

KINESIOLOGY

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Programs Offered

Bachelor of Science in Kinesiology
Master of Arts in Kinesiology
Minor in Kinesiology
Single Subject Teaching Credential Preparation
Adapted Physical Education Specialist Credential
Integrated Degree and Credential Program

Kinesiology, as the study of human movement, utilizes a comprehensive and integrative approach to examine phenomena related to all aspects of physical activity. The curriculum offered by the Department of Kinesiology prepares graduates who can apply kinesiological principles to the acquisition, performance, and refinement of motor skills and to the use of physical activity as an educative tool and a medium for health promotion, personal well-being, and participation in an active lifestyle. The curriculum addresses human movement across the life span from biological/physical, behavioral, sociocultural, and humanistic perspectives, with attention given to the unique and common needs of all people in a wide variety of contexts and conditions.

In conjunction with the broader educational mission of the University, the kinesiology major program prepares students to lead and participate in a modern complex society and to assume multiple roles throughout their lifetimes. Graduates have acquired knowledge and experiences that prepare them to pursue lifelong learning, advanced study, and/or careers in such areas as teaching, coaching, adapted physical education, allied health fields, health and fitness industries, sport industries, or exercise and movement science. To achieve this mission the kinesiology major provides students with a well-structured

set of curricular and cocurricular experiences and the mentorship to derive a sound education from the University experience.

The Department of Kinesiology programs lead to the B.S. or M.A. degrees. In both programs a core of courses is required. Beyond this core, the kinesiology student chooses a concentration of courses with a specific focus. The undergraduate may select physical education, adapted physical education, exercise science, lifetime fitness, or interdisciplinary studies in kinesiology. Theoretical and practical learning experiences are an important part of all concentrations. Students are required to participate in a variety of field experiences, working as coaching assistants, teacher's aides, exercise/recreation leaders, and instructors for disabled students.

Prior to beginning upper-division studies in Kinesiology, students should have acquired the knowledge and skills necessary for success. Courses with specific application to the kinesiology degree are included as support courses for the major. All students entering the upper-division kinesiology degree should

- be able to utilize computing technology in support of inquiry;
- demonstrate knowledge of a broad range of concepts, issues, facts, and theories derived from the biological, physical, behavioral, and social sciences, and from the humanities;
- demonstrate critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills; and
- document experience in a variety of movement forms and fitness activities.

At the completion of the undergraduate degree all graduates should

- demonstrate knowledge and skill in a broad variety of movement and fitness activities;
- understand the biological/physical and behavioral bases of movement and the changes that occur across the life span, within diverse populations, and under a variety of environmental conditions;
- understand the sociocultural and humanistic bases of movement with diverse cultures, historical periods, and social settings;
- understand how motor skills are acquired and fitness achieved and maintained across the life span and within diverse populations;
- understand the relationship among movement, conditioning and training, well-being, and skill across the life span and under a variety of environmental and personally unique conditions;
- know how to apply kinesiological knowledge to enhance motor skill and fitness with a variety of populations and conditions;

- apply critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills to movement-related questions;
- demonstrate knowledge of the conditions of safe practice in movement-related contexts across the life span and within diverse populations, and respond appropriately to common injuries occurring during physical activity;
- be able to use and apply kinesiological data collection techniques and measurement theory to assess, analyze, and evaluate human performance;
- understand the scientific method and other systematic ways of knowing relative to research and scholarship in human movement;
- demonstrate ability to integrate multidisciplinary knowledge bases of kinesiology in an applied, problem-solving context;
- be familiar with standards, ethics, and expectations of professional communities related to human movement;
- be prepared to engage in professionally related community activities;
- be prepared to engage in informed dialogue with diverse professional and lay communities regarding kinesiological principles and practices; and
- demonstrate additional in-depth knowledge and skills associated with study in any one of the concentrations, specializations, or emphases that are associated with kinesiology degrees.

Bachelor of Science in Kinesiology

All majors in the Department of Kinesiology must complete the support courses and the major core courses. Each major selects a concentration in which to complete the major.

Degree Requirements	Units
General education	51
Major requirements	50-52
Support courses (maximum outside GE)	18
General electives	3-5
Total units needed for graduation	124

Physical Therapy Program Prerequisites

Courses	SSU Course	UCSF	Samuel Merritt	UOP	Chapman	West Univ. of H.S.
General Physics	PHYS 209AB/210AB	R-8	R-8	R-8	R-8	R-8
General Chemistry	CHEM 115AB/116AB	R-10	R-8	R-8	F-8	F-8
Organic Chemistry	CHEM 335A	r-3				
H. Anatomy w/lab	BIOL 220	R-3	R-4	R-4	R-4	R-4
H. Physiology	BIOL 224		R-4	R-4	R-4	R-4
Bio Elective	BIOL 307, 318		R-3	R-4	R-6	
Microbiology/Cell Biology	BIOL 218/344	R-4		R-4		
Neuro Anatomy	PSY 451	r-4				
Ab Psych/Psych Dis	PSY 425/438	R-3				
General Psych	PSY 250, 302		R-3			
Psych Elective			R-3	R-3	R-6	
Sociology Elective			R-3			
Biomechanics	KIN 350	R-3	R-3			
Exercise Physiology	KIN 360	r-3	R-3			
Motor Learning/Motor Development	KIN 305/410	r-3				
Statistics	MATH 165	R-3	R-3		R-4	R-4
English Composition	ENGL 101	r-3		R-3		
Written/Oral Comm	HUM 200/ENGL 201		R-3			
Field Experience	KIN 430D	R-150	R			
GRE		R 1500/500	R 1700/540			

R=REQUIRED, r=recommended

All courses fulfilling either major or minor requirements in kinesiology must be graded A-F, except for courses not available in the A-F mode or courses that are challenged.

Support Courses for the Bachelor of Science

These courses may be taken at a community college, and some may be used to fulfill general education requirements. Some of these courses are prerequisites to courses in the major. The SSU equivalent is listed in parentheses.

