

## Chico Adapted Physical Education Program Receives Grant

### “I Can Do It, You Can Do It”

The purpose of the “I Can Do It, You Can Do It” – Chico Project is to promote, implement, and track physical activity and nutrition programs for individuals with disabilities. This project will provide three eight-week sessions of physical activity and nutrition education for individuals with disabilities. In addition, this project will identify and train mentors for promoting and tracking quality daily physical activity and nutrition for individuals across the lifespan. Individuals with disabilities who are enrolled in university community service phys-

ical activity programs will be invited to participate in the project.

The Adapted Physical Education Program at CSU, Chico currently has four programs that provide physical activity for individuals with disabilities. These include a Saturday program for children, two adult programs (one for individuals with physical disabilities and one for individuals with intellectual disabilities), and a program for children with autism. Funds from this grant will allow for expansion of these current programs as well as the addition of a new “I Can Do It” teen

group for individuals with autism spectrum disorders. It is estimated that a total of 60-70 participants will participate in this project during each eight-week cycle. Each program will focus on specific age-appropriate physical activities and nutrition education, based on the current 2008 Physical Activity Guidelines for Americans and the Dietary Guidelines for Americans. Are you getting your physical activity? New guidelines can be viewed at <http://www.health.gov/PAGuidelines/>

## New Outdoor Education Option



This spring the department has forwarded a new option in Outdoor Education within the BA in Movement Studies to the University for approval. Once approved, Chico State will be the first university west of Colorado to offer a degree in outdoor education.

Dr. Reid Cross and Dr. Jacquie Medina lead the Outdoor Education program, and we are fortunate to have several experienced and highly skilled part-time faculty who contribute to the program. The department has offered a certificate in Outdoor Education for over a decade. Well over 100 students from a variety of majors have taken advantage of the certification in Outdoor Education. With the new degree option, the Outdoor Education program is poised to grow and be a national leader in the field.

The new program builds on a strong history of blending skills and theory of experiential/outdoor education. New courses added to the option include the Challenge Course Technical Skills, Theory of Outdoor Leadership, Wilderness Risk Management (online), and Wilderness Mountaineering. The culminating experience of the program is the Immersion Semester, where students and faculty participate in extended field work in a variety of land and water challenges.

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## Chair's Corner

Dear Alumni and Friends,  
Greetings from the students and faculty in the Department of Kinesiology at Chico State. The spring electronic newsletter highlights several departmental activities and faculty and alumni updates. The electronic spring newsletter is a cost-saving strategy in which we alternate with the print issue in the fall.

Last fall the Physical Education Teacher Education (PETE) Club initiated the Zeta Phi chapter of Phi Epsilon Kappa. PEK is a national professional fraternity in Kinesiology. There are over 60 chapters nationally, representing majors in physical education, health, recreation, human performance, exercise science, sports medicine, and sports management. The department also has three other active clubs in ballroom dance, exercise physiology, and PrePT-OT. Please take note of the column on the Gobble Wobble and how our students raised funds for local athletic programs.

In this issue we feature an update on Kinesiology faculty, as well as the expansion of our Outdoor Education Certificate to a full option within the BA in Movement Studies. We also have columns on updates from Kinesiology alumni. We are always interested in hearing from our alumni about this newsletter and how their education at Chico contributed to their careers.

There is a column about a service trip to Mexico taken by several of our Adapted Physi-

cal Education students and faculty over the winter break. The department again hosted an alumni reception at the CAHPERD state convention in Santa Clara. Forty-five alumni, 20 current students, and several faculty got together. We hope to continue this tradition in the future and invite you to attend. We have received positive feedback about this event. One alumnus said: "I just wanted to thank you and the Kinesiology department for the awesome alumni dinner at the CAHPERD conference. The dinner was truly a highlight of the conference and I'm already looking forward to next year's conference."

Thank you to all the alumni who continue to support the department. I want to especially thank those who serve on our advisory board. These friends of the department have volunteered time to meet with students and give the faculty input on program assessment.

This column is my last to you as interim chair. Next year I will be returning to half-time teaching and my assignment as associate dean of the college. Fortunately, we have several strong leaders in the department and we anticipate that Dr. Rebecca Lytle will be appointed chair for a three-year term beginning this summer. I am confident that the department is in good hands and the faculty will continue to move the department forward. Please feel free to contact us at the department any time through our administrative assistant: [cturner@csuchico.edu](mailto:cturner@csuchico.edu) or by calling 530-898-6373.

