

## *An Interview with Laurie Runk, continued*

does take a conscious effort. The goal of cardiovascular exercises should be to work hard enough that you're out of breath. As a general rule, if you can talk on the phone while exercising, and the person on the other end of the line cannot tell you're exercising, then you're not working hard enough!

### **Tell me about your work with the Real Madrid soccer team. (My colleague tells me that's the equivalent of working with the Lakers during their heyday!)**

As part of my doctoral studies, I spent a semester studying abroad at Universidad Europea de Madrid. There we did some exercise testing with the Real Madrid soccer team. We would attend some of their practices, press conferences, and games. For those of you who have never attended a European soccer game, the event puts the Super Bowl to shame, to put it mildly.

### **What do you do in your free time?**

Most of my free time is spent outside with my husband and dogs, as we both love the ocean, biking, and fly-fishing. If I am inside, then I am in the kitchen. I love everything about food: reading about it, growing it, prepping it, cooking it, and yes, of course, eating it.

We also love to travel. Our family and friends are spread throughout the country, so we tend to do a lot of weekend jet-setting when we can talk our neighbors into dog-sitting.

### **What are you reading now?**

I am currently reading through the books of the Bible commonly known as the Epistles of Paul in the New Testament. I find Paul's life to be a testament to the value of character and the picture of perseverance in the face of unfathomable adversity.

### **What's a title on your bookshelf that might surprise us?**

*Unbroken* by Laura Hillenbrand. Though it is often said that the book is better than the movie, the statement has never been more true than with this book, in my opinion. This survival recount of World War II POW Louis Zamperini is one of the most jaw-dropping (not to mention *true*) stories one could ever read.



## **Academic Quality Rubric: Update**

*Submitted by Dr. Gayle Berggren  
Professor of Psychology / SLO Coordinator*

A subcommittee of the Academic Senate has begun meeting to update our current Academic Quality Rubric. This update is due partly as a result of new, more rigorous standards for online courses (such as seen in the rubric for the Online Education Initiative), as well as requirements we are trying to implement for the Department of Education related to Regular and Substantive Interaction in distance learning courses.

The online course section of the rubric will receive a serious overhaul. We will also discuss recommended practices for instructors who use publisher materials in their online courses. We'll also review and update the telecourse section and will also discuss recommended practices in independent study courses.

The Rubrics section on face-to-face instruction will also be updated. Examples of items discussed for inclusion in this section are: more specific information about contact information and expectations for grading and feedback in the course syllabus, more regular assessing of student learning and SLOs, and the integration of new technologies.

The Academic Quality Rubric is not used as a means to evaluate the teaching ability of the instructor. It is a way the teacher evaluates the quality of the course that he/she has developed. If you have information or suggestions to share, or if you are interested in participating in any of the meetings that will be discussing any of various types of courses mentioned above, please email Gayle Berggren at [gberggren@coastline.edu](mailto:gberggren@coastline.edu).

Your thoughts and input on any of the above topics are valuable to us.