INTRODUCTION

Further information concerning the Master of Science in Kinesiology program or admission can be obtained by contacting:
Department of Kinesiology
California State University, East Bay
Hayward, CA 94542-3062
(510) 885-3061
Or visit our department website:
www20.csueastbay.edu/ceas/departments/kin/index.htm

GRADUATE ADMINISTRATION AND FACULTY

ADMINISTRATION:
Penny McCullagh, Ph.D., Department Chair
penny.mc@csueastbay.edu
Cathy Inouye, Ed.D., Graduate Coordinator
cathy.inouye@csueastbay.edu

FACULTY:
Becky Beal, Ed.D., Associate Professor, University of Northern Colorado
Specialty: Sport Sociology, Sport Philosophy
becky.beal@csueastbay.edu
Cathy Inouye, Ed.D., Associate Professor, University of Northern Colorado
Specialty: Exercise Physiology
cathy.inouye@csueastbay.edu
Rita Liberti, Ph.D., Professor, University of Iowa
Specialty: Sport History, Sport Sociology, Sport Philosophy
rita.liberti@csueastbay.edu
ZaNean McClain, Ph.D., Assistant Professor, Oregon State
Specialty: Physical Education Pedagogy
zanean.mcclain@csueastbay.edu
Penny McCullagh, Ph.D., Professor, University of Wisconsin, Madison
Specialty: Sport and Exercise Psychology
penny.mc@csueastbay.edu
Jenny O, Ph.D., Full-Time Lecturer, University of Western Ontario
Specialty: Sport and Exercise Psychology, Motor Learning
jenny.o@csueastbay.edu
Spiros Prassas, Ph.D., Associate Professor, University of Maryland
Specialty: Biomechanics
spiros.prassas@csueastbay.edu
Susan Rodearmel, Ed.D., Assistant Professor, University of Northern Colorado
Specialty: Exercise Physiology
sue.rodearmel@csueastbay.edu
Jeff Simons, Ph.D., Associate Professor, University of Illinois
Specialty: Sport and Exercise Psychology
jeff.simons@csueastbay.edu
EMERITUS FACULTY
Calvin Caplan, Ed.D., Professor, University of California, Berkeley
Specialty: Exercise Physiology
calvin.caplan@csueastbay.edu
John Ostarello, Ed.D., Professor, University of California, Berkeley
Specialty: Biomechanics
john.ostarello@csueastbay.edu

OBJECTIVES OF THE HANDBOOK
The intent of the Master of Science Degree in Kinesiology is to prepare the student broadly in the scholarly skills and fundamental knowledge basic to the discipline of Kinesiology and prepares students for various professional careers. The program is designed to take into account the needs of persons currently in sport and exercise related fields, others who expect to enter such positions following completion of the Master’s Degree, as well as those who intend to complete the doctorate in Kinesiology or other related fields. Importantly, an attempt is made to maintain a degree of flexibility in requirements to meet the needs and individual interests of students. Quality graduate coursework with an emphasis on integration and application that stimulates high interaction among students and promotes independent scholarship is the highest priority.

This handbook is intended to assist students by delineating procedures and policies of the Department as outlined in the University catalog. In no instance shall the information contained in this handbook be construed as modifying the requirements of the University Catalog under which the student is pursuing his/her program.

THE DEGREE
GENERAL INFORMATION:
The Department offers courses leading to a Master of Science Degree in Kinesiology. The purpose of this program is the scholarly study and analysis of sport, exercise, and physical activity phenomena and programs. Upon acceptance into the program, students are directed to a faculty academic advisor to help with the development of an academic program. The department offers a complete range of laboratory facilities and technologies for graduate students that enables comprehensive research opportunities in areas of study that include, but are not limited to: psychology of physical activity, teaching and coaching, exercise physiology, and sport history/sociology.

ACADEMIC LOAD:
Full-time enrollment for graduate students is 8 units per quarter and should not exceed 12 units per quarter. If a student holds outside employment or assumes other responsibilities, the academic load should be reduced accordingly.

