

# KI-NEWS-IOLOGY

Vol. 3

Department of Kinesiology and Health at Rutgers University

Fall 2017

## Alumni Come Together

### *Department of Kinesiology and Health Hosts First Alumni Event*

The Department of Kinesiology and Health hosted their first alumni event, a reunion tailgate party, prior to the Rutgers football team's 14-12 victory over Purdue at High Point Solutions Stadium on October 21.

Dozens of alumni, faculty, students and family members dropped by the tailgate tent to greet their former and current mentors and classmates. Alumni included those who graduated under former department names Exercise Science and Sport Studies, Physical Education, Recreation and Leisure Studies, and Human Kinetics.

### Inaugural Event to Become Part of Annual Alumni Events

Dr. Nicole (Robell) Nagle was pleased to play a role in planning the event. "This tailgate was a great start towards getting more involved with our alumni and will only be the beginning. As a fellow alumna and current professor in the Department it was great to see previous students as well as fellow classmates. I look forward to the start of this new tradition." Nagle mentioned that the Department is planning a spring alumni event.

The Department gave attendees a number of department branded items as well as Rutgers Alumni pins. Most attendees stayed for the game and watched Rutgers beat Big Ten conference rival Purdue. Also dropping by the tailgate area were the Rutgers marching band, which performed a song, the Rutgers Dance Team and the Rutgers Cheerleaders. A scrapbook from the 1960s was on display along with a 1965 poster featuring Physical Education students.

*"I look forward to  
the start of this new  
tradition."*

*- Dr. Nicole Nagle  
Teaching Instructor*



Dr. Latisha Forster Scott, Dr. Brandon Alderman, Mrs. Joanne Hunt, Dr. Nicole Nagle and Mr. Danny Nagle at the alumni reunion

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**New York Football Giants Community Relations Coordinator Cassie Petty, Rutgers Class of 2016, at MetLife Stadium.**

# Help Rutgers Students With Internships

The Department of Kinesiology and Health requires students in both majors (Exercise Science and Sport Management) to complete an internship. The internship program director is Professor Joanne Hunt, who always welcomes opportunities alumni can present to students by offering internships.

If you are interested in having Rutgers students participate in an internship at your place of business, please get in touch with Janice Nappe, the Internship Program Administrator via email:

[janice.nappe@rutgers.edu](mailto:janice.nappe@rutgers.edu)

Thank you. We look forward to hearing from you!

## The Value of Internships

As an alumnus of the Rutgers Kinesiology and Health program, you know the value of internship experience for Rutgers students. Internships are the capstone experience for both Exercise Science and Sport Management majors. The Department offers its internship course in the fall, spring and summer with approximately 100 to 150 student interns each semester. The Department currently is comprised of 80% Exercise Science and 20% Sport Management students.

The main goal of the internship course is to mentor students as they begin learning how to apply the practical knowledge they have learned throughout their academic experience at Rutgers. The process requires Departmental approval which starts the semester before the student's participation. Students must have senior status in order to apply for the program.

The internship experience provides students with the opportunity to consider their future career choices and gain experience under the direction of an experienced supervisor. Students benefit from working under the leadership of supervisors who help them learn and grow within their field of study. Internships provide invaluable opportunities for professional growth while building professional relationships in an authentic work environment.

## Career Paths Begin with Internships

Brianna Hernandez, class of '17, reflected on her internship experience, "Interning with MetLife Stadium provided me with real world experience that allowed me to get a closer look on how large sporting events take place. It not only led me to my first job right out of college but also connected me with professionals in the sport management field." Hernandez is now a Facilities Operations Associate at MetLife Stadium.

Cassandra Petty, a 2016 Rutgers grad, now works for the New York Giants, where she began as an intern. "My season long internship with the New York Football Giants built the foundation and framework necessary to prepare me for a career in the NFL. It is so important to dip your toes into professional sports through an internship – it allows you to learn more about the expectations and roles that you will potentially be a part of. In order to obtain a career, full time employees at every club started as an intern. Do not be hesitant to obtain the title "intern" post-graduation, it will get you to where you want to be!"

## Alumni/Student Event

*February 26, 2018*

Open to all Department of Kinesiology and Health students and alumni

If you'd like to participate, please contact the Department of Kinesiology and Health at [info@kines.rutgers.edu](mailto:info@kines.rutgers.edu)

Visit us on social media & tag your posts #RUKines



## Where Are They Now? Samantha Rubin, '13

**Assistant Manager, Premium Service, New York Yankees**

While attending Rutgers in 2012, Samantha Rubin (Sport Management, 2013) accepted a position with the New York Yankees as a part time ticket seller.

After the 2012 season, she was offered an internship which allowed her to both complete a graduation requirement as well as continue to network and learn the business of Yankee baseball from the inside.

Just prior to graduation in May, 2013, the Yankees offered Samantha a full time position in the Ticket Operations department. For Samantha, a lifelong Yankee fan, it was the fulfillment of a career goal. She chose the Rutgers Sport Management program specifically because of the campus's proximity to Yankee Stadium.

