University of San Francisco
College of Arts and Sciences
Exercise and Sport Science Department
Self-Study

March 2012
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I. MISSION AND HISTORY

Mission

The mission of the Department of Exercise and Sport Science at the University of San Francisco is to enhance the human health and quality of life of all citizens through the preparation of health professionals, educators and scholars who provide service across communities and broader social environments. Students experience the cross-disciplinary foundations of the field of Kinesiology while gaining both theoretical and practical knowledge related to the biological, socio-cultural, philosophical, psychological and environmental factors underlying all forms of physical activity. The various forms of physical activity are studied in the context of daily living, rehabilitation, fitness and health pursuits, competitive and artistic domains.

The mission statement is under discussion.

History

Introduction to the Program

The programs of the Department of Exercise and Sport Science are designed with a commitment to the core values of the university. We focus on learning as a humanizing activity that incorporates a diversity of perspectives in the development of socially responsible citizens who will engage in the activities of the campus, city, and the broader community. Our faculty members work closely with students to foster critical thinking skills, develop scholarly independence, and nurture multi-faceted and cooperative approaches to problem solving through a range of curricular and extra-curricular experiences. Faculty members are committed to actively engaging students in their research both for its educational values and for its larger role in preparing students to be effective and productive community members.

The field of Kinesiology within which the Exercise and Sport Science Department is situated has experienced exponential growth in the last several decades. Social awareness of the negative health effects from physical inactivity coupled with advances in research examining physical activity behavior from multiple perspectives (e.g. biomedical, psychological, cultural, rehabilitation) have made the study of human movement attractive to undergraduate and graduate students and a viable career choice. In the State of California, Kinesiology is one of the fastest growing majors among all students. Exercise and Sport Science graduates are well-positioned to enter and make a significant contribution to a variety of health science professions.
Department Background

The Exercise and Sport Science Department was created in 1977 and housed in Memorial Gymnasium. At that time the name of the department was Physical Education and the mission was to prepare students for a career in teaching and coaching. As the scope of the discipline expanded throughout the country in the 1970’s and 80’s and at the university, the Department expanded the curriculum to include preparation in areas such as Sport Administration, Pre-Physical Therapy, Exercise Physiology, Sport Medicine, and Dance. This expansion was realized with four full-time faculty and a host of part-time faculty.

In an effort to embrace the expansion of specialized areas of Kinesiology the Department changed its name to Exercise and Sport Science in 1992. Additionally, in 1992 a Master’s program in Fitness Management was created and in 2005 the name was changed to Sport Management. Throughout this time the administration/management of the Department was under the Associate Dean for Arts and housed in the College of Arts and Sciences. The only degree offered at this time was a Bachelor of Arts. However, given the broad nature of the curriculum and inclusion of emphasis areas such as pre-physical therapy, exercise physiology and sport medicine, the Bachelor of Science degree was created in 1995.

In the early 1990’s the Dean’s office underwent a reorganization prompted by the need to redistribute workload for the Associate Deans. As a result the administration/management of the Department was moved from the Associate Dean of Arts to the Associate Dean of Science. However, the Department remained a member of Arts Council until 2006 at which time it was moved to Science Council. Accompanying the shift in administration/management, the Department was relocated to Harney Science Center in 2006.

The Department has evolved during the past decades into an academic unit which educates its students in the health sciences and conducts first-rate research. In an effort to reflect more appropriately what we do and in keeping with the changes in the field at the national level, the Department has decided to change its name to Kinesiology.

The enrollment trends have shifted dramatically in the past seven years. Between fall 2006 and spring 2012 the number of declared majors has increased by 30 percent. These numbers continue to increase as demonstrated by a 10% increase in declared majors in the fall of 2011. The shift in enrollment trends positions the Department as the second largest in the Sciences and the fifth largest in the College of Arts and Sciences.
<table>
<thead>
<tr>
<th>Major</th>
<th># of Majors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychology</td>
<td>382</td>
</tr>
<tr>
<td>Biology</td>
<td>262</td>
</tr>
<tr>
<td>Communication Studies</td>
<td>231</td>
</tr>
<tr>
<td>International Studies</td>
<td>227</td>
</tr>
<tr>
<td>Exercise and Sport Science</td>
<td>195</td>
</tr>
<tr>
<td>Politics</td>
<td>168</td>
</tr>
<tr>
<td>Media Studies</td>
<td>166</td>
</tr>
<tr>
<td>English</td>
<td>161</td>
</tr>
<tr>
<td>Undeclared Arts</td>
<td>144</td>
</tr>
<tr>
<td>Sociology</td>
<td>124</td>
</tr>
<tr>
<td>Architecture &amp; Community Design</td>
<td>103</td>
</tr>
<tr>
<td>History</td>
<td>103</td>
</tr>
<tr>
<td>Computer Science</td>
<td>89</td>
</tr>
<tr>
<td>Undeclared Sciences</td>
<td>83</td>
</tr>
<tr>
<td>Design</td>
<td>77</td>
</tr>
<tr>
<td>Chemistry</td>
<td>76</td>
</tr>
<tr>
<td>Environmental Studies</td>
<td>73</td>
</tr>
<tr>
<td>Advertising</td>
<td>68</td>
</tr>
<tr>
<td>Economics</td>
<td>63</td>
</tr>
<tr>
<td>Fine Arts</td>
<td>59</td>
</tr>
<tr>
<td>Perf. Arts &amp; Soc. Justice</td>
<td>56</td>
</tr>
<tr>
<td>Art History/Arts Management</td>
<td>53</td>
</tr>
<tr>
<td>Environmental Science</td>
<td>51</td>
</tr>
<tr>
<td>Philosophy</td>
<td>46</td>
</tr>
<tr>
<td>Physics</td>
<td>43</td>
</tr>
<tr>
<td>Mathematics</td>
<td>37</td>
</tr>
<tr>
<td>Theology &amp; Religious Studies</td>
<td>21</td>
</tr>
<tr>
<td>Spanish</td>
<td>18</td>
</tr>
<tr>
<td>Japanese Studies</td>
<td>15</td>
</tr>
<tr>
<td>Asian Studies</td>
<td>11</td>
</tr>
<tr>
<td>Comparative Lit. &amp; Culture</td>
<td>7</td>
</tr>
<tr>
<td>Latin American Studies</td>
<td>7</td>
</tr>
<tr>
<td>French Studies</td>
<td>6</td>
</tr>
<tr>
<td>Chemistry - ACS Certified</td>
<td>2</td>
</tr>
<tr>
<td>Economics (4+1)</td>
<td>2</td>
</tr>
<tr>
<td>Intl &amp; Development Econ (4+1)</td>
<td>1</td>
</tr>
</tbody>
</table>
Relationship to University Programs

In an effort to more actively collaborate with programs across campus we have been involved, to varying degrees, in the creation and development of four interdisciplinary minors: Child and Youth Studies, Gerontology, Health Studies and Neuroscience, offering elective and/or core courses in each. Additionally, our faculty serves on several minor program advisory boards. These minors rank among the top minors across campus. Specifically out of 64 minors, Child and Youth Studies is the second and Neuroscience the fifth largest minors on campus. (Gerontology is 38th and Health Studies 64th; Note that Health Studies is a relatively new minor awaiting approval of the curriculum committee).

Recommendations of Program Review (2005)

The following action items are based on the response to the recommendations from the reviewers in 2005.

1. The Faculty needs better laboratory and office space.
   
   The Department moved in fall 2006 from Memorial Gymnasium to the Harney Science Center. The Department now has seven faculty offices and dedicated laboratory space for Exercise Physiology and Motor Behavior.

2. The Faculty needs grants to procure equipment and inclusion in science instructional equipment funds.
   
   Faculty members are working on grants and the Department has been included in science instructional equipment funds.

3. The Faculty offices should be closer to the Sport Management program.
   
   The Sport Management program moved from Lone Mountain to Kalmanovitz Hall in fall 2008 thus improving proximity to Exercise and Sport Science. However, the two programs have no institutional connection with the exception of one Exercise and Sport Science professor that teaches one class in the graduate program of Sport Management.

4. The Department needs to have retreats to discuss program goals.
   
   The Department had a retreat in 2006 at which time a long-term strategic plan was developed.

5. The Department needs tenure track lines to deliver the curriculum.
   
   The Department received one tenure-track position for an exercise psychologist in the fall of 2005. The search was successful and the faculty member joined us
in the fall of 2006. In the spring of 2006 we lost one faculty member (biomechanist).

6. There should be a focus on increasing gender and racial/ethnic diversity of the faculty.

   The last four full-time Assistant Professor hires have been three women and one man. All were Caucasian. The last four Adjunct Professor hires have been three men and one woman. All were Caucasian. The Department continues to look to improve racial/ethnic diversity.

7. The Department should prioritize health promotion.

   The Department now emphasizes preventive health and health promotion in its mission and all aspects of its operations (teaching, research and service). The orientation of the department has dramatically shifted towards issues of health promotion, human performance, functional human movement, and exercise as preventive medicine.

8. The number of advanced area electives should be reduced.

   Discussions continue regarding decision around the deletion of courses that no longer support our program goals.

9. Community outreach should be encouraged.

   Faculty are involved in extensive and on-going community projects. In 2007 the Department received the College of Arts and Sciences Collective Service Award for its efforts in this area.

10. Faculty should increase collaboration with other departments and programs.

    Faculty are working with other departments and programs. For example, we have a very strong presence in four interdisciplinary minors: Child and Youth Studies, Gerontology, Health Studies and Neuroscience. There are also strong collaborations with both the private and public sectors outside of the university. Faculty sit on advisory boards, are active in community research and program design, and hold consultancy positions with a variety of organizations.

**Department Morale and Atmosphere**

The Department moved from Memorial Gym to Harney Science Center in Fall 2006. This major transition included a delay in functional laboratory space and laboratory design was dictated by the “available space” and not design needs.

Prior to our move to Harney Science Center we were members of the Arts Council, and as of fall 2006 we were transferred to the Science Council. The transfer to the Science better reflects our overarching departmental goals; however, there are components of
our program that do not as closely align with Science (natural science). To date faculty retain the ability to submit retention, tenure and promotion materials to either Arts or Sciences.

One of the main issues since moving to Harney Science Center is our exclusion from the activities and intellectual climate surrounding the development and launch of the John Lo Schiavo, S.J. Center for Science and Innovation. This physical and intellectual isolation has had a significant impact on our faculty morale.

**John Lo Schiavo, S.J. Center for Science and Innovation**

Nestled at the center of the university’s urban campus, the 57,000-gross-square-foot project will create gathering and study space for the entire campus community, with particular aims to strengthen scientific preparation for all undergraduates and nurture the growing links between the sciences and other disciplines.

We are currently understaffed and in order to meet the demands of our growing student population and deliver a quality curriculum approximately half of our faculty has agreed to teach an overload. To compound this problem we have experienced difficulty in attracting and retaining qualified adjunct faculty.

The administration mandated a change in course scheduling in Fall 2009. Faculty were required to move from a 2-day-week teaching schedule to a distributed schedule of 3-day- and 2-day-week schedule. The limited flexibility of this schedule combined with the lack of inclusion of faculty input has been frustrating and demoralizing to many department members. Additionally, the schedule changes combined with an understaffed faculty have made it almost impossible to find a block of time for faculty meetings.

**Goals and Learning Outcomes**

Students graduating with a degree in Exercise and Science will have participated in a structured set of curricular and co-curricular experiences that support their attainment of the following learning outcomes. Based on this specific set of learning outcomes (under discussion), our goal is to offer a coherent program of course work in the core areas of Kinesiology that provides a foundation for subsequent in-depth coursework or research experiences and to help students attain the professional skills necessary to succeed in their chosen careers, including an appreciation for safe, ethical and socially conscious behavior.
1. Students will demonstrate knowledge of and skill in a broad variety of motor skill and fitness activities.

2. Students will understand behavioral, physical, psychological and biological scientific principles of human movement.

3. Students will understand how motor skills are acquired and refined and how fitness is achieved and maintained in relation to various contextual, morphological, and developmental factors.

4. Students will be able to assess, analyze, and evaluate movement, fitness, and skill.

5. Students will demonstrate effective scientific communications skills in both written and oral form on topics relevant to Kinesiology.

Diversity
The Department attempts to infuse diversity within its curriculum. Moreover students are required to take one major core course that is dedicated to addressing diversity. The importance of attending to issues of diversity within the curriculum, research activity, and service is embraced and implemented in our curriculum.

II. CURRICULUM

The major is designed to create opportunities for students to demonstrate competence in reading, writing, listening, speaking, communicating, reasoning of human movement, and how movement is learned and developed. This curriculum offers the students the opportunity to participate in a variety of learning experiences through the following: modern curriculum design, classroom management, material and equipment use, using a variety of teaching styles, and innovative teaching strategies. Students are also exposed to material on diverse assessment strategies that can be applied to both conceptual and practical learning in early fieldwork experiences and in the classroom.

Undergraduate Program

Students may choose to earn a Bachelor of Science or a Bachelor of Arts in Exercise and Sport Science. Both degrees require 12 4-unit and 4 1-unit courses, of which five are lower-division, seven are upper division, and three advanced area electives (Table 2). The lower division courses impart pre-requisite knowledge and hence serve as building blocks to the upper division courses. Students are required to complete the lower
division courses prior to enrolling in an upper division course. The advanced area electives taken are chosen by the student and advisor and are based on the student’s post-graduation goals. In addition to the coursework for the Bachelor of Arts, students completing a Bachelor of Science are required to take an additional five courses (Table 3).

The students must pass each course in the major with a grade of C or better in order to graduate. A student that does not meet this requirement may retake the course in order to improve the grade, but the course may only be retaken one time. A maximum of two courses may be repeated to meet the grade requirement. Additionally, if a course is a prerequisite course, the higher-level course may not be taken until the C grade minimum requirement is met in the prerequisite course. This policy was in effect starting fall 2010.
# Table 2. Exercise and Sport Science Curriculum List

**Required Lower Division Courses (22 units)**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 100</td>
<td>Motor Skill Performance and Analysis</td>
<td>4</td>
</tr>
<tr>
<td>BIO 113</td>
<td>Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>BIO 114</td>
<td>Laboratory in Human Anatomy</td>
<td>1</td>
</tr>
<tr>
<td>BIO 115</td>
<td>Survey of Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>BIO 116</td>
<td>Laboratory in Human Physiology</td>
<td>1</td>
</tr>
<tr>
<td>ESS 120</td>
<td>Foundations of Exercise and Sport Science</td>
<td>4</td>
</tr>
<tr>
<td>ESS 200</td>
<td>Statistics</td>
<td>4</td>
</tr>
<tr>
<td>ESS 220</td>
<td>Motor Development</td>
<td>4</td>
</tr>
</tbody>
</table>

**Required Upper Division ESS Courses (18 units)**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 300</td>
<td>Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 310</td>
<td>Exercise Physiology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 315</td>
<td>Exercise Psychology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 320</td>
<td>Motor Learning</td>
<td>4</td>
</tr>
</tbody>
</table>

**ESS Advanced Area Studies (12 units minimum)**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 240</td>
<td>Interdisciplinary Study of Human Aging (SL)</td>
<td>4</td>
</tr>
<tr>
<td>ESS 325</td>
<td>Exercise and Disease Prevention</td>
<td>4</td>
</tr>
<tr>
<td>ESS 330</td>
<td>Exercise and Health Promotion</td>
<td>4</td>
</tr>
<tr>
<td>ESS 340</td>
<td>Neuroscience</td>
<td>4</td>
</tr>
<tr>
<td>ESS 350</td>
<td>Biomechanics</td>
<td>4</td>
</tr>
<tr>
<td>ESS 354</td>
<td>Exercise Program Design</td>
<td>4</td>
</tr>
<tr>
<td>ESS 356</td>
<td>Movement for Special Groups (SL)</td>
<td>4</td>
</tr>
<tr>
<td>ESS 358</td>
<td>Clinical Exercise Testing</td>
<td>4</td>
</tr>
<tr>
<td>ESS 360</td>
<td>Exercise and Healthy Kids</td>
<td>4</td>
</tr>
<tr>
<td>ESS 362</td>
<td>Sport, Culture, and Society</td>
<td>4</td>
</tr>
<tr>
<td>ESS 364</td>
<td>Curric. And Instruction: Elementary School PE</td>
<td>4</td>
</tr>
<tr>
<td>ESS 366</td>
<td>Curric. And Instruction: Secondary School PE</td>
<td>4</td>
</tr>
<tr>
<td>ESS 368</td>
<td>Nutrition for Exercise and Health</td>
<td>4</td>
</tr>
<tr>
<td>ESS 370</td>
<td>Social Issues in Personal and Community Health</td>
<td>4</td>
</tr>
<tr>
<td>ESS 372</td>
<td>Substance Abuse Prevention and Treatment</td>
<td>4</td>
</tr>
<tr>
<td>ESS 376</td>
<td>Teaching Sport Skills</td>
<td>4</td>
</tr>
<tr>
<td>ESS 390</td>
<td>Special Topics</td>
<td>1-4</td>
</tr>
<tr>
<td>ESS 397</td>
<td>Field Observation in Physical Education</td>
<td>1</td>
</tr>
<tr>
<td>ESS 398</td>
<td>Professional Practicum</td>
<td>1-4</td>
</tr>
<tr>
<td>ESS 399</td>
<td>Directed Study</td>
<td>1-4</td>
</tr>
<tr>
<td>ESS 410</td>
<td>Research Seminar</td>
<td>4</td>
</tr>
<tr>
<td>Course #</td>
<td>Course Name</td>
<td>Units</td>
</tr>
<tr>
<td>-----------</td>
<td>------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>General Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 113</td>
<td>General Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td><strong>Either</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYS 100</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 101</td>
<td>Introductory Physics II</td>
<td>4</td>
</tr>
<tr>
<td><strong>Or</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYS 110</td>
<td>General Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 210</td>
<td>General Physics II</td>
<td>4</td>
</tr>
<tr>
<td><strong>And additional units from any of the following courses:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 105</td>
<td>General Biology I</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 106</td>
<td>General Biology II</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 134-135</td>
<td>Microbiology with Lab</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 230-232</td>
<td>Organic Chemistry with Lab</td>
<td>4</td>
</tr>
</tbody>
</table>
Curriculum planner for both the BA and BS Degrees

In an effort to facilitate graduation success in a four year period the Department has generated a specific four year planner for both the Bachelor of Arts and Sciences degrees (Tables 4-5).

Table 4. Suggested Four Year Curriculum Planner for B.A. Degree

<table>
<thead>
<tr>
<th>Fall</th>
<th>Course Number</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRESHMAN YEAR</td>
<td>ESS 100</td>
<td>Movement Skill Class</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>BIO 113 &amp; 114</td>
<td>Human Anatomy w/ Lab</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>ESS 120</td>
<td>Foundations of Exercise and Sport Science</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>RHET 120*</td>
<td>A2. Rhetoric and Composition</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>University Core</td>
<td>A1. Public Speaking</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td><strong>Total Semester Units</strong></td>
<td></td>
<td><strong>17</strong></td>
</tr>
</tbody>
</table>
### Junior Year

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Courses</td>
<td>ESS Advanced Area Elective</td>
<td>4</td>
</tr>
<tr>
<td>University Core</td>
<td>C1. Literature</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total Semester Units</strong></td>
<td></td>
<td><strong>16</strong></td>
</tr>
</tbody>
</table>

### Spring

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Courses</td>
<td>ESS Advanced Area Elective</td>
<td>4</td>
</tr>
<tr>
<td>University Core</td>
<td>C2. History</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total Semester Units</strong></td>
<td></td>
<td><strong>16</strong></td>
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### Senior Year

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Courses</td>
<td>ESS Advanced Area Elective</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total Semester Units</strong></td>
<td></td>
<td><strong>16</strong></td>
</tr>
</tbody>
</table>

*Rhetoric course number dependent on placement score

**A "C" minimum grade is required in all ESS major coursework**
### Table 5. Suggested Four Year Curriculum Planner for B.S. Degree

#### Freshman Year

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 100</td>
<td>Movement Skills Class</td>
<td>1</td>
</tr>
<tr>
<td>BIO 113 &amp; 114</td>
<td>Human Anatomy w/ Lab</td>
<td>4</td>
</tr>
<tr>
<td>ESS 120</td>
<td>Foundations of Exercise and Sport Science</td>
<td>4</td>
</tr>
<tr>
<td>RHET 120*</td>
<td>A2. Rhetoric and Composition</td>
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<tr>
<td>University Core</td>
<td>A1. Public Speaking</td>
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#### Sophomore Year

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<tbody>
<tr>
<td>ESS 100</td>
<td>Movement Skills Class</td>
<td>1</td>
</tr>
<tr>
<td>ESS 310 / ESS 300</td>
<td>Exercise Physiology or Kinesiology</td>
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</tr>
<tr>
<td>ESS 315 / ESS 320</td>
<td>Exercise Psychology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 370</td>
<td>E. Social Issues in Personal And Community Health or</td>
<td></td>
</tr>
<tr>
<td>ESS 372</td>
<td>Substance Abuse Prevention and Treatment or</td>
<td></td>
</tr>
<tr>
<td>PSYC 101</td>
<td>General Psychology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>General Chemistry I</td>
<td>4</td>
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#### Fall

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<th>Title</th>
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<tbody>
<tr>
<td>ESS 100</td>
<td>Movement Skills Class</td>
<td>1</td>
</tr>
<tr>
<td>ESS 310 / ESS 300</td>
<td>Exercise Physiology or Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 315 / ESS 320</td>
<td>Exercise Psychology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 370</td>
<td>E. Social Issues in Personal And Community Health or</td>
<td></td>
</tr>
<tr>
<td>ESS 372</td>
<td>Substance Abuse Prevention and Treatment or</td>
<td></td>
</tr>
<tr>
<td>PSYC 101</td>
<td>General Psychology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>General Chemistry I</td>
<td>4</td>
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#### Spring

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>ESS 100</td>
<td>Movement Skills Class</td>
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<tr>
<td>ESS 310 / ESS 300</td>
<td>Exercise Physiology or Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 315 / ESS 320</td>
<td>Motor Learning</td>
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<tr>
<td>University Core</td>
<td>D1. Philosophy</td>
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<tr>
<td>CHEM 113</td>
<td>General Chemistry II</td>
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### JUNIOR YEAR

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<tr>
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</thead>
<tbody>
<tr>
<td>Major Courses</td>
<td>ESS Advanced Area Study</td>
<td>4</td>
</tr>
<tr>
<td>University Core</td>
<td>D2. Theology</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 100 / PHYS 110</td>
<td>Physics I</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
<td>4</td>
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### SPRING

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<tr>
<td>Major Courses</td>
<td>ESS Advanced Area Study</td>
<td>4</td>
</tr>
<tr>
<td>University Core</td>
<td>F. Fine and Performing Arts</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 101 / PHYS 210</td>
<td>Physics II</td>
<td>4</td>
</tr>
<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
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### SENIOR YEAR

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<tr>
<td>Major Courses</td>
<td>ESS Advanced Area Study</td>
<td>4</td>
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<tr>
<td>University Core</td>
<td>C1. Literature</td>
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<tr>
<td>BIO 105</td>
<td>General Biology I or</td>
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<tr>
<td>BIO 106</td>
<td>General Biology II or</td>
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</tr>
<tr>
<td>BIO 134</td>
<td>Microbiology or</td>
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<tr>
<td>CHEM 232</td>
<td>Organic Chemistry</td>
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<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
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### Fall

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<thead>
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<th>Units</th>
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<tr>
<td>Major Courses</td>
<td>ESS Advanced Area Study</td>
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</tr>
<tr>
<td>University Core</td>
<td>C2. History</td>
<td>4</td>
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<tr>
<td>Electives</td>
<td>ESS Advanced Area or University Elective</td>
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</tr>
<tr>
<td></td>
<td><strong>Total Semester Units</strong></td>
<td>16</td>
</tr>
</tbody>
</table>

*Rhetoric course number dependent on placement score

**A "C" minimum grade is required in all ESS major coursework
Curriculum Development

The curriculum is developed and maintained by the faculty. Two of our predominant goals are to offer a comprehensive curriculum incorporating the core specialized areas of Kinesiology (philosophy, history, and sociology of physical activity, motor behavior, sport and exercise psychology, biomechanics, and physiology of physical activity) and to attract quality students. In an effort to attain these goals we have made several changes to the curriculum including but not limited to requiring students to complete lower division courses prior to enrolling in the upper division courses and to obtain a minimum grade of C for all courses. It is important to note that we are currently unable to offer a comprehensive approach to the scholarly study of Kinesiology. We are limited by the number of faculty and hence area expertise in biomechanics, philosophy, and history.

