Class of 2017 Celebrates!

Department of Kinesiology and Health Graduates 310 Students

The Department of Kinesiology and Health graduated 310 students as part of the Rutgers Class of 2017. The Rutgers 2017 Commencement and the School of Arts and Sciences Convocation were both held at High Point Solutions Stadium on Sunday, May 14.

Part-time Lecturer Joe Schilp was on-hand as a camera operator for the stadium video production crew and enjoyed seeing his students graduate. “I love attending commencement,” said Schilp. “It’s the highlight of the academic year. It’s a lot of fun to be on the stadium field celebrating with so many future colleagues, and I do see many Rutgers grads in the various sports facilities in which I work in freelance media production and game entertainment.”

Senior Celebration Recognizes Student Accomplishment

On May 11, the department’s annual Senior Celebration recognized student excellence within the program and student research. Samantha Ferris earned the highest GPA among Sport Management grads while Andrea Banu, Exercise Science graduate, had the overall highest GPA from the department.

The featured speaker at the Senior Celebration was Eric LeGrand, the inspiring motivational speaker who suffered a severe spinal injury while playing for the Rutgers football team in 2010. LeGrand resumed his college classes via Skype and graduated from Rutgers University in 2014. LeGrand’s 30 minute presentation ended with a thunderous standing ovation.

The Department of Kinesiology and Health wishes the Class of ‘17 all the best in their careers!
Kickoff Event a Big Success

On March 27, the Department of Kinesiology and Health held its first annual Kick-Off Event in the College Ave Student Center. Approximately 250 students attended the event, making the inaugural kick-off a resounding success. The purpose of the event was to have current and aspiring majors meet with the professors in their department and learn more about them. This event also offered students in the major the opportunity to learn about the different clubs associated with the department. Additionally, undergraduates had the chance to meet with members of the Global Sport Business and the Kinesiology and Health graduate programs.

As the event’s host, Dr. Nicole Nagle began the evening by introducing Peter March, the Executive Dean of the School of Arts and Sciences, and Kenneth Breslauer, Dean of Life Sciences and Vice President of Health Science Partnerships, who expressed enthusiasm about the direction of the newly branded Department of Kinesiology and Health. New Department Chair Dr. Labros Sidossis, then spoke about the objectives and goals of the department. Afterward, members of the department faculty gave brief introductions about themselves and the courses they teach.

Students Explore Department Options

Students were then given the opportunity to explore the variety of programs, clubs and services associated with the department while dining on refreshments. During this time, newly declared majors took advantage of the opportunity to meet with upperclassmen to get a sense of what to expect in the future. Students also took the time to stop by more than 20 information tables covering various clubs and research opportunities within the department and take pictures in the DIY Photo Booth.

The final portion of the 2017 Spring Kickoff was the raffle giveaway. Among the prizes were two $500 vouchers to the study abroad program in Greece, tickets to a Mets game, Rutgers gear and tickets to the game against Eastern Michigan, and various gift cards. In all, the department was encouraged by the student turnout and successful execution of the event. Here’s to the success of the first annual kickoff event and for the continued growth of the department.

Alumni Fall Event Coming

The Department of Kinesiology and Health is preparing to announce the first of many upcoming events for department alumni.

The inaugural RU Kines Alumni Mix & Mingle will take place this fall in conjunction with Homecoming Weekend and plans are to reunite alumni and faculty tailgate style before the game. Homecoming Weekend is scheduled for October 21, when Rutgers takes on Purdue at High Point Solutions Stadium.

Registration details are coming soon, but you can register for more information by emailing us at info@kines.rutgers.edu.

We look forward to seeing you for Homecoming Weekend this fall!
Where Are They Now?
Sean Conway, CSCS
BS ‘12, MS ‘16
Strength & Conditioning Specialist, DURO Health

Sean Conway focused on the Applied Kinesiology option in the ExSci program, earning his BS in 2012. He returned to Rutgers in the Fall of 2013, enrolling in the Masters in Business and Science program before transferring into the Masters in Kinesiology and Applied Physiology program, working with Dr. Shawn Arent. He received his MS from the program in May, 2016.

