Dr. Hamerslough honored at 2018 Alumni Banquet

At the 2018 Alumni Weekend Banquet, Dr. Walter Hamerslough, former chair of Health & Exercise Science was presented with the Alumnus of the Year award. Dr. Hamerslough began at La Sierra as an Instructor in Health and Physical Education in 1963 and left as Chair in 2001. Dr. Hamerslough earned his BA in Behavioral Science from La Sierra College in 1958, his MA in Counseling Education from the University of Redlands in 1964 and his doctorate from the University of Oregon in 1971.

At La Sierra, Dr. Hamerslough served as chair of the Physical Education Department for ten years. During his time at La Sierra, student sought his classes in Exercise Physiology, and Principles of Fitness and Motor Learning. In addition to teaching and serving as chair, Dr. Hamerslough served as Director of Alumni Relations from 1990 – 1992.

From 1973 – 2010, Dr. Hamerslough was extensively published, especially in the Western Society Review, the publication of the Western Society of Kinesiology and Wellness. He also boasts an impressive list of presentations covering such topics as academia, sports, and spirituality. In addition he served his community extensively and was honored in 1989 with the Zapara Distinguished Undergraduate Faculty Award. The Hamerslough family also supports the Hamerslough Family Endowed Scholarship for worthy physical education or health science majors that demonstrate financial need.

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Presentation of the Award
Dr. Wisbey introducing Dr. Hamerslough and presenting his award.

Receiving the Award
Dr. Hamerslough gives his award acceptance speech.
Record Number of WSKW Attendees for the 2017 Convention

This year we had a record number of attendees to the Western Society of Kinesiology and Wellness Convention in Reno, Nevada. La Sierra’s Health & Exercise Science Department was represented by 23 faculty and student attendees. The presentations consisted of the following original research and literature reviews:

Original Research – Faculty
“Utilization of TESTWELL: A Health Practices Survey to Target Student Needs” – Kim Knowlton, William C. Andress, Sejal Medhani, & Rob Thomas

Original Research – Student
“Effects of Aerobic and Resistance Training Effects on Short Term Memory” – Salina Ramachitta, Bertha Alicia Mendoza
“Effects of Caffeine on College Student’s One Repetition Maximum” – Daniel Flores, Roland Manurung

Research Critiques –
“Skin Tone Linked to Fruit and Vegetable Intake” – Uyen Tang

Student Literature Reviews
- "Psychological Health after Abortion" - Rachel A. Scales, Lydia Boampong
- "The Dangers of Pesticides on Children" - Brittany Whitney, Arlyne Flores
- "Cell Phone Electromagnetic Radiation Risks" - Linda Marchen, Alexis Robles
- "Effects of Melatonin Supplementation" - Eric Chen, Christian Zane
- "Nutritional Benefits and Overtraining Among Athletes" - Ashley Walters, Gabriel Esquer
- "Variations of Student Health and Wellness" - Shawna Roderick, Hannah Yaghoubian
- "The Effects of Music on Exercise Performance" - Leena So, Seoyoon Jeon
- "Effects of Lycopene on Prostate Cancer" - Samuel Bolivar, Johannah Macy
- "Biological Factors Correlating to "The Zone" - Ivan Vegar, Jason Daniel
- "Causes of Tooth Decay in Young Children" - Boram Seo, Jihyun Yi
- "Blood Pressure Related to Weight to Body Frame Ratio" - Richmond Lin, Jeffery Chin
- "Effects of Caffeine on College Students’ One Repetition Maximum" - Daniel Flores, Roland Manurung
- "Nutritional Value: Whole Fruit vs. Fruit Juice" - Natalia Gallo, Cassandra Savala
- "The Effects of Weather on Mood Changes" - Hannah Loaisiga, Daniel Flores
Foundation Board Presentation

Dr. Kim Knowlton was invited to speak at the most recent Foundation Board Meeting. At this meeting, she presented a Power Point Presentation highlighting the tremendous growth of our department – 250% over the last several years despite the full-time faculty shortage and the continuing need for our own facilities.

Our current classroom space is inadequate to house the majority of department classes (our current classrooms can take a maximum of 26 students in one room and only 18 in the other room), department students don’t have a meeting area where they can fellowship and study, and our office space is inadequate to house the number of faculty and staff we need. Also, the Human Performance lab needs updated equipment and computers and a new space.

Dr. Knowlton's presentation was very well received and she received many compliments after the meeting.