Introduction to Biology (BIOL 115)*	3
Human Anatomy (BIOL 220)*	4
Human Physiology (BIOL 224)*	4
Nutrition	3
Introduction to Computing (CS 101)*+	3

Total supporting units 17

* GE courses

+ Students in physical education concentration may take KIN 307 instead.

Major Core Requirements (all concentrations)

KIN 301 Philosophy/History of Human Movement	4
KIN 305 Psychological Bases of Human Movement	4
KIN 315 Sociology of Sport	3
KIN 330A Measurement and Evaluation or MATH 165 (4)	1
KIN 350 Biomechanics	4
KIN 360 Physiology of Exercise	4
KIN 460 Conditioning for Health and Performance	3
KIN 410 Life Span Motor Development	3

Total units in the major core 26-29

Sample Four-year Program for Bachelor of Science in Kinesiology, Exercise Science Concentration

Lower-Division Preparation

FRESHMAN YEAR:: 32 Units

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (15 Units)</i>
GE (B2) (3)	Chem 115A (5)
GE (C1) (3)	GE (A3) (3)
CS 101 (3)	GE (B4) (161/165) (4)
GE (A2) (3)	GE (D2) (3)
SE (D4) (3)	

SOPHOMORE YEAR:: 29 Units

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (17 Units)</i>
GE (A1) (3)	GE (D5) (3)
BIOL 220 (B3) (4)	GE (C4) (3)
CHEM 115B (5)	GE (D3) (3)
BIOL 307 (3)	BIO 224 (4)
	PHYS 209A/210A (4)

Upper-Division Specialization

JUNIOR YEAR:: 33 Units

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 340/342 (3)	KIN 360 (4)
KIN 301 (4)	KIN 315 (3)
GE (C2) (3)	GE UD (C3) (3)
GE UD (D1) (3)	KIN 410 (3)
PHYS 209B/210B (4)	

SENIOR YEAR:: 30 Units

<i>Fall Semester (16 Units)</i>	<i>Spring Semester (14 Units)</i>
KIN 305 (4)	GE UD (E) (3)
KIN 350 (4)	KIN 460 (3)
Elective (3)	
Elective (3)	

SUMMER SESSION OPTION::

KIN 410 (3)

In addition to the upper-division specialization, choose one of the following options:

Pre-Physical Therapy

JUNIOR YEAR:: 33 Units

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (16 Units)</i>
PSY 425 Elective (4)	

SENIOR YEAR:: 30 Units

<i>Fall Semester (16 Units)</i>	<i>Spring Semester (14 Units)</i>
KIN 430D (1-3)	Elective

TOTAL UNITS:: 124

Biomechanics**JUNIOR YEAR::**

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 330A (1)	Elective
KIN 300 (2)	

SENIOR YEAR::

<i>Fall Semester (16 Units)</i>	<i>Spring Semester (14 Units)</i>
KIN 430/495 (1-4)	BIOL/GERN Elective (3-4)

Sample Four-year Program for Bachelor of Science in Kinesiology**Physical Education, Adapted Physical Education, Lifetime Fitness Concentrations****Lower-Division Preparation****FRESHMAN YEAR:: 32 Units**

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (15 Units)</i>
GE (A2) (3)	Elective (3)
GE (B2) (3)	GE (A3) (3)
GE (B4) (4)	GE (C4) (3)
CS 101 (3)	GE (D2) (3)
GE (B1) (4)	GE (C2) (3)

SOPHOMORE YEAR:: 31-32 Units

<i>Fall Semester (16 Units)</i>	<i>Spring Semester (14-16 Units)</i>
GE (A1) (3)	GE (D5) (3)
GE (D3) (3)	Biol 224 (4)
Biol 220 (B3) (4)	GE (C1) (3)
GE (D4) (3)	Elective (3)
Elective (3)	PE: KIN 300 Aquatics or APE: KIN 325 or LF: KIN 342 (1-3)

Upper-Division Specialization**JUNIOR YEAR:: 33 Units**

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 330A (1)	KIN 360
KIN 301 (4)	KIN 410
KIN 315 (3)	
GE UD (D1) (3)	

SENIOR YEAR:: 29 Units

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (14 Units)</i>
KIN 305 (4)	GE UD (E) (3)
KIN 350 (4)	GE UD (E) (3)
GE UD (C3) (3)	KIN 460 (3)
	BIOL 307 (3)

In addition to the upper-division specialization, choose one of the following options:**Physical Education****JUNIOR YEAR:: 33 Units**

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 400 (3)	KIN 325 (3)
KIN 300 (2)	KIN 300 (1)
KIN 307 (3)	KIN 342 (3)
KIN 320 (3)	

SENIOR YEAR:: 29 Units

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (14 Units)</i>
KIN 300 (2)	KIN 300 (1)
KIN 404 (2)	KIN 430 (1)

SUMMER SESSION OPTIONS::

KIN 307 (3)
KIN 400 (3)
KIN 410 (3)

Adapted Physical Education**JUNIOR YEAR:: 33 Units**

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (16 Units)</i>
Elective (3)	KIN 340/342 (3)
KIN 426 (4)	KIN 300 Aquatics (1)
Elective (3)	KIN 427 (3)

SENIOR YEAR:: 29 Units

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (14 Units)</i>
EDSP 430/433 (3-4)	KIN 430C (1)
KIN 425 (3)	Elective (3)
KIN 430C (1)	

Lifetime Fitness**JUNIOR YEAR:: 33 Units**

<i>Fall Semester (14 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 426 (4)	KIN 340 (3)
KIN 342 (3)	
Elective (3)	

SENIOR YEAR:: 29 Units

<i>Fall Semester (17 Units)</i>	<i>Spring Semester (16 Units)</i>
NURS 473 (3)	KIN 430E (3)
Elective (3)	KIN 442 (4)

Major Concentrations

Choose one of the required concentrations below to complete the major:

- I. Adapted Physical Education Concentration (26)
- II. Physical Education Concentration (26)
- III. Exercise Science Concentration (24-26)
- IV. Lifetime Fitness Concentration (26)
- V. Interdisciplinary Concentration (24)

Total units in a concentration 24-26

Total units in the major 50-52

Specific content of concentrations is detailed below.