The Tables in this section illustrate the curricular changes since the 2005 program review: Table 6 is a comparison of course offerings, Table 7 is a record of course name changes, and Table 8 is a history of advanced area course offerings. Note in Table 6 there are several courses that have been developed since the last program review: Clinical Exercise Testing, Exercise and Healthy Kids, Exercise Program Design, Neuroscience, Interdisciplinary Study of Aging, Exercise and Health Promotion, and Exercise and Disease Prevention. All of these courses are advanced area electives and several are elective or core courses in the interdisciplinary minors. Exercise and Healthy Kids is an elective for Child and Youth Studies and Health Studies Minors, Neuroscience is the core course for Neuroscience Minors, Interdisciplinary Study of Aging is an elective for the Gerontology Minor, Exercise and Health Promotion is an elective for the Health Studies Minor, Exercise and Disease Prevention is an elective for the Gerontology and Health Studies Minors. A description of all courses offered in our major is provided following Table 8.
### Table 6. Comparison of Course Offerings

**Lower Division Units Required = 22**

<table>
<thead>
<tr>
<th>Course Offerings 2005</th>
<th>Course Offerings 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course #</strong></td>
<td><strong>Course Name</strong></td>
</tr>
<tr>
<td>ESS 100</td>
<td>Motor Skill Performance and Analysis</td>
</tr>
<tr>
<td>BIO 113</td>
<td>Human Anatomy</td>
</tr>
<tr>
<td>BIO 114</td>
<td>Laboratory in Human Anatomy</td>
</tr>
<tr>
<td>BIO 115</td>
<td>Survey of Human Physiology</td>
</tr>
<tr>
<td>BIO 116</td>
<td>Laboratory in Human Physiology</td>
</tr>
<tr>
<td>ESS 120</td>
<td>Foundations of Exercise and Sport Science</td>
</tr>
<tr>
<td>ESS 200</td>
<td>Statistics for ESS</td>
</tr>
<tr>
<td>ESS 220</td>
<td>Motor Development</td>
</tr>
<tr>
<td>ESS 230</td>
<td>Psychology of Human Movement</td>
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</table>

**Upper Division Units Required = 8**

<table>
<thead>
<tr>
<th>Course Offerings 2005</th>
<th>Course Offerings 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course #</strong></td>
<td><strong>Course Name</strong></td>
</tr>
<tr>
<td>ESS 300</td>
<td>Anatomical Kinesiology</td>
</tr>
<tr>
<td>ESS 310</td>
<td>Exercise Physiology</td>
</tr>
<tr>
<td>ESS 315</td>
<td>Exercise Psychology</td>
</tr>
<tr>
<td>ESS 320</td>
<td>Motor Learning</td>
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</table>

**Advance Area Electives Units Required = 16**

<table>
<thead>
<tr>
<th>Course Offerings 2005</th>
<th>Course Offerings 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course #</strong></td>
<td><strong>Course Name</strong></td>
</tr>
<tr>
<td>ESS 240</td>
<td>Interdis Study of Human Aging</td>
</tr>
<tr>
<td>ESS 325</td>
<td>Exercise and Disease Prevention</td>
</tr>
<tr>
<td>ESS 330</td>
<td>Exercise and Health Promotion</td>
</tr>
<tr>
<td>ESS 340</td>
<td>Neuroscience</td>
</tr>
<tr>
<td>ESS 350</td>
<td>Biomechanics</td>
</tr>
<tr>
<td>ESS 352</td>
<td>Motor Learning</td>
</tr>
<tr>
<td>ESS 354</td>
<td>Indiv Health/Exercise Program Design</td>
</tr>
<tr>
<td>ESS 356</td>
<td>Movement for Special Groups</td>
</tr>
<tr>
<td>ESS 358</td>
<td>Clinical Exercise Testing</td>
</tr>
<tr>
<td>ESS 360</td>
<td>Exercise and Healthy Kids</td>
</tr>
<tr>
<td>ESS 362</td>
<td>Sociology of Sport</td>
</tr>
<tr>
<td>ESS 364</td>
<td>Curric. &amp; Instruction: Elem School PE</td>
</tr>
<tr>
<td>ESS 366</td>
<td>Curric. &amp; Instruction: Second School PE</td>
</tr>
<tr>
<td>ESS 368</td>
<td>Nutrition for Exercise and Health</td>
</tr>
<tr>
<td>ESS 372</td>
<td>Sub Abuse Preven and Treatment</td>
</tr>
<tr>
<td>ESS 376</td>
<td>Teaching Movement Skills</td>
</tr>
<tr>
<td>ESS 390</td>
<td>Special Topics</td>
</tr>
<tr>
<td>ESS 397</td>
<td>Field Observation in Physical Education</td>
</tr>
<tr>
<td>Course #</td>
<td>Previous Course Name</td>
</tr>
<tr>
<td>----------</td>
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<tr>
<td>ESS 200</td>
<td>Statistics for Exercise and Sport Science</td>
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<tr>
<td>ESS 300</td>
<td>Anatomical Kinesiology</td>
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<td>ESS 315</td>
<td>Psychology of Human Movement</td>
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<tr>
<td>ESS 325</td>
<td>Clinical Exercise and Disease Prevention</td>
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<tr>
<td>ESS 340</td>
<td>Fundamental of Neuroscience</td>
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<td>ESS 354</td>
<td>Individualized Health/Exercise Program Design</td>
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<td>ESS 362</td>
<td>Sociology of Sport</td>
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<tr>
<td>ESS 376</td>
<td>Teaching Movement Skills</td>
</tr>
<tr>
<td>ESS 398</td>
<td>Internship Practicum</td>
</tr>
<tr>
<td>Course #</td>
<td>Course Name</td>
</tr>
<tr>
<td>---------</td>
<td>------------------------------------------</td>
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<tr>
<td>ESS_240</td>
<td>Interdisciplinary Study of Human Aging</td>
</tr>
<tr>
<td>ESS_325</td>
<td>Exercise and Disease Prevention</td>
</tr>
<tr>
<td>ESS_330</td>
<td>Exercise and Health Promotion</td>
</tr>
<tr>
<td>ESS_340</td>
<td>Neuroscience</td>
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<tr>
<td>ESS_350</td>
<td>Biomechanics</td>
</tr>
<tr>
<td>ESS_354</td>
<td>Exercise Program Design</td>
</tr>
<tr>
<td>ESS_356</td>
<td>Movement for Special Groups</td>
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<tr>
<td>ESS_358</td>
<td>Clinical Exercise Testing</td>
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<tr>
<td>ESS_360</td>
<td>Exercise and Healthy Kids</td>
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<td>ESS_362</td>
<td>Sport, Culture, and Society</td>
</tr>
<tr>
<td>ESS_364</td>
<td>Curric. And Instruction: Elementary School PE</td>
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<tr>
<td>ESS_368</td>
<td>Nutrition for Exercise and Health</td>
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<tr>
<td>ESS_372</td>
<td>Substance Abuse Prevention and Treatment</td>
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<td>ESS_376</td>
<td>Teaching Sport Skills</td>
</tr>
<tr>
<td>ESS_390</td>
<td>Special Topics</td>
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<td>ESS_397</td>
<td>Field Observation in Physical Education</td>
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<td>ESS_398</td>
<td>Professional Practicum</td>
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<td>ESS_399</td>
<td>Directed Study</td>
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<tr>
<td>ESS_410</td>
<td>Research Seminar</td>
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* PR= Program Review, a = 1st time taught; b = Adjunct
## Course List with Descriptions

### Required Lower Division ESS Courses

<table>
<thead>
<tr>
<th>Course Name and Number</th>
<th>Course Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 100 - Motor Skill Performance and Analysis (2)</td>
<td>ESS majors must take at least 4 sections, each chosen from 4 different areas. Sections meet two hours a week. Offered every semester.</td>
</tr>
<tr>
<td>ESS 120 - Foundations of Exercise and Sport Science (4)</td>
<td>An introductory course aimed at the entry level student. Focuses on the integration of biological, behavioral, and cultural perspectives in Exercise and Sport Science. Particular attention is paid to students' academic, personal, and professional expectations. Offered every semester. Prerequisite: ESS majors only.</td>
</tr>
<tr>
<td>ESS 200 - Statistics (4)</td>
<td>On completion of this course students will have an understanding of basic research methods and techniques, how these might be used in solving research problems, and basic statistical calculations and the relevance of their uses. Offered every semester. Prerequisite: ESS majors only.</td>
</tr>
<tr>
<td>ESS 220 - Motor Development (4)</td>
<td>Study of physical growth, body type, and motor development through childhood, adolescence, and the adult stages; age and sex differences in motor performance. Offered every semester. Prerequisite: ESS majors and Child Studies minors only.</td>
</tr>
</tbody>
</table>

### Required Upper Division ESS Courses

<table>
<thead>
<tr>
<th>Course Name and Number</th>
<th>Course Description</th>
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</thead>
<tbody>
<tr>
<td>ESS 100 - Motor Skill Performance and Analysis (2)</td>
<td>ESS majors must take at least 4 sections, each chosen from 4 different areas. Sections meet two hours a week. Offered every semester.</td>
</tr>
<tr>
<td>ESS 300 - Kinesiology (4)</td>
<td>The purpose of this course is to analyze human movement using applied anatomy and biomechanics, with the goal of skill enhancement and injury prevention. Offered every semester. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
</tr>
<tr>
<td>ESS 310 - Exercise Physiology (4)</td>
<td>This course will study how exercise affects the structure and function of the human body. Attention will be given to each bodily system as well as the biochemistry of exercise. A weekly laboratory familiarizes students with the assessment of human performance. Offered every semester. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
</tr>
<tr>
<td>ESS 315 - Exercise Psychology (4)</td>
<td>Study of the reciprocal relationship of body movement and inner states. Topics include motivation, stress, group and leadership dynamics, psychological skills, body image, burnout, and injury. Offered every semester. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
</tr>
<tr>
<td>ESS 320 - Motor Learning (4)</td>
<td>Study of interaction of cognitive, perceptual, task, and physical variables that influence skilled movement. Information-processing, dynamical, and neuroanatomical models are discussed. Applications include activities of daily living, elite motor skills, physical rehabilitation, and ergonomics/human factors. Offered every Fall. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
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# ESS Advanced Area Studies

<table>
<thead>
<tr>
<th>Course Name and Number</th>
<th>Course Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ESS 240 - Interdisciplinary Study of Human Aging (4)</strong></td>
<td>This course is intended to introduce students to a wide range of topics and disciplinary interests in gerontology and to explore their influence on the ability for older adults to age successfully in today's world. The changing demographics of the aging population will be emphasized as well as the biological, psychological and sociological effects of human aging. Offered intermittently.</td>
</tr>
<tr>
<td><strong>ESS 325 - Exercise and Disease Prevention (4)</strong></td>
<td>This course examines the mechanisms of chronic disease, including the etiology, epidemiology, and role of exercise in the management and prevention of diseases such as cardiovascular disease, diabetes, and cancer. Offered every Spring. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
</tr>
<tr>
<td><strong>ESS 330 - Exercise and Health Promotion (4)</strong></td>
<td>The purpose of this course is to provide students with the tools to develop effective exercise and health promotion interventions for a variety of populations. The underlying theories of exercise and health behavior and their application to program development will be studied. Exercise and health promotion program development including planning, implementation, and evaluation will be studied extensively. Offered every Fall. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
</tr>
<tr>
<td><strong>ESS 340 - Neuroscience (4)</strong></td>
<td>The general purpose of this course is to provide students with an introduction to the field of neuroscience. Emphasis is placed on the biological structures and functions of the brain and nervous system in health and disease. Offered every Spring. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
</tr>
<tr>
<td><strong>ESS 350 - Biomechanics (4)</strong></td>
<td>The knowledge and methods of mechanics as applied to the structure and function of the living human system. Offered intermittently. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, ESS 220 and ESS 300 (or consent of instructor).</td>
</tr>
<tr>
<td><strong>ESS 354 - Exercise Program Design (4)</strong></td>
<td>This course will train students to develop exercise programs for health people and those with controlled diseases. Benefits and risks of physical activity will be discussed in addition to various methods of human performance and assessment and movement analysis. Offered intermittently. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, ESS 220, ESS 300 and ESS 310 (or consent of instructor).</td>
</tr>
<tr>
<td><strong>ESS 356 - Movement for Special Groups (SL) (4)</strong></td>
<td>The theory and practice of adaptive physical education as applied to the exceptional person. Topics studied include sensory impairments; behavioral and learning disorders; fitness and structural problems; cardiovascular, pulmonary, and metabolic problems; interventions and activities for the special person. Offered intermittently. Prerequisites: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, and ESS 220 (or consent of instructor).</td>
</tr>
<tr>
<td><strong>ESS 358 - Clinical Exercise Testing (4)</strong></td>
<td>Clinical exercise physiology deals with the effects of chronic disease such as heart disease, obesity and diabetes on exercise capacity and the benefits of exercise training in managing chronic conditions. Lecture and laboratory experiences will introduce students to clinical exercise testing, electrocardiography, and exercise prescription for clinical populations. Offered every Fall. Prerequisite: BIOL 113 and 114; BIOL 115 and 116; ESS 120, ESS 200, ESS 220 and ESS 310 (or consent of instructor).</td>
</tr>
<tr>
<td>Course Code</td>
<td>Course Title</td>
</tr>
<tr>
<td>-------------</td>
<td>--------------</td>
</tr>
<tr>
<td>ESS 360</td>
<td>Exercise and Healthy Kids (4)</td>
</tr>
<tr>
<td>ESS 362</td>
<td>Sport, Culture and Society (4)</td>
</tr>
<tr>
<td>ESS 364</td>
<td>Curriculum and Instruction: Elementary School PE (3 - 4)</td>
</tr>
<tr>
<td>ESS 366</td>
<td>Curriculum and Instruction: Secondary School PE (4)</td>
</tr>
<tr>
<td>ESS 368</td>
<td>Nutrition for Exercise and Health (4)</td>
</tr>
<tr>
<td>ESS 370</td>
<td>Social Issues in Personal and Community Health (4)</td>
</tr>
<tr>
<td>ESS 372</td>
<td>Substance Abuse Prevention and Treatment (4)</td>
</tr>
<tr>
<td>ESS 376</td>
<td>Teaching Sport Skills (4)</td>
</tr>
<tr>
<td>ESS 390</td>
<td>Special Topics in ESS (1 - 4)</td>
</tr>
<tr>
<td>ESS 397</td>
<td>Field Observation in Physical Education (1)</td>
</tr>
<tr>
<td>ESS 398</td>
<td>Professional Practicum (1 - 4)</td>
</tr>
<tr>
<td>ESS 399</td>
<td>Directed Study (1 - 4)</td>
</tr>
<tr>
<td>ESS 410</td>
<td>Research Seminar (4)</td>
</tr>
</tbody>
</table>
Interdisciplinary Minors

A major change to our curriculum has been the incorporation of four interdisciplinary minors: Child and Youth Studies, Gerontology, Health Studies, and Neuroscience. Our department has elective and core courses offered in each minor. Additionally, our faculty members serve on minor advisory boards and teach within interdisciplinary minor programs.

Interdisciplinary Minor in Child and Youth Studies

Child and Youth Studies is an interdisciplinary program that will provide the undergraduate student with a scholarly and experiential understanding of childhood and adolescence. The minor, which is open to all majors, educates students about the physical, psychological, spiritual, social, and cultural aspects of human development during the first 18 years of life. It integrates the many child- and youth-focused courses and service learning experiences across disciplines within the schools and colleges at USF to provide a structured course of study for the undergraduate student interested in learning about children.
### Table 9. Minor Requirements for Child and Youth Studies

#### Three Core Courses (12 units)

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYC 101</td>
<td>General Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 312</td>
<td>Child Development</td>
<td>4</td>
</tr>
<tr>
<td>SOC 329</td>
<td>Social World of Children</td>
<td>4</td>
</tr>
<tr>
<td><strong>Or</strong></td>
<td>Survey of Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>SOC 229</td>
<td>Diversity of American Families</td>
<td>4</td>
</tr>
</tbody>
</table>

#### Elective Courses (8 units, choose 2 courses from below)

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMS 302</td>
<td>Cark Side Interpersonal/Family Communication</td>
<td>4</td>
</tr>
<tr>
<td>COMS 306</td>
<td>Family Communication</td>
<td>4</td>
</tr>
<tr>
<td>ESS 220</td>
<td>Motor Development</td>
<td>4</td>
</tr>
<tr>
<td>ESS 360</td>
<td>Exercise and Healthy Kids</td>
<td>4</td>
</tr>
<tr>
<td>NURS 331/420</td>
<td>Family Health I- NURSING only</td>
<td>4</td>
</tr>
<tr>
<td>NURS 241/421</td>
<td>Family Health II- NURSING only</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 328</td>
<td>Child Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 350</td>
<td>Perspectives- Family Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 369</td>
<td>Child Maltreatment</td>
<td>4</td>
</tr>
<tr>
<td>SOC 229</td>
<td>Diversity of American Families</td>
<td>4</td>
</tr>
<tr>
<td>SOC 329</td>
<td>Social Worlds of Children</td>
<td>4</td>
</tr>
<tr>
<td>SOC 338</td>
<td>Sociology of Education</td>
<td>4</td>
</tr>
<tr>
<td>SOC 356</td>
<td>Juvenile Justice</td>
<td>4</td>
</tr>
<tr>
<td>SOC 390</td>
<td>Sociology of Adolescence</td>
<td>4</td>
</tr>
<tr>
<td>TEC 611</td>
<td>Education of Bilingual Children- DD only</td>
<td>4</td>
</tr>
<tr>
<td>TEC 643</td>
<td>Education of Exceptional Children- DD only</td>
<td>4</td>
</tr>
</tbody>
</table>

#### Departmental Practicum/Internship Exercise (4 units):

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMS 496</td>
<td>Communication Studies Internship*</td>
<td>4</td>
</tr>
<tr>
<td>DANCE 360</td>
<td>Dance in the Community</td>
<td>4</td>
</tr>
<tr>
<td>ESS 398</td>
<td>Professional Practicum – ESS only</td>
<td>4</td>
</tr>
<tr>
<td>NURS 351/425</td>
<td>Clinical Lab IV-A – NURSING only</td>
<td>4</td>
</tr>
<tr>
<td>NURS 352/426</td>
<td>Clinical Lab IV-B – NURSING only</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 396</td>
<td>Psychology Practicum – PSYCH only</td>
<td>4</td>
</tr>
<tr>
<td>SOC 395</td>
<td>Fieldwork in Sociology</td>
<td>4</td>
</tr>
<tr>
<td>TEC 401-402</td>
<td>America Reads IA and IB</td>
<td>4</td>
</tr>
<tr>
<td>INTD 385</td>
<td>DDTP Fieldwork – DD only</td>
<td>4</td>
</tr>
<tr>
<td>INTD 395</td>
<td>Korean Immersion in Teaching – DD only</td>
<td>4</td>
</tr>
</tbody>
</table>
Interdisciplinary Minor in Gerontology

The Minor in Gerontology provides students with an interdisciplinary understanding of the many aspects of the aging process and gives them the knowledge to pursue a career in the growing field of gerontology. The Gerontology Minor also provides opportunities for students to see the connection between learning about aging and working with older adults in the community.

