
Kinesiology

In the School of Exercise and Nutritional Sciences
In the College of Professional Studies and Fine Arts

OFFICE: Exercise and Nutritional Sciences 351
TELEPHONE: 619-594-5541

Faculty

Janet C. Harris, Ph.D., Professor of Exercise and Nutritional Sciences, Director of School
Peter M. Aufesser, Ph.D., Professor of Exercise and Nutritional Sciences
Kathryn J. LaMaster, Ph.D., Professor of Exercise and Nutritional Sciences and Associate Dean of the College of Professional Studies and Fine Arts
Robert A. Mechikoff, Ph.D., Professor of Exercise and Nutritional Sciences
Patricia Patterson, Ph.D., Professor of Exercise and Nutritional Sciences
Roger Simmons, Ph.D., Professor of Exercise and Nutritional Sciences
Larry S. Verity, Ph.D., Professor of Exercise and Nutritional Sciences (Graduate Adviser)
James Yaggie, Ph.D., Professor of Exercise and Nutritional Sciences
David Kahan, Ph.D., Associate Professor of Exercise and Nutritional Sciences
Susan S. Levy, Ph.D., Associate Professor of Exercise and Nutritional Sciences
Denise A. Wiksten, Ph.D., Associate Professor of Exercise and Nutritional Sciences
Daniel J. Cipriani, Ph.D., Assistant Professor of Exercise and Nutritional Sciences
Simon J. Marshall, Ph.D., Assistant Professor of Exercise and Nutritional Sciences

Associateships

Graduate teaching associateships in exercise and nutritional sciences are available to a limited number of qualified students. Application blanks and additional information may be secured from the chair of the school or the graduate adviser.

General Information

The School of Exercise and Nutritional Sciences offers graduate study leading to the Master of Arts degree in kinesiology.

The Master of Arts degree permits the selection, under advisement, of a program of study which may be oriented either towards a generalist approach or with a specialization in one of two areas. This program is appropriate for individuals who require a broad theoretical foundation that might be applied to teaching, coaching, and administration in fields that involve the acquisition of gross motor skills and the enhancement of physical activity and/or fitness. The generalist program allows students to combine courses that best fit their interests. The two areas of specialization offered by the school are Biomechanics and Exercise and Sport Psychology. Each specialization has a strong theoretical component that provides a basis for students who seek employment in the academic, public, or private sectors, or who intend to pursue a doctoral degree within the area of specialization.

The faculty includes researchers who are professionally active in each of the areas of specialization. The school also has several clinical facilities that provide the opportunity for students and faculty to work with students, patients and subjects. In addition, newly renovated

facilities for biomechanics, motor control, teaching and coaching, and kinanthropometry are available for teaching and for student and faculty research. A variety of other health and education-related projects are routinely conducted in conjunction with local educational and medical institutions.

Master of Arts Degree in Kinesiology

Admission to Graduate Study

Students will be admitted to the graduate program in kinesiology only after careful consideration of their qualifications by the kinesiology graduate adviser.

Students will be admitted in BOTH fall and spring semesters, with the exception of the Specialization in Exercise and Sport Psychology. Submit applications no later than February 1 for the fall and no later than October 1 for spring.

All students must satisfy the general requirements for admission to the university with classified graduate standing as described in Part Two of this bulletin. In addition, a student applying for admission to the graduate program in kinesiology must meet the following requirements:

1. A bachelor's degree in kinesiology. Applicants who do not have an undergraduate major in kinesiology may be admitted to conditionally classified graduate standing on the recommendation of the graduate adviser of the school. They will be required to complete the minimum requirements for an undergraduate major in physical education (i.e. up to 18 units of upper division exercise and nutritional sciences coursework) in addition to the minimum of 30 units required for the master's degree.
2. A grade point average of not less than 3.0 in the last 60 units attempted.
3. A minimum score of 475 on each of the verbal and quantitative sections of the Graduate Record Examination (General Aptitude Test).

Students applying for admission should electronically submit the university application available at <http://www.csumentor.edu> along with the \$55 application fee.