Specific Content of Concentrations

Several options are available to a student advancing toward a specific goal in the degree program. A student may select a pattern of courses in any one of the following concentrations.

I. Adapted Physical Education Concentration

After completing the bachelor's degree, students may pursue career opportunities in private or public agencies. In combination with the physical education concentration (Single Subject Credential), a student may meet the requirements for the specialist credential in adapted physical education.

EDSP 433 or 430 Teaching Adolescents with Special Needs/ Special Education for Teachers	3 - 4
KIN 340/342 Emergency Response/Principles of Musculoskeletal Injuries	3
KIN 300 Aquatics	1
KIN 325 Introduction to Adapted Physical Education	3
KIN 425 Seminar in Adapted PE	3
KIN 426 Individualized Assessment and Program Design	4
KIN 427 Individuals with Disabilities in Educational/Recreational Setting	3
KIN 430C Field Experience	2
Additional approved elective	3
Total units in the concentration	25-26

Total units in the B.S. 51-52

II. Physical Education Concentration

The Kinesiology Department offers a Subject Matter Program in Physical Education. Students who are interested in teaching physical education and coaching in the schools may select this option. Completion of the program certifies the subject matter competence required for entry into a teaching credential program in physical education and exempts the student from taking the Praxis II Subject Assessment Examination. Kinesiology majors interested in seeking a general elementary credential may demonstrate subject matter competence by passing the Praxis II Multiple Subject Assessment for Teachers. For further information, contact the department office.

KIN 300 Analysis of Motor Performance: Aquatics	1
Skills and Fitness Performance	1
Dance and Rhythms	1
Educational Gymnastics	1
Racquet Sports	1
Team Sports	1
Contemporary Activities	1
KIN 101 Combatives	1
KIN 307 Computer Applications in Physical Education	3
KIN 320 Curriculum, Pedagogy, and Assessment	3
KIN 325 Introduction to Adapted Physical Education	3
KIN 342 Principles of Musculoskeletal Injuries	3
KIN 400 Elementary School Physical Education	3
KIN 404 Theory of Coaching	2
KIN 430 Field Experience	1
Total units in the concentration	26
Total units in the major	52

For information on credentials and professional education requirements, please see the Education section in this catalog, which describes programs in education, and also the University's special bulletin on Programs in Teacher Education.

Integrated Degree and Credential Program

Students in their freshmen year who are interested in becoming public school physical education teachers can enroll in a program of study that integrates a B.S. in kinesiology with a concentration in physical education, with the requirements necessary to obtain a teaching credential. This plan of study merges the degree and credential courses, subsequently exposing students to public school teaching experiences from their freshman through senior years. In addition, if students follow the designed advising plan, they have the potential of completing their course of study in less time than if the degree and credential programs were taken back to back. This program may necessitate students taking one or two summer school sessions.

FRESHMAN YEAR:: 31 Units	
<i>Fall Semester (15 Units)</i>	<i>Spring Semester (16 Units)</i>
GE (B1) (3-4)	POLS 200 (D4) (3)
ENGL 101 (A2) (3)	GE (D2) (3)
Foreign Language (C4) (3) (if needed)	PHIL 101 or 102 (A3) (3)
MATH 165 (B2) (4)	BIOL 115 w/out lab (B2) (3)
KIN 120 (2)	KIN 101 (1)
	GE (C3) (3)
SOPHOMORE YEAR:: 32 Units	
<i>Fall Semester (17 Units)</i>	<i>Spring Semester (15 Units)</i>
BIOL 220 (B3) (4)	KIN 300 (2)
KIN 300 (1)	KIN 315 (3)
KIN 320 (3)	KIN 342 (3)
GE (A1, C2, D3) (9)	BIOL 224 (B3) (4)
Have taken CBEST.	GE (C3, D5) (3)
Apply to Single-Subject Credential Program.	
SUMMER SESSION:: 9 Units	
EDUC 417 (3)	
Foreign Language (if needed) (3)	
KIN 307 (3)	
JUNIOR YEAR:: 34 Units	
<i>Fall Semester (18 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 301 (4)	KIN 300 (2)
KIN 300 (1)	KIN 325 (3)
KIN 350 (4)	KIN 360 (4)
KIN 410 (3)	Nutrition (3)
GE (C1, E) (6)	EDSS 442 (4)
SUMMER SESSION:: 9 Units	
KIN 400 (3)	
EDSS 418 (3)	
EDSP 433 (3)	
SENIOR YEAR:: 35 Units	
<i>Fall Semester (18 Units)</i>	<i>Spring Semester (17 Units)</i>
KIN 300 (1)	EDSS 458 (12)
KIN 305 (4)	EDSS 459 (3)
KIN 460 (3)	KIN 404 (2)
EDSS 443A (1)	
EDSS 443B (2)	
EDSS 444 (3)	
EDSS 446 (4)	

III. Exercise Science Concentration

Students who have an interest in biomechanics or pre-physical therapy may select this concentration. It contains lower-division and upper-division courses beyond the core required of all majors and a set of courses specific to the subspecialty within the concentration.

Lower-Division Exercise Science Core

CHEM 115AB/116AB General Chemistry*	8**
PHYS 209/210 General Physics*	4**

Upper-Division Exercise Science Core

KIN 340/342 Emergency Response or Principles of Musculoskeletal Injuries	3
KIN 430/495 Field Experience/Special Studies	3

Total in the exercise science core 18

* GE courses.