Table 10. Minor Requirements for Gerontology

Required Courses (12 units)

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 108</td>
<td>Biology of Human Aging</td>
<td>4</td>
</tr>
<tr>
<td>BIO 109</td>
<td>Laboratory in Biology of Human Aging (meets CORE B2)</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 339</td>
<td>Adulthood and Aging</td>
<td>4</td>
</tr>
</tbody>
</table>

*Nursing Majors may substitute BIO 115/116 (Survey of Human Physiology &
ESS Majors may substitute BIO 115/116 (Survey of Human Physiology & Lab)
Neuroscience minors may substitute BIO 115/116 (Survey of Human Physiology & Lab
Biology Majors may substitute 201-320: Human Physiology
Exercise & Sport Science 240 Interdisciplinary Study of Human Aging (meets CORE Service Learning)

Elective Courses (8 units, choose 2 courses from below): *(Must obtain permission from the Gerontology Minor Faculty Coordinator)*

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMS368</td>
<td>Communication and Aging</td>
<td>4</td>
</tr>
<tr>
<td>DANCE 360</td>
<td>Dance 360 Dance in the Community (meets CORE F and Service Learning)</td>
<td>4</td>
</tr>
<tr>
<td>DANCE 480</td>
<td>Dance 480 Workshop in Dance Production: Dance Generators*</td>
<td>4</td>
</tr>
<tr>
<td>ESS 325</td>
<td>Exercise &amp; Sport Science 325 Exercise and Disease Prevention</td>
<td>4</td>
</tr>
<tr>
<td>HS 301</td>
<td>Death and Dying (Meets CORE D2 Theology)</td>
<td>4</td>
</tr>
<tr>
<td>NURS 222</td>
<td>Applied Assessment Fundamentals Across Lifespan I (Nursing Majors Only)</td>
<td>4</td>
</tr>
<tr>
<td>NURS 272</td>
<td>Applied Assessment Fundamentals Across Lifespan II (Nursing Majors Only)</td>
<td>4</td>
</tr>
<tr>
<td>PHIL 240</td>
<td>Ethics (Biomedical Issues Section only)</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 396</td>
<td>Psychology of Prejudice</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 302</td>
<td>Psychology Practicum (Psychology Majors only)</td>
<td>4</td>
</tr>
</tbody>
</table>
Interdisciplinary Minor in Neuroscience

The interdisciplinary field of neuroscience is one of the most exciting and rapidly growing areas within the sciences. It draws heavily from traditional natural science and social science areas, such as Biology, Physics, and Psychology, as well as newer disciplines such as Exercise and Sport Science. In addition, the field encompasses many diverse topics that typically are discussed in philosophy, economics, art, politics, music, anthropology, and computer science. The multifaceted character of neuroscience lends to its appeal.

Table 11. Minor Requirements for Neuroscience

Required Courses (16 units minimum):

For Non-Biology Majors:

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 105</td>
<td>Biology I</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 270*</td>
<td>Biological Psychology</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 115/116</td>
<td>Survey of Human Physiology and Lab</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 340</td>
<td>Neuroscience</td>
<td>4</td>
</tr>
</tbody>
</table>

*Pre-requisite Psychology 101 General Psychology or permission from instructor

For Biology Majors:

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 105</td>
<td>General Biology I</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 270</td>
<td>Biological Psychology</td>
<td>4</td>
</tr>
<tr>
<td>Biology 368</td>
<td>Neurobiology</td>
<td>4</td>
</tr>
</tbody>
</table>

Plus one of the following courses

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 320/321</td>
<td>Human Physiology and Lab</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 340</td>
<td>Animal Toxicology</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 333/334</td>
<td>Endocrinology and Lab</td>
<td>4</td>
</tr>
</tbody>
</table>

*Pre-requisite Psychology 101 General Psychology or permission from instructor

Elective Courses (4 units minimum)

(Must obtain permission from the Neuroscience Minor Faculty Coordinator)

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 330</td>
<td>The Chemistry of Drugs</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 380</td>
<td>Foundations of Computational Neuroscience</td>
<td>4</td>
</tr>
<tr>
<td>ESS 398*</td>
<td>Professional Practicum</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 319</td>
<td>Learning, Memory and Cognition</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 388</td>
<td>Advanced Research Methods (Lab)</td>
<td>4</td>
</tr>
</tbody>
</table>

*Pre-requisite: permission of instructor
Interdisciplinary Minor in Health Studies

This description for this minor is not available.

**Table 12. Minor Requirements for Health Studies**

*Choose 2 of the following courses (8 units)*

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMS 352</td>
<td>Message Design in Health Interaction</td>
<td>4</td>
</tr>
<tr>
<td>RHET 111</td>
<td>Public Speaking for Nurses</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 322</td>
<td>Health Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 270</td>
<td>Biological Psychology</td>
<td>4</td>
</tr>
<tr>
<td>SOC 319</td>
<td>Health and Environment</td>
<td>4</td>
</tr>
</tbody>
</table>

*Choose 2 of the following courses (8 units)*

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 315</td>
<td>Exercise Psychology</td>
<td>4</td>
</tr>
<tr>
<td>ESS 325</td>
<td>Exercise and Disease Prevention</td>
<td>4</td>
</tr>
<tr>
<td>ESS 330</td>
<td>Exercise and Health Promotion</td>
<td>4</td>
</tr>
<tr>
<td>ESS 360</td>
<td>Exercise and Healthy Kids</td>
<td>4</td>
</tr>
<tr>
<td>ESS 368</td>
<td>Nutrition for Exercise and Health</td>
<td>4</td>
</tr>
</tbody>
</table>

*Choose 1 of the following courses (4 units)*

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 100</td>
<td>Science of Life</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 103</td>
<td>Human Biology</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 105</td>
<td>General Biology I</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 106</td>
<td>General Biology II</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 113</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 115</td>
<td>Survey of Human Physiology</td>
<td>4</td>
</tr>
</tbody>
</table>

III. ASSESSMENT

The Department is currently developing an assessment for its BS and BA in Exercise and Sport Science. The assessments chosen by the Department are both formative and summative. While we acknowledge a tendency to rely more on summative assessments than formative assessments and to focus on students who are about to graduate from the programs, we are committed to developing more formative assessments and to collecting data at multiple times during a student's tenure in the program to determine when the objectives are accomplished and to chart the students’ progress toward accomplishing the objectives. With the latter point in mind, we are in the process of
developing a comprehensive curricular mapping in an effort to indicate when the various objectives are introduced, developed and practiced with feedback, and developed at the mastery level appropriate for graduation.

The following objective was assessed for the first report:

**Measurable student learning objective:**
Students will understand behavioral, physical, psychological and biological scientific principles of human movement.

**Places in the curriculum where the student learning outcome is addressed:**
ESS 100, BIO113/114, BIO115/116, ESS 120, ESS 200, ESS 220, ESS 240, ESS 300, ESS 310, ESS 315, ESS 320, ESS 325, ESS 330, ESS 340, ESS 350, ESS 354, ESS 356, ESS 358, ESS 360, ESS 368, ESS 370 and ESS 372.

**Assessment/Procedures/Methods/Strategies:**
Direct Assessment: Students will demonstrate their knowledge through standard tests (final examinations: limited to lower division courses).

**Summary of findings about student learning:** Overall we are achieving the selected learning outcome. Ninety percent of the students received a grade of C or higher in the lower division courses (ESS 120, ESS 220, ESS 200, BIO 113/114, BIO 115/116) necessary for advancement to the upper division core of our curriculum as well as maintaining their status as an ESS student.

**What did the faculty in the Department learn?** In general we have learned that direct assessments are quick, easy, objective indicators of student learning. However, inclusion of indirect assessments may help us to understand more holistically the achievement of the proposed learning outcome.

There is a lot more work that needs to be done in this area. One of the main problems with the development of an assessment is lack of consistency in the faculty involved. In 2008 the College provided extensive assessment training for Chairs. However Chairs change frequently and the involved faculty involved also changes. It would be beneficial to have a retreat in which a Dean from the office of institutional assessment provided the faculty with an overview of the assessment process.

**IV. FACULTY**
The Department currently has six faculty members. Six faculty members have full-time appointments one faculty member has joint appointment with Sport Management. The faculty areas of expertise as they align with the core specialized areas of study acknowledged by the Academy of Kinesiology are as follows: exercise physiology (2), motor learning and control (1), motor development (1), psychology of physical activity (1), history and sociology of physical activity (1), and sociology of physical activity (1). Currently we lack faculty expertise in several specialized areas of study which limits our ability to deliver a comprehensive kinesiology program. Given the limited number of
faculty and considering sabbaticals and release time associated with administrative positions faculty are often required to teach a number of different courses (Table 13).

The teaching load is nine 4-unit courses every two years. This results in a 2-2-2-3 load with the 3-course semester occurring sometime within the two-year period. Table 14 provides a history of the faculty rotation schedule for the past six years. Administrative release for the Chair is one course per semester (4 units release a semester), the Activity Program Director is one course per two-year period (1 unit release a semester), and other faculty may negotiate course reductions due to salary compensations from grants or other services to the College and University.

<table>
<thead>
<tr>
<th>Table 13. History of Courses Taught by Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Francis</td>
</tr>
<tr>
<td>Course #</td>
</tr>
<tr>
<td>ESS 200</td>
</tr>
<tr>
<td>ESS 220</td>
</tr>
<tr>
<td>ESS 230</td>
</tr>
<tr>
<td>ESS 320</td>
</tr>
<tr>
<td>ESS 340</td>
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<tr>
<td>ESS 410</td>
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<td>ESS 398</td>
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<td>ESS 399</td>
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<tr>
<td>Howell</td>
</tr>
<tr>
<td>Course #</td>
</tr>
<tr>
<td>ESS 120</td>
</tr>
<tr>
<td>ESS 362</td>
</tr>
<tr>
<td>ESS 398</td>
</tr>
<tr>
<td>Lattimore</td>
</tr>
<tr>
<td>Course #</td>
</tr>
<tr>
<td>ESS 315</td>
</tr>
<tr>
<td>ESS 330</td>
</tr>
<tr>
<td>ESS 360</td>
</tr>
<tr>
<td>ESS 398</td>
</tr>
<tr>
<td>Laughlin</td>
</tr>
<tr>
<td>Course #</td>
</tr>
<tr>
<td>ESS 100</td>
</tr>
<tr>
<td>ESS 356</td>
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<tr>
<td>ESS 370</td>
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<td>ESS 372</td>
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<td>ESS 366</td>
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<td>Course #</td>
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<tr>
<td>ESS 100</td>
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<td>ESS 358</td>
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<tr>
<td>ESS 310</td>
</tr>
<tr>
<td>ESS 340</td>
</tr>
<tr>
<td>ESS 356</td>
</tr>
<tr>
<td>ESS 368</td>
</tr>
</tbody>
</table>

**Table 14. Course Rotation History**

**Francis**

<table>
<thead>
<tr>
<th>Semester</th>
<th># Courses &amp; Units</th>
<th>Course #</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>F07</td>
<td>2 courses (8 units)</td>
<td>ESS 200</td>
<td>Statistics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 320</td>
<td>Motor Learning</td>
</tr>
<tr>
<td>Sp08</td>
<td>2 courses (8 units)</td>
<td>ESS 200</td>
<td>Statistics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 240</td>
<td>Neuroscience</td>
</tr>
<tr>
<td>F08</td>
<td>2 courses (8 units)</td>
<td>ESS 200</td>
<td>Statistics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 320</td>
<td>Motor Learning</td>
</tr>
<tr>
<td>Sp09</td>
<td>3 courses (12 units)</td>
<td>ESS 200</td>
<td>Statistics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 320</td>
<td>Motor Learning</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 240</td>
<td>Neuroscience</td>
</tr>
<tr>
<td>F09</td>
<td>2 courses (8 units)</td>
<td>ESS 200</td>
<td>Statistics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 320</td>
<td>Motor Learning</td>
</tr>
<tr>
<td>Sp10</td>
<td>3 courses (12 units)</td>
<td>ESS 200</td>
<td>Statistics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 320</td>
<td>Motor Learning</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 240</td>
<td>Neuroscience</td>
</tr>
<tr>
<td>F10</td>
<td>2 courses (8 units)</td>
<td>ESS 320</td>
<td>Motor Learning</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ESS 320</td>
<td>Motor Learning</td>
</tr>
<tr>
<td>Sp11</td>
<td>Sabbatical</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Howell

<table>
<thead>
<tr>
<th>Semester</th>
<th># Courses &amp; Units</th>
<th>Course #</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>F08</td>
<td>1 course (4 units)</td>
<td>ESS 398</td>
<td>Professional Practicum</td>
</tr>
<tr>
<td>Sp09</td>
<td>1 course (4 units)</td>
<td>ESS 120</td>
<td>Foundations of ESS</td>
</tr>
<tr>
<td>F09</td>
<td>1 course (4 units)</td>
<td>ESS 398</td>
<td>Professional Practicum</td>
</tr>
<tr>
<td>F10</td>
<td>1 course (4 units)</td>
<td>ESS 398</td>
<td>Professional Practicum</td>
</tr>
<tr>
<td>Sp11</td>
<td>Sabbatical</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Lattimore

<table>
<thead>
<tr>
<th>Semester</th>
<th># Courses &amp; Units</th>
<th>Course #</th>
<th>Course Title</th>
</tr>
</thead>
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### Laughlin

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**Orri**

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ESS 325  Exercise and Disease Prevention

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A. Full-Time Faculty Bios

The following section includes full-time faculty bios in alphabetical order.

Karen Francis

Karen Francis, Ph.D., is an Associate Professor and Chair in the Exercise & Sport Science Department at the University of San Francisco. She teaches courses in the areas of movement science: Neuroscience, Motor Learning, and Statistics. Dr. Francis’s research interests are focused on how we control and coordinate movement and how aging and disease affects our ability to control movements. In one line of research, she is examining the extent to which pathological tremor interferes with force control abnormalities and hence mechanisms responsible for control and coordination. In another line of research, she is examining neural and behavioral mechanisms that underlie skill acquisition and hence our knowledge regarding force control changes associated with aging and disease processes. She is a member of the Neuroscience Minor Committee, Interdisciplinary Committee on Aging and the Active Living Across the Lifespan research group. Dr. Francis is a member of the Society for Neuroscience, Gerontological Society of America, and the North American Society for the Psychology of Sport and Physical Activity.

Dr. Francis is a mentor and fundraiser for Big City Mountaineer (BCM), a nonprofit organization whose mission is to enhance the lives of under-resourced teens through transformative outdoor experiences. She mentors teens on day and weeklong backpacking expeditions and in February 2013 she will climb Mt. Kilimanjaro through BCM’s Summit for Someone program. The funds raised through the Summit for
Someone program will directly increase the number of youth served in our summer programs.

Jeremy Howell

Jeremy Howell, Ph.D has a joint appointment in the Exercise and Sport Science department and the Sport Management Graduate Program. He is also the University's NCAA Faculty Athletic Representative and sits on the Executive Council of the West Coast Conference. From 2010-2011, he was part of a three member Interim Athletic Director transition team that oversaw the daily operations of the Athletic Department.

A member of the President's Commission on Health Professions Education, Jeremy is involved in expanding USF's scope and depth of health professions education at the graduate level with a focus on emerging fields, high demand areas for national and global health priorities, and areas of practice that will link the educational endeavor to providing health-related services in innovative and sustainable patterns of outreach.

Jeremy has extensive community and professional experience. At USF he has received over $1 million in extramural funding to develop exercise based community interventionist programs. He also consults with both profit and not-for-profit organizations on facility design, business operations, product development, employee continuing education, corporate social responsibility and strategic philanthropy.

Most notably, from 1997-2008 he developed both the fitness strategies and award winning philanthropic initiatives for Western Athletic Clubs, a health club and sport resort corporation owned by The Atlantic Philanthropies, a charitable foundation created by ‘Chuck’ Feeney, co-founder of Duty Free Shoppers, the world’s largest duty free retail chain. The Atlantic Philanthropies have made grants totaling more than $5 billion as of December 2009. Governed by Chuck’s philosophy of Giving While Living and Jeremy's direct leadership, Western Athletic Clubs allocated millions of dollars to national agencies focusing on exercise and healthy aging, disease prevention and child health.

In 2008 Jeremy received the USF St. Ignatius Award, the highest University award given to the faculty person that best personifies the meaning of service to his community, profession and university.

Diana Lattimore

Diana Lattimore, Ph.D., is an Assistant Professor in the Exercise and Sport Science Department at the University of San Francisco. She teaches Exercise Psychology, Exercise and Health Promotion, Exercise and Healthy Kids, and Professional Practicum. Dr. Lattimore’s research interests are focused around childhood obesity and policies that influence behavior, children’s perceptions of the motivational climate in PE and sport as well as examining the psychological aspects of sport injury with athletes. Dr. Lattimore is a member of the Child and Youth Studies Minor Committee, the IRB committee, and the
Wellness committee at USF. Also, Dr. Lattimore is currently an Advisor (previous Board Member) for Generations Community Wellness Centers, which provides fitness and wellness programs to youth, families, and seniors focusing specifically on helping underserved populations. Dr. Lattimore is a member of the Association for Applied Sport Psychology and American Psychological Association Division 47.

**Neil Laughlin**

Neil Laughlin, Ed. D. Stanford, 1971, is a Professor in the Exercise and Sport Science Department and has taught at USF since 1971. He currently teaches two classes in Area E (Social Sciences) of the University’s Core Curriculum: Personal and Community Health and Substance Abuse. Dr. Laughlin’s current research interests are character development in judo and gender-based differences in sport. He serves on the University’s Promotion and Tenure and Disabilities Committees and is on the Advisory Board of New Life, a San Francisco-based residential drug treatment program.

**Geraldine Lauro**

Geraldine Lauro Ed.D. University of San Francisco (1992) is an assistant professor in the Exercise and Sport Science Department who has taught in the department since 1970. She teaches Foundations of Exercise and Sport Science, Motor Development Across the Lifespan, Elementary School Physical Education Curriculum and Instruction, and other courses that prepare students for a physical education teaching credential program. She is also the Coordinator for the ESS department’s physical activity program. Having taught individual activity classes for many years she is currently teaching the department’s golf class. Women’s physical activity participation, patterns, and adherence issues are of particular interest to her. She is a member of WSPECW, AAHPERD, CAHPERD, and NASPSPA.

**Julia Orri**

Julia Orri, Ph.D. is an Associate Professor in the Exercise and Sport Science Department at the University of San Francisco. She teaches Exercise and Disease Prevention, Clinical Exercise Testing, Kinesiology, and Statistics. Dr. Orri’s research interests focus on chronic disease prevention in postmenopausal women. Currently she is investigating the effects of exercise intensity on menopausal symptoms. Another current project involves the effects of vigorous exercise on endothelial function in postmenopausal masters athletes. Past research has included the influence of exercise on cardiovascular risk factors in postmenopausal type 2 diabetics and C-reactive protein in college students. Dr. Orri is a member of the American College of Sport Medicine and the North American Menopause Society. She is also an American College of Sport Medicine certified Health Fitness Specialist.

**Christian Thompson**
Christian Thompson, Ph.D. University of Kansas, 2001, is an Associate Professor in the Department of Exercise and Sport Science at the University of San Francisco. Christian has published scientific publications on exercise programming for older adults in peer-reviewed journals such as Medicine and Science in Sport and Exercise, Journal of Aging and Physical Activity, and Journal of Applied Research.

At USF, Christian teaches in the Exercise and Sport Science department (Exercise Physiology & Laboratory, Nutrition for Exercise & Health, and Exercise Program Design) as well as the Interdisciplinary Minor in Gerontology (Study of Human Aging) which he served as Coordinator from 2005-2010. He served as ESS Department Chair from 2008 to 2010 and is currently on sabbatical leave. Christian is engaged in numerous research and community projects investigating the effects of exercise programming on the physical function of older adults. In 2007, he received a three year, $600,000 grant from the Department of Aging and Adult Services to study the effectiveness of a progressive falls prevention exercise class on falls and fall risk in community-dwelling older adults who had recently fallen. This work has received continuing funding for additional years (through 2012) and earned Christian the Outstanding Young Researcher award from the Council of Aging and Adult Development in 2009. Additionally, in 2010, Christian was awarded a two year $20,000 grant from the Kaiser Community Benefit Foundation to continue to expand his work in falls prevention to other locations in San Francisco. This work allows Christian to involve numerous undergraduate students in the research process and several have accompanied him to state and national conferences, including the American College of Sports Medicine’s (ACSM) Annual Meeting in Baltimore in 2010.

Christian also is involved heavily in professional service. He is currently Co-Chair of the Special Interest Group on Aging within ACSM and the Chair of the Council on Aging and Adult Development (CAAD). He is a featured author on older adult exercise for the PTA Global certification program and also developed educational content for IDEA, the National Academy of Sports Medicine, the American College of Sports Medicine and the American Senior Fitness Association. He serves as an advisor and consultant for both not-for-profit and profit companies and organizations and has appeared in numerous lay publications such as the IDEA Fitness Journal, San Francisco Chronicle, Cleveland Clinic Health Newsletter, Arthritis Advisor, and GOLF Magazine.