GRADUATION REQUIREMENTS:
The Master of Science Degree will be awarded when the following requirements have been fulfilled:
• Completion of 45 quarter units of approved upper-division and graduate courses
• A maximum of 13 quarter units of acceptable graduate credits from another institution can be transferred and applied towards the 45 quarter unit requirement, 32 units must be completed at CSU, East Bay.
• A 3.0 grade point average in all graduate coursework
• Completion of a culminating experience project

CURRICULAR REQUIREMENTS:
All students will complete the five following core classes (21 units):
KIN 6000 Foundations of Graduate Study and Research (completed within the first three quarters of the program)
KIN 6411 Psychology of Physical Activity
KIN 6435 Critical Issues on the Body
KIN 6655 Physiological Perspective in Health and Wellness
KIN 6710 Synthesis in Kinesiology

In addition to the five required core classes, the student, in consultation with their academic advisor, will develop an academic program of study selected from the following elective courses:
KIN 6412 Psychomotor Skill Acquisition
KIN 6413 Mental Skills for Physical Performance
KIN 6416 Exercise Psychology
KIN 6425 Political Issues in Kinesiology
KIN 6670 Training for Physical Performance
KIN 6445 Social Inclusion in Physical Activity
KIN 6470 Seminar in Exercise Nutrition
KIN 6605 Teaching and Coaching Effectiveness
KIN 6700 Special Topics
KIN 6850 Supervised Research
KIN 6899 Project (see Appendix A for listing of culminating experience projects)
KIN 6900 Independent Study
KIN 6910 University Thesis

Students may also enroll in 4000 level courses to count towards the degree but must first get permission from their academic advisor.

Note: Maximum of five (5) units of KIN 6850 (Supervised Research)/KIN 6900 (Independent Study) may be used to meet the 45 unit requirement. These courses are restricted to those students who are working closely with a faculty advisor who has deemed the student suitable for this type of independent scholarly work. Additional courses may be selected in consultation with the academic advisor.

CULMINATING EXPERIENCE PROJECT:
All students, at the very minimum, will complete a Synthesis for Kinesiology project (see Appendix A). If a student decides to complete a project other than a Synthesis for Kinesiology, then it becomes the student’s responsibility to identify a
faculty member with expertise on your topic that is willing to advise and guide the project. Keep in mind that depending upon your topic, this faculty member may not be the same as your academic advisor.

It is critical for all students, upon admittance into the graduate program, to begin to formulate a question that will serve as the topic for their synthesis project. A requirement of the Kin. 6000 (Foundations of Graduate Study and Research) course, will be to submit your question/topic that will be recorded by the Graduate Coordinator. **It is important that students integrate the content knowledge from their coursework into their chosen topic as they progress through their program of study which then becomes a work in progress that will eventually morph into the final Synthesis in Kinesiology project for KIN 6710 (Synthesis in Kinesiology) course.**

All students will enroll in Kin. 6710 (Synthesis in Kinesiology) upon completion of three core classes, including KIN 6000 (Foundations of Graduate Study and Research), and 24 graduate units. As a requirement of this course, students will present their culminating project (in whatever stage of development) in either a verbal or poster format (see Appendix A for a description of culminating projects). The final synthesis paper will be turned into and graded (CR/NC) by the academic advisor.

**ADMISSION TO THE PROGRAM:**

**Classified Status** – Classified standing indicates that a student has met all admission requirements for a graduate program. To achieve Classified status in the Master of Science Degree in Kinesiology, the following requirements must have been met:

- The requirements outlined for Classified graduate standing in the current University Catalog;
- A Bachelor’s degree or equivalent with a major in kinesiology subject matter, e.g., Kinesiology, Exercise Science, Physical Education;
- Major coursework grade point average of 3.0 or greater; and
- Evidence of completion of University Writing Skills Requirement, refer to the University Catalog or go online at: [www.sci.csueastbay.edu/mathcs/degrees/brochure/grad_cs_brochure/node7.html](http://www.sci.csueastbay.edu/mathcs/degrees/brochure/grad_cs_brochure/node7.html)

Students who are judged to demonstrate promise in graduate level work but do not meet all requirements are admitted under Conditionally Classified status.