** Students planning to enter a master's degree program in physical therapy may need to take additional units or courses to satisfy admission requirements to the programs. Check with the academic schools to which you plan to apply for specific requirements.

Areas of Emphasis in Exercise Science

Choose one of the following areas of emphasis to complete the exercise science concentration:

Pre-Physical Therapy

Biomechanics

Specific content of areas of emphasis is detailed below.

Pre-Physical Therapy Emphasis

PSY 425 Abnormal Behavior	4
BIOL elective related to physical therapy	4

Total units in the concentration 26

Total units in the major 52

Biomechanics

MATH 161 Calculus	4*
KIN 300 Analysis of Motor Performance	2

Total units in the concentration 24

Total units in the major 52

* GE courses

IV. Lifetime Fitness Concentration

Prepares individuals for careers in the allied fields of fitness, health, wellness, and paramedical occupations. Those who work with exercise must have an understanding of intra- and interpersonal aspects of exercise adherence, as well as knowledge of the structure and function of the human body. They must know exercise physiology and the mechanics of human motion; and they must possess skills in planning and carrying out appropriate exercise programs and treatment regimes for the healthy individual who desires lifetime fitness goals, as well as for the individual with unique needs due to a developmental concern or musculoskeletal injury. This concentration incorporates coursework in exercise history, philosophy, sociology, and psychology; exercise physiology and biomechanics

of movement; adapted physical education and emergency / sports medicine; and health education, while providing opportunities for internships & field experiences.

KIN 340 Emergency Response	3
KIN 342 Principles of Musculoskeletal Injuries	3
KIN 426 Individualized Assessment and Program Design	4
KIN 430/495 Field Experience/Internship	3
KIN 442 Musculoskeletal Evaluation, Training, and Treatment	4
KIN 446 Exercise Instruction	3

Electives * Choose a minimum of 6 units (below)

KIN 404 (2) Theory of Coaching	
KIN 427 Individuals with Disabilities in Education and Recreation (3)	
BIO 318 Biology of Aging (3)	
BUS 150 Business and Society (3)	
GERN 300 Basic Gerontology (3)	
NURS 473 Health Education and Drug Abuse (3)	
PSY 201 Human Potential (3)	
PSY 408 Transitions in Adult Development (4)	
PSY 421 Psychology of Aging (4)	
SOC 317 Emotions and Adult Life (3)	
Total units in the concentration	26

V. Interdisciplinary Concentration

In consultation with their advisors, students design a concentrated course of study or special emphasis track in preparation for a career goal. Areas of emphasis may include sport psychology, sports communication, sport art, sports management, community recreation, and others.

Students, in consultation with their advisors, shall select a minimum of 24 units to complete the program requirements. Courses in kinesiology and those offered by other departments are appropriate and may be applied to this track. A minimum of 3 units, and not more than 6 units, in Field Experience (KIN 430) and/or Special Studies (KIN 495) must be taken. The proposed study list must be signed by the student and advisor and submitted to the department chair for approval. A copy of the signed, approved study list is placed in the student's advising folder.

Total units in the concentration	24
Total units in the major	50

Career Opportunities in Lifetime Fitness

The Lifetime Fitness concentration prepares students for admittance into professional degree programs

- Athletic trainer
- Chiropractor
- Physician assistant
- Registered dietitian
- Others

Or certifications that require a baccalaureate degree

- Strength and conditioning specialist
- Certified personal trainer
- Health fitness instructor
- Exercise specialist

And advanced professional preparation for careers

- Emergency medicine EMT/paramedic
- Fitness
- Massage therapy
- Wellness

Careers in Physical Education

Physical Education

- Teaching middle school and high school (B.S. degree leads into the Single Subject Credential Program which certifies graduates to teach in public schools).
- Coaching in public schools and at the collegiate level.
- Graduate Programs in
 - Physical Education (M.A., M.Sc.)
 - Adapted Physical Education
 - Curriculum and Instruction
 - Education Administration
- Teach/coach at a community college (M.A. required).

Adapted Physical Education – Physical education for individuals with disabilities

- Work in public schools, community recreation centers, hospitals and other clinical settings, junior colleges, colleges, and universities.
- Work with infants, children, and adults with all kinds of disabilities.
- Teach adapted physical education to students and also mentor classroom and general physical education teachers (requires Single Subject Credential).
- Graduate Programs in
 - Adapted physical education
 - Special education

Students Planning to Apply to a Graduate Program in Physical Therapy

Completing the Kinesiology degree with the Exercise Science concentration, pre-physical therapy option, will satisfy many of the course requirements (or recommendations) which are prerequi-

sites for admission to a physical therapy program. While there are similarities across physical therapy programs, there are also differences from one graduate program to another. Students are urged to contact personally any graduate school they may wish to consider and request admission requirements. Information can be obtained from the American Physical Therapy Associate website: <http://www.apta.org>.

No single list of prerequisites can be totally complete and accurate. The list on the following page summarizes current requirements for some programs in California, and the requirements are similar to other programs. It is suggested that you use the attached list as general guidelines until a specific school or schools are selected.

Additional Considerations

- Plan on a minimum of two years beyond the bachelor's degree to complete a physical therapy program. Actual time varies by program.
- Find out if the Graduate Record Examination (GRE) is required and what minimum score is accepted.
- Strengthen your oral and written communication skills.
- Apply to several programs.
- Usually a 3.0 GPA is required; however, many schools actually use a 3.3 or higher GPA.
- Get extensive field experience, have excellent letters of recommendation, prepare a strong portfolio, and be prepared for a good interview.
- Some programs may not take less than a "B" in a prerequisite course; some will not accept a repeat grade if the original grade was a "C" or better.
- Many programs require that prerequisites be taken in the last 5-10 years; this varies from school to school.
- DO NOT take prerequisite courses for CR/NC.
- Take elective courses in related fields, especially the biological sciences.
- Talk to physical therapists and other pre-pt students, and be active in the pre-health professions clubs on campus.