**Jacob Havenar, Adjunct Professor**

Jacob Havenar, Ph.D., M.C., is an adjunct faculty member in the Exercise & Sport Science Department at the University of San Francisco. He currently teaches Exercise Physiology and Exercise Program Design. Dr. Havenar’s research focuses on the relationship between intrinsic motivation and physical activity adherence and the interaction between intervention modality and sustainable health behavior change. His current research objectives include the examination of baseline psychosocial predictors of long term weight loss and the impact of weight training on self-determined motives and exercise adherence. He is a member of the American College of Sports Medicine.
and The National Strength and Conditioning Association. Dr. Havenar is an American College of Sports Medicine certified Health Fitness Specialist.

Physical Activity Program Instructors

The following 24 part-time faculty teach one to three courses of the 34 sections that are offered in the Physical Activity Program (Table 15). These one-unit ESS 100 - Motor Skill Performance and Analysis courses are listed under Creative Movement, Total Body Fitness, Individual Sports, Team Sports, and Rehabilitation Movement. The nine sections of dance under Creative Movement are cross-listed with the Performing Arts Department. The majority of the faculty have taught in the program for over five years. They have excellent teaching evaluations, and are very successful teachers and performers.

Table 15. List of Activity Instructors

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<th>Classes Taught</th>
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<td>Acedo, Gracielo</td>
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<tr>
<td>Aiello, Jennine</td>
<td>Functional Training</td>
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<tr>
<td>Baker, Rebecca</td>
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<td>Bangoura, Naby</td>
<td>West African Dance</td>
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<td>Bartlett, Peter</td>
<td>Tennis</td>
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<td>Bello, Leonel</td>
<td>Fencing</td>
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<td>Boreyko, Valeriy</td>
<td>Swimming Instruction, Swimming for Fitness</td>
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<td>Burick, Kathleen</td>
<td>Relaxation and Massage Tech, Yoga</td>
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<td>Caywood, Melissa</td>
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<td>Chamberlain, Daniel</td>
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<td>Duke, Jerry</td>
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<td>Gagnon, John</td>
<td>Gymnastics- Tumbling</td>
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<td>Gakovich, Danica</td>
<td>Flamenco</td>
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<td>Green, Natalie</td>
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<td>MacNeil, Jennifer</td>
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<td>McFarlane, David</td>
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<td>Miner, Maureen</td>
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<td>Pridgen, Rashad</td>
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<td>Reitenbach, Sydney</td>
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<tr>
<td>Sachs, Laura</td>
<td>Pilates/Feldenkrais Mat Class, Aerobic Fitness</td>
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</table>
Graciela Acedo (Ballet) has taught at USF since 2003. She holds a Bachelor of Arts degree in Performing Arts from Saint Mary's College and was honored in 2005 with a grant award from USF to study in Cuba, where she got certified on the methodology and pedagogy of the Cuban ballet syllabus. Coming from Caracas, Venezuela, in 1982, she won a government scholarship to study at the Boston Ballet and then at the Harkness Ballet in New York. Acedo performed the classical ballet repertoire and shared the stage with prestigious ballet dancers such as Rudolf Nureyev, Fernando Bujones and Julio Boca. She was a principal dancer with the Ballet Nuevo Mundo de Caracas, a contemporary ballet company, where she worked with world-renown choreographers. She has also danced with the Oakland Ballet and has been a guest artist with many dance companies. She also teaches at Berkeley Ballet, San Francisco School of the Arts, Ayako Ballet School, and the pre-professional program at Diablo Ballet, as well as guest teaching for dance companies in the Bay Area including Oakland Ballet, Ballet Napoles. She has been an associate director of Western Ballet, taught at Pacific Dance Theater in San Francisco where she was the assistant director of the summer program, and at the University of Nebraska.

Jennine Aiello (Functional Training) No information provided.

Rebecca Baker (Functional Training) No information provided.

Naby Bangoura (West African Dance) No information provided.

Peter Bartlett (Tennis) is the Head Men’s Tennis coach at USF. He has taught the ESS tennis classes since 2003. He earned a BA in psychology (University of Oregon, 1989) where he was a collegiate tennis player and captain of his team. In 1994 he received an MA in sport management from USF. He was a professional tennis player as well as being the associate and then interim head tennis professional at the Olympic Country Club. He has extensive coaching and teaching of tennis experience having also taught at a number of tennis clubs in the Bay Area.

Leonel Bello (Fencing) has taught the ESS fencing class since 1998. As a collegiate fencing competitor at USF, Leo won the NCAA Silver Medal, Individual Foil, in 1984. He holds Foil, Epee, and Sabre ratings and has won many Pacific Coast and Northern California medals. He has been the president of the USF Fencing Club, the Letterman Fencing Club as well as being a Director Member in the United State Fencing Association. Leo earned his BA degree in business administration in 1989 from St. Mary’s college.
Valeriy Boreyko (Swimming Instruction, Swimming for Fitness) No information provided.

Kathleen Burick (Yoga and Relaxation and Massage) received a B.A. in Dance (University of California at Santa Barbara, 1977) and M.A. in Creative Arts Education (San Francisco State University, 1991). She was certified as a T'ai Chi Chih teacher in 1984 and as a practitioner of Swedish Esalen massage in 1993. She has taught tap and modern dance at City College of San Francisco since 1980 and has taught at USF since 1999.

Melissa Caywood (Aerobic Fitness) No information provided.

Daniel Chamberlain (Soccer) is an Assistant Coach for the Men's Soccer Team at USF. Before working at USF, he was an Assistant Coach for the Stanford University Men's Soccer Team and the Head Men's Soccer Coach at his Alma Mater, UC Santa Cruz. He has taught the ESS soccer class since 2010. He earned his BA in Earth Science (UC Santa Cruz, 2003) where he was a collegiate soccer player and captain of his team. In 2009 he earned his MA in Sport Management from USF.

Jerry Duke (Ballroom, Latin, and Swing Dance) is Professor Emeritus and former Coordinator of Dance Studies at SFSU where he taught dance ethnology and history. He holds the Ph.D. in Dance Research, Texas Woman's U.; M.A. in Dance Ethnology & Folklore, UCLA; and the M.A. in Dance, Florida State U. He has done additional graduate work in Anthropology and Ethnomusicology at UC Berkeley, U. of Washington and San Francisco State U. He has researched dance and ritual in North American, Europe, Taiwan, and New Zealand and served as president of the international Congress on Research in Dance. Dr. Duke's choreographies have been performed at many major theaters and he has produced three dance specials for PBS, three articles for the "International Dance Encyclopedia", and three booklets, "Appalachian Clog Dance," "Dances of the Cajuns," and "Recreational Dance." He has taught at USF since 1988.

John Gagnon (Gymnastic-Tumbling) attended Diablo Valley Junior College and California State University-Sacramento from 1979-1981. For the past 26 years he has had extensive experience teaching gymnastics at all levels at various specialized gymnastics clubs. He has taught gymnastics at USF since 1997.

Danica Gakovich (Flamenco Dance) No information provided.

Natalie Green (Beginning jazz/Theater Dance) No information provided.

Kenneth Ko (Volleyball) No information provided.

Jennifer MacNeil (Aerobic Fitness, Yoga) No information provided.

Maureen Marrin (Basketball) enters her fourth year as the Recruiting Coordinator and Assistant Coach of the women's basketball coaching staff at USF. She has coached at
the Division I level for nine years, including stops at the University of Northern Colorado, Wright State University and North Dakota State University.

An outstanding collegiate performer at Regis University, Marrin helped lead the Rangers to two straight NCAA Division II tournament appearances in 2002 and 2003. As a senior, she was named the Rocky Mountain Athletic Conference 2002-03 Preseason Player of the Year and ranked among NCAA leaders in both free throw and three-point field goal percentage. Marrin was named the Regis University 2002-03 Female Athlete of the Year. Marrin was also a first team all-RMAC selection as a senior and a two-time all-tournament team choice. She finished her career as the fifth-leading scorer in school history with 1,128 points.

A native of Dallas, Texas, Marrin graduated cum laude from Regis with a degree in communications in May 2003. She was also a member of the Lambda Pi Eta National Honor Society, a three-time Academic All-RMAC selection and the recipient of both The Marshall McLuhan Mass Media Commencement Award and the Elaine Perry Leadership Scholarship. Marrin earned her master’s degree in sports management from Northern Colorado in 2005. She has taught the basketball class at USF since 2010.

**Cathleen McCarthy (Dance Conditioning)** received her BFA in Dance from Purchase College. In New York she danced professionally with the Kevin Wynn Collection and Larry Clark and Dancers. In the Bay Area, she performed with the New Dance Company, Della Davidson, Zaccho Dance Theater and as a guest artist. She has received grants for choreographic projects from the Zellerbach Family Fund, Dance Bay Area and CASH. She is certified in Pilates and GYROTONIC with her own private practice. She has been awarded a CHIME mentorship grant and in 2011 has been awarded an Isadora Duncan Dance Award for Sustained Achievement for her work as the Founder of the West Wave Dance Festival (formerly Summerfest/dance). She began working at the University of San Francisco in 2008. She is also on faculty at San Francisco State University since 1998.

**David McFarlane (Badminton)** No information provided.

**Maureen "Mo" Miner** came to the Bay Area from Illinois where she was an Assistant Professor of Dance at Illinois State University. She received her B.S. in Psychology and then went on to get her MFA in Dance Performance at the University of Iowa. She has performed with Jennifer Kayle and Company, Shelter Repertory Dance Theatre, Charlotte Adams and Dancers, Duarte Dance Works, Sara Semonis, and in works by Miguel Gutierrez and Lucas Crandall. In the Bay Area she has worked with Project Bandaloop and is currently dancing with Paufve Dance, Nina Haft & Company, and Katie Faulkner's little seismic dance company. Mo's own choreography has been seen at 2nd Sundays, the DanceIS Festival in Berkeley, Bare Bones, USF, and commissioned by College Preparatory School and the Shawl-Anderson Youth Ensemble. She currently teaches adult and teen modern classes at Shawl-Anderson Dance Center, where she
also coordinates the Shawl-Anderson Youth Ensemble and Modern Dance Summer Intensives. She has been at USF since 2008.

**Evan Nielsen, CSCS (Weight and Circuit Training)** is a Personal Fitness Trainer at the Pacific Athletic Club in Redwood City, CA. He held the position of Head Strength and Conditioning Coach at the University of San Francisco from 2006-2011 and has taught for Exercise and Sport Science since 2006. He earned his BS degree in Health Promotion with an emphasis in Fitness and Wellness from South Dakota State University in 2000 and has been working in the fitness and athletics profession for the past 10 years including NFL and MLB athletes.

**Rashad Pridgen (Hip Hop)** No information available.

**Sydney Reitenbach (Taekwondo)** No information available.

**Laura Sachs (Pilates/Feldenkrais Mat Class and Aerobic Fitness)** holds a BA in Social Science and a teaching credential from San Jose State University. She is certified by the American Council of Exercise with a Mind/Body Specialty, the Aerobics and Fitness Association of America (AFAA), is a registered yoga teacher with Yoga Alliance, and holds a National Certification of Therapeutic Massage and Bodywork. She has been a national presenter for the International Dance Exercise Association since 1994, with the Pilates Coach® team, a presenter of Mat/Reformer workshops and certifications, and a lecturer to corporations such as Sun Microsystems and National Semi Conductor on Relaxation and Fitness. Ms. Sachs is a contributor to IDEA source Magazine, FitYoga, and AFAA magazine. She is the creator of the E-MOTION® Body/Mind Fitness video program, Relaxation CD, and Yoga Walk CD. She has taught at USF since 2000.

**Cecilia Tom (Tai Chi)** graduated from Stanford University with a BA in Economics and International Relations, and a MA in International Policy Studies. As a Z Health Movement Specialist with extensive training in leveraging neurophysiology and neuroanatomy in motor learning and performance, Cecilia brings incredible precision and clarity to her work as a movement and athletic coach. She is Chief Instructor at prAxis Kettlebell Athletica, a leading kettlebell studio in the Bay Area, and she has taught alongside Pavel Tsatsouline, who founded the RKC system of kettlebell lifting in America, at Camp Pendleton for the U.S. Marine Corps, and served as an assistant instructor for various RKC certification courses. Her work has been featured in Vogue as well as San Francisco 7x7 Magazine. Cecilia has studied traditional Chinese martial arts since 1994, and is well versed in both Shaolin and the internal arts of Tai Chi and Xingyi. She has also danced and performed with Peony Performing Arts, Kaiwen You's China Dance School, and Bruce Ghent's Maikaze Taiko. Cecilia previously taught Yoga, Pilates and Tai Chi at Skyline College, and is an active instructor at UCSF fitness centers as well as USF's Koret Health and Recreation Center. Cecilia is a Certified
Pilates Instructor with Master Teacher Carol Appel / Body Kinetics, a Certified Indian Club Specialist with Dr. Ed Thomas, a Certified Yoga Teacher with the Sivananda Yoga Vedanta Center, and earned a Certificate in Integrated Yoga Studies from the California Institute of Integral Studies. She is also certified to administer Gray Cook's Functional Movement Screen. She has taught tai chi for Exercise and Sport Science since 2009.

Kirstin Williams received her BA in Dance/Physical Education in 1995 from San Diego State and MFA in Dance Choreography and Performance from Mills College in 1999. She acquired her training in Pilates with Elizabeth Larkam through Balanced Body in 2001 and throughout her college and graduate work years. Kirstin was a part of the Pilates Allegro Performance Team at SF Bay Club in 2002. In 1998 Kirstin founded her own dance company, Strong Current, in which she directs, produces, and choreographs athletic movement with a social activist edge. In 2004 she founded Strong Pulse Hip Hop and Jazz Crew. She has applied her knowledge of movement, teaching skills, and love of people to many different styles of classes: Pilates allegro, Pilates roller and ring, Pilates mat, vertical Pilates, resist-a-ball, power yoga, yoga flow, anti-gravity yoga, iyengar, stretch/meditation, cardio dance, cardio kickboxing, body sculpt, Ultimate Conditioning, swim, aqua fit, hip-hop, ballet, modern, tap, and jazz. Kirstin has taught at USF since 2006 and also teaches at City College of San Francisco, Crunch Fitness, Golden Gateway Tennis and Swim Club, and Bay Club Financial District.

V. DEPARTMENTAL GOVERNANCE

ESS subscribes to the By–Laws of the Department of Exercise and Sport Science. Please see Appendix 1.

College

The ESS Department is housed in the College of Arts and Sciences and is overseen by its Dean. Historically, ESS has been governed by the Arts and was a voting member of the Arts Council. However, due to the workloads of the associate deans in recent years, ESS has been managed by the Associate Dean of Sciences and is a voting member of the Sciences Council.

University

Full-time faculty are members of the USF Faculty Association (USFFA), the collective bargaining representative of all full-time faculty. Part-time faculty are members of the USF Part-Time Faculty Association. The associations are affiliated with the American Federation of Teachers (AFT), the California Federation of Teachers (CFT), and the
AFL-CIO. Conditions, criteria, and procedures of appointment, promotion, and tenure are described in the respective collective bargaining agreement between the university and the association.

IV. ACADEMIC RESOURCES

Research Laboratories
The Department has two laboratories: exercise physiology (Co-Directors: Thompson & Orri) and Motor Behavior (Director: Francis). The laboratories are used for teaching (75%) and research (25%).

*Exercise Physiology Laboratory*
- Quinton Q-Stress Electrocardiography System
- Quinton Q-Stress TM 55 treadmill
- Parvomedics True One 2400 Metabolic Measuring System (with Dell computer/printer)
- Lode cycle ergometer
- Monark Ergomedic 828E cycle ergometers (4)
- Monark Rehab Trainer 881E arm ergometer with stand
- VMax ST Sensormedics portable metabolic system
- 3 Dell desktop computers (two in lab office, one by forceplate)
- AMTI 60X80 forceplate
- Detecto Scale
- Statiometer
- Mercury column sphygmomanometer
- Electric sphygmomanometer (2)
- Aneroid sphygmomanometer (5)
- Littmann stethoscopes (6)
• Littmann teaching stethoscope
• Lange skinfold calipers (3)
• Harpenden skinfold caliper
• Omron body fat analyzer
• Tanita body fat monitor
• Polar heart rate monitors (6)
• goniometers (~20)
• 20 stopwatches (~20)
• flexible tape measures
• stability balls
• foam rollers
• skeleton and various bones
• variety of tools
• Lactate Scout lactate analyzer
• Lancing devices (2)
• Accu Check glucometer + lancing device
• Foam roller wall rack
• Non-bouncing medicine balls (3)
• Kettlebells (3)
• Plyometrics boxes
• Fitness mats

Motor Behavior Laboratory
• Manual Force Quantification System
• 2 student computers
Library Holdings

The dates of the available journals listed below are variable, and many are not supported currently. Additionally, library administration has demanded that we cut over $600 in journal subscriptions and informed us that there will be no new journal subscriptions.

- CAHPERD Journal Times
- Coach and Athletic Director
- International Review for the Sociology of Sport
- Journal of Athletic Training
- Journal of Motor Behavior
- Journal of Physical Education, Recreation, and Dance
- Journal of Sport and Exercise Psychology
- Journal of Sport and Social Issues
- Journal of Sports Medicine and Physical Fitness
- Journal of Strength and Conditioning Research
- Measurement in Physical Education and Exercise Science
- Medicine and Science in Sports and Exercise
- Pediatric Exercise Science
- Research Quarterly for Exercise and Sport
- Sociology of Sport Journal
- Sport History Review
- Sports Medicine
- Strength and Conditioning Journal
- Swimming World and Junior Swimmer

VII. INSTRUCTIONAL AND CREATIVE RESOURCES

The main avenue for ESS faculty to receive instructional resources is through the School of Education’s Center for Instructional Technology (CIT). The CIT regularly offers classes to educate the faculty in technological advances related to educational
instruction, especially software. Additionally, they are available on a one-to-one basis as a result of scheduling conflicts or personal needs.

Another source of technological help, especially with hardware issues, is through the USF Information Technology Services (ITS). Faculty are welcome to contact ITS with their technological needs.

For larger needs, the College of Arts and Sciences offers internal grants from the Faculty Development Fund in order to support monetary requests for teaching development funds. These funds are available to pursue work in the areas of course development, student learning, and related pedagogical issues. Most funds are awarded for expenses incurred, including travel, hotel, and meals, in presenting papers at conferences, for participating in workshops, and for materials and supplies related to teaching development.

VIII. ADMINISTRATIVE ASSISTANCE

The ESS Department has one part-time (0.8 FTE) program assistant working 30 hours each week. This position serves all faculty members in the department, but is chiefly responsible to the Department chair.

Typically there is one student assistant who works a maximum of twenty (20) hours each week. This position is managed by the departmental program assistant.

IX. PROGRAM GOALS FOR THE FUTURE

The overall goal of the department is to continue to offer a high quality program by retaining and growing core faculty who are committed to excellence in teaching, research, and service. The specific goals are to:

1. Retain and grow a core faculty committed to excellence in teaching, research and service.
2. Increase the quality of students in the program.
3. Strengthen the undergraduate program by offering a comprehensive curriculum that includes all specialized areas of kinesiology.
4. Build connections across campus that integrates exercise and sports science into both student and faculty academic life.
5. Increase the number of students who participate in college and university organizations.
6. Attain local and national recognition through educational research programs in exercise and sports science.
7. Build community connections related to health and physical activity that
encourage faculty and students to enhance the quality of life for members of the community.

8. Maximize the use of new technologies in classroom teaching and research related to health, exercise and sport sciences.

9. Maintain a quality work force and work environment.
Appendix
Appendix I: By-Laws of the Department of Exercise and Sport Science
By-Laws of the Department of Exercise and Sport Science

I. Name
This organization shall be known as the Department of Exercise and Sport Science.

II. Objectives and Mission Statement
Through its degree programs and the scholarly and creative work of its faculty and students, the Department of Exercise and Sport Science is committed to the development of a comprehensive understanding of the factors and conditions which influence human physical performance, health, and fitness.

Based on a specific set of learning outcomes, Exercise and Sport Science students will develop the key skills and competencies that will enable them to prosper in the exercise, sport, and allied health settings of the 21st Century. Our learning environment creates a seamless experience combining Foundational, Core, and Advanced Area studies, student advising, and career opportunities.

The Department also offers performance classes for the development of skills and knowledge leading to physical well-being, health, and creative use of leisure time.

Finally, the Department offers internships, field experiences, independent studies, and research seminars which provide for involvement, interaction, and service within the community.

III. Membership
All members of the USF Faculty Association and the USF Part-Time Faculty Association in good standing who hold academic appointments in the Department of Exercise and Sport Science are members of the Department.

IV. Department Chairperson
1. The Chairperson shall represent the Department in dealings with the administration. The Chairperson shall present fully and accurately the formal resolutions of the Department of Exercise and Sport Science faculty as well as their informal consensus in all matters concerning administrative-faculty relations and policies.

2. The Chairperson shall represent the Department on the College of Arts and Sciences Council.
3. The Chairperson shall be elected in a secret ballot election during the spring semester preceding the end of the Chairperson’s term. Should one candidate not receive a majority, a run-off election shall be conducted between the two top candidates.

4. The Chairperson shall serve a three-year term, in which year is defined by the academic year (beginning in the fall semester and ending at the end of the third summer).

5. The Chairperson shall serve as the ordinary conduit of information from the Dean of Arts, or other administrative official, to the Department on all matters of concern to the Department as a whole.

V. Department Meetings

1. Department policy shall be established at Department meetings.

2. The Chairperson shall schedule a minimum of one Department meeting each month during each semester.

3. The Chairperson shall ask for agenda items sufficiently in advance so that the agenda can be published before each meeting.

4. Meetings may be canceled if no old business remains to be conducted and if no new business is brought to the attention of the Chairperson prior to the meeting. New items may be placed on the agenda at a meeting by a two-thirds vote of the members present.