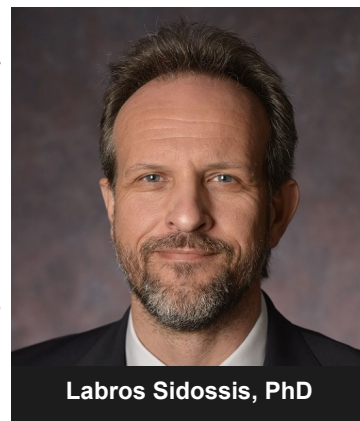
By 2015, she joined the Premium Sales & Service team, working on sales campaigns, events and initiatives that would contribute to revenue generation and client retention. Over the next two years she moved up through the department to her current position as Assistant Manager, Premium Services, where she oversees a team of four coordinators who help service and retain the Yankees premium account base.

# Catching Up With Dr. Sidossis

*Exciting Changes Ahead for Department of Kinesiology and Health*

Distinguished Professor and Chair Labros Sidossis joined the Department of Kinesiology and Health at Rutgers University two years ago and has already made a huge impact on the department. He teaches a few courses, including Lifestyles of the Mediterranean, which students can take abroad in Greece during a summer or winter session. After this year's successful kickoff event for the department, we caught up with Dr. Sidossis to ask a few questions regarding the future of the department.

Dr. Sidossis is pleased to report that students can look forward to several things during the upcoming semester and year, such as: new courses being added (some of which will be offered online), a 4+3 DPT program, and two new minor options for the department. Another exciting opportunity will be that students can do their internship in Exercise Science in Athens, Greece come summer 2018.



Since the department has experienced large-scale growth over the past few years, several new faculty have been hired, including a full-time Academic Advisor to aid students in their course of study. Aside from hiring new staff members, the department has made the decision to move to a better location, "The Department will be relocating soon; however, we still don't know how soon! We need more and better teaching and research labs, conference rooms, auditoriums, offices for faculty, staff and graduate students, a student services area and updated facilities that will improve the level of service that we provide to our students," Sidossis said.

Since students had so much fun at the kickoff event, many asked when the next department event would be held. Dr. Sidossis stated, "There are a number of events during the year. February 26, 2018, we will host an alumni event where [students] will meet with alumni to talk about their college experiences, careers, and education since graduating from our program. In April, during Rutgers Day, we will have interactive booths both on the Douglass and College Ave campuses showcasing our department and the various areas we cover."

Sounds like the department is going to be well taken care of in the near future. What's more is that Dr. Sidossis had other exciting news he was willing to share. "Our Department is growing fast. We are already one of the 10 largest Departments of Kinesiology and Exercise Science in the USA! But we don't want only to be big; we want to be the best! In that front we have to work hard to improve our standing from 17th in the nation today to the best 10 within the next 5 years. To achieve this will require work and dedication by all faculty, staff and students!" That's a lot of work to be done, but Dr. Sidossis sounds sure that as a department, we can make these goals a reality!

Submitted by Colleen Perez, Kinesiology and Health MBF Club

**Did You Know: Our Department's 1st mission was to educate students to become physical education teachers.**



## Research Corner

Two recently published studies from the Exercise Psychophysiology Laboratory directed by Dr. Brandon Alderman helped to shed light on the potential long-term cognitive deficits following sport-related concussions as well as the beneficial effects of aerobic exercise for major depressive disorder. The first study, published in *International Journal of Psychophysiology*, led by graduate student CJ Brush, aimed to review all available published studies using electroencephalography (EEG) and event-related brain potentials (ERPs) to determine whether concussions result in long-term cognitive impairment. ERPs reflect patterns of electrical brain activity that are time locked to an event, such as a complex cognitive task. Importantly, they may be more sensitive measures of subtle cognitive deficits than more commonly used neuropsychological measures used in clinical practice for concussions. The findings from this study suggest impairments in cognition among former athletes with a history of concussion, and these neurophysiological changes were related to the number of previous concussions sustained and the time that had elapsed since the injury.

In the second study, published in *Clinical Neurophysiology*, Dr. Alderman's lab investigated the effects of an aerobic exercise program for improving cognitive control deficits in individuals with depression. Cognitive control represents aspects of cognition that we rely on daily, including planning, scheduling, and multitasking. Participants with a current diagnosis of depression completed an 8-week intervention consisting of three sessions/week of supervised moderate-intensity exercise training. Participants experienced improvements in cognitive control and reported reduced symptoms of depression following the intervention. Dr. Alderman said, "These findings are important and suggest a potential mechanism behind the antidepressant effects of exercise. It may also be important to target these aspects of cognition in future studies with patient populations."

You can read more about these studies at <https://www.aldermanlab.com>.

## Helping Hand to Puerto Rico



Professors Susan Kaplowitz, Ed.D., Nicole Nagle, DPT, and Javier Robles, JD, with Kinesiology and Health Department students who helped collect supplies to aid the victims of the hurricanes that struck Puerto Rico earlier this fall. Over 450 items were collected including medical supplies, hygiene items and cleaning supplies.

## Contact Us

Please visit us in person or on our website for more information about the Department of Kinesiology and Health in the School of Arts and Sciences at Rutgers:

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