Minor in Kinesiology

Students majoring in other disciplines may complete a minor in kinesiology to further their career goals. The minor requires a minimum of 22 units and includes a core of 12 to 13 units (required of all students) and a minimum of 9 to 10 units of electives. The minor in kinesiology may be desirable for credential candidates pursuing a second teaching area or a career in coaching, for management students entering sport/fitness businesses, for those involved in

outdoor recreation programs, for students in performing arts desiring a physical education/dance background. Students pursuing a kinesiology minor must consult with a departmental advisor for program requirements.

Minor Core Requirements

KIN 330A Measurement and Evaluation 1

Choose one course from the following:

KIN 301 History and Philosophy of Human Movement (4) **or**

KIN 315 Sociology of Sport (3) **or**

KIN 410 Lifespan Motor Development (3) 3-4

Choose two courses from the following:

KIN 305 Psychological Bases of Human Movement (4)

KIN 350 Biomechanics (4) [Prerequisite BIOL 220, Human Anatomy (4)]

KIN 360 Physiology of Exercise (4) [Prerequisites CHEM 115A, General Chemistry (5) and BIOL 224, Human Physiology (4)] 8

Total units in the minor core 12-13

Minor Options

These courses are to be determined with and approved by a departmental advisor. They must be in kinesiology and may include a maximum of 3 units of field work and/or special studies.

Total units in the minor option 9-10

Total units in the minor 22

Master of Arts in Kinesiology

The Master of Arts degree program is oriented toward professional training for those interested in obtaining terminal degrees in areas such as teaching, coaching, adult fitness, athletic training, and rehabilitation. The program emphasizes a common core/knowledge base, the interdisciplinary nature of kinesiology, a focus on applied professionals, and a culminating experience that is individualized to meet each student's professional needs and interests.

At the completion of the program all graduates will

- demonstrate knowledge of basic principles and an understanding of the current research in the field of kinesiology;
- apply critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills to movement-related questions;
- Understand the scientific method and other systematic ways of knowing relative to research and scholarship in human movement;
- develop a sense of responsibility to and for the profession and be professionally involved at the local, state, and/or regional levels; and
- be prepared to engage in informed dialogue with diverse professional and lay communities regarding kinesiological principles and practices.

M.A. Core Requirements

KIN 500 Introduction to Scholarly Inquiry in Kinesiology	2
KIN 505 Seminar in Psycho-Social Bases of Human Movement	3
KIN 520 Pedagogical Methods	3
KIN 525 Individualized Movement Programs for Rehabilitation & Education	3
KIN 550 Seminar in Biomechanics	2
KIN 560 Advanced Physiology of Exercise	2
KIN 590 Graduate Internship	3
KIN 599 Culminating Project	3
Total units in the M.A. core	21

M.A. Electives

In consultation with and receiving approval from an advisor, select an additional 9-unit study plan. For example, a student who wishes to pursue an emphasis in sport pedagogy will select from the following list of electives:

KIN 521 Curriculum Design & Analysis in Physical Education (3)	
KIN 522 Research and Issues in Physical Education Teacher Education (3)	
EDSS 444 Teaching in the Content Area (Physical Education) (3)	
EDCT 558 Educational Technology and Classroom (3)	
EDCT 560 Instructional Design and Technology (3)	
Total units in M.A. electives	9
Total units in the M.A. degree	30

The Department of Kinesiology offers the M.A. in Kinesiology via the culminating project in which graduate students choose from the following options: project, thesis, scholarly article, business/curriculum plan, clinical project, and a research component of a larger sponsored project. In so doing, graduate students are offered an array of options that are individualized to their specific professional needs. Students selecting the thesis option must complete an approved statistics course as a prerequisite.

Admissions Procedures

Students must apply to the University through the Office of Admissions and Records, and must complete a separate application to the Kinesiology Department. Applicants must:

1. Apply to the Office of Admissions to be admitted to graduate status in the University. The application must include the following:
 - a. Two sets of transcripts of all college work;
 - b. Certification of a B.S. degree or the equivalent with a 3.0 GPA in the last 60 units of college work.
2. Apply to the Department of Kinesiology for admissions to the Master's Degree Program in Kinesiology. This application must include:
 - a. Two letters of recommendation from individuals familiar with the candidate's academic work;

- b. A written personal statement indicating the applicant's academic and professional interests and goals.

Students may be admitted as conditionally classified or classified graduate students. The procedures for each are as follows:

Conditionally Classified Graduate

Application for students interested in pursuing a master's degree in kinesiology will be forwarded to the department for consideration. Students who have degrees in other areas of study must make up deficiencies in undergraduate areas: descriptive statistics, biomechanics, psychological basis of human movement, physiology of exercise. Only one (up to 4 units) of these courses may be counted toward the M.A. degree. Completion of WEPT required.

Classified Graduate

Classified graduate students are those who have completed all admissions requirements and undergraduate course work and have been admitted to the University and the master's degree program in the Department of Kinesiology.

Please see the Degree Requirements section in this catalog for postbaccalaureate degree requirements. The graduate coordinator serves as advisor to all conditionally classified graduate students until the students select a major advisor and advance to classified graduate status.

Advancement to Candidacy for the M.A. Degree

The Advancements to Candidacy form (GS01) describes the culminating project and verifies that the student has met the Writing Proficiency Requirement. This form must be approved by all members of the student's project committee and the department graduate coordinator before being forwarded to the Associate Vice President for final review and approval prior to granting of the M.A. degree.

Kinesiology Courses (KIN)

Classes are offered in the semesters indicated. Please see the Schedule of Classes for most current information and faculty teaching assignments.

101 PHYSICAL EDUCATION ACTIVITIES (1) FALL, SPRING

Activities classes. Classes are conducted in the following activities: aquatics (swimming, physical conditioning swimming, and scuba); fitness (aerobics, conditioning, pilates, jogging/running and weight training); dance (recreational, yoga); outdoor activities; team sports (basketball, soccer, volleyball); and individual sports (martial arts). Course offerings vary from semester to semester.