Each student is judged on an individual basis. The Department may require the Graduate Record Examination, Aptitude Test, three letters of recommendation from former professors, and/or the repeat of undergraduate course work in the case of below-standard GPA. Students must have a minimum of 2.5 undergraduate GPA in kinesiological course work to be eligible for Conditionally Classified status.

In the absence of an undergraduate degree in the discipline, prerequisite course work must be completed. Courses taken to remove deficiencies will not count for credit towards the M.S. Degree. Preparatory work for graduates from other disciplines is described below:
<table>
<thead>
<tr>
<th>Units</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. KIN 3300 Kinesiological Measurement (5)</td>
<td>5</td>
</tr>
<tr>
<td>2. KIN 3305 Structural Kinesiology (4)</td>
<td>5</td>
</tr>
<tr>
<td>3. Three courses completed from the following:</td>
<td>14-15</td>
</tr>
<tr>
<td>KIN 3310 Biomechanics (5)</td>
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<td>KIN 3320 Exercise Physiology (5)</td>
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<td>KIN 3330 Motor Learning and Control (5)</td>
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<td>KIN 4340 Motor Development (4)</td>
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<td>4. Three courses completed from:</td>
<td>12-13</td>
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<tr>
<td>KIN 3700 History of Sport and Physical Education (4)</td>
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<td>KIN 3740 Philosophical Foundations of Sport and Physical Education (4)</td>
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<td>KIN 3750 Sport in Contemporary Society (4)</td>
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<td>KIN 4410 Sport and Exercise Psychology (5)</td>
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**NOTE:**

1. Graduate students will not be held to course prerequisites for the above classes but are responsible for information needed to satisfactorily complete the prerequisite course(s).
2. All prerequisite course(s) must be completed with a grade of “B” or better.
3. **Graduate courses may not be taken prior to completion of prerequisite with a grade of “B” or better or consent of the instructor, enrollment in a graduate courses prior to completion of prerequisite is grounds for dismissal from the program.**
4. Completion of Writing Skills Test (if required) must be met in order to achieve Classified Status and Advanced to Candidacy.

Waiver of one or more prerequisite course requirements will be considered if comparable course work has been completed, or if the student has strong compensating academic strengths in areas related to their proposed area of study within the graduate program. All requests for such waivers and their justification must be submitted in writing to the graduate coordinator.

Students admitted to the graduate program with Conditionally Classified status must complete all Conditionally Classified status requirements and completed the Writing Skills Test (if required) before more than 18 units of graduate credit are completed.

**ADVANCEMENT TO CANDIDACY**

1. A 3.0 GPA in all graduate course work completed to date;
2. Completion of KIN 6000 at first opportunity, and no later than during the first three quarters of graduate study;
3. One-page document that states the type and topic for the culminating project to be completed in KIN 6000 before more than 18 units towards the M.S. Degree are completed;
4. Development of an approved program of study as agreed upon by the student and academic advisor.
5. Completion of Writing Skills Test (if required).

FIVE YEAR RULE

All graduate course credits applied to the Master’s Degree must have been earned within five calendar years immediately preceding the date of the degree.

WRITING SKILLS REQUIREMENT

All graduate students must satisfy the University Writing Skill Requirement. If this requirement was met as an undergraduate, it need not be completed again. If the requirement was not satisfied as an undergraduate, the examination must be taken before more than 18 units of graduate credit are completed. It must be passed in order to achieve Classified Status or Advanced to Candidacy. Evidence of completion of University Writing Skills Requirement, refer to the University Catalog (www.sci.csueastbay.edu/mathcs/degrees/brochure/grad_cs_brochure/node7.html)