Duane Knudson, PhD  
Interim Chair

## 9th Annual Gobble Wobble

On November 15, 2008, the Gobble Wobble took place in upper Bidwell Park. Approximately 100 runners participated in a one-mile Fun Run a 5k and a 10k cross-country race. The Gobble Wobble is an event designed to give local runners an opportunity to race and to raise funds for future coaches in the Department of Kinesiology. Dr. Traci Ciapponi's KINE 430 class, Administration and Management of Sport and Fitness Programs, organizes the race every year. The initial plan for the monetary proceeds from the race was to help the students attend coaching workshops and clinics to further their knowledge and skills. However, in recent years the students decided that they wanted to donate half of the proceeds to various local charities. This year the class wanted to help local athletic programs. The students worked very hard in recruiting participants and obtaining sponsors for the race. Through their hard work and dedication, we were able to donate \$500 to both Chico and Pleasant Valley High School athletic programs. We should all be proud of the work and generosity of our students. If you would like to participate or become a sponsor for the 10th Annual Gobble Wobble, please contact Traci Ciapponi at 530-898-5429 or [tciaapponi@csuchico.edu](mailto:tciaapponi@csuchico.edu).

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## Alumni Updates

Paul Torricelli (BA Physical Education, '74; Credential, '77) recently concluded a 30-year career as a collegiate head men's tennis coach when he retired from Northwestern University. He has the most wins of any Wildcats tennis coach. With that came nine NCAA team championship appearances and two Sweet Sixteen finishes. He was named Big Ten Coach of the Year three times during his tenure at NU. This May, Torricelli will be inducted into the Intercollegiate Tennis Association (ITA) Hall of Fame. The induction will take place during the NCAA Men's and Women's Championships at Texas A&M University in College Station, Texas.

Torricelli played varsity tennis his first three years at CSU, Chico for Head Coach Wayne Dawson, whom he credits for his development and inspiration as a coach and teacher. He also is indebted to Bill Colvin, who recommended him as his successor in 1977.

After two years teaching high school in Melbourne, Australia, Torricelli returned to succeed Colvin at Chico State. After the 1978 season, men's tennis was dropped along with three other intercollegiate sports. He then moved on for a four-year stay at Lake Forest College in Illinois before being named head coach at Northwestern in 1984. That began a 24-year run in Evanston, Illinois.

Without a doubt, his most notable player at NU was former Davis Cup star and grand slam finalist Todd Martin. Martin was an All American while playing for the Wildcats and went on to a stellar professional career. In addition to reaching the finals of the U.S. and Australian Opens, Martin was ranked in the ATP top 20 for 10 years. He reached a high of No. 4 in the world in 1999.

In retirement, Torricelli has returned to his roots, currently teaching high school in Evanston and coaching at a local tennis academy. He also serves as Consultant for Tennis for a national recruiting service, Scholarship For Athletes, Inc, and continues to conduct Nike Tennis Camps in the summer. When the Big Ten Network began broadcasting last year, he became color analyst for their coverage of the conference men's tennis championships.

Torricelli resides in Evanston and has two children. Joseph is a high school junior and Anna is a research specialist for Northwestern Healthcare Institute in Chicago.

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## Faculty Updates

In the fall issue of the newsletter, we featured two new tenure track faculty. This issue we want to pay tribute to recent changes in more experienced faculty.

This spring we are anticipating the announcement by Provost, Sandra Flake of tenure and promotion for Dr. Josh Trout (Physical Education Teacher Education). We also anticipate that Dr. Rebecca Lytle (Adapted Physical Education) and Dr. Scott Roberts (Exercise Physiology) will be promoted to full professor. Congratulations to these outstanding faculty. Their teaching, scholarship, and service are a credit to the department, university, students, and alumni. Dr. Jackie Hudson (Biomechanics) has applied for the FERP program and is planning to teach in the fall.

We also want to note with sadness that Dr. Don Lytle completed his FERP assignment last fall and is now 100 percent retired. Many alumni will remember Dr. Lytle's interest in play and the contributions of physical activity to the mind/body. Congratulations to Don, and thank you for your service to the department.

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## Adapted Physical Education Students and Faculty in Mexico



Nine individuals from the Adapted Physical Education Program went to Mexico for a week in January to teach at an after-school program in Lo de Marcos, Mexico. After arriving and visiting the public elementary and secondary schools, the CSU, Chico students were also invited to teach English and Physical Education each day at the public schools. It was a fun-filled, jam-packed week of total immersion teaching. Students were each given a middle school class to teach the English lesson of the day. This was followed by physical education activities and finally meeting with the classroom teachers at noon for English instruction with the “maestros.” Every afternoon the students spent two hours making equipment, teaching games, teaching English, and having fun with the children from the community at the after-school program. The last day ended with a magic show provided by the “Great Donaldo Lytle.” With many pictures and smiles, we all said our teary goodbyes. The children asked for autographs from us all – how special they made us feel! It was a phenomenal week for all involved. A special thank you goes out to the College of Communication and Education for their assistance in making this trip possible.

