

## Graduate Program in Kinesiology

Graduate Coordinator: Dr. Craig J. Cisar

### Requirements for Admission to Classified Standing

The Department of Kinesiology requires the following of all applicants seeking admission to classified standing in the MA - Kinesiology in addition to meeting requirements for admission to the Graduate Division:

1. A baccalaureate degree with a major or a minor in Kinesiology or completion of a maximum of 12 prescribed undergraduate units to clear deficiency.
2. A minimum grade point average of 3.0 in the last 60 semester units (or 90 quarter units) of work.

### Requirements for Admission to Conditionally Classified Standing

The graduate coordinator may approve admission of a student who: meets requirements for admission to the Graduate Division who has neither a major nor a minor in Kinesiology; or has a grade point average of 2.75 to 2.99 in the last 60 semester units (or 90 quarter units) of work. The student may become eligible for admission to classified standing upon: satisfactory completion of prescribed undergraduate course deficiencies; and/or completion of six units of graduate course work with a minimum grade point average of 3.0 in each course.

### Requirements for Admission to Candidacy for the MA Degree

General university requirements for admission to candidacy for the Master of Arts degree are outlined in detail in this catalog. The University requires that all graduate students demonstrate competency in written English as a condition for advancement to candidacy. Please refer to the SJSU catalog section titled "Competency in Written English" for details. For graduate courses that meet the competency in written English requirement, please refer to the Graduate Studies and Research website at [www.sjsu.edu/gradstudies](http://www.sjsu.edu/gradstudies). Following are additional requirements of the Department of Kinesiology for the Master of Arts degree.

Upon admission to the Graduate Division and prior to registration, each student should meet with a graduate academic advisor in the student's emphasis area of interest. If there are any deficiencies in a student's undergraduate work, additional foundation courses may be required. Foundation courses will not be counted in the master's program.

A proposed program for the graduate objective selected should be developed as early as possible with the assistance of a graduate academic advisor in the student's emphasis area of interest.

The proposed program must be approved by the graduate advisor, the graduate coordinator, and by the Office of Graduate Studies before the student is considered a candidate for the Master of Arts degree.

## Completing Requirements for the MA – Kinesiology

### Option Areas

In consultation with a program advisor, the student identifies an area of study to meet his/her educational objectives. A program of study may be developed in any of the following areas:

- Adapted Physical Activity
- Athletic Training (NATA accredited program)
- Biomechanics
- Exercise Physiology
- Measurement
- Motor Development
- Motor Learning
- Sport History
- Sport Management
- Sport Philosophy
- Sport Psychology
- Sport Sociology

### Plan A (with Thesis)

The purpose of this plan is to provide concentrated study in one aspect of Kinesiology. It is crucial that students electing Plan A identify the focus of their concentration early so that an appropriate focus and thesis topic may be developed.

Required courses are Kin 250, Kin 251, and Kin 299 (6 units). Electives (18 units) from a specialization based on student needs and interest as determined in consultation with a graduate academic advisor. A maximum of 9 units may be selected from outside the Department of Kinesiology.

### Plan B (Non-Thesis)

This plan is for students interested in producing a creative work in Kinesiology. The plan requires a special project in place of a thesis.

Required courses are KIN 250, KIN 251, and KIN 298 (3 units). Electives (21 units) form a specialization based on student's needs and interest as determined in consultation with a graduate academic advisor. A maximum of 9 units may be selected from outside the Department of Kinesiology.

Note: Athletic Training has a specific course structure and a separate application process in order to meet NATA accreditation standards.

## MA – Kinesiology

	Semester Units
<b>Plan A (with thesis)</b> .....	30
<b>Required Courses</b> .....	6
KIN 250 and KIN 251	
<b>Electives</b> .....	18
9 units maximum from outside Kinesiology	
<b>Thesis or Project</b> .....	6
KIN 299	
<b>Plan B (non-thesis)</b> .....	30
<b>Required Courses</b> .....	6
KIN 250 and KIN 251	
<b>Electives</b> .....	21
9 units maximum from outside Kinesiology	
<b>Special Studies</b> .....	3
KIN 298	
<b>Total Units Required</b> .....	30

A final oral defense and demonstrated competency in written English are required in both Plans A and B.

## Courses

### Human Performance

#### Lower Division

#### KIN 001. Adapted Physical Activities

Structured individualized physical activities to enhance physical/motor fitness and develop an active, health-oriented lifestyle for students unable to participate in the general activity program.

Repeatable for credit  
1 unit

#### KIN 002A. Beginning Swimming

This course is designed for the non-swimmer and beginning swimmer. It is assumed that all students enrolled in the class have had little or no experience in learning the basic skills of swimming. The course is designed to instruct the student in the basic skills necessary to enable him/her to swim safely in deep water. There are no prerequisites for the course.

1 unit

#### KIN 002B. Intermediate Swimming

This course is designed to meet the needs of students who have satisfactorily completed the skills involved in beginning swimming.

Prerequisite: Beginning level or its equivalent.  
1 unit

#### KIN 002C. Advanced Swimming

This course is designed to refine and extend the development of advanced skills in swimming.

Prerequisite: Intermediate level or its equivalent.  
1 unit

#### KIN 003. Long Distance Swimming

An advanced level swimming course designed to have a positive effect on cardiovascular fitness and to increase the endurance and speed of each individual.

Prerequisite: Intermediate level or its equivalent.  
1 unit

#### KIN 004. Aquatic Exercise

This course will present various and unique methods of training and conditioning in the aquatic environment.

1 unit

#### KIN 005. Lifeguard Training

This course is designed to teach the basic concepts involved in "nonsurf" lifeguard training in accordance with the American Red Cross and the criteria set forth by that organization.

1 unit

#### KIN 008. Skin and SCUBA Diving

Both skin and SCUBA diving skills for enjoyment and to understand dangers connected with the sport. Only one unit can be applied for the physical education graduation requirement.

Prerequisite: KIN 2C (or equivalent).  
Misc/Lab: Lecture 1 hour/activity 3 hours.  
2 units

#### KIN 009A. Beginning Sailing

Basic skills and safety knowledge in small boats for those with little or no sailing experience

Prerequisite: Student must be able to swim 100 yards without stopping, tread water for 5 minutes, and exit from an overturned dinghy. Students will be tested for this in the SPX pool.

1 unit