All applicants must submit admissions materials separately to SDSU Graduate Admissions and to the School of Exercise and Nutritional Sciences.

Graduate Admissions

The following materials should be submitted as a complete package directly to:

Graduate Admissions
Enrollment Services
San Diego State University
San Diego, CA 92182-7416

- (1) Official transcripts (in sealed envelopes) from all postsecondary institutions attended;

Note:

- Students who attended SDSU need only submit transcripts for work completed since last attendance.
- Students with international coursework must submit both the official transcript and proof of degree. If documents are in a language other than English, they must be accompanied by a certified English translation.

- (2) GRE scores (<http://www.ets.org>, SDSU institution code 4682);
- (3) TOEFL score, if medium of instruction was in a language other than English (<http://www.ets.org>, SDSU institution code 4682).

School of Exercise and Nutritional Sciences

The following materials should be submitted by October 1 for admission for the spring semester and February 1 for the fall semester to:

School of Exercise and Nutritional Sciences
(Attention: Graduate Adviser)
San Diego State University
5500 Campanile Drive
San Diego, CA 92182-7251

- (1) Two letters of recommendation;
- (2) Statement of purpose (1-2 pages describing applicant's background, research interests /experiences, and goals).

Advancement to Candidacy

All students must satisfy the general requirements for advancement to candidacy, as described in Part Two of this bulletin.

Specific Requirements for the Master of Arts Degree

(Major Code: 08351)

In addition to meeting the requirements for classified graduate standing the student must satisfy the basic requirements for the master's degree, described in Part Two of this bulletin. The 30-unit program includes a minimum of 21 units in exercise and nutritional sciences selected from courses listed in this bulletin as acceptable on master's degree programs, of which at least 18 units must be in 600- and 700-numbered courses. Exercise and Nutritional Sciences 601, 602, and 684 are required for all students seeking a Master of Arts degree in kinesiology. Also, students can complete their degree by choosing either Plan A or Plan B. If students select Plan A, Exercise and Nutritional Sciences 799A (thesis) is required for completion of their degree, accompanied by a final oral examination on the field of the thesis/project and on the implications of the thesis research for the broader field of kinesiology. If students select Plan B, Exercise and Nutritional Sciences 790 (Directed Readings) is required for completion of the degree.

Students seeking a Master of Arts degree in kinesiology are required to develop and sign a formal plan of study that must be approved by the graduate adviser before being forwarded to the Division of Graduate Affairs. The approved plan of study should be developed in consultation with a faculty member who teaches graduate coursework of interest to the student.

The generalist program allows students to combine courses that best fit their interests. The school graduate coordinator counsels students in the general degree program before suggesting a program adviser. Students are required to take mandated core courses and select a number of electives. The offerings in a specialization allow a student to identify certain curricula and competencies that have been achieved once the degree has been completed.

The school expects a student to complete the degree within seven years. Failure to complete the degree requirements within seven years will result in dismissal from the program.

Specialization in Biomechanics

Applications of the science of mechanics to the study of the human musculoskeletal system and to a wide variety of gross motor activities relevant to exercise, medical and industrial sciences.

Required courses (12 units):

ENS 630 Advanced Biomechanics: Kinematics (3)

ENS 631 Advanced Biomechanics: Kinetics (3)

ENS 660 Advanced Kinesiology (3)

ENS 673 Advanced Principles of Motor Control (3)

Electives: Six units to be chosen in consultation with a specialization adviser.

Specialization in Exercise and Sport Psychology

Students take coursework that develops a knowledge base for the application of psychology in exercise and sports settings. Students with previous experience in coaching, health or fitness settings, or psychology will find the program of particular interest. **(NOTE: Only fall semester admissions are accepted with a February 1 deadline.)**

Required courses (12 units):

ENS 671 Seminar in Advanced Sport and Exercise Psychology (3)

ENS 687 Exercise Psychology: Theory and Practice (3)

ENS 689 Applied Psychology for Superior Performance (3)

ENS 793 Sport Psychology and Pedagogy Internship (1-3) Cr/NC

Electives: Six units to be chosen in consultation with a specialization adviser.