5. A quorum for meetings shall be the majority of the Department (Fall 1999, four full-time faculty).

6. Special meetings may be called by the Chairperson or a majority of the Department.

7. Voting at meetings

   A. The Department Chairperson is an equal individual voting member like all other Exercise and Sport Science full-time faculty members.

   B. A faculty member may call for a secret ballot for certain issues.

   C. Proxy vote given to the Chairperson may be allowed on major issues.

   D. Voting regulations shall govern all ad hoc and standing committee meetings.

VI. Parliamentary Authority
Robert’s Rules of Order, latest revised edition, shall be normative, but not binding unless a Department member, with a second, requests strict adherence to the edition.

VII. Amendments to By-Laws

These by-laws may be amended by a two-thirds vote of the Department.

VIII. Subordination

No part of the Department’s by-laws or proceedings shall stand in contradiction to the Constitution of the USF Faculty Association, the Collective Bargaining Agreement, the By-Laws of the Liberal Arts College Council, or published Faculty Association Policy.

IX. Ad Hoc Committees

Ad hoc committees may be created at the initiative of either the Chair or the Department. Their members shall be appointed by the Chair after consultation with members of the Department.
Appendix II: Faculty CV’s
CURRICULUM VITAE

Karen L. Francis, Ph.D.

Associate Professor and Chair
Department of Exercise and Sport Science
University of San Francisco • 2130 Fulton St.
San Francisco, CA 94117-1080 • 415.422.6265
kfrancis@usfca.edu

EDUCATION

2000 Ph.D. The University of Texas at Austin
Department of Kinesiology and Health Education
Specialization: Motor Control and Learning (Institute of Neuroscience)

Portfolio, Institute of Gerontology

1996 M.A. The University of Texas at Austin
Department of Kinesiology and Health Education
Specialization: Exercise Science

1992 B.S. The Ohio State University, Department of Kinesiology and Health
Specialization: Health Education and Life Sciences
Teaching Credentials: NTE, ExCET

PROFESSIONAL DEVELOPMENT

2011 Selected Participant, Biomedical Imaging: Multimodal Imaging Technology,
MIT/Harvard/Mass General, Cambridge Massachusetts

2010 Participant, Foundation for Critical Thinking, 30th International Conference on Critical
Thinking, Berkeley, California

2008 Participant, Presenting Data and Information, Edward Tufte (Professor Emeritus, Yale University), San Francisco, California

2005 Participant, Third Annual Motor Control Summer School,
Penn State University, Ligonier, Pennsylvania

2005 Participant, Matlab Applications and Programming Techniques Workshop,
MicroTek Computer Laboratories, San Francisco, California

2004 Selected Participant, Functional MRI Visiting Fellowship Program,
MIT/Harvard/Mass General, Cambridge Massachusetts

2001 Selected Participant, Summer Institute on Aging Research,
National Institute of Health, Washington, D.C.

1998  Participant, Evaluation & treatment of Balance Dysfunction in the Elderly, The University of Texas at Austin Institute on Gerontology, Austin, Texas

PROFESSIONAL EXPERIENCE

2011 -  
**Associate Professor and Chair**, University of San Francisco  
Department of Exercise and Sport Science

2003-2010  
**Associate Professor**, University of San Francisco  
Department of Exercise and Sport Science

2000-2003  
**Lecturer**, San Francisco State University  
Department of Kinesiology  
Chair: Susan Higgins, Ph.D.

1998-2000  
**Graduate Research Assistant**, University Clinic, The University of Texas Health Science Center at San Antonio, University Clinic  
Supervisor: Pamela New, M.D., Director of Neurology,

1994-2000  
**Graduate Teaching Assistant**, The University of Texas at Austin,  
Supervisor: Ann Scarborough, Ph.D.

TEACHING EXPERIENCE

2003-present  
**University of San Francisco**

**Courses Taught**

ESS 200  Statistics  
ESS 220  Motor Development  
ESS 350  Motor Learning,  
ESS 230  Psychology of Human Movement  
ESS 340  Neuroscience  
ESS 390  Special Topics: Fundamentals of Neuroscience  
ESS 398  Professional Practicum  
ESS 398  Neuroscience Internships (Placed & Supervised 9 students)  
  - Memory and Aging Center at UCSF  
  - Brain Tumor Research Center at UCSF  
  - Center for Movement Disorders at UCSF  
  - Brain and Spinal Injury Center at UCSF  
ESS 399  Directed Study (Supervised 19 students/10 semesters)  
ESS 410  Research Seminar

*Note*. ESS 398 Neuroscience Internships & ESS 399 Directed Study were taught on a volunteer basis.
2000-2003  
San Francisco State University

KIN 234  Motor Development  
KIN 230  Qualitative Analysis of Human Movement  
KIN 350  Movement and Skill  
KIN 698  Senior Research Seminar

1994-2000  
University of Texas at Austin

KIN 220  Motor Control Laboratory  
KIN 290  Qualitative Analysis of Movement

CURRICULUM DEVELOPMENT

2005  
University of San Francisco
Neuroscience, core course - Neuroscience Minor

2001  
San Francisco State University
Physical Dimensions of Aging, elective course - Gerontology Minor

AWARDS/HONORS

2009  
Collective Achievement Award, WASC, Learning Outcomes, College of Arts and Sciences, University of San Francisco

2007  
Collective Achievement Award, Department of Exercise and Sport Science, College of Arts & Sciences, University of San Francisco

2003  
Developing Professional Award, Western Society for Physical Education for College Women

2001  
Selected Participant, Summer Institute on Aging Research, National Institute on Aging; Brookdale Foundation

2001  
Community Service Learning Curriculum Development Award

2000  
Selected Presentation: Aging and Motor Behavior, National Institute on Aging Technical Assistance Workshop

1999  
David Burton, Jr. Fellowship, The University of Texas at Austin

1999  
Outstanding Achievement in Teaching, The University of Texas at Austin

1996  
Alderson Scholarship Award for Teaching Excellence, The University of Texas at Austin

1997  
Alderson Scholarship Award for Teaching Excellence, The University of Texas at Austin

1998  
Alderson Scholarship Award for Teaching Excellence, The University of Texas at Austin

PROFESSIONAL PUBLICATIONS

Book


Professional Journals


MANUSCRIPTS UNDER REVIEW


MANUSCRIPTS CURRENTLY UNDER PREPARATION


RESEARCH PRESENTATIONS/ABSTRACTS


RESEARCH PRESENTATIONS/ABSTRACT UNDER REVIEW


INVITED PRESENTATIONS


2005 Invited Speaker, The International Sport Science Congress: Korean Alliance for
Health, Physical Education, Recreation, and Dance, Kangwon National University, Chuncheon, Korea. “Age changes in the ability to control fine motor movements.” *Proceedings for the Korean Society for Growth and Development*, 3.

2005 Invited Speaker, Research Colloquium, Changbuk National University, Cheongju City, South Korea. Measurement and Evaluation of Older Adults.


**GUEST LECTURES**

2007 USF, Foundations of Exercise and Sport Science, Introduction to movement science
2006 Neuroscience solutions (Posit Science) colloquia series
2006 USF, Neuroscience minor faculty research presentations
2006 USF, Interdisciplinary Study of Human Aging, *Effects of health and physical activity on cognitive function*
2005 USF, Foundations of Exercise and Sport Science, Introduction to movement science
2005 USF, Psi Chi, Neuroscience lecture series
2004 UCSF, Department of Physical Therapy colloquia series
2004 USF, Women in Science, Research at USF
2004 USF, Faculty development luncheon, Integrating teaching and research
2002 Pepperdine University, Natural Science Colloquia Series, *Decoupling tremor from force control in tremor predominant Parkinson’s patients*
2002 Pepperdine University, Motor Control, Classroom lecture on the efficacy of DBS surgery for tremor-predominant individuals
2000 San Francisco State University, Kinesiology Colloquium, *Assessment of tremor and fine motor control in persons with Parkinson’s disease*
2000 The University of Texas, Institute for Neuroscience, *Decoupling tremor and force control in Parkinson’s patients*.

**DEPARTMENTAL SERVICE**

2011 -present Chair, Department of Exercise and Sports Science
2004 -present Faculty Advisor to USF, ESS Students
2009 - 2010 Faculty Member, Certificate Committee
2008 Supervisor, Neuroscience Internship, UCSF Memory and Aging Center (2 Students)
2008 Supervisor, Directed Study Supervisor, Motor Learning (3 Students)
2006 Supervisor, Directed Study Supervisor, Research Seminar
2006 freshmen orientation; field trip to Western Athletic Club
2005 Supervisor, Neuroscience field trip, “Universe Within”, Nob Hill Masonic Center Exhibitions
2005 Member, Search Committee, Exercise Psychology
2005 Member, Departmental Program Review
2005 Supervisor, Directed Study, Research Seminar
2004 - 2008  Freshmen orientation
2004 - 2005  Member, Search Committee, Exercise and Health Promotion
2003 - 2005  Member, Curriculum Committee
2004   Supervisor, Directed Study, Motor Learning
2003 - 2004  Member, Search Committee, Exercise and Health Promotion
2003 - 2004  Review Committee, ACSM scholarship

COLLEGE SERVICE

2009   Member, Search Committee, Sport Management
2008   Member, Search Committee, Sport Management
2008 -present  Faculty Co-Advisor, Club for Neuroscience Students (CNS)
2004 -present  Member, Neuroscience Minor Committee
2003 - 2008  Faculty Participant, Major/Minor Fair
2003 - 2007  Faculty Advisor, Summer Session
2007   Supervisor, Neuroscience Internships, UCSF Brain Tumor Research Center
2006   Supervisor, Neuroscience Internships, UCSF Movement Disorders Clinic
2005   Supervisor, Neuroscience Internship, UCSF Brain and Spinal Cord Center
2005   Supervisor, Neuroscience Internship, UCSF Memory and Aging Center
2005  Member, Search Committee, Sport Management
2005   Member, Search Committee, Psychology
2004 - 2005  Faculty Participant, Phonathon
2004   Supervisor, Neuroscience Internship, UCSF Memory and Aging Center
2004   Co-Presenter, Faculty Development Luncheon
2004   Member, Search Committee, Sport Management

UNIVERSITY SERVICE

2003 -present  Member, Interdisciplinary Committee on Aging, Co-chair Spring 2004
2004 -present  Member, Pre-Professional Health Committee
2009   Acting Chair, Interdisciplinary Committee on Aging
2008   Peru Immersion Trip, Bridging the Digital Divide (Faculty member, summer)
2008   Faculty mentor, Freshmen Book Discussion Group
2008   Member, Sub-Committee on Classroom Policy, Institutional Review Board
2004 -2010  Member, Institutional Review Board
2004   NIH Certificate for completion of the Human Participants Protection Education for Research Teams
2003   Co-investigator, Jesuit Foundation Grant (funded)

COMMUNITY SERVICE

2010-present  Mentor/fundraiser, Big City Mountaineers
2006 - 2008  Mentor/developer, Cardio Cognition, Community Exercise Program for Elders
2005 - 2006  Volunteer, Outreach program, Marin Rowing Association: Special Olympics
2004   Volunteer, Outreach program, Marin Rowing Association: Marin City Stars
2002 - 2004  San Francisco Active Aging Task Force
PROFESSIONAL AFFILIATIONS

Member, Faculty for Undergraduate Neuroscience
Member, International Society for Physical Activity and Aging
Member, International Society for Motor Control
Member, Society for Neuroscience
Curriculum Vitae
Jeremy W. Howell, Ph.D

Department of Exercise and Sport Science/ Phone: (415) 422-6875
Sport Management Graduate Program E-mail: howell@usfca.edu
University of San Francisco
2130 ton Street
San Francisco, CA 94117-1080

EDUCATION
Ph.D. 1990 University of Illinois at Urbana-Champaign, IL. Department of Kinesiology (Sport Studies emphasis)
M.S. 1984 University of Washington, Seattle. WA. Department of Kinesiology (Sport Studies emphasis)
P.G.C.E. 1982 University of Wales, Bangor, UK. Department of Education (Physical Education/History teaching credential)
B.S. 1981 University of Wales, Bangor, UK. Department of Sport Science (Hons. 2:1)

HONORS AND AWARDS
2009 Collective Achievement Award, College of Arts and Sciences, University of San Francisco. Awarded for preparing assessment plans to advance student learning.
2008 The Ignatian Faculty Service Award, University of San Francisco. Awarded for ‘exceptional contribution’ to students, the University and the community at large.
2007 Collective Achievement Award, College of Arts and Sciences, University of San Francisco. Awarded to ESS department for outstanding service to the college,
1997 U.S. Permanent Resident National Interest Waiver granted for ‘recorded service commitment to community health and fitness advancement.’
1989 Laura Huelster Scholarship for Outstanding Dissertation Research, Department of Kinesiology, University of Illinois at Urbana-Champaign.
1987 & 1986 Avery Brundage Scholarship for Athletic and Academic Achievement, University of Illinois at Urbana-Champaign.
1983 Thomas and Elizabeth Williams Scholarship, Dyfed Education Board, Wales, Britain. A two-year full international scholarship for graduate study in USA.
1982 Combined English & Welsh Universities Rugby XV.

ACADEMIC APPOINTMENTS
2010-present West Coast Conference Executive Council, San Bruno, CA.
2010-present NCAA Faculty Athletic Representative, University of San Francisco.
2010-present Professor, Department of Exercise & Sport Science; Sport Management Graduate Program, University of San Francisco.
2010-2011 USF Interim Athletic Director (3-person transition team).
2006-2009 Chair, Department of Exercise & Sport Science, University of San Francisco.
2002-2010 Associate Professor, Department of Exercise & Sport Science; Sport Management Graduate Program, University of San Francisco.
1997-2002 Assistant Professor, Department of Exercise & Sport Science; Sport Management Graduate Program, University of San Francisco.
1992-1993 Visiting Professor, Department of Physical Education & Health Science, Sonoma State University.
1989-1992 Visiting Professor, Department of Physical Education, University of California, Berkeley.

A. PROFESSIONAL EXPERIENCE
2007-present President, GOGO Sports Consulting Inc., San Francisco, CA
2000-present Advisory Board, Brian Boitano’s Youth Skate Initiative, San Francisco, CA.
2004-2011 Advisory Board, Perfect Fitness, LLC., Mill Valley, CA.
1997-2007 Consultant (philanthropic initiatives), Western Athletic Clubs, San Francisco, CA.
1996-2006 Board of Directors, Senior Assisted Living, Inc., Oakland, CA.
1996-2006 Board of Directors, Claremont House Inc, Piedmont, CA.
1991-1993 Consultant, U.C. Extension Education (Fitness Certificate), University of California, Berkeley, CA.
1992-1997 Director of Health and Fitness Operations, Western Athletic Clubs, CA.

GRANTS
Extramural
2005-2008 Director. Healthy Aging Program. Western Athletic Clubs Philanthropy Funds, San Francisco ($175,000).
2007 Co-Investigator. Essential Components of Exercise Programs for Breast Cancer Patients and Survivors, 2007 (w/ Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University), Connecticut State University System ($3,870).

Intramural
1997-present Faculty Development Fund, University of San Francisco ($19,783).
1999 Technology & Learning Grant, University of San Francisco ($6,900).

B. RESEARCH AND CREATIVE WORK
Refereed Research Articles and Book Chapters
Published


**Community Based Participatory Research (CBPR)**

1. **CBPR Training Manual and Report**


2. **CBPR Research Workshops (open to practitioners, patients and participants)**
   Organizer and Discussant (February, 2008). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speaker: Dr. William Bucholz, Buchholz Medical Group, Los Altos, CA.

   Organizer and Discussant (February, 2007). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, CA. Speaker: Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University, CT., and Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA

   Organizer and Speaker. (September, 2006). Research Update: Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speaker: Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University, CT.
Organizer and Discussant. (August, 2006). Research Update – 10 years after the Surgeon General’s Report on Physical Activity and Health. University of San Francisco, San Francisco, CA. Speakers: Dr. Sandy Bulmer, Department of Public Health, Southern Connecticut State University, CT.; Dr. Catherine Jankowski, Division of Geriatric Medicine, University of Colorado, Denver, CO.

Organizer and Discussant. (October, 2004). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speaker: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.

Organizer. (October, 2004). Integrating medical practitioners and certified trainers: IMPACT. Courtside Athletic Club, Los Gatos, CA. Speaker: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.


Organizer and Discussant. (May, 2004). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA. Speakers: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.; Dr. Christine Zampach, Physical Therapist, UCSF, San Francisco, CA.

Organizer. (July, 2003). Integrating medical practitioners and certified trainers: IMPACT. San Francisco Bay Club, San Francisco, CA., Presenters: Dr. Garret Smith, Golden Gate Center for Integrative Cancer Care, UCSF, San Francisco, CA.; Dr. Karen Lane. Oncology Surgeon, UCSF, San Francisco, CA; Rosalind Benedet, Director of Breast Cancer Recovery Program, California Pacific Medical Center (CPMC), San Francisco, CA.

III. CBPR Published Media

User Name: 07CV27
Password: z3UbZU

User Name: 07CV103
Password: Wj8yXS
**IV. Awards and Recognition**
The IMPACT program was the recipient of the ‘Beyond the Check’ Award and recognized as the most Innovative Philanthropic Program of the Year at the 2006 San Francisco Business Times Corporate Philanthropy Summit.

The IMPACT program received a San Francisco Mayoral Proclamation in 2006 for its “innovative approach to cancer treatment.”

**Commissioned Research**
Howell, J. & Rascher, D. (2011). The economic and non-economic value of Intercollegiate Athletics to the University of San Francisco Athletic Department. Commissioned by President’s Office, University of San Francisco.

Board of Athletic Oversight. (September, 2008). Report of the Board of Athletic Oversight for the President. Commissioned by President’s Office, University of San Francisco.

**DVD**


**Other Media**
Free2Play website with downloadable toolkit: http://www.notforsalecampaign.org/action/athlete/

**REFEREED PRESENTATIONS / PROFESSIONAL MEETINGS**

**International**


National


Thompson, C., Herreweyers, J., & Howell, J. (June, 2006). Efficacy of strength and balance training led by certified fitness trainers. Poster presented at the American College of Sports Medicine, Denver, CO.


**INVITED PRESENTATIONS**

**International**


Invited Address. (April, 2004). Future directions in the health and lifestyle industry. School of Physical Education, University of Otago, Dunedin, New Zealand.


National
Invited Presentation. (November, 2010). A Strategic Plan for West Coast Conference Student-Athlete Advisory Committee. President’s Council, West Coast Conference, San Bruno, CA.


Invited Speaker. (March, 2007). Dare to Be Fit. Lifelong Fitness Alliance lecture series. Pacific Athletic Club, Redwood City, CA.
Invited Discussant (March 2007). Discussant comments: The impact of Alan Ingham on the sociology of sport. 1st Alan Ingham Memorial Lecture, Miami University, Oxford, OH.


Invited Address. (July 2006). Sport on the Global Marketplace. LASalle (international) Sports MBA Study Program, St. Mary’s College, Moraga, CA.

Invited Address. (July 2005). Sport on the Global Marketplace. LASalle Sports (international) MBA Study Program, St. Mary’s College, Moraga, CA.

Invited Speaker. (February, 2003). Sport and globalization. Department of Athletics, Dominican College, San Rafael, CA.

Invited Address. (November, 2001). The rise of a new American urban health culture. Kinesiology and Physical Education Department, Cal State University, Los Angeles, CA.

Invited Speaker. (April, 2001). Stadium development and the new economy of professional sport. Department of Kinesiology, San Francisco State University, San Francisco, CA.

Invited Discussant. (February, 2001). Discussant comments: Recreation sports and the fitness industry. Student-Athlete Career Night, University of California, Berkeley, Berkeley, CA.

Invited Speaker. (November, 2000). From Hoop Dreams to Soul in the Hole. African American Studies and the Ethnic Studies Graduate Program (with C. Cole), University of California, Berkeley, Berkeley, CA.


Invited Speaker. (April, 2000). The globalization of sport. Department of Kinesiology, San Francisco State University, San Francisco, CA.


Invited Speaker. (December, 1994). The changing face of fitness. Sports and Fitness Management Graduate Program, University of San Francisco, San Francisco, CA.


UNIVERSITY REPRESENTAIVE AT PROFESSIONAL MEETINGS
West Coast Executive Council.
- October 25-27, 2011, Burlingame, CA.
- June 8-11, 2010, San Francisco, CA.

NCAA Annual Convention.
- January 11-15, 2012, Indianapolis, IN

NCAA Faculty Athletic Representative Association (FARA) Annual Convention.
- November 11-15, 2010, Baltimore, MD.

TEACHING EXPERIENCE
Courses Taught
University of San Francisco (1997-present)
Sport Management Program [graduate]
- SM 601 Managing Sport in a Dynamic Environment
- SM 601 Sport, Culture and Commerce
- SM 610 Capstone Seminar
- SM 614 Master’s Projects
- SM 690 Special Topics: The Newest Trends in Sports Business
- SM 690 Special Topics: Live, Work and Play: Sport and Urban Development
- SM 690 Special Topics: The Value of Intercollegiate Athletics to a University

Department of Exercise and Sport Science [undergraduate]
- ESS 120 Foundations of Exercise and Sport Science
- ESS 362 Sociology of Sport; Cross-listed as SOC 324 (Department of Sociology)
- ESS 370 The Analysis of Sports Systems
- ESS 398 Professional / Internship Practicum
- ESS 399 Directed Study

Sonoma State University (1992-1993)
Department of Physical Education and Health Science
- PEHS 140 Sociology of Sport

University of California, Berkeley (1989-1992)
Department of Physical Education
University Professional Development Classes
A series of ESS 390/CEU 1-unit ‘Special Topic’ courses offered over two consecutive weekend days. Courses are open to university students (for academic credit) and working professionals (for continuing education credit).

