

## Spotlight on



CAMINO Research Assistant

Steven Mendoza

Kinesiology Program

Currently working with Dr. Steven Loy

### Steven's Pathway or "Camino":

With an undergraduate degree in Kinesiology, Exercise Science from CSUN, Steven is now enrolled in the Masters program in Exercise Physiology. Throughout his undergraduate career, Steven struggled to find his passion. After becoming involved in the White House recognized free exercise community program, 100 Citizens, he found it. Equipped with experience, content and "real world" knowledge, Steven became the Director of the Diabetes Prevention Program, an extension of the 100 Citizens program, and to this day, he remains heavily involved. The networking he acquired from interning for 100 Citizens allowed him to become a Peer Learning Facilitator, as well as a Teaching Associate for the Kinesiology Department where he teaches undergraduate Exercise Physiology. His recognition as a motivated and passionate graduate student has afforded him the opportunity to be one of a few select students to newly expand the 100 Citizens program to South Los Angeles.

### What does CAMINO mean to you?

"CAMINO to me means 'Opportunity for success.' They provided a door for me. There was not just one opportunity, or path, behind this door. Through this door were multiple paths; through this door was an opportunity to not only try something different but to also advance my skill set to continue on with my academic career.

By offering me the Research Assistant position here at CSUN, I was able to learn how to properly conduct research. CAMINO showed me the process of research that no one really talks about, for example, the IRB, literature reviews, etc. This position also allowed me to work with my mentor, Dr. Steven Loy, and allowed us to try something different. I originally applied with the intention to only focus solely on my project with 100 Citizens', a free exercise program we offer to the community, expansion to South LA. But Dr. Steven Loy and myself decided to also add in a project here at CSUN testing Kinesiology student's cardiorespiratory fitness using a metabolic cart. So not only am I doing one project in South LA, bettering the community through exercise and healthy habits in this area, but I am also conducting research in a lab setting to learn the fitness of our future health leaders in Kinesiology.

CAMINO showed me the door and showed me an 'Opportunity for success.' It was up to me to step through this door and take advantage of this resource."