After graduation he accepted a position with DURO Health, an occupational health services company, as their Director of Human Performance for the 57th Rescue Squadron of the U.S. Air Force at RAF Lakenheath, England. The 57th Rescue Squadron is a combat-ready squadron of pararescue operators capable of performing combat rescue and personnel recovery missions in various theaters worldwide. As the Director of Human Performance Sean is responsible for squadron strength and conditioning, implementing regular performance testing and maintaining an 8,000 ft² fitness facility.

Sean lives with his fiancée in Lakenheath, England, who is also a defense contractor.

Two Seniors Exhibit Leadership
Kinesiology Students Make Impact By Starting Organizations

Two graduating seniors are leaving Rutgers with more than just a degree after founding new student organizations during their time at Rutgers.

Sergeant Jose Sagal (Sport Management) created the Rutgers Student Veterans Athletic Club to unite student veterans through sports, recreation and social activities. Jose served in the Army for four years in “America’s Guard of Honor”, the 82nd Airborne Division. Jose stated, “I was fortunate to serve among elite paratroopers during my time of service. I learned to appreciate freedom and the valuable lessons of leadership.” Jose was honorably discharged from the Army in 2014 to further his education at Rutgers University in the Department of Kinesiology and Health.

During his first semester at Rutgers, Jose struggled with the transition into the civilian lifestyle. He explains that many student veterans have a difficult time adjusting back to the civilian identity. Nonetheless, he reached out to other student veterans and created a soccer team to compete in the Intramural Sports as a form of stress management, and to build the camaraderie once felt in the military. After two years of competing in the Intramural Sports with student veterans and traditional college students on the team, Jose realized that sport has the power to unite and help student veterans transition into the civilian lifestyle.

Rutgers University Student Veterans Athletic Club main objectives are to host the Recreational Fridays at Buccleuch Park, conduct trips to professional sporting events, and compete in Intramural Sports. Follow RUSVAC on Facebook and contact the club through email at rusvaclub@gmail.com.

Adam Baugh (Applied Kinesiology) started Rutgers Esports in the Fall 2014 with an eye on growth. The club has held events, grown the campus esport community and supported Rutgers teams competition teams on a nationally competitive level. In April the club hosted 450 participants in The Scarlet Classic III. This event featured tournaments in 11 different games as participants competed for over $9,000 in prizes and giveaways from 16 partners, two of which traveled from California to attend.

As esports grow in popularity across the nation, expect Rutgers Esports to grow in stature on the national collegiate level. For more information, please follow Rutgers Esports on Facebook and Twitter.

Student Veterans Athletic Club - Contact rusvaclub@gmail.com
Rutgers University Esports - Follow on Facebook and Twitter
Corner

The 2017 Rutgers Human Performance Conference was another massive success. The 4th annual conference, hosted by the International Society of Sports Nutrition, brought together top researchers in the field of Kinesiology to speak about topics that can be applied to all aspects of exercise and sports nutrition. More than 200 students attended the conference, setting a new standard for attendance. The clinic was held at the Center for Health and Human Performance in the NJ Institute for Food, Nutrition, and Health building on Cook Campus, which opened in 2015.

The two-day experience combined practical performance methods with the latest research to bring information to the students in attendance. For the first time, there was also a hands-on clinic where the students and professionals took part in an active seminar. Presenters addressed topics such as techniques for powerlifting, training for shoulder and back pain, and the use of technology in metabolic conditioning training designs. Furthermore, this was an opportunity for personal trainers, athletic trainers, coaches and athletes to gain insight into the latest kinesiology research, as well as to earn continuing education credits towards certifications.

Dr. Shawn Arent is proud to be able to host this prestigious conference for the last four years, as this event presents a great opportunity to bring the latest exercise science research to local students. Arent stated, “Not all students can attend national conferences due to expenses involved with travel and such, but this is a great way for students to become acquainted with some of the research that is out there in the field. This was an exciting time for our department and we look to grow this conference further.”