Organizer. (October 24-25, 2009). Exercise Programming and Business Development. University of San Francisco. Instructor: Jennifer Beaton, Vice-President of Fitness, Western Athletic Clubs, San Francisco, CA.


Organizer. (January 31-February 1, 2009). Functional Neuroscience and Behavior Change, University of San Francisco. Instructor: Paul Taylor, President, PT Academy and The Institute of Human Performance, Melbourne, Australia.


Organizer. (September 5-7, 2008). Functional Training and Rehabilitation. University of San Francisco. Instructor: Gary Gray, Gray Institute, Adrian, MI.

University Workshops and Certification Examinations
Co-Organizer. American College of Sports Medicine (ACSM) Health/Fitness Workshop and Examination, University of San Francisco, (w/ Dr. Sandy Bulmer, Southern Connecticut State University).

Daily lectures, seminars and laboratories culminating in the American College of Sports Medicine certification examination.

- May 28-June 1, 2001.
- May 24-29, 1999.


Co-Organizer. (January, 2008). Program design for the new millennium. University of San Francisco. Speaker: Juan Carlos Santana, Institute for Human Performance, Boca Raton, FL. (w/ Western Athletic Clubs)

Co-Organizer. (November, 2007). Chain reaction training. University of San Francisco. Speaker: Christina Christie, Advocate Lutheran General Hospital, Park Ridge, IL. (w/ Western Athletic Clubs)

Co-Organizer. (June, 2007). Functional movement essentials weekend seminar. University of San Francisco. Speakers: Michol Dalcourt and Ian O’Dwyer, PTontheNet, Greenwood Village, CO. (w/ Western Athletic Clubs)

Co-Organizer. (October, 2004). Senior Exercise Leader Training (SELT) Workshop, University of San Francisco. (with Dr. Chris Thompson, University of San Francisco).

University Guest Lectures
Guest Lecture. (May, 2011). The globalization of baseball. Class: Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. (April, 2011). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (October, 2010). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (March, 2010). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (September, 2009). Free2Play. Class: Culture, Gender and Movement, Department of Kinesiology, San Francisco State University.

Guest Lecture. (April, 2009). The globalization of baseball. Class: Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. (May, 2008). The globalization of baseball. Class: Baseball and Politics, Department of Politics, University of San Francisco.

Guest Lecture. Free2Play. Class: Exercise and Healthy Kids, Department of Exercise and Sport Science, University of San Francisco.


Guest Lecture. (April, 2001). Class: Stadium development and the new economy of professional sport. The Sports Experience, Department of Kinesiology, San Francisco State University.

Guest Lecture. (October, 1997). Class: Issues of re-presentation. Sociology of Gender, Department of Sociology, University of San Francisco.


SERVICE CONTRIBUTIONS

Service to Community and Profession

Workshops

Presenter. (November, 2010). Strategic planning session with WCC Student Athlete Advisory Committee. West Coast Conference, San Bruno, CA. See http://www.youtube.com/watch?v=C3ZEF__P8QI

The following are a series of 1-3 day workshops developed for exercise based community practitioners.


Organizer and Discussant. (November, 2000). Three-day retreat: Health, fitness and community intervention," Headlands Institute, Marin, CA. Speakers: David Batstone, University of San Francisco, Dr. Sandy Bulmer, Southern Connecticut State University, Dr. Jeff Spencer, physician for Tour de France winner Lance Armstrong, and Barry Jones, award winning clinical hypnotherapist.


Organizer and Speaker. (August, 1997). Three-day retreat: Health and creativity," Headlands Institute, Marin, CA. Presenters: Dr. Jeremy Howell, University of San Francisco, Dr. Sandra Bulmer (Western Athletic Clubs) and National Geographic photographer Dewitt Jones.


**Editorial Work**
- Occasional Reviewer, *Cultural Studies.*
- Book Manuscript Reviewer, Human Kinetics, 2002

**Professional Memberships**
- NCAA Faculty Athletic Representative Association
- National Collegiate Athletic Association
- North American Society for the Sociology of Sport
- International, Health, Racquet, and Sportsclub Association

**Community Program Development**
• Director, Philanthropic initiatives, Western Athletic Clubs, San Francisco, CA (2002-2008). Distributed approximately $9 million.
• Director, IMPACT Program (Integrating Medical Practitioners and Certified Trainers), San Francisco, CA. (2003-2008). Budget of $925,000.
• Director, Healthy Aging Initiative, San Francisco, CA. (2005-2008). Budget of $175,000.

Service to the University

Professional Appointments
• President’s Commission on Health Professions Education, 2011-present.
• NCAA Faculty Athletic Representative, 2010-present.
• USF Interim Athletic Director Transition Team, 2010-2011.
• Institutional Representative on West Coast Conference (WCC) Executive Council, 2010-present.

University Wide Committees
• Athletic Director Search Committee, University of San Francisco, 2011.
• Board of Athletic Oversight Committee, University of San Francisco, 2007-present.
• Pre-Professional Health Committee, University of San Francisco, 1999-present.
• Athletic Advisory Board, University of San Francisco, 2002-2007.
• Athletic Director Search Committee, University of San Francisco, 2006.

University Presentations
• An Assessment and Analysis of Intercollegiate Athletics at USF, Provost Council, October, 2011.
• An Assessment and Analysis of Intercollegiate Athletics at USF, USF Athletics Executive Team, September, 2011.
• An Assessment and Analysis of Intercollegiate Athletics at USF, President’s Office, August, 2011.
• An Assessment and Analysis of Intercollegiate Athletics at USF, Provost’s Office, July, 2011.
• An Assessment and Analysis of Intercollegiate Athletics at USF, USF Athletics Oversight Board, June 2011.

Service to the College of Arts and Sciences

College Committees

International Initiatives
• Online Exercise Medicine Degree Initiative, Body-Brain Performance Institute, Melbourne, Australia, March 9-15, 2010.
• Sports Management Japan Initiative, Tokyo, Japan, June 1-6, 2001.

College Advancement
• BUCK Institute for Age Research, Novato, CA. (w/ Brandon Brown, Associate Dean of Sciences), January 28, 2008.
• Conversations at Santa Sabina, a two-day retreat on Jesuit education and faith, Dominican College, San Raphael, 1997.
- Fall Preview Day, University of San Francisco, 1997-2000.
- Phone-a-thon, University of San Francisco, 1998-2000.

Faculty Search Committees
- Member, Sport Management Graduate Program, 2009.
- Chair, Department of Exercise and Sport Science, 2008.
- Member, Sport Management Graduate Program, 2008.
- Chair, Department of Exercise & Sport Science, 2005.
- Chair, Sport Management Graduate Program, 2004.
- Member, Department of Exercise & Sport Science, University of San Francisco, 2003.
- Member, Department of Psychology, University of San Francisco, 2001.
- Member, Department of Psychology, University of San Francisco, 2000.
- Member, Sport Management Graduate Program, 1999.
- Member, Department of Exercise & Sport Science, 1998.

Service to the Exercise and Sport Science Department; Sport Management Graduate Program; and Intercollegiate Athletics
- Chair, Exercise and Sport Science Department, 2006-2009.
- Intercollegiate Athletics Search Committee, Assistant Athletic Director for Athletic Performance, 2011.
- Intercollegiate Athletics Search Committee, Head Women’s Soccer Coach, 2011.
- 2008-2009 Department Learning Outcome Assessment Report (w/ Dr. Francis).
- Faculty Mentor Program, 2006 (Diana Lattimore, Department of Exercise and Sport Science).
- SM Program Review Self-Study for external reviewers.
- Faculty Mentor Program, 2001 (Bill Manning, Sport Management Graduate Program).
- Faculty Mentor Program, 2001 (Daniel Rascher, Sport Management Graduate Program).
- Athletic Department Mentor, 2001-present (USF Men’s Soccer).
- New ESS curriculum proposal and presented to the College Curriculum Committee, 1999.
Curriculum Vitae

Diana L. Lattimore
Assistant Professor
The University of San Francisco
Exercise and Sport Science Department
2130 Fulton Street
San Francisco, CA 94117-1080
dlattimore@usfca.edu
(415) 422-2141

Education

2006       Doctor of Philosophy, The University of South Carolina
            Department of Exercise Science
            Specialization in Health Aspects of Physical Activity

2000       Master of Science, The University of Memphis
            Department of Exercise and Sport Science
            Specialization in Sport Psychology

1996       Bachelor of Science, Southeast Missouri State University
            Psychology major with a minor in child studies

Peer-reviewed Research Publications


**Other Published Research**


**Manuscripts Under Review**


**Manuscripts in Preparation**


Lattimore, D., Wilcox, S, Saunders, R., Griffin, S., Fallon, E., Hooker, S., Durstine, JL. Barriers experienced by older adults over time and relations to outcomes.

**Peer-reviewed Research Presentations**

Bollenbacher, K., Shimuzu, M., Lattimore, D. (April 2011) *The fight against bulging*
bellies among California youth, Presented at the Students in Science Poster Night, USF.


Griffin, S., Wilcox, S., Rheaume, C., **Lattimore, D**, Leviton, L. (November, 2004). *Use of process evaluation findings for continual program monitoring and improvement.* In the symposium: Translation of research to practice: learning to adapt programs for diverse populations while maintaining program fidelity. Presented at the Gerontological Society of America Annual Meeting. Washington, DC.


Lattimore, D., Fry, M. D., & Balas, C. (October, 2000). *Students' perceptions of the motivational climate and their motivational responses in physical education.* A paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.


Lattimore, D. (April, 1996). *Burnout among intercollegiate athletes.* Research study presented at Fourth Annual Southeast Missouri State Student Research Conference, Cape Girardeau, MO.

**Grants and Awards**

Co-Investigator, San Francisco Department of Human Services: 3-year grant for $200,000 in collaboration with On-Lok Senior Services.

Collective Achievement Award, Exercise and Sport Science Department, USF, 2007

Undergraduate Research Stipend awarded by the Dean, USF College of Arts and Sciences, 2007

University of South Carolina Graduate School Dissertation Fellowship, summer 2006

**Teaching Experience**

2006-present  
**University of San Francisco**

**Core Course**
ESS 315 Exercise Psychology

**Upper Division Elective Courses**
ESS 330 Exercise and Health Promotion
  (part of Health Studies Minor)
ESS 360 Exercise and Healthy Kids
  (part of Child and Youth Studies Minor and Health Studies Minor)
ESS 398 Professional Practicum
2009  Guest Lecturer: The Mental Side of Sport and Exercise, The University of San Francisco. *Foundations of Exercise and Sport Science* (ESS120).

2007  Guest Lecturer: The Role of Exercise and Health Promotion, The University of San Francisco. *Health Promotion during the Child-bearing Years* (*USF Graduate Nursing Class*).

2004-2005  **University of South Carolina**


2000-2005  **The University of Memphis**

2001-2005  *The Concepts of Fitness and Wellness* (*HPRO 2100*); The Regents Online Degree Program

2000-2002  *The Concepts of Fitness and Wellness* (*HMSE 1100*); Department of Human Movement Sciences and Education.

2000  *Psychological Aspects of Exercise* (*EXSS 4602*), Department of Human Movement Sciences and Education.


**Curriculum Development**

2011  Course Developer, PETE 3307 Psychological Aspects of Sport, Regents Online Degree Program.

2008  Course Developer, ESS 362 *Exercise and Healthy Kids* - Upper Division Elective and an elective course for the Child and Youth Studies Minor and the Health Studies Minor.

2001-2005  Course Developer, HMSE 2100 *Concepts of Fitness and Wellness*, Regents Online Degree Program.
Academic and Community Service

Service to the Department and College

2011
USF Students in Science Poster Night Sponsor, Katelyn Bollenbacher, Miho Shimizu, and Diana Lattimore* The fight against bulging bellies among California Youth, April 2011

2010
Directed Study with student-athlete, Mental Skills Training in Golf, USF Spring 2010

2006-present
Faculty Advisor, ESS students

2006-2010
Collaboration with Dr. Chris Thompson, falls prevention study.

2007 & 2008
Faculty Participant, 4.0 GPA Recognition Banquet

2006-2008
Major/Minor Fair, 2006-2008

Service to the University

2012
Invited Speaker, Prevention of Obesity and Diabetes in Children- The Next Generation: Their Waistline Legacy?. Symposium presented by the Child and Youth Studies Committee: Being a Kid Isn’t Easy: Keeping Today’s Children Healthy.

2011
Collaboration with the Nursing Department, implementation of physical activity and nutrition program in two elementary schools in SF.

2008-present
Member, USF IRB committee

2006-present
Member, USF Committee on Children and Youth

2010-present
Member, USF Wellness committee

2010-present
Sport Psychology Consulting with USF athletes

2006-2007
Member, USF Interdisciplinary Committee on Aging

2010 & 2011
Guest Speaker, Injury from a Psychological Viewpoint, USF Athletic Student Trainers

2009
Guest Speaker, Kid’s Bulging Bellies: Our Problem, Child and Youth Studies Minor


**Service to the Community**

2010  LoveToKnow Exercise interview: *Preventing Childhood Obesity*, December 2010  
http://exercise.lovetoknow.com/about-physical-fitness/preventing-childhood-obesity  
published interview

2006-2011  Member, Board of Directors, Generations Community Wellness Centers

2011-present  Board Advisor, Generations Community Wellness Centers

2008  Fitness Magazine Interview: *Be A Success Story*, Nov./Dec. 2008

**Service to the Profession**

2009-present  Member, Association for Applied Sport Psychology  
Special Interest Group Member, Psychology of Sport Injury

2007-present  Member, Association for Applied Sport Psychology

2011-present  Sport Psychology Consultant, Elite Bay Area Athletes

2012  Manuscript Reviewer, Journal of Physical Activity & Health


2011  Manuscript Reviewer, Psychology of Sport & Exercise.


2010  Manuscript Reviewer, Ethnicity and Health.

2008  Manuscript Reviewer, Medicine & Science in Sports & Exercise (MSSE)

2005  Abstract Reviewer, South Carolina Public Health Association (SCPHA)
CURRICULUM VITAE

Geraldine Lauro
Assistant Professor
Department of Exercise and Sport Science
University of San Francisco
2130 Fulton Street
San Francisco, CA 94117-1080
(415) 422-6508 (Work)
(415) 422-6040 (Fax)
lauro@usfca.edu

Education

1992    Ed. D.  University of San Francisco
        School of Education
        Specialization: Organization and Leadership
        Doctoral Dissertation: Attitudes, Beliefs, and Behavioral Intention of College
        Women Toward Regular Participation in Aerobic Dance/Exercise Programs

1967    M.A.  University of California, Berkeley
        Department of Physical Education
        Specialization: Physical Education

1965    B.S.  University of Wisconsin, Madison
        Department of Kinesiology
        Specialization: Physical Education

Professional Experience

1976- present  Assistant Professor, University of San Francisco
                Department of Exercise and Sport Science

2005-present  Coordinator of the Physical Activity Program
                Department of Exercise and Sports Science

2001-2003  Department Chairperson, University of San Francisco
            Department of Exercise and Sport Science

1970-1976  Instructor of Physical Education, University of San Francisco
Department of Exercise and Sport Science

**Women’s Sports Coordinator**, University of San Francisco
Intercollegiate and Extramural Sports

1967-1970 **Instructor of Physical Education**, Sir Francis Drake High School
Physical Education Instructor
Women’s Track and Field Coach
Drill Team Coach

1965-1966 **Instructor of Physical Education**, Ridgefield Park High School
Women’s Athletic Association Advisor
Women’s Athletic Club Advisor
Bowling Club Advisor

Teaching Experience

2005- Present **University of San Francisco**

**Core Courses**
ESS 120 Foundations of Exercise and Sport Science
ESS 220 Motor Development

**Advanced Area Studies**
ESS 364 Curriculum and Instruction Elementary School Physical Education

1976-2005 **University of San Francisco**

**Core Courses**
ESS 100 Golf
ESS 120 Foundations of Exercise and Sport Science
ESS 220 Motor Development
Freshman Seminar: Walking in San Francisco, A Cultural Experience

**Advanced Area Studies**
ESS 364 Curriculum and Instruction Elementary School Physical Education
Teaching Movement Skills
Analysis of Aquatics
Analysis of Tennis/Badminton
Physical Fitness Conditioning

**Elective Courses**
Archery, Swimming, Tennis, Golf, Badminton, Softball, Field Hockey

**1970-1976 University of San Francisco**

**Advanced Area Studies**
Analysis of Aquatics
Analysis of Team Sports
Analysis of Individual Sports
Physical Fitness Conditioning

**Elective Courses**
Volleyball, Basketball, Golf, Swimming, Tennis, Badminton, Archery

**Awards/Honors**

1989 College Merit Award for Outstanding Teaching and Service

**Publications**

**Published Research**


**Research Submitted**


**Research Completed, Not Submitted**

Busk, P & **Lauro, G.** (1991). "Values Survey of the University of San Francisco Community".

**Lauro, G.** (1985). "Identification of Criterion for Evaluation of the Physical Education Activities Program-Physical Fitness Component, at the University of San Francisco."

Lauro, G. (1984) "Aerobic Physical Fitness Survey- Developing the Inventory". I developed an inventory and surveyed 68 aerobic exercise students at USF as to their attitude towards exercise and knowledge of the components of physical fitness.

Lauro, G. (1984). “AAHPERD Health Related Physical Fitness Test- Test Review " paper. Critique of the physical fitness tests that were to be implemented in public schools in California.

Presentations

1985  Group Presenter, National Association of Physical Education in Higher Education Conference, "Undergraduate Preparation for Admission to Graduate Study"

Departmental Service

1984-1988  Creator, Physical Education Department Newsletter
1984-1986  Member, Athletic Advisory Board
1979-1983  Member, Athletic Control Board
1981  Member, Athletic Review Board
1979  Member, Screening Committee, Associate Director for Women
1978-1979  Advisor, Physical Education Majors Club
1977-1978  Advisor, Archery Club
1970-1975  Creator/Coordinator, Women’s Intercollegiate and Extramural Sports
1970-present  Supervisor, Independent Study and Field Experiment Courses

College Service

1985-present  Member, Admissions Committee, Student Recruiting
1990-2007  Member, Admissions Committee, Telephone Recruiting
1996, 2004  Chairperson, Athletic Dept. NCAA Accreditations, Gender Equity Committee
2001-2003  Chairperson, Selection Committee, ACSM Scholarship
1999-2002  Member, Joint University Curriculum Committee
2000-2001  Member, Selection Committee, Dr. Y.I. Wu Scholarship
1998-2000  Member, Selection Committee, ACSM Scholarship
1996-1997  Member, Koret Health and Recreation Center Advisory Board
1991-1993  Arts Representative, USF Faculty Association Policy Board
1992  Member, Search Committee, USF Assessment Coordinator
1991-1992  Coordinator, Classroom Research Workshops
1989-1992  Member, USF Faculty Association Appeals Boards
1985-1992  Member, USF Task Force on Assessment
1989, 1991  Member, AAHE Assessment Conference
1990-1991  Member, WASC Study Group on Assessment
1990-1991  Member, Selection Committee, Athletic Director
1987-1988  Koret Health and Recreation Center Advisory Board
1983-1986  Member, Planning Committee, Koret Health and Recreation Center
1983  Member, Selection Committee, Dean’s Honor Medal
1979  Member, Selection Committee, Associate Athletic Director for Women
1977-1978  Faculty Evaluator, Continuing Education Assessment Center
***  Speaker, School of Education Doctoral Screening Workshop

Community Service

1976-1979  Instructor, Swimming, Tennis, Badminton, and Golf, National Youth Sports Program
1977-1979  Chairperson, Tennis Advisory Board, San Francisco Recreation and Parks Department
1977-1979  Chairperson, Group Reservations for Golden Gate Park, San Francisco Recreation and Parks Department
1980-1981  Volunteer, Aquatics, Gymnastics and Track and Field, San Francisco Recreation Center for the Handicapped

Professional Service

   Member, American Alliance of Health, Physical Education, Recreation, and Dance
   Member, California Association of Health, Physical Education, Recreation, and Dance.
   Member, National Association of Physical Education in Higher Education
   Member, Western Society of Physical Education of College Women
   Member, North American Society for Psychology of Sport and Physical Activity

1990  Chairperson, Professional Committee, Western Society of Physical Education of College Women
1989  Member, Professional Committee, Western Society of Physical Education of College Women
1985  Member, Elections Committee, Western Society of Physical Education of College Women
1980  Member, Program Committee, Western Society of Physical Education of College Women
I. Biography
   A. Date of birth: August 22, 1938
   B. Place of birth: San Francisco, California
   C. Employment: USF 1971 to Present; Full Professor 1979

II. Education
   A. Stanford University, Palo Alto, CA Undergraduate 1956-1958
   B. San Francisco State U., San Francisco, CA Speech BA 1959-1962
   C. San Francisco State U., San Francisco, CA Speech 1963-1964
   D. Stanford University, Palo Alto, CA Language Arts 1965
   E. Stanford University, Palo Alto, CA Physical Education MA 1965
   F. Stanford University, Palo Alto, CA Physical Education 1967-1968
   G. Stanford University, Palo Alto, CA Physical Education Ed.D* 1971

III. Academic Honors, Recognitions, Commendations, Fellowships, etc.
   A. Member, Phi Delta Kappa, National Honorary Education Association.
   B. Member, Delta Sigma Rho, National Forensic Society.
   C. Fellowship, Stanford University, 1967-1968.

IV. Professional Associations
   A. Autism Society of America.
   B. International Society for the Philosophic Study of Sport.
   C. Pacific Amateur Athletic Union.
   D. United States Judo Black Belt Federation.
   E. Northern California Judo Black Belt Federation.
   F. California Teachers Association.
   G. San Francisco State Football and Athletic Halls of Fame

V. Volunteer Service
   Career Counselor, San Francisco State University Alumni Association, 1994-present.
   USFPromotion and Tenure Committee, 2010-present.

