Welcome to the Kinesiology Alumni Newsletter!

Some of you have not received updates from the department in a long time. For others, this is your first time receiving updates from the Kinesiology Department since you have graduated. Regardless of your timeline, we are excited to welcome you "back" with bi-annual updates moving forward. As you know, we have many outstanding students, staff, and faculty doing incredible work and we want to share their extraordinary experiences with you.

If you have an update you would like to share, we would love to hear it! Please reach out to kinestudent@csuchico.edu with the subject line: Kinesiology Alumni Update.

Additionally, we are working to bring back our advisory board. If you are interested in joining, please reach out to kinestudent@csuchico.edu with the subject line: Kinesiology Advisory Board.

Also, please follow us on social media:
Chair’s Corner

On behalf of the Kinesiology Department, I am delighted to share with you our Spring 2023 newsletter. As you will see throughout this newsletter, the 2022–2023 academic year has provided an opportunity to highlight the work of our exceptional students, faculty, and staff.

After weathering the COVID-19 shutdowns and online learning with outstanding grace and perseverance, our students and faculty are excited to be back, learning and teaching in Yolo Hall. This semester more than 90% of our courses are in-person, and our students have the benefit of experiential and laboratory learning opportunities once again. During this time, we have also had the privilege of welcoming three new tenure-track faculty: Professors Case, D'Lugos, and Perkins. Sadly, we have also experienced the passing of several former faculty members: Professors Burleson, Mathiesen, and Swanson, whom many of you likely remember fondly.

I would like to say “thank you” to the alumni of the Kinesiology Department for all you do. Many of you receiving this letter have remained in contact with faculty and staff and supported our program in a variety of ways over the years. Our students are lucky to be part of this network, and our faculty are always grateful for the time and resources you generously give when asked.

In closing, experiences over the past several years have emphasized the importance of community among our students, faculty, and staff, both present and past. It is my
hope that sharing a bi-annual newsletter will strengthen this sense of community and contribute to a welcoming environment for future members of the Kinesiology Department. I look forward to regular communication with you all as we work to strengthen alumni relationships and explore new ways of engaging with our students.

Department Chair Melissa Mache, PhD

Welcome New Faculty

Laynie Case
PhD, Oregon State University
Post-Doctoral Researcher, University of South Carolina
Research interests: Fundamental motor skill participation and assessment among children with disabilities, and alignment between pre-service prep (e.g., service-learning and coursework) and recommendations from disabled people.

Personal interests: Camping, hiking, gymnastics, spikeball, making soup, and walking my dog, Moose.

Why I am excited to join the department: “Because of the energy and enthusiasm among faculty and students! Everyone has been very welcoming and shown genuine excitement to be here. I am looking forward to being a part of it and learning from others!”

Andrew D’Lugo
PhD, Arizona State University
Post-Doctoral Fellowship, University of Florida

Research interests: Physiological responses of skeletal muscle to challenging stimuli such as exercise, nutrition and medication, aging, and disease (cancer).

Personal interests: Cycling, mountain biking, bikepacking, trail running, camping, cooking, and spending time with my wife Jess and our dog Cabo.
Why I am excited to join the department: “To help cultivate an inspiring and inquisitive community for our students and faculty alike within the exercise physiology program, so Yolo Hall is seen as a home and not just a classroom.”

Ryan Perkins
PhD, Ball State University
Post-Doctoral Fellowship, University of Michigan

Research interests: “My research agenda has a clinical flavor, focusing on the inflammatory burden associated with aging and disease and the benefits of exercise on these processes. Specifically, my interests include: aging and inflammation, metabolic disorders, adaptations to chronic exercise, and muscle immune infrastructure.”

Personal interests: Outdoor activities such as hiking, swimming, camping, and cycling, and anything with my dog, Sydney.

Why I am excited to join the department: “Because I am being provided a platform to communicate the many benefits of exercise to our students, faculty, campus, and local community.”
Giving Day Success

This year our department participated in Chico State Giving Day, and we raised just over $500 to support student conference travel!

If you missed Giving Day, you still can contribute. This tax-deductible donation can help offset decreased University-wide student funding. If you are interested in giving, please donate now!

This fund supports students across all kinesiology disciplines.
Alumni Updates

Luke Barker

Exercise Physiology, ’14; MA, Kinesiology, ’19
Major League Baseball Debut, Milwaukee Brewers
June 2, 2022

Rhett Oellrich
Exercise Physiology, ’21

Currently studying at Washington State University’s Elson S. Floyd College of Medicine

Army Health Professional Scholarship Program commissioned as a 2nd Lieutenant

Joshua Elmore
Exercise Physiology, ’20

Currently Studying at A.T. Still University School of Osteopathic Medicine

Recently participated in the White Coat Ceremony while studying to become a Doctor of Osteopathic Medicine

Alycia Anderson, Josie Blagrave, Carli Ross, Kerri Vanderbom
Keynote Presenter Alycia Anderson (Physical Education, '05), Symposium Director Josie Blaggrave (Physical Education, '04; MA, Kinesiology, '07), and Conference Presenters Kerri Vanderbom (Recreation Administration, '00; MA, Kinesiology, '10) and Carli Ross (Physical Education,'05; Credential, '06; MA, Kinesiology, '11); at the Northern California Neurodiversity and Disability Symposium.

Faculty Updates
Carli Ross’s faculty-led study abroad trip was approved for Summer 2023. Ten to twelve students will be working in Reggio Emilia, Italy with a non-profit organization (G.A.S.T.) that serves families in the community with physical and developmental disabilities.

Kinesiology student Max Aiken accompanied Assistant Professor Ryan Perkins to the Southwest Regional Chapter of The American College of Sports Medicine. Max presented a review of age-related changes in skeletal muscle oxygen utilization.

Kinesiology graduate students Garrett Wenrich and Jackson Whitlow and alum Justin Hebert accompanied Assistant Professor Aubrey Newland at AAPS. Justin presented his work on college-athlete experiences during the COVID-19 era.

The following students participated with Assistant Professor Andrew D’Lugos in Chico State’s “Make a Difference Day” on October, 22:

Jason Adkins, Jorge Barajas, Gretchen Cassing, Jose Contreras, Emily Fuller, Habran Marin, Alex
Marquez, Venus Sandoval, Hong Thao, Braeden White