SUMMARY OF STEPS TOWARD MASTER’S DEGREE

1. ADMISSION:
   a. Apply online through University website:
      www20.csueastbay.edu/prospective/index.html
      Or contact Graduate Admissions Office: (510) 885-4226
   b. Acceptance with classified status indicates clear admission to the program. Conditionally classified status means that there are entry deficiencies that must be resolved as soon as possible. The University Writing Skills requirement must be met (if required upon admittance), contact the University Testing Office for additional information: (510) 885-3661 testing.csueastbay.edu/

2. ACCEPTANCE:
   Letter of recommended acceptance is mailed by the Kinesiology Department and will state admission status, i.e., conditionally classified or classified. If admitted as Conditionally Classified then deficiencies are clearly stated. Students admitted to the graduate program with Conditionally Classified status must complete all Conditionally Classified status requirements and the Writing Skills Test (if required) before more than 18 units of graduate credit are completed.

3. ADVISEMENT:
   a. Upon acceptance an academic advisor will be assigned by the Graduate Coordinator. It is imperative that students meet with their academic
advisor early on so that a program of study and timetable for graduation can be established.

b. If admitted as Conditionally Classified then upon completion of all prerequisites, meet with your academic advisor so that your status can be changed from Conditionally Classified to Classified.

4. ADVANCEMENT TO CANDIDACY:
   Student is Advanced to Candidacy upon:
   a. passing the Writing Skills Test (if required upon admittance)
   b. attaining Classified Status
   c. completion of a minimum of 18 units of graduate coursework
   d. selection of a culminating project (see Appendix A)

5. CULMINATING PROJECT:
   All students, at the very minimum, will complete a Synthesis for Kinesiology project. If a student decides to complete a project other than a Synthesis for Kinesiology (see Appendix A), then it becomes the student’s responsibility to identify a faculty member with expertise on your topic that is willing to advise and guide the project. Keep in mind that depending upon your topic, this faculty member may not be the same as your academic advisor.

   All students will enroll in Kin. 6710 (Synthesis in Kinesiology, offered Winter Quarter) upon completion of three core classes, including KIN 6000 (Foundations of Graduate Study and Research), and 24 graduate units. As a requirement of this course, students will present their culminating project (in whatever stage of development) in either a verbal or poster format. The final synthesis paper will be turned into and graded (CR/NC) by the academic advisor.

6. GRADUATION CHECK:
   a. Within the first 2 weeks of the quarter prior to graduation, meet with your academic advisor so that a Major Check can be completed and turned into the Graduate Coordinator. A Major Check will only be accepted if the student is of Classified Status and been Advanced to Candidacy.
   b. Apply online for graduation (my.csueastbay.edu/) one quarter prior to graduation and submit a fee to Cashier’s Office.

7. PROGRAM EVALUATION:
   a. Pick up form in Department Office at time of intent to graduate.
   b. Complete and return to Department Office at the completion of program.

[Note: Declassification from a Degree Program: You may be declassified (dropped) from a graduate degree or credential program for a range of reasons, including, but not restricted to, unprofessional conduct; behavioral issues that interfere with the learning of others; failure to make progress toward the degree or program as set forth by the University and program policies; failure to meet grade requirements to maintain good standing in the program and/or University; and/or the department/program faculty determine that the student is incapable of completing degree requirements at the level expected of a graduate student in the discipline even if the GPA is above a 3.0. The declassification request must be initiated by the major department with support from the department/program chair and college dean or designee. Requests are submitted to the Office of Academic Programs and Graduate Studies for final action and official notification to the student and the Registrar's Office. The Office of Academic Programs and Graduate Studies will also determine if the student should also be academically or
administratively disqualified from the University. If the student is not disqualified from the University and wishes to continue in the University, a declassified student must formally apply to another graduate program or apply as a second baccalaureate student. (Second baccalaureate status is closed for budget reasons until further notice.) Such students will not be permitted to enroll through regular University or Open University in any undergraduate or graduate courses in the program or degree from which they were declassified. Unless declassification was related to conduct issues that interfere with campus interactions, declassified students are eligible to apply to a new program and be accepted as a student by the department/program. The student must be accepted to a new program no later than three quarters after being declassified; otherwise, the student must reapply to the University.