VI. Recent Research and Publications
   B. “As Good As It Gets.” Published in the Autism Spectrum Quarterly, Fall 2007.
   D. “Differences in Perceptions of Character Development Among College Students in Martial Arts, Tennis, And Health Science Classes.” To be submitted to the CAHPERD Journal’s research section.
   E. Completed data collection on research on “Attitudes of Selected College Students Toward Violence.”

*Dissertation Title - “Teacher Effectiveness and Authoritarianism in Male Physical Education Teachers.” Published by the University of Oregon Microform Publications, 1973.
CURRICULUM VITAE

Julia Constance Orri
Department of Exercise and Sport Science
Associate Professor
University of San Francisco
2130 Fulton St.
San Francisco, CA, 94117-1080
(415) 422-2331 (office)
(415) 422-6040 (fax)
email: jorri@usfca.edu

Education

2001 Ph.D. The University of New Mexico
Department of Health and Human Performance
Specialization, Exercise Science
Dissertation: The effects of glycerol on fluid balance and cardiovascular hemodynamics in males at high altitude

1993 M.S. California State University, Hayward
Department of Kinesiology
Specialization, Exercise Science

1982 B.A. California State University, Chico
Department of Physical Education
Specialization, Physical Education
California Teaching Credential, Physical Education

Employment

2005-present Associate Professor, University of San Francisco
Department of Exercise and Sport Science

2001-2005 Assistant Professor, Coastal Carolina University
Department of Health, Physical Education and Recreation

Research/Creative Work

Research interest Endothelial Function in Postmenopausal Masters Athletes
Awards/Honors

2007  Collective Achievement Award, Department of Exercise and Sport Science, College of Arts & Sciences, University of San Francisco

Publications

Refereed Journal Articles


Abstracts


Unpublished Work

In Progress


Endothelial Function in Masters Athletes (review article in planning stage)

Presentations


Invited Lectures
Local

2008
Guest speaker, Living Well with Diabetes Support Group, San Francisco, Exercise for Life and Living, What we Know Now

University of San Francisco

2009
Well-life program, C-Reactive Protein
2009
Foundations of Exercise and Sport Science, Diabetes
2008
Women in Science Luncheon, Women and Heart Disease
2006
Women in Science, Opportunities in Research;
Female Biology classroom lecture, Women and Heart Disease

Teaching

2005-present
University of San Francisco

Lower Division Core Course
ESS 200 Statistics for ESS

Upper Division Core Course
ESS 300 Kinesiology

Upper Division Electives
ESS 325 Exercise and Disease Prevention
ESS 358 Clinical Exercise Testing
ESS 358L Clinical Exercise Testing Laboratory
ESS 398 Internship

2001-2005
Coastal Carolina University

Upper Division Courses
Kinesiology
Kinesiology Laboratory
Exercise Physiology
Exercise Physiology Laboratory
Assessment & Technology in Physical Education

Upper Division Electives
Fitness Assessment and Exercise Prescription
Fitness Practicum
Exercise and Sport Nutrition
Laboratory Skills in Exercise Science

2000 

The University of New Mexico

Upper Division Course
Kinesiology

Curriculum Development

2008

University of San Francisco

Clinical Exercise Testing - Upper Division Elective

2001-2005

Coastal Carolina University

Fitness Minor
Exercise and Sport Nutrition -Upper Division Elective
Fitness Assessment and Exercise Prescription - Required Upper Division Course
Fitness Practicum - Elective in Fitness Minor
Kinesiology Laboratory - Required Upper Division Course
Exercise Physiology Laboratory - Required Upper Division Course
Assessment & Technology in Physical Education - Required Upper Division Course
Laboratory Skills in Exercise Science - Required Upper Division Course

Service

ESS Department

2006-present

Faculty advisor, ESS students
Orientation to the ESS major
Summer/Winter Break advisor to ESS students
Faculty Participant, Student/Faculty Senior Dinner

2008-present

Collaboration with Dr. Karen Francis, menopause review article and motor control study

2005-2007

Collaboration with Dr. Chris Thompson, diabetes research study

2005

Member, Scholarship Committee, American College of Sports Medicine Personal Trainer Workshop

College of Arts and Science
2007-2010 Member, Faculty Development Fund (FDF) Committee
2009 Faculty Advisor, Webtrack Summer Advising
2009 Member, Search Committee, Clinical Psychology
2006-2008 Faculty Advisor, FastTrack Summer Advising
2005-present Faculty Participant, Major/Minor Fair
2005 Member, Search Committee, Exercise Psychology
2007 Faculty Participant, 4.0 GPA Recognition Banquet
2006 Faculty Participant, Phonathon

University Service

2009-2010 Science Representative, USF Faculty Association Policy Board
2011-present Secretary, USF Faculty Executive Board
2011 Member, USFFA Negotiating Team
2006-2008 WASC Re-Accreditation Working Group Two, Educational Effectiveness Review, Theme II, Diverse Learning Community
2008 Member, Dissertation Committee
2007 Faculty Participant, Priscilla A. Scotlan Career Services Center panel discussion with external reviewers
2007-present Faculty Participant, Undergraduate Admissions Shadow Program

Profession

2007-2010 Guest Lecturer, American College of Sports Medicine Health Fitness Instructor (HFI) Workshop, San Francisco State University, Risk Stratification/Programming for Special Populations


Membership Affiliations

1998-present Member, American College of Sports Medicine
2009-present Member, North American Menopause Society
2001-2006 Member, American Alliance for Health, Physical Education, Recreation and Dance
Christian John Thompson, Ph.D.
Department of Exercise and Sport Science
University of San Francisco
2130 Fulton Street
San Francisco, CA 94117
(415) 422-6615
jkt@alumni.dhu.edu

EDUCATION

May 2001  University of Kansas, Lawrence, KS
Ph.D., Exercise Physiology Certificate of Gerontology
Dissertation Title (conferred with Honors): Effects of an Eight Week Conditioning Program on Fitness, Club Head Speed, and Perceptions of Fitness and Golf-related Performance in Male Recreational Golfers Aged 55-78 Years. Dissertation Advisor: Wayne Oxness, Ph.D.

May 1997  University of Oklahoma, Norman, OK
M.S., Exercise Physiology and Health Promotion
Thesis Title: Reliability and Comparability of the Accelerometer As A Measure Of Upper Body Muscular Power. Thesis Advisor: Michael Dembner, Ph.D.

May 1993  Cornell University, Ithaca, NY
B.S., Atmospheric Science Minor, Communications

PROFESSIONAL EXPERIENCE

2007-present  Associate Professor, University of San Francisco, San Francisco, CA
Department of Exercise & Sport Science (ESS)
Chairman, ESS 2009-present
Coordinator, Interdisciplinary Minor in Gerontology

2002-2007  Assistant Professor, University of San Francisco, San Francisco, CA
Department of Exercise & Sport Science (ESS)
Coordinator, Interdisciplinary Minor in Gerontology

2001-2002  Lecturer, University of Kansas, Lawrence, KS
Department of Health, Sport, & Exercise Sciences (HSES)

1996-2000  Graduate Teaching Assistant, University of Kansas, Lawrence, KS
Department of Health, Sport, & Exercise Sciences (HSES)

1997-2001  Graduate Research Assistant, University of Kansas, Lawrence, KS
Research and Training Center for Independent Living
• Physiology research assistant for CDC grant R01-CCR71707-01

1998-1999  Consultant, Kansas State University, Manhattan, KS
Personal Actions to Health (PATH) Project, a Kansas Health Foundation grant

1997-1999  Clinic Director, University of Kansas Fitness Evaluation Clinic, Lawrence, KS

1995-1996  Research Assistant, University of Pennsylvania Medical Center, Philadelphia, PA
Department of Neuroscience NIH grant NS2-60228 under Dr. Mark D'Esposito

1993-1995  Graduate Assistant, University of Oklahoma, Norman, OK
Department of Health & Sport Sciences
PROFESSIONAL HIGHLIGHTS

2002-Present UNIVERSITY OF SAN FRANCISCO

COURSES TAUGHT

Spring 2006-2008 ESS 240 Interdisciplinary Study of Human Aging – Core SL
This course introduces students to a wide range of topics and disciplinary interests in gerontology and to explore their influence on the ability for older adults to successfully age in today's world. The changing demographics of the aging population are emphasized as well as the biological, sociological, and psychological effects of human aging.

Fall 2002-2009 ESS 310 Exercise Physiology
Spring 2006-2009 This course studies the physiology of exercise, ventilation, training, fatigue, and health in relation to physical activity. Additionally, individual differences in neuromuscular, endocrine, cardiovascular and respiratory function are explored as well as a study of the biochemistry of exercise. An included laboratory enables the study of laboratory-based human performance assessment.

Fall 2002-2008 ESS 368 Nutrition for Exercise and Health
Spring 2008 This course introduces the relationship of nutrition to health status and exercise performance. Specifically, assessment of energy expenditure, fluid balance, and nutritional strategies are studied. Additionally, nutrition for the athlete is explored.

Spring 2003-2005 ESS 356 Movement Skills for Special Groups
Spring 2003-2007 This course emphasizes the theory and practice of adaptive physical education applied to the exceptional person. Topics include sensory impairment, behavioral and learning disorders, fitness and structural problems, cardiovascular, pulmonary and metabolic problems. Interventions and activities for the exceptional person are introduced.

Fall 2004 This course studies the development of the knowledge and skills needed to provide individualized assessment, counseling, and program recommendations for exercise and other health behavior changes. Attention is paid to apparently healthy, increased risk, and diseased populations.

Spring 2003 ESS 374 Exercise Physiology Practicum
This course involves supervised student teaching to assess programs of human performance strategies introduced in the management of metabolic testing, neuromuscular testing, aerobic and anaerobic fitness. Students also study techniques for data analysis and data reporting of human performance.

Fall 2004 ESS 399 Directed Study in Sports Medicine and Treatments
Supervised one student who completed an applied experience in the USF Athletic Training Room.

Fall 2004 ESS 399 Directed Study in Exercise Testing and Prescription
Supervised students who completed an applied experience in various disciplines including gerontology research, gerontology fieldwork, and the USF Strength and Conditioning Room.

Fall 2003 ESS 370 Personal and Community Health
Guest Lecturer (2 occasions – Chronic Disease, Epidemiology)

Fall 2005-2008 ESS 260 Foundations of Exercise and Sport Science
Spring 2006-2009 Guest Lecturer (Introduction to Exercise Physiology)
CURRICULUM DEVELOPMENT

2005  ESS 240  Interdisciplinary Study of Human Aging
      Described above

2005  ESS 320  Clinical Exercise and Disease Prevention
      This course examines the increasingly important role of physical activity in the
      prevention and treatment of chronic disease (e.g., obesity, cardiovascular disease,
      diabetes) in our society.

2005  ESS 330  Exercise and Health Promotion
      This course teaches students to develop effective health promotion interventions
      for a variety of populations. The underlying theories of health behavior and their
      application to program development are studied.

TEACHING-RELATED ACTIVITIES

University of San Francisco Student Athletic Training Experience (SATE)
Description: Undergraduate ESS students spend 6-15 hours per week assisting in the
Athletic Training Room and during practice and competition of USF Athletics. Students
attend weekly in-service education sessions and observe physician evaluations and
orthopedic surgeries. The educational focus is on basic principles of athletic training and
sports medicine developed by the National Athletic Trainers’ Association.

Activities:
• Worked with USF Athletics Department Staff to develop SATE
• Recruited ESS students into program
• Wrote grant applications to fund program
• Assist in student selection and evaluation process

Simmons College Graduate School Collaboration Agreement
Description: ESS Department and Simmons College in Boston, Massachusetts have a 5-
year collaboration agreement that allows up to 3 graduating students each year from USF
ESS to matriculate into the incoming Simmons College Physical Therapy Doctoral
Program.

Activities:
• Pursued relationship with Simmons College
• Worked with faculty and administrators from Simmons College to develop
  agreement
• Gained support of ESS faculty and USF administration for the program
• Regularly advise ESS students to consider Simmons College DPT program

2001-2002  UNIVERSITY OF KANSAS

COURSES TAUGHT

HSIS 425  Communicable and Degenerative Diseases
This course introduced students to the basic concepts of disease processes,
including emphasis on the etiology of disease, along with primary, secondary,
and tertiary prevention and treatment of disease.

HSIS 505  Nutrition and Metabolism
This course examined the biochemical and physiological bases of human nutrition
requirements including digestion and absorption, carbohydrate, protein, and fat
metabolism, vitamin and mineral interactions, and the relationship of nutrition to
chronic disease.
HSES 573 Introduction to School and Community Health
This course provided an overview of community and school health professions. Areas of emphasis included the nature of health education, needs, services, and planning for community and school health programs.

HSES 618 Health Aspects of Aging
This course introduced students to the various aspects of the human aging process, placing emphasis on normal aging changes and deviations due to disease and/or a sedentary lifestyle.

HSES 730 Advanced Concepts of Nutrition
This course focused on the nutritional factors affecting health at all ages and addressed specific nutritional needs, the effects of deficiencies, and the physiological and biochemical processes involved with nutrition.

HSES 779 Physiology of Functional Aging
This course provided a study of the physiological changes due to the aging process, including presenting the pathophysiology of various chronic diseases and biological theories of aging.

HSES 812 Current Issues in Health Education
This course analyzed the literature in health education to provide students with a framework to develop their own philosophy with regard to health education while familiarizing them with contemporary issues in health education.

TEACHING-RELATED ACTIVITIES

2001-2002 Ambassador for the University of Kansas Center for Teaching Excellence (CTE)
Description: The CTE offered a number of programs that promote the scholarship of teaching including workshops, forums, and awards.

UNIVERSITY SERVICE

2002-Present UNIVERSITY OF SAN FRANCISCO
2009-present Department Chairman, Exercise and Sport Science
Activities:
• Set agenda and led ESS Department faculty meetings
• Representative of ESS Department at COSRC and College Council meetings
• Manage ESS Department budget

2005-2006 New Faculty Mentor
Activities:
• Served as mentor to incoming ESS faculty member Julie Ortl, Ph.D.
• Conducted weekly formal meetings and initiated informal discussions
• Shared office space to accommodate Dr. Ortl
• Provided ongoing support to Dr. Ortl to assist her in adjusting to life at USF
2005-Present  Gerontology Minor, Coordinator
Description: The Gerontology Minor at USF offers students the opportunity to study the human aging process from an interdisciplinary perspective. The minor consists of classes from across the University and provides a rich student learning experience for USF undergraduates wishing to better understand the older adult.
Activities:
- Coordinated course development and support from campus departments
- Organized a Gerontology Minor Committee
- Wrote and revised the Minor proposal for review by the Curriculum Committee, which formally accepted the proposal in May 2005
- Developed promotional materials for the minor
- Currently advise all Minor students during registration periods

2004-Present  Interdisciplinary Committee on Aging, Founding Member
Description: The ICA is committed to promoting awareness and understanding of the issues associated with the aging process, extending the quality of life, and postponing illness and disability. The ICA has hosted campus-wide events, assisted in the development of a new minor in Gerontology, and includes faculty from USF as well as representatives from the Fromm Institute for Lifelong Learning.
Activities:
- Initiated interest in ICA on campus and recruited USF faculty to serve on ICA
- Assisted in ICA acceptance by USF
- Developed Gerontology Minor at USF
- Preparing speaker panels for 2006-2007 academic year
- Organizing ICA/USF Health Fair

2003-Present  Pre-Professional Health Committee (PPHC)
Description: The PPHC serves to guide students as they pursue entrance into professional health schools and recommends candidates to professional schools. The PPHC organizes summer student-alumni events, advises students, and prepares recommendation letters for student applications.
Activities:
- Developed specific advising tracks for both Physical Therapy and Occupational Therapy students
- Participate in annual PPHC events
- Meet regularly with PPHC committee

2003-2007  Disability Awareness Week Committee
Description: Disability Awareness Week (DAW) functions to raise awareness on campus regarding issues that affect disabled individuals and groups. The week consists of activities that emphasize the important roles that individuals with disabilities play in our society.
Activities:
- Represent USF faculty on the committee
- Recruit presenters for DAW events
- Sent campus mailings to all USF faculty
- Posted events on USF Connect
2002-Present  Athletics Department/ESS Faculty Liaison
   Activities:
   - Meet with prospective USF studentathletes on recruitment visits
   - Work with golf teams and strength and conditioning coach to develop
     exercise training programs
   - Give presentations during NCAA-mandated Life Skills workshops
   - Serve as primary ESS academic advisor for transfer student athletes

2002-Present  Academic Advisor, Delta Zeta Sorority
   Activities:
   - Provide academic advising for ~85 female members of USF Delta Zeta
     sorority
   - Attend regular chapter meetings
   - Meet individually with chapter members
   - Present academic awards
   - Assist with sorority special events such as the Faculty Luncheon

2003-Present  Student Advising
   Provide academic advising for approximately 30 Exercise and Sport Science
   undergraduates and 12 Gerontology Minor students every semester

2003-Present  School of Arts and Sciences Major/Minor Fair
   Represent the Exercise and Sport Science Department and the Gerontology Minor
   at the annual Harvey Plaza student recruitment event

2003-Present  School of Arts and Sciences Student Phonathon
   Contact prospective USF students by phone who are interested in the Exercise
   and Sport Science Department or other departments in the College

2003-2005  New Faculty Search Committees
2008-2009  Motor Behavior and Health Promotion Search Committees, ESS Department;
          Koret Health and Recreation Center Search Committee, Biology Department
   Activities:
   - Reviewed application files
   - Interviewed candidates
   - Made recommendations to Administration for new hires

   Provided academic advising for incoming freshmen and transfer students who
   declared Exercise and Sport Science as their major.

2002-2004  USF Athletics Self-Study Committee for National Collegiate Athletic
   Association (NCAA) Certification
   Appointed by President Stephen Privett to the Academic Integrity sub-committee
   for NCAA certification. The subcommittee prepared documentation on student-
   athlete academic performance and University support services for the NCAA.

2001-2002  UNIVERSITY OF KANSAS
   Search Committee, Department of Health, Sport and Exercise Science (HSSES)
   - Reviewed application files
   - Interviewed candidates
   - Made recommendations to Administration for new hire in Nutrition and
     Biochemistry
Publicity Committee, HSES Department
- Developed promotional materials for University of Kansas HSES student-alumni events
- Prepared and mailed Department newsletter
- Posted newsworthy items on Department website

PROFESSIONAL AND SCHOLARLY SERVICE

2008-2009 Executive Board, Council of Aging and Adult Development (CAAD) (Chair-Elect)
Description: CAAD is an organization of over 1500 members dedicated to improving quality of life in older adults through education and research.

2004-2006 (Secretary)
Activities:
- Attended national meetings
- Revised operating codes
- Administered 8 CAAD standing committees
- Reviewed research abstracts for CAAD national meetings

2003-present Reviewer, Clinical Kinesiology Journal
Description: Clinical Kinesiology is an online journal and official publication of the American Kinesiotherapy Association

Activities:
- Review manuscripts concerning exercise program design for suitability for publication

2004-present Co-Editor in Chief, Council of Aging and Adult Development (CAAD) Newsletter
Description: CAAD is an organization of over 1500 members dedicated to improving quality of life in older adults through education and research.

Activities:
- Solicit and contribute copy for the Newsletter
- Coordinate with publisher
- Administered mailings of CAAD Newsletter to over 1500 members on a quarterly basis

2005-2006 Reviewer, Council of Aging and Adult Development (CAAD) research abstracts

2008-2009
Description: CAAD is an organization of over 1500 members dedicated to improving quality of life in older adults through education and research.

Activities:
- Reviewed over 20 abstracts each year to select for presentations at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD) National Meeting
2004 Committee Member, International Curriculum Guidelines For Instructors of Older Adults
Description: The Curriculum Guidelines is an international consensus document endorsed by over 30 organizations, including the World Health Organization, which outlines content areas for preparing physical activity instructors of older adults in a variety of settings.
Activities:
- Served on committee responsible for developing the guidelines
- Reviewed substantial amount of literature
- Assisted in the development of the document

COMMUNITY SERVICE

COMMITEES AND ORGANIZATIONS

2003-present Director, Senior Center Active Living Education (SCALE) Project
Description: The SCALE Project is a health promotion program funded through City of San Francisco, USF Faculty Development Fund, and Western Athletic Clubs, Inc., to offer cutting edge exercise, nutrition education, and other health promotion programming to senior centers in San Francisco.
Activities:
- Developed funding proposal for SCALE
- Lead cognitive training program (Brain Stretching) at JCCSP (2007-present)
- Offered exercise leader workshop at USF (October 2004)
- Gave health lectures at over 15 senior centers and senior housing communities
- Coordinated equipment delivery, instructor recruitment, and pre/post testing for 8 week exercise intervention and provided detailed program results to all participants (Spring 2005)
- Developed exercise programming at 2 senior centers consisting of regular exercise programming and health education
- Provided ongoing direction for project

2003-present Forum Institute for Lifelong Learning
Description: Forum Institute is a lifelong education program for retired older adults serving over 1200 older adults in the Bay Area.
Activities:
- Assisted in finding exercise leader for organization
- Contributed regularly to Forum the Rooftop newsletter
- Serve as consultant for physical activity programming

2003-2005 Member, Active Aging Community Task Force of San Francisco (SF AACTF)
Description: The SF AACTF consists of representatives from city government, higher education, and community organizations serving older adults to formulate policy and promote city programs that encourage healthy aging.
Activities:
- Attend regular monthly meetings
- Assist with planning continuing education events
- Organized "Train the Trainer" events to improve preparation of older adult exercise leaders
2003-present  Program Coordinator, Precadia Golf Club Wellness Program (PGCWP)
Description: The PGCWP a comprehensive wellness program for older adults including regular physical activity, nutrition counseling, and other health promoting activities.
Activities:
- Developed program based on my award-winning golf-related fitness research
- Lead exercise classes twice per week for 12 participants
- Provide ongoing health education to program participants, develop nutrition education materials

1997-2002  Coalition Member, Personal Actions To Health (PATH) Program of Douglas County, Kansas
Description: The PATH program is a health promotion program for older Kansans residents funded through the Kansas Health Foundation.
Activities:
- Lectured regularly to PATH participants about exercise, nutrition, and disease prevention
- Assisted with regular health screenings and health fairs
- Performed fitness assessments of all PATH participants
- Attended monthly meetings

INVITED PRESENTATIONS

August 2009  Rehabilitation Strategies for Falls Prevention. Presented as an in-service education session to California Pacific Medical Center Physical Therapy Department.

