

SANTA BARBARA CITY COLLEGE

33rd ANNUAL FACULTY LECTURE

Were Ancient Greeks really 'dumb jocks'?

A SOUND MIND IN A HEALTHY BODY

Presented by

Ms. Kathleen O'Connor



April 11, 2012 at 2:30 p.m.

Sports Pavilion

SBCC East Campus *(Reception Follows)*



SANTA BARBARA CITY COLLEGE

ANNUAL FACULTY LECTURES

This is the 33rd in a series of lectures wherein a distinguished Santa Barbara City College faculty member is chosen by colleagues to deliver an address on a scholarly subject of general interest.

ABOUT THE LECTURE

The presentation begins with an examination of the question that is in the title. It involves a brief overview of athletics and the purpose of physical education in societies—starting with primitive tribes, and including the ancient Greek Athenians and modern-day America. The origin and unintended role of the Olympic games in fostering international cooperation and their possible influence on the development of physical education programs at colleges and universities (including contributions by UC Berkeley) are described.

Information on the potential impact of physical education on physical, mental and emotional health, and cognitive ability are explored—in other words, the concept of a “sound mind in a sound body.” Recent research showing the significance of movement, nutrition and emotions in cognitive ability, disease prevention, longevity and robust health is shared.

Finally the lecture describes a few of the national and local programs in which exercise and activity are motivating and guiding individuals in our society to understand and act on the fact that “movement matters” for our immediate and long-term health and intellectual growth.

PREVIOUS FACULTY LECTURE HONOREES

Dr. Robert Casier	1979-80	Dr. Gary L. Carroll	1995-96
Mr. Henry H. Bagish	1980-81	Mr. David N. Lawyer, Jr.	1996-97
Dr. Charles R. Courtney	1981-82	Mr. Joseph P. White	1997-98
Dr. Harold M. Dunn	1982-83	Dr. Manoutchehr Eskandari-Qajar	1998-99
Dr. John Kay	1983-84	Dr. Jeannette Webber	1999-00
Mr. Raymond O'Connor	1984-85	Dr. Peter Haslund	2000-01
Dr. Barbara S. Lindemann	1985-86	Ms. Genevieve B. Anderson	2001-02
Dr. Elwood Schapansky	1986-87	Mr. Carl W. Sundbeck	2002-03
Dr. George E. Frakes	1987-88	Dr. Janet Shapiro	2003-04
Dr. Elizabeth Hodes	1988-89	Dr. Peter Georgakis	2004-05
Dr. Jack R. Ullom	1989-90	Mr. James Chesher	2005-06
Dr. Curtis B. Solberg	1990-91	Dr. John Clark	2006-07
Ms. Diane Johnson Handloser	1991-92	Mr. Don Barthelmess	2007-08
Dr. Robert J. Cummings	1992-93	Dr. Karolyn R. Hanna	2008-09
Mr. John C. Egger	1993-94	Dr. Robert Gray	2009-10
Mr. Michel Masson	1994-95	Dr. Michael Young	2010-11

ABOUT THE LECTURER



Kathleen (Kathy) O'Connor was born in Los Angeles but has been a resident of Santa Barbara since she was an infant. After graduation from Carpinteria High School, she earned an A.A. Degree from Santa Barbara City College, a B.S. in Physical Education from the University of California, Santa Barbara, and an M.A. in Physical Education from Cal Poly, San Luis Obispo.

During two years at Laguna Blanca School, she developed the girls' PE and athletics program while teaching physical education and coaching teams in four sports. This was followed by a year at Goleta Valley Junior High teaching science and physical education after which Kathy was a part-time instructor in physical education at SBCC for two years. During that time, she started the college's athletics program for women before being hired full-time in 1976.

Kathy's years at SBCC have been characterized by her involvement in college governance. This has included 20 years on the Academic Senate, with two years as its president, and service on numerous Academic Senate committees, including Curriculum Advisory, Instructional Technology, Scholastic Standards, and Planning & Resources. She continues to serve on college-wide committees, including College Planning Council, District Technology Committee and Matriculation. She was also among the first faculty members to develop distance-learning classes at SBCC, and she has been an Athletics academic adviser for over 30 years.

Her involvement has extended to the state level where, as a representative of the Academic Senate for California Community Colleges, she has made numerous presentations at plenary sessions and co-authored two ASCCC publications. As a representative of the State Academic Senate, she was appointed to—and served as chairperson of—the Distance Education Technical Advisory Committee and, more recently, was appointed to the System Office Advisory Committee on Curriculum and the Kinesiology Discipline Committee to develop transfer degrees.

Kathy has received several awards for teaching and professional excellence: the SBCC Faculty Excellence Award, the Academic Senate for California Community Colleges' Hayward Award for Excellence in Education, the Community College Foundation Award for Outstanding Achievement in Technology Education, and the Louise Lowry Davis Sportswoman of the Year Award presented by the Santa Barbara Athletic Round Table.

The local community has also been the recipient of her dedication. As a horse owner, she recognized the threat to horses posed by wildfires, and was co-founder and president of the Santa Barbara Equine Assistance and Evacuation Team. She continues to be actively involved in providing training and educational opportunities for emergency services personnel and community members. Kathy has made presentations to community organizations on such topics as fitness and nutrition, self-defense for women, drug and alcohol education, and women's health issues.

Kathy sums up her approach to both education and life with the phrase, "If it's not broken, break it," by which she means that it's often necessary to take apart and examine underlying assumptions, evidence or convictions upon which our decisions or actions are based. "As educators, teachers make a difference when we help students overcome their fear of change and develop the courage to live by a set of values that will reinforce their self-esteem and self-respect. However, we can only assist them in doing this if we are willing to take risks, lead with our hearts, maintain high expectations and, most importantly, teach by example."

DEDICATION

To the Wise Women and Courageous Animals I Have Known:

I dedicate this lecture to all of the ‘Wise Women’ I have known and many I have not known but who have created a world of courage and humanity for us all. The first woman was my mother, who had the ability to make me feel like I could do anything. All of her love and positive energy was focused on me and I love and thank her for the choices she gave me. But there are many ‘wise women’ who have influenced, driven, loved and supported me throughout my life. They are friends, colleagues and family who know that there is nothing more important than creating a world in which we acknowledge women as being fully human.

And I also dedicate this lecture to the animals I have loved. This may sound strange to some but, from the time I was a small child, all of the animals I have loved have had a tremendous influence on the person I am today. Riding horses has taught me all I’ve needed to know about life—the good times and how to get through the hard times. It taught me about persistence, toughness, courage and mortality, and I learned never to see a setback as a failure. It taught me passion; it taught me the commitment to master a skill; and, most of all, it taught me about compassion and shared endeavors. A rider does not ride alone; her horse is her teammate.

ACKNOWLEDGEMENTS

Without my entire division, this lecture would have never happened. There are no adequate words to describe my colleagues’ dedication, compassion and caring that they have for their students, for each other and for our discipline. This lecture is about us, all of us, and I want them to know how much I admire them each and every day.

There are many others, on campus and off, who have cajoled, encouraged, commiserated, proofread, filmed and done myriad tasks in order to ensure that this lecture actually happens. You know who you are, and there are no words to express my love and appreciation to you.

And last, but not least, I want to acknowledge my students. You have created a life for me that is challenging, fulfilling, and inspiring, and I learn from you every day. Always remember: live it, do it, enjoy it and let it go!

Thanks to all of you who have always been there to help me.

*‘No matter what accomplishments you make,
somebody helps you.’*

—Wilma Rudolph