GRADUATE COURSE DESCRIPTIONS

KIN 6000- Foundations of Graduate Study and Research (5)
Analysis of physical education and kinesiology variable. Scientific thought and inquiry. Application of research methods to specific problems. CR/NC Pre-req: KIN 3300 or equivalent

KIN 6411- Psychology of Physical Activity (4)
Psychological issues in physical activity participation. Emphasis on motivation, group processes, psychological health and development, and psychological skills for teaching and performance. Pre-req: KIN 4410, Sport and Exercise Psychology

KIN 6412- Psychomotor Skill Acquisition (4)
Principles of motor skill learning and skilled performance. Emphasis on theory and research in areas of motor learning and motor control as applied to sport, rehabilitation, and physical skill development and performance. Pre-req: KIN 3330, Motor Learning and Control

KIN 6413- Mental Skills for Physical Performance (4)
Theory and practice in the development of psychological skills for learning and performance. Various modes and methods are explored with emphasis on cognitive-behavioral methods of educational sport psychology. Pre-req: KIN 4410, Sport and Exercise Psychology

KIN 6416- Exercise Psychology (4)
Application of psychological principles to the promotion and maintenance of exercise. Psychological and emotional consequences of exercise participation. Emphasis on physical activity epidemiology, theories and models of exercise behavior, physical activity interventions, anxiety and exercise, emotional well-being, self-esteem, health-related quality of life, social influences, and body image. Pre-req: KIN 4410, Sport and Exercise Psychology

KIN 6425- Political issues in Kinesiology (4)
Current socio-political issues in Kinesiology are examined. Analysis of socio-political forces, key stakeholders, leadership, and mobilization strategies which influence goals and policies. Pre-req: KIN 3750, Sport and Contemporary Society
KIN 6435- Critical Issues on the Body (4)
Explores the ways in which the body has been and is culturally created and shaped by socio-political concerns, the fields of exercise science, health/wellness, physical education, and sport will provide contexts to examine ideological influences on the body. **Pre-req: KIN 3700, History of Sport and Physical Education**

KIN 6655- Physiological Perspectives on Health and Wellness (4)
Contemporary issues on health and wellness across the lifespan. Acute and chronic physiological adaptations of physical activity and exercise on health and disease prevention. **Pre-req: KIN 3320, Exercise Physiology**

KIN 6670- Training for Physical Performance (4)
Physiological basis of exercise training to enhance physical performance. Emphasis on aerobic, anaerobic, and resistance training principles and program design to optimize performance. Acute responses and longer-term training adaptations will be examined. **Pre-req: KIN 3320, Exercise Physiology**

KIN 6445- Social Inclusion in Physical Activity (4)
Examines the social processes of exclusion and inclusion as they relate to physical activity, emphasizing a critical examination of the power dynamics of these practices. **Pre-req: KIN 3750, Sport and Contemporary Society**

KIN 6470- Seminar in Exercise and Nutrition (4)
Biochemical and physiological responses related to nutrition and performance. **Pre-req: KIN 3320, Exercise Physiology**

KIN 6605- Teaching and Coaching Effectiveness
Examines research methodology and systematic observation as it relates to effective teaching and coaching in the school environment. Examines the instructional process of teaching and coaching behaviors through describing, analyzing, and interpreting models and critical variables. **Pre-req: None**

KIN 6700- Special Topics (4)
Selected advanced topics of importance to the discipline of Kinesiology.