August 2009  Always Active: Promoting Health in San Francisco. Golden Gate Regional Chapter Meeting of the Long Term Care Association of California, San Francisco.


October 2008  Always Active: Promoting Health in San Francisco. Presented as a part of the Boomer Forum, Department of Aging and Adult Services, City of San Francisco, San Francisco Public Library.


March 2008  The Always Active Project. Department of Aging and Adult Services Monthly Meeting, City Hall, San Francisco.

September 2007  San Francisco Road Runners Club.


June 2007  Chocolate & Wine – When Foods of Excess Can Be Healthy! Spring 2007 Active Aging Lecture Series. Jewish Community Center of San Francisco


September 2005  Exercise & the Older Adult: Drinking From the Fountain of Youth. Jewish Community Center, San Francisco.

May 2005  Community-based Exercise Programs for Older Adults. BridgePoint Assisted Living, San Francisco.

January 2005  Community-based Exercise Programs for Older Adults. Central YMCA Senior Center, San Francisco.

January 2005  Community-based Exercise Programs for Older Adults. West Bay Filipino Senior Center, San Francisco.

January 2005  Community-based Exercise Programs for Older Adults. Jewish Community Center, San Francisco.

January 2005  Community-based Exercise Programs for Older Adults. 30th Street Senior Center, San Francisco.

October 2004  Exercise & the Older Adult: Drinking From the Fountain of Youth. OMI Senior Center, San Francisco.


February 2000  Constructing Practical Exercise Programs for Older Adults. Presbyterian Manor, Lawrence, KS.

November 1999  Exercise Programming in Assisted Living Environments. Presbyterian Manor State Conference, Topeka, KS.

March 2002  Exercise and Osteoporosis. PATH Coalition community group of Douglas County, Lawrence, KS.

March 2000  Exercise and Arthritis. PATH Coalition community group of Douglas County, Lawrence, KS.

May 1999  Exercise and Cancer. PATH Coalition community group of Douglas County, Lawrence, KS.

May 1998  Exercise and Cardiovascular Health. PATH Coalition community group of Douglas County, Lawrence, KS.


September 2005  Exercise & the Older Adult: Drinking From the Fountain of Youth. Jewish Community Center, San Francisco.

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September 2005  Exercise & the Older Adult: Drinking From the Fountain of Youth. Jewish Community Center, San Francisco.

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May 1999  Exercise and Cancer. PATH Coalition community group of Douglas County, Lawrence, KS.

May 1998  Exercise and Cardiovascular Health. PATH Coalition community group of Douglas County, Lawrence, KS.

RESEARCH AND SCHOLARSHIP

RESEARCH MANUSCRIPTS

Published Research


PUBLISHED ABSTRACTS


BOOK CHAPTERS AND OTHER SCHOLARLY PUBLICATIONS


SCHOLARLY PRESENTATIONS


April 2009 Exercise and Falls Prevention: Preliminary Data from a Community-Based Intervention. Presented at the 21st CAAD Research Symposium, American Alliance for Health, Physical Education, and Recreation National Convention, Tampa, FL.

April 2007 Energy Metabolism During Exercise. Presented to nutrition students at the City College of San Mateo, San Mateo, CA.

March 2007 Integrated Falls Prevention for Older Adults. 24th Annual Lifelong Fitness Weekend, Fifty Plus Lifelong Fitness Association and the Bay Area Senior Games, Santa Clara, CA.

June 2004 Raise the Bar: How to Develop and Implement Safe and Effective Exercise Programs for Older Adults. Massachusetts Council of Activity Professionals Quarterly Workshop, Boston, MA.

April 2004 Balance Training and Falls Prevention for Older Adults: Practical Application (Mini Symposium). American Alliance for Health, Physical Education, Recreation, and Dance National Convention, New Orleans, LA.


Thompson, C. How Do We Explain Aging? Aging Theories and Telomere Research. Presented to MD/Ph.D. Students at the University of Kansas Medical Center, Kansas City, KS, March 2002.

Thompson, C. Exercise and the Cardiovascular System, Presented to first-year medical students at The University of Health Sciences, Kansas City, MO, February 2002.

Thompson, C. Aging: Theories: Are They Accurate? Presented to second-year occupational therapy students at the University of Kansas Medical Center, Kansas City, KS, January 2002.


Thompson, C. Exercise and the Cardiovascular System. Presented to first-year medical students at The University of Health Sciences, Kansas City, MO, March 2001.

Rajan, P., Osnoss, W., Thompson, C., and Huang, G. The Effect of Varied Exercise Intensities on Flexibility Among Older Adults Involved in a 16-week Exercise Training Program. American College of Sports Medicine (ACSM) Specialty Conference: Physical Activity Programming for the Older Adult, Indianapolis, IN, October 2000.

Huang, C., Osnoss, W., Thompson, C., and Rajan, P. Effect of Varied Exercise Intensities on Blood Pressure Among Elderly Adults: a 10-week Exercise Intervention Trial. ACSM Specialty Conference: Physical Activity Programming for the Older Adult, Indianapolis, IN, October 2000.


Quares, W. and Thompson, C. Exercise and Aging. 16th Governor’s Conference on Aging, Wichita, KS, December 1997.

Thompson, C. Aerobic Cross Training: From Science to Practice: Performance Enhancement for the Endurance Athlete. 3rd Annual Conference, University of Kansas Regional Center, Overland Park, KS, February 1997.


GRANTS, CONTRACTS AND CONSULTANCIES

2007 Co-Investigator. Health Promotion Program Expansion in the San Francisco Senior Center Network. $60,000.00, Department of Aging and Adult Services, City of San Francisco (Sub-contract, Funded through 2010).

2006 Co-Investigator. Uniting Academics and Athletics at USF: The Student Athletic Training Experience. $4,799.00, Jesuit Foundation Grant, University of San Francisco (Not Funded).

2005 Co-Investigator. The Effects of an Exercise Intervention on Cardiovascular Risk Factors in Postmenopausal Type 2 Diabetics. $14,000.00, University of San Francisco Faculty Development Fund, University of San Francisco (Funded through 2007).

2004 Principal Investigator. Senior Center Active Living Education (SCALE) Program for Older San Franciscans. $12,500.00, Western Athletic Clubs, Inc. (Funded through 2005).

2004 Co-Investigator. Redefining the Aging Process: A Community Perspective. $3,500.00, Jesuit Foundation Grant, University of San Francisco (Funded).
2003  Principal Investigator. Effect of a Stabilizing Program on Center of Pressure and Club Head Speed in Skilled Older Male Golfers. $1,732,39, University of San Francisco Faculty Development Fund, University of San Francisco (Funded).


2005-2007  Consultant. The Prevention of Low Back Injuries in Occupational Drivers (Principal Investigator, Ryan Olson, Oregon Health Sciences University). $105,000, United Parcel Service (Funded).

GRADUATE STUDENT THESIS COMMITTEES

April 18, 2002  Richmond, S. The effects of varied rest periods between sets of repetition on fatigue using the bench press. Successfully defended. University of Kansas

March 7, 2002  Cogen, L. Smoking habits of college-aged women and the factors relating to this behavior. Successfully defended. University of Kansas

April 24, 2002  Frey, M. The relationship between work lumbaring compliance, self-reported depression and physical limitation. Successfully defended. University of Kansas

HONORS

Spring 2009  Young Researcher Award, Council on Aging and Adult Development
Spring 2006  Finalist, Distinguished Teaching Award, University of San Francisco
May 2002  Speaker, School of Education Convention, University of Kansas
March 2002  Grand Prize, Science in Golf Prize sponsored by GOLF Magazine
May 2001  Honors, Doctoral Dissertation, University of Kansas
May 2000  Outstanding Doctoral Student Award, University of Kansas HSES Department
1995  Phi Kappa Phi Honor Society, University of Oklahoma
1995  Graduate Student Excellence Award, University of Oklahoma HSES Department

PROFESSIONAL MEMBERSHIPS

2009-present  PTA Global
2008-present  IDEA Health and Fitness Association
1995-present  American College of Sports Medicine
1998-present  American Alliance for Health, Physical Education, Recreation & Dance
2000-present  Council of Aging and Adult Development
2001-present  World Scientific Congress of Golf Trust

CERTIFICATIONS

American Heart Association, Basic Life Support for the Health Care Provider
American College of Sports Medicine, Health Fitness Instructor #13064
National Academy of Sports Medicine, Certified Personal Trainer #119999
National Academy of Sports Medicine, Corrective Exercise Specialist #23002
Adjunct Faculty CVs
Jacob M. Havenar, Ph.D., M.C., H.F.S.
151 Calderon Ave #181
Mountain View, CA. 94041
Tel: 602-320-7335
E-mail: jmhavenar@gmail.com

EDUCATION

2007-2008  Post-Doctoral Research Fellowship
            College of Medicine; Department of Physiology
            University of Arizona, Tucson, Arizona

2004-2007  Doctor of Philosophy
            Physical Activity, Nutrition and Wellness
            Arizona State University, Mesa, Arizona,

1997-2000  Master of Counseling,
            Counseling Psychology
            Arizona State University, Tempe, Arizona

1994-1997  Bachelor of Science
            Psychology
            Arizona State University, Tempe, Arizona

PROFESSIONAL CERTIFICATIONS

2005-present  American College of Sports Medicine Certified Health Fitness Specialist

TEACHING

INSTRUCTOR:

Fall 2011 – present  Exercise Physiology, University of San Francisco, San Francisco, CA.

Fall 2011 – present  Introduction to Personal Training Theory and Practice, College of San Mateo, San Mateo, CA.
Spring 2010 - present  Wellness Concepts and Practices (online), University of Memphis, Memphis, TN.

Spring 2009  Strength and Conditioning, Classroom and Lab, University of Massachusetts-Boston, Boston, MA.

Spring 2009  Health Behavior Change, University of Massachusetts-Boston, Boston, MA.

2008 - 2009  Developer and supervisor, Undergraduate Research Assistantship, University of Massachusetts-Boston, Boston, MA.

2008 - 2009  Supervisor, Internships for community based allied health, sports performance, and professional degree preparation, University of Massachusetts-Boston, Boston, MA.

Fall 2008  Exercise Testing and Prescription, Classroom and Lab, University of Massachusetts-Boston, Boston, MA.

Fall 2008  Strength and Conditioning, Classroom and Lab, University of Massachusetts-Boston, Boston, MA.

Fall 2008  Health Behavior Change, University of Massachusetts-Boston, Boston, MA.

Summer 2007  Foundations of Movement: Strength and Flexibility, Arizona State University, Mesa, AZ.

Summer 2006  Foundations of Wellness, Arizona State University, Mesa, AZ.

Spring 2005  Health Behavior Change, Arizona State University, Mesa, AZ.

Fall 2004  Laboratory Section, Kinesiology Foundations of Movement, Arizona State University, Mesa, AZ.

Fall 2003, Spring 2004  Academic Success at the University, Arizona State University, Tempe, AZ.

Fall 1999, Spring 2000  Academic Success at the University, Arizona State University, Tempe, AZ.

GUEST LECTURES:

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<td>Client-Centered Exercise Prescription</td>
<td>Advanced Exercise Prescription</td>
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<td>Successful Implementation of Physical Activity Programs</td>
<td>Physical Activity in Health and Disease</td>
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<tr>
<td>The Effects of Physical Activity Participation on Public Health</td>
<td>Physical Activity in Health and Disease</td>
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<tr>
<td>Understanding and Applying The Surgeon General’s Physical Activity Guidelines</td>
<td>Physical Activity in Health and Disease</td>
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<td>Effective Teaching in a Diverse Classroom</td>
<td>Family Ethnic and Cultural Diversity</td>
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<td>Attentiveness to Cultural Diversity in and Outside of the Classroom</td>
<td>Family Ethnic and Cultural Diversity</td>
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<td>The Impact of Social Support on Exercise and Wellness</td>
<td>Cultural Issues in Exercise and Wellness</td>
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<td>Exercise Motivation: Empirical Support and Applied Practice</td>
<td>Exercise Psychology</td>
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<td>Motivational Interviewing: Facilitating Healthy Lifestyles</td>
<td>Health Behavior Change</td>
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The Psychological Effects of Physical Activity  Stress Management
Occupational Stress  Stress Management
Teaching Effective Communication Techniques  Personal Growth in Human Relationships
Meaning, Purpose and Happiness  Stress Management
Behavior Modification to Promote Healthy Behavior Change  Foundations of Wellness
Pedagogical Concepts for Effective Communication  Marriage and Family Therapy
Client-Centered and Cognitive Behavioral Training Techniques  Fundamentals of Counseling
The Pedagogy of Counselor Training  Fundamentals of Counseling
Coping With Stress: Death and Dying  Marriage and Family Therapy
Maintaining Your Sexual Health  Human Sexuality

RESEARCH

MANUSCRIPTS PUBLISHED IN PEER REVIEWED JOURNALS:


MANUSCRIPTS IN REVIEW:


MANUSCRIPTS IN PROGRESS:

Havenar, J.M. & Milliken, L. (in preparation for submission). How does a weight training program affect general exercise motivation and adherence among previously untrained, sedentary females?
Havenar, J.M., & Lochbaum, M.R. (in preparation for submission). Applying Self-Determination Theory to the motivations of triathletes: What can we learn from these super exercisers?


PUBLISHED MANUSCRIPT REVIEWS:


ABSTRACTS PUBLISHED IN PEER REVIEWED JOURNALS:


PROFESSIONAL PRESENTATIONS:


Havenar, J.M. (2007, October). Adapted Motivational Interviewing for increasing physical activity: A 12 month clinical trial. Presented as a poster at the first annual Research Frontiers in Nutritional Sciences conference, Department of Nutritional Sciences, University of Arizona, Tucson, AZ.


Havenar, J.M., Stone, W., & Abraham, T. (2006, April). Convincing your participants they can be physically active. Presented orally as a program session at the American Alliance for Health, Physical Education, Recreation and Dance annual meeting, Salt Lake City, UT.


Havenar, J.M., & Stone, W. (2005, April). The motivational changes of first time marathon runners. Presented as a poster at the annual Graduate Student Research Conference, Arizona State University, Mesa, AZ.


SERVICE

UNIVERSITY AND COMMUNITY SERVICE:

2009 – present Member, Medicine & Science for the Endurance Athlete, Special Interest Group, American College of Sports Medicine, Indianapolis, IN.

2007 - present Consultant, Physical Activity and Nutrition Program, Healthy Arizona 2010, Arizona Department of Health Services, Phoenix, AZ.


April 2009 Presenter, How to Develop and Maintain a Successful Exercise Program, First annual Health and Fitness Expo, Office of Student Leadership and Community Engagement, University of Massachusetts-Boston, Boston, MA.

2008 - 2009 Coach, Boston Marathon, Go Kids Boston charity team, Boston, MA.


Spring 2007  Course Developer, *Counseling and Physical Activity*, Physical Activity Nutrition and Wellness Department, Arizona State University, Mesa, AZ.


June 2007  Invited Speaker, *Proper Nutrition for Marathon Training*, Performance Footwear Lecture Series, Tempe, AZ.

2005-2007  Member, Physical Activity, Nutrition, and Wellness Graduate Student Association, Arizona State University, Mesa, AZ.

October 2006  Invited Speaker, Arizona State University Marathon Club, Mesa, AZ.

March 2006  Committee Chair, Building Healthy Lifestyles Conference, Arizona State University, Mesa, AZ.

March 2006  Group Leader, Strategies for successful reading and discussion, Preparing Future Faculty Participatory Program: Arizona State University, Tempe, AZ.

September 2005  Grant Reviewer, Graduate and Professional Student Association, Arizona State University, Tempe, AZ.

February 2005  Committee member, Preparing Future Faculty Lecture Series, Arizona State University, Tempe, AZ.

2000  Coordinator, After School Athletics Program, Gila Indian Reservation, Laveen, AZ.

1996-1997  Life Skills Mentor, Rainbows Way Inn, Mesa, AZ.

**MEDIA PRESENTATIONS:**

June 2011  Research cited in *Women’s Health* Magazine

November 2006  Research cited in Shape magazine’s *Get Fit News*

September 2006  Research featured in *Fitness Training and Assessment* section of American College of Sports Medicine’s Sports Medicine Bulletin


PROFESSIONAL EXPERIENCE

2011 – present  Adjunct Faculty, Department of Exercise and Sport Science, University of San Francisco, San Francisco, CA.

2011 – present  Adjunct Faculty, Department of Physical Education, College of San Mateo, San Mateo, CA.

2010 - present  Adjunct Faculty, Tennessee Board of Regents Online Degree Program, Department of Health and Sport Sciences, University of Memphis, Memphis, TN.

2010 – present  Adjunct Faculty, Personal Training Curriculum Developer, Classroom, Lab and Professional Certification Program, College of San Mateo, San Mateo, CA.

2008 - present  Owner and Director, Jacob Havenar Ph.D. Physical Activity, Nutrition and Wellness Consulting and Research, Mountain View, CA.

2009 - 2011  Research Consultant and Head Strength Coach, Team Sheeper Triathlon, Menlo Park, CA.

2008 – 2009  Full Time Faculty, Department of Exercise & Health Sciences, University of Massachusetts – Boston, Boston, MA.

2009  Head Coach, Merrimack Valley Striders, North Andover, MA.

2007-2008  Project Manager, Omron Inc. body composition assessment validation, Department of Physiology, University of Arizona, Tucson, AZ.

2007-2008  Exercise Physiologist, Canyon Ranch, Tucson, AZ.

2007-2008  Exercise Specialist, Proactive Performance Institute, Tucson, AZ.

2007-2008  Marathon Coach, 1st Marathon L.L.C., Phoenix, AZ.

2007-2008  Performance Training Consultant, Achieve Fitness L.L.C., Phoenix, AZ.

Summer 2007  Head Instructor, Train Strong L.L.C., Scottsdale, AZ.

Spring 2007  Strength and Conditioning Coach, Department of Sports Performance, Arizona State University, Tempe, AZ.

2006-2007  Strength and Conditioning Coach, Chandler-Gilbert Community College, Mesa, AZ.

2004-2007  Graduate Teaching/Research Assistant, Department of Exercise and Wellness, Arizona State University, Mesa, AZ.
2004-2005 Instructor, Trail Ripped L.L.C., Phoenix, AZ.

2003-2004 Manager, Peer Coach Training and Development, Learning Resource Center, Arizona State University, Tempe, AZ.

2002-2003 Online Academic Advisor, University of Phoenix, Phoenix, AZ.

2001-2002 National Marketing Manager, Dancris Telecom, L.L.C., Scottsdale, AZ.

2000-2003 Co-Owner, Fiebiger & Havenar Jury Solutions L.L.C., Scottsdale, AZ.

1997-2000 Graduate Teaching/Research Assistant, Department of Family Resources and Human Development, Arizona State University, Tempe, AZ.

1999-2000 Counselor, Phoenix Job Corps, Phoenix, AZ.

1995-2000 Coordinator, Summer Athletics Program, City of Mesa Parks & Recreation Division, Mesa, AZ.

1998-1999 Program Developer and Instructor, Head Games Sports Psychology, Phoenix, AZ.

1996-1997 Research Assistant, Department of Kinesiology, Arizona State University, Tempe, AZ.

1996-1997 Research Assistant, Department of Psychology, Arizona State University, Tempe, AZ.

HONORS

1997-present Member, Phi Beta Kappa

1997-present Member, Gamma Beta Phi

December 2006 Invited Speaker, Strategies to Maintain Regular Exercise, First annual Day at the Capitol exhibition for public policymakers, Preparing Future Faculty Program, Arizona State University, Tempe, AZ.

2005-2006 Invited Member and Graduate, Participatory Program, Preparing Future Faculty, Arizona State University, Tempe, AZ.

Completed Curriculum

- Strategies for Effective Teaching
- Preparing a Critical Learning Environment
- Motivational Interviewing
- Course Webpage Development and Implementation
- Resources for Faculty Development
- Grant Reviewing
- Grant Writing
- Promotion and Tenure
• Scientific Poster Content and Design

2004-2005 Invited Member and Graduate, Exploratory Program, Preparing Future Faculty, Arizona State University, Tempe, AZ.

Completed Curriculum

• Diversity in the Academy
• New Faculty Seminar and Panel
• Principles for Achieving Excellence and Personal Fulfillment
• Artistic Freedom, Research and Tenure
• Classroom Discussion Strategies
• Understanding Divergent Faculty Career Paths

1999-2000 Member, Chancellor’s List, Arizona State University, Tempe, AZ.

1994-1997 Member, Psi-Chi, Arizona State University Chapter, Tempe, AZ.

1993-1997 Recipient, Sun Devil Scholarship, Arizona State University, Tempe, AZ.

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PROFESSIONAL MEMBERSHIPS

2004-present American College of Sports Medicine

2005-present National Strength and Conditioning Association

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COLLEGIATE ATHLETICS

1993-1997 Men’s Soccer, Arizona State University, Tempe, AZ.