Graduate student goes for the gold in Long Beach

Sacramento State’s Jamie Donkin recently won an outstanding research award and will compete against California State University winners May 4 and 5 at CSU Long Beach. Donkin prevailed at Sacramento State’s Student Research Challenge hosted by Academic Affairs and the Office of Research Administration. Her project was unique, being the sole Kinesiology entry.

Professor Daryl Parker, of the Department of Kinesiology and Health Science, is justifiably proud of Donkin. “She has been my graduate student for three years and is also an assistant gymnastics coach at Sacramento State,” Parker says. “Her research examined pre-exercise static stretching, a common pre-exercise routine, and its effects on performance in prolonged cycling.

“She observed that stretching prior to exercise did not improve performance, a finding that is in contrast to current thought among a number of fitness participants and athletes. As such, the results grabbed a lot of attention and netted her a win at the competition.”

Parker hopes that Donkin’s momentum continues in Long Beach. The competitors will be grouped by general topic, and she will be up against other health-related presentations. She will present at 8 a.m. on May 5.

Donkin had never competed before, but in October she gave a poster presentation at the Southwest American College of Sports Medicine (ACSM) conference on the same topic. She’ll also present another poster and give a brief oral presentation at the National ACSM conference in San Francisco next month.

Born and raised in El Dorado, Donkin came to Sac State to be on the gymnastics team, and stayed with the program as a staff member. She is amazed by the research conducted at the University and was particularly impressed by her competitors’ presentations. “I am honored to be representing Sacramento State in the CSU-wide competition,” she says.

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