 1950's have been scanned up the 1990's when the paper began using digital photography.

This service is important to lovers of photography, sport, athletics, and Chico State. We have paused in the preservation of these images for lack of funds. If you are interested in seeing this project continue, we would welcome your support. All funds will go to paying Robert to scan the negatives and to purchase CD's for storage. Below are a couple examples of the kinds of images we currently have.



Above: Which current Kinesiology faculty member is shown in this picture?



Chico State Ski Team



Art Acker



1956 Chico State Boxing Team

Department of Kinesiology Advisory Board

For almost ten years the Department of Kinesiology has benefited from the advice and support of our Advisory Board. While we always welcome feedback from alumni, we have invited several Kinesiology professionals to help us in a more formal way on the Department of Kinesiology Advisory Board.

The Advisory Board met in October 2007 and focused on three issues: evaluating the departmental academic programs, a new alumni-friendly event now that Fall fun was lost with Alumni Weekend, and recruiting a few more members. In February the board met with students to share ideas on career opportunities following a degree in Kinesiology (see Career Convocation article).

Below is a profile of our current board members. The Department of Kinesiology would like to thank them for their contributions. We hope the alumni and students get to know these folks and would consider joining them on the board in the future. The board typically meets twice a year for a two hour session.

Drew Coleman, Elementary Physical Education
drew.coleman@sesd.org
Rod Corn, Adult Fitness & NASM Certification
corn@cup.edu
Jody Dressler, Adapted Physical Education
jodydressler@hotmail.com
Kristen Fisher, Fitness
kristenf@fitoneclubs.com
Gia Grim, Youth Fitness
gggrim@kickstartfitness.net
Elizabeth Kyle, Coaching & CIF
lkyle@cifns.org
Leigh Langerwerf, Physical Therapy
leighkl@sbcglobal.net

Tami Lee-Webb, Adult Fitness
tamilewebb@cox.net
Deanna Lowe-Parrish, Adult Fitness
dlowe-parrish.csuchico.edu
Don Lytle, Physical Education
dlytle@csuchico.edu
Pete Mathiesen, Physical Education/Coaching
pmathiesen@csuchico.edu
Joan Mora, Youth Gymnastics
joan@windsorgymnastics.com
Jean Murphy-Atkins, Physical Education/Coaching
murphyatkins@earthlink.net
Jeff Nichols, Physical Therapy
jlnichols@aol.com

Natalie Page, Physical Education
lagunaluv07@hotmail.com
Carol Stanley-Hall, Physical Education
stanleyhallca@butte.edu
Dick Trimmer, Physical Education/Coaching
dtrimmer@csuchico.edu
Dave Valponi, Physical Therapy
davevalponi@sbcglobal.net
Mike Weiss, Exercise Physiology
weiss_mike925@yahoo.com
Will Wilbur, Physical Therapy
pillsp2@sbcglobal.net

Alumni Social and Update



The Department of Kinesiology hosted an alumni/student social at the CAHPERD state conference in Riverside. About 25 current students, several faculty, and nearly 50 alumni met at the Cheesecake Factory to socialize and network until the last ones left around midnight! We hope to sponsor similar gatherings in the future.

We were able to get some alumni to write a few lines about where they are and what they are doing. Many were so excited to see old friends and meet new ones, that they didn't have time to write.

Alumni who would like to send us a short update on their activities can send us an email at cturner@csuchico.edu.

Kit Harvey (BA 75) is an adapted teacher for Stanislaus County Office of education. She's been there since 1981. She was the CA APE

teacher of the year in 2005-06. She swam for Chico and fondly remembers Willie Simmons' ballroom dance class!

Dan Tindall, Ph. D. (BA 94, MA 99) is enjoying his first year as an assistant professor in the Department of Kinesiology at San Francisco State. He's excited to be back in California.

Tammy Hollaway (Juarez) graduated with her credential from Chico in 1985. She has been teaching adapted physical education in Stanislaus County for 23 years.

We had a wonderful time together, and hope to see more of you next year at the CAHPERD conference in Santa Clara.

Cathrine Himberg, Professor in PETE

*California State University, Chico
Department of Kinesiology
Chico, California 95929-0330*

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Tennis Courts Returning to Chico State

As this newsletter is being written a local newspaper is poised to print an article on the recent decision by the university administration to renovate the tennis courts! The project is expected to begin this summer and include six lighted tennis courts and a practice area. We owe a debt of gratitude to many including former chair Dr. Dick Trimmer, a generous alum who donated \$200,000 to kick off the fund raising efforts, and to all the Kinesiology alumni who contributed to the project. With these efforts and a good bit of advo-



cacy by the department, the university administration found a way to pool various funds and donations to bring tennis back. I am sure many of you remember the large numbers of students on our tennis courts in classes, athletics, club and recreational sports in years past. This facility will be an important addition to our activity program, majors, and lifetime activity options for students and the community. Thank you to all who gave financial and other support to this cause.