Most sections meet twice weekly, with some sections meeting at specially arranged times according to the nature of the activity. Students may take, for credit, as many different 101 classes as desired. The same 101 activity class may be repeated once for credit. Cr/NC only.

120 MOTOR SKILL DEVELOPMENT IN PUBLIC SCHOOLS (2) FALL

Prepares students to teach motor skills to school-age children. Topics including motor development, motor learning, and instructional design as related to motor skill acquisition are introduced. Students task analyze a variety of motor activities, plan developmentally appropriate lessons, and teach peer and public school-age children in local schools.

217 PERSONAL FITNESS AND WELLNESS (3) FALL, SPRING, SUMMER

Designed to introduce the concepts and practices involved in creating a personal lifelong fitness and wellness program. General health topics will be emphasized, specifically cardiovascular fitness, nutrition, stress management, disease prevention, and current health trends and topics. Students will develop personal action plans for enhancing personal health and well-being. Satisfies GE Area E.

230 INTRODUCTION TO FIELD EXPERIENCE (1-2) FALL, SPRING

Provides lower-division students an opportunity to sample work experiences in a variety of settings in physical education, adapted physical education, lifetime fitness training, or exercise science. Thirty hours of supervised field work for each unit of credit. This course does not meet the fieldwork requirement in the kinesiology major concentrations. Prerequisites: overall 2.0 GPA and departmental approval.

240 FIRST AID AND CPR (1) FALL

Study of the basic principles and practical applications of first aid and CPR techniques required by a first-aider to provide initial emergency care necessary to sustain life and minimize the consequences of injuries or sudden illness until qualified medical personnel arrive.

300 ANALYSIS OF MOTOR PERFORMANCE (1)

Fall: Team Sports, Racquet Sports, Educational Gymnastics, Skills and Fitness for Motor Performance

Spring: Aquatics, Dance and Rhythms, Contemporary Activities

Lecture, activity laboratory. A series of 1-unit courses. Each course is designed to provide students with an understanding of the mechanics of the neuromuscular skills and functional application of the activities presented within the course. In addition, students will be involved in task analyzing and teaching skills/activities contained within each course. Courses taught either during first six weeks, second six weeks of semester, or throughout semester.

301 HISTORY AND PHILOSOPHY OF HUMAN MOVEMENT (4) FALL, SPRING

An introduction to significant historical and philosophical considerations in the development of human movement. Contemporary philosophical issues as well as active physical participation with an experiential emphasis will be studied. Prerequisites: ENGL 101, upper-division standing, and consent of instructor for nonkinesiology majors.

305 PSYCHOLOGICAL BASES OF HUMAN MOVEMENT (4) FALL, SPRING

Introduction to psychological factors influencing learning and performing motor skills and the psychosocial influences of sport, exercise, and physical activity on the developing individual. Emphasis will be on the application of current motor learning, sport, and exercise psychology theories on such topics as learning, motivation, goal setting, stress, anxiety, group dynamics, leadership, moral development, and exercise adherence. Prerequisite: ENGL 101, upper-division standing, and consent of instructor for non-Kinesiology majors.

307 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION (3) FALL, SPRING

Provides students with information on, training in, and experiences with various information technology methods and applications related to Physical Education. Two hours of lecture and two hours of laboratory activity per week. Prerequisites: consent of instructor.

311 SELECTED TOPICS (1-4)

Selected upper-division courses that are taught on a one-time basis.

315 SOCIOLOGY OF SPORT (3) FALL, SPRING

Examines and utilizes basic sociological concepts and demonstrates their manifestations in the teaching of physical education and sports. Prerequisite: ENGL 101. Priority given to Kinesiology majors.

316 WOMEN IN SPORTS: ISSUES, IMAGES, AND IDENTITIES (3) FALL, SPRING, SUMMER

Designed to introduce students to an overview of issues, images, and identities of women participating at various levels of sport in the United States. Attention will be given to the historical, social, political, and economic contexts that have influenced the American women's experiences in sport. Prerequisites: junior standing or consent of instructor. Satisfies Area E, GE.

320 CURRICULUM, PEDAGOGY, AND ASSESSMENT (3) FALL, SPRING

This course is designed to explore different styles of teaching, management strategies, and assessment techniques used in physical education. Effective teaching characteristics will be discussed and opportunities given for students to put these into practice. Prerequisite: KIN 300 (3 courses) or consent of instructor.

325 INTRODUCTION TO ADAPTED PHYSICAL EDUCATION (3) FALL, SPRING

An introduction to the scope, basic concepts, and teaching methods of adapted physical education; a study of selected disabilities, with a primary focus on implications for physical education. Course includes 18 hours of practical experience in the field.

330A MEASUREMENT AND EVALUATION (1) SPRING

A survey of descriptive statistics. Includes measures of central tendency, variability, scale scores, correlation, and graphing with applications in kinesiology. Meets first half of the semester. Required for all kinesiology majors. Prerequisite: GE math.

340 EMERGENCY RESPONSE (3) SPRING

Study of the principles and practical applications of advanced first aid techniques required to provide the initial emergency care necessary to sustain life and to maintain life support until the victims of accidents or sudden illness are cared for by qualified medical personnel.

342 PRINCIPLES OF MUSCULOSKELETAL INJURIES (3) FALL, SPRING, SUMMER

Lecture, laboratory. Designed to show students the proper methods of recognition, evaluation, and treatment of athletic injuries to the upper and lower extremities. Comprehension of anatomy, mechanism-of-injury, and pathology are stressed. Fee of \$10 required for this course. Prerequisite: BIOL 220.