KIN 6710- Synthesis in Kinesiology (4)
Focus on developing programs in a range of professional areas within Kinesiology. Design, implementation, and assessment strategies will be covered. As a requirement of this course, students will present their culminating project (in whatever stage of development) in either a verbal or poster format. **Students enrolled in this course must have completed three core classes, including KIN 6000 (Foundations of Graduate Study and Research), and 24 graduate units.**

KIN 6850- Supervised Research (2-4)
Independent research under direction of faculty
KIN 6899- Project (2-5)
Development of an original product that is summarized in a written abstract. Oral defense required

KIN 6900- Independent study (1-4)

KIN 6910- University Thesis (2-6)
APPENDIX A
Culminating Projects

The following is a description of the culminating projects, projects 1 and 2 requiring extensive reviews of literature and projects 3-5 extensive reviews of literature that additionally includes data collection and analysis:

1. Synthesis for Kinesiology (0)
This project requires a thorough review of the literature that addresses a particular problem/issue in Kinesiology using a multidisciplinary approach reflecting content from each of the core classes in Kinesiology. The project will be presented to the Department as a poster or verbal presentation as partial fulfillment of KIN 6710, Synthesis in Kinesiology. This final written project will be 20 to 25 pages in length (excluding academic references) and will be reviewed/evaluated (CR/NC) by your academic advisor.

Example, a student is interested in the role of physical activity and strategies for inclusion for special populations (e.g. elderly, blind) using information from the humanities, social/behavioral and life sciences.

2. Synthesis for Community Application (1-4 units)
This project addresses a practical issue of concern to Kinesiology professionals. It requires a thorough review of the literature that addresses a particular problem/issue in Kinesiology, and to the degree appropriate to the issue applies a multidisciplinary approach reflecting content from each of the core classes in Kinesiology. The final written project will be 20 to 25 pages in length (excluding academic references) and a format style approved by your advisor. Project will be presented in the Department. It will include a formal presentation or delivery of document/product for community application.

Examples from past students include a submitted proposal for a college sport psychology course, a comprehensive safety procedures manual for a college athletic facilities operation, and a policy change presentation to a school board.

3. Research Presentation (1-4 units)
This project requires a thorough review of literature, proposal of a research question, and collection and analysis of data. The final written project will be 20 to 25 pages in length (excluding academic references) and a format style approved by your advisor. Project will be presented in the Department. Additionally, this project will be submitted for a presentation at a conference.

Examples from past students include collaboration with a faculty mentor and submission of an abstract for acceptance at a professional conference. Typically the mentor will be an author along with the student and order of authorship will be determined upon formulation of the problem. This project could also include submission to the California State University system-wide research competition.
4. Research Manuscript (1-4 units)
This project requires a review of literature, proposal of a research question, collection and analysis of data. The final written project will be 20 to 25 pages in length (excluding academic references) and a format style approved by your advisor. Project will be presented in the Department. Additionally, this project will be submitted to a peer-reviewed journal. Page length determined by the journal but typically 25 to 30 pages.

Example from past students includes publication of a manuscript in a peer-reviewed journal.

5. University Thesis – (2-6 units)
Students who plan on pursuing a doctoral degree typically select a University Thesis. This project requires faculty from both inside and outside the department with a formal proposal and defense. Project will be presented in the Department.

Upon notification of intent to complete the University Thesis, the Graduate Coordinator will assist the student in selecting a Thesis Committee (at least one member from the Department’s graduate faculty). Upon approval by the Thesis Committee, the student will present the proposed thesis in a preliminary Oral Examination before the department faculty. At completion of the research and after approval by the Thesis Committee, the student will present the findings to the faculty at a Final Oral Examination.

1. Process
   The University Thesis, a traditional Culminating Experience, is regulated by the University. It involves substantial student initiative in developing a research plan (proposal) and its completion (thesis).

2. Write-up
   The University Thesis is written in a form that reflects emphasis upon formal stages of research and conforms to University format requirements. University Thesis Writing Guide available online at: www20.csueastbay.edu/academic/colleges-and-departments/apgs/apgs-student-services/university-thesis.html

3. Academic Credit
   Students completing University Thesis will receive 2-6 units.

Preliminary and Final Thesis Oral Presentations are scheduled from 5:00-6:00 P.M., Monday-Thursday during the quarter, excluding finals week or academic recess periods. Summer quarter oral presentations will be scheduled during the Fall Quarter.]