Department of Kinesiology & Health Spring Kickoff Event

*Department Celebrates New Identity, Programs & Students*

The Department of Kinesiology & Health will host its Spring Kickoff Event on Monday, March 27, at the multi-purpose room inside the College Avenue Student Center. The event will officially introduce the recently renamed department.

Department faculty will be joined by the Dean of Life Sciences/Vice President for Health Science Partnerships, Kenneth Breslauer, and the Executive Dean of the School of Arts and Sciences, Peter March, to meet students in attendance. More than 15 tables featuring information on various department clubs, activities and events will be displayed. Students can also capture the memories in the DIY Photo booth and win prizes including two $500 vouchers to study abroad in Greece.

**Two Official Majors**

The newly reminted department offers two distinct major options: Applied Kinesiology and Sport Management. Graduate programs include M.S. in Kinesiology and Applied Physiology, Ph.D. in Kinesiology and Applied Physiology, and M.S. in Global Sports Business, whose first cohort began in the fall 2016 semester.

“The Global Sports Business program features an interdisciplinary method which draws on a philosophy deeply rooted at Rutgers, and a faculty that is made up of a "Who's Who" of sports executives who are practitioners, not simply theoreticians. “ said Executive Director Mike Finkelstein.

“We are in the midst of important changes; our department will soon have new majors and an updated curriculum.”

- Dr. Labros Sidossos, Department Chair

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Department Honors Graduates

On May 10, 2016, the Exercise Science and Sport Studies Department honored its 2016 graduates at the second annual Graduate Celebration luncheon at Trayes Hall in the Douglass Student Center.

Grads and Their Parents Welcomed

More than 250 graduates and their families attended the event, which recognized the Class of 2016. Students with the top grade point averages in each of the department’s disciplines were recognized and presented with awards for their outstanding academic performance.

The luncheon was produced by Dr. Susan Kaplowitz and Prof. Marian Rosenwasser, featured an address by Dr. Labros Sidossis, recognized research projects completed by graduating seniors and included a musical slideshow of photos.

“I find it very rewarding to meet the parents of our students,” said Prof. Joe Schilp, “Many spoke of the positive impact our professors have had on their children.”

SAS Ceremony held at High Point Solutions Stadium

The Exercise Science and Sport Studies Class of ’16 walked in the Rutgers commencement at High Point Solutions Stadium on Sunday, May 15, where President Barack Obama served as commencement speaker. Immediately following the university commencement, the School of Arts and Sciences hosted its ceremony in the stadium.

The School of Kinesiology and Health wishes the Class of ’16 much success in the future!

Department Goes Social

The Department of Kinesiology and Health Sciences is in the midst of a new public relations campaign that includes an improved website, this quarterly newsletter and a social media presence.

The new campaign is designed to increase the profile of the department and its disciplines to potential students while reconnecting with alumni.

While the new quarterly newsletter was established to keep alumni current on department news, the outreach program to potential students will include increased presence on social media platforms like YouTube, Twitter, Facebook and Instagram.

The department will be tagging all social media posts with the hashtag #RUKines. We ask alumni to post photos of themselves in their current jobs in health sciences and sports with the new hashtag to show off your career roots!

Visit us on social media and remember to tag posts #RUKines
Michael DeMartino, ‘94
VP, Corporate Partnerships,
Jacksonville Jaguars

Michael DeMartino credits his start at Rutgers to his highly successful career in sports. DeMartino reflected, “Dr. Feigley was very helpful and had a strong curriculum. My Rutgers background helped get me to where I am now.”

As a Rutgers senior, DeMartino earned an internship with the N.J. Devils, which provided him with invaluable experience. The internship also proved to be a foot in the door that led to a full-time position in the Devils sales and marketing department just in time for the Devils’ first Stanley Cup run in 1995.

DeMartino left the Devils with three Stanley Cup rings in 2011, to become the Senior Director of Sales for the New York Jets, where he managed the sales team that focused on suites and premium seating at MetLife stadium.

Two years later, DeMartino relocated to Jacksonville where he has led the Jaguars Corporate Partnership team.

DeMartino stated that a large portion of people in the sport marketing industry were molded by their internship and he suggested that “it’s important to be aggressive in securing that internship.” His final advice for current sports management students was “to work hard and lean on your resources.”

Lifestyles of the Mediterranean
Department’s Inaugural Study Abroad Program a Success

On May 16, 2016, 24 students and faculty touched down in Athens, Greece, to begin the department’s first study abroad program titled Lifestyles of the Mediterranean.

The program presented the traditional Mediterranean lifestyle pattern to students of the modern era, thanks to the Department of Kinesiology and Health’s new Chair, Dr. Labros Sidossis. Taking advantage of his Greek heritage, Dr. Sidossis and his team created the program, which serves as a three-credit, upper-level elective.

Students conducted research, observed traditional practices, and undertook experiential activities. The group experienced the concept of the Mediterranean lifestyle in Greece, where this traditional lifestyle pattern has been implemented for thousands of years and researched in terms of its effects on health, well-being and disease.

The program’s itinerary included exploration of Athens, the capital of Greece, for the first week and two one-day field trips to Marathon and Aegina Island, as well as Peloponnese and Spetses Island for the last five days of the program.

The January, 2017, trip was equally successful, with another 24 students traveling during the winter break. Attendance for both trips doubled department expectations so the department has added a third trip coming this summer, making the program one of the most popular in Rutgers since its debut.

Plans are underway to expand the program for the 2017-18 academic year and to offer internships to students while studying in Greece.

For information about future trips, please reach out to Prof. Joanne Hunt at jghunt@rci.rutgers.edu.

Dr. Labros Sidossis, Prof. Joanne Hunt and Rutgers students prepare for a Mediterranean dinner in Greece.
Corner

A recent study lead by Dr. Sara Campbell found that exercise can be extremely effective at raising levels of butyrate, the bacteria that helps protect against colon cancer. The study, The Effect of Diet and Exercise on Intestinal Integrity and Microbial Diversity in Mice, was published in the Journal of the Public Library of Science on March 8, 2016.

The study, conducted through the Campbell Laboratory, examined intestinal integrity/inflammation and the gut microbial communities in sedentary and exercising mice presented with a normal or high-fat diet. The data compiled suggests that exercise has a strong influence on gut integrity and host microbiome which points to the necessity for more mechanistic studies of the interactions between specific bacteria in the gut and its host.

Said Dr. Campbell, “We were pleased with the results, which suggest, once again, that a healthy diet and regular exercise promote overall improved health.

The study can be read in its entirety at http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0150502