350 BIOMECHANICS (4) FALL, SPRING

Lecture, laboratory. Presents the quantitative and qualitative analysis of human movement and the anatomic concepts needed for understanding human movement in relation to mechanical effects such as application of force in relation to center of mass, displacement, velocity, acceleration of bodies, and buoyancy. Emphasis is on understanding and application of principles to any movement pattern. Prerequisites: BIOL 220 and GE math.

360 PHYSIOLOGY OF EXERCISE (4) FALL, SPRING

Lecture, laboratory. Study of the acute and chronic effects of human activity and exercise. Laboratory and field experiences in selected areas, including: exercise metabolism, skeletal muscle and cardiopulmonary physiology, body composition estimation, and environment as they pertain to fitness and sports settings. Prerequisites: GE math; BIOL 115 and BIOL 224.

371-378 VARSITY INTERCOLLEGIATE SPORTS FOR MEN (2) FALL, SPRING

Activities include: soccer, tennis, basketball, baseball, and golf. May be repeated for credit.

381-388 VARSITY INTERCOLLEGIATE SPORTS FOR WOMEN (2) FALL, SPRING

Activities include: cross country, track and field, soccer, volleyball, tennis, water polo, basketball, and softball. May be repeated for credit.

395 COMMUNITY INVOLVEMENT PROGRAM (1-4)

Provides majors and non-majors the opportunity to gain volunteer experience working with individuals with disabilities in designated on-campus and community placements involving physical activity. Thirty hours of verified, supervised work and scheduled meetings with the instructor are required for each unit of credit. Requirements include a daily journal and portfolio. Prerequisite: permission of instructor.

400 ELEMENTARY SCHOOL PHYSICAL EDUCATION (3) FALL, SPRING, SUMMER

An introduction to and practice in applying the concepts and principles of developmentally appropriate physical education for children. Prerequisite: upper-division majors in kinesiology or multiple-subject credential candidates or consent of instructor.

404 THEORY OF COACHING (2) FALL, SPRING

A survey of issues encountered by coaches in all sports. Topics will include, but not be limited to communication with players, colleagues, and administration; ethical issues and responsibilities; coaching philosophies; relations with media and community; time management; coach and athlete motivation; mental training skills; and equipment and facilities management. Prerequisite: ENGL 101, upper-division standing, and consent of instructor for non-Kinesiology majors.

410 LIFESPAN MOTOR DEVELOPMENT (3) FALL, SPRING, SUMMER

Survey of the development of perceptual-motor function from birth through aging, with emphasis on gross motor performance.

425 SEMINAR IN ADAPTED PHYSICAL EDUCATION (3) FALL, ODD YEARS

Exploration and discussion of current research and professional issues in the field of adapted physical activity. Prerequisite: KIN 325 or equivalent.

426 INDIVIDUALIZED ASSESSMENT AND PROGRAM DESIGN (4) FALL

Selection, administration, and interpretation of motor assessment instruments. Planning and developing appropriate activities and programs to meet individual needs for children and adults with disabilities. Prerequisites: KIN 325, 330A, and 410 or consent of instructor.

427 INDIVIDUALS WITH DISABILITIES IN EDUCATIONAL AND RECREATIONAL SETTINGS (3) SPRING

Exploration of the role of psychosocial context in the design and implementation of effective learning environments for youths and adults with disabilities, using service-learning pedagogy.

430A FIELD EXPERIENCE IN PHYSICAL EDUCATION (1-3) FALL, SPRING

Provides upper-division kinesiology majors experiences in coaching or teaching in public or private organizations. Course requirements include a work journal, development of a personal portfolio, and verification of completion by immediate supervisor. Prerequisites: completion of 10 units in physical education concentration related to specific field experience; C average in major and support courses.

430C FIELD EXPERIENCE IN ADAPTED PHYSICAL EDUCATION (1-3) FALL, SPRING

Provides upper-division kinesiology majors specializing in adapted physical education an opportunity to work with individuals with disabilities in school or other settings. Course requirements include a daily journal, development of a personal portfolio, and verification of completion by immediate supervisor. Prerequisites: KIN 325; C average in major and support courses.

430D FIELD EXPERIENCE IN EXERCISE SCIENCE (1-3)

Provides qualified upper-division students an opportunity to gain experience with fitness, health, wellness, and premedical occupations. Course requirements include, but are not limited to, a daily journal describing experiences, a log of completed hours, and verification of completion by an immediate supervisor. Prerequisites: determined by faculty sponsor.

430E FIELD EXPERIENCE IN LIFETIME FITNESS (1-4) FALL, SPRING

Provides qualified upper-division students an opportunity to gain experience with fitness, health, wellness, and premedical occupations. Course requirements include, but are not limited to, a daily journal describing experiences, a log of completed hours, and verification of completion by an immediate supervisor. Prerequisites: determined by faculty sponsor.

442 MUSCULOSKELETAL EVALUATION, TRAINING, AND TREATMENT (4) SPRING

Learn the HIPS technique for evaluating musculoskeletal conditions and injuries. The prevention of musculoskeletal injuries and proper disposition of the patient will be stressed. The theoretical basis of rehabilitation and the physics/mechanics of therapeutic modalities, as well as common musculoskeletal injuries to the axial skeleton will be studied. Prerequisite: KIN 342.

446 EXERCISE INSTRUCTION (3)

This course provides each student with practical learning experiences designed to develop the skills needed to be a competent exercise instructor/leader. The course allows students to put into practice their knowledge of exercise from their previous course work in biomechanics, exercise physiology, and conditioning for performance and health. Students will be involved in group-centered instruction, field observation, laboratory experiences, and skill execution practicals. Prerequisites: KIN 350 and KIN 360. Corequisite KIN 460.

460 CONDITIONING FOR PERFORMANCE AND HEALTH (3) FALL, SPRING

A review of methods for the conditioning of a broad range of people from exercising adults through competitive athletes. Emphasis during the first half of the semester will be on topics related to adult fitness, including cardiorespiratory fitness, resistive training, flexibility, weight management, and exercise for special populations. During the second half of the semester, topics related to athletes will include: endurance training, training for strength and power, nutritional considerations for athletes, and the use of various putative ergogenic aids. Prerequisite: KIN 360.

495 SPECIAL STUDIES IN PHYSICAL EDUCATION (1-4) FALL, SPRING

Includes completion of a project designed to meet a specialized advanced study need. The student should have prerequisite skills. The project should be planned and described in writing, in consultation with, and with the consent of the faculty advisor. There are four areas of study: 495A Special Studies in Physical Education, 495C Special Studies in Adapted PE, 495D Special Studies in Exercise Science, and 495E Special Studies in Lifetime Fitness.

497 SELECTED TOPICS IN KINESIOLOGY (1-4)

A single topic or set of related topics not ordinarily covered by the kinesiology major curriculum. May be repeated for credit with a different topic.

Graduate Courses

500 INTRODUCTION TO SCHOLARLY INQUIRY IN KINESIOLOGY (2) FALL, SUMMER

This course is designed to prepare graduate students in Kinesiology to formulate and carry out a research project as part of his/her M.A. degree. Both theoretical and practical aspects of research will be included: examination of research paradigms, critical reviews of literature, effective design of a study, concepts of statistical and qualitative analysis of data, and the use of the library and computers as research tools. Prerequisites: KIN 330A or a course in descriptive statistics; an introductory computer course; and graduate standing.

505 SEMINAR IN PSYCHO/SOCIAL BASES OF HUMAN MOVEMENT (3) FALL, ODD YEARS

A critical review of current literature regarding the social and psychological factors involved in participation in sport, exercise, and physical activity on individuals and groups over the life span. Prerequisites: KIN 305 and KIN 315 or equivalents.

520 PEDAGOGICAL METHODS (3) SPRING, ODD YEARS, SUMMER

This course will examine instructional theories and models of teaching while focusing on practical applications that can lead to the improvement of teaching. The teaching of physical education will be analyzed with respect to various teaching approaches, systematic observation techniques, and principles of supervision, and will endorse a "theory into practice" approach to teacher effectiveness. Prerequisite: KIN 320 or its equivalent.

521 CURRICULUM DESIGN & ANALYSIS IN PHYSICAL EDUCATION (3) SUMMER

Intensive study, evaluation, and application of current developments in curriculum theory and practice for public school physical education programs. Includes review of literature related to curriculum development, review of professional standards, and examination of curricula trends and models, leading to the design of an innovative physical education curriculum plan. Prerequisite: KIN 520 Pedagogical Methods or its equivalents.

522 RESEARCH AND ISSUES IN PHYSICAL EDUCATION TEACHER EDUCATION (3) SUMMER

The central focus of this course is to introduce students to literature and research on teacher preparation, effective teaching, and research on effective schools. This includes an understanding of the research questions pursued, the methodologies employed, and the results generated. Prerequisite: KIN 520 Pedagogical Methods or its equivalent.

525 INDIVIDUALIZED MOVEMENT PROGRAMS FOR REHABILITATION AND EDUCATION (3) FALL, EVEN YEARS

The student who successfully completes this course will learn how to formulate individualized exercise programs for rehabilitation/development of fitness skills in people with orthopedic injuries, chronic diseases, and disabilities. This course will take both a medical and functional point of view in dealing with development/return of quality-of-life skills, as well as advanced athletic skills. To demonstrate mastery of the course material, the student will perform laboratories, written examinations, and develop an individualized fitness program utilizing appropriate therapeutic rehabilitation/exercise techniques. Prerequisites: BIO 220/BIO 224/KIN 342/KIN 325 or equivalents.

550 SEMINAR IN BIOMECHANICS (2) SPRING, ODD YEARS

This course uses topical published research articles to discuss the qualitative and quantitative analysis of human movement and their application for kinesiology professionals. Topics will vary; however, the underlying objective will be to understand particular aspects of the research presented in these articles including: appropriateness of research design, methodology, statistical methods, analysis techniques, and limitations of the studies. Prerequisites: KIN 350 or equivalent.

560 ADVANCED PHYSIOLOGY OF EXERCISE (2) SPRING, EVEN YEARS

This course will center around the presentation and discussion of topics related to the application of exercise physiology to school, athletic, and adult fitness settings. Topics will include: metabolism and nutrition as it pertains to exercise, the muscular system and resistive training, body composition and weight loss, the cardiovascular system as it relates to endurance training and cardiac rehabilitation, exercise in extreme environmental conditions, and commonly used ergogenic aids. Classes will include: lecture, discussion of assigned readings from the text and published research, and student presentation of topics related to personal interest. Prerequisite: KIN 360 or equivalent.

578 PROJECT CONTINUATION (1-3) FALL, SPRING

Designed for students working on their thesis or master's project but who have otherwise completed all graduate course work toward their degree. This course cannot be applied toward the minimum number of units needed for completion of the master's degree. Prerequisites: permission of the graduate coordinator. Cr/NC only.

590 GRADUATE INTERNSHIP (3) FALL, SPRING

Students will have an opportunity to apply kinesiological theories and methods in field experiences related to kinesiology professions. Internships require faculty approval and a minimum of 45 hours of work per unit per semester, including regular consultation with an evaluation by the faculty sponsor. A maximum of 3 units can be applied toward graduate program. Prerequisite: graduate standing and consent of instructor.

595 SPECIAL STUDIES (1-4) FALL, SPRING

Includes completion of a project to meet a highly specialized advanced study need. Project to be selected in conference with the faculty advisor and approved by the departmental Graduate Studies Committee. Prerequisites: consent of instructor and approval of departmental Graduate Studies Committee before the study is initiated.

599 CULMINATING PROJECT (3) FALL, SPRING

The culminating project is a scholarly investigation based on the student's concentration area. Prerequisites: KIN 590 Graduate Internship and an authorized Advancement to Candidacy Form (GS01).