



Welcome to Cal State East Bay and the Department of Kinesiology. Your first semester/year at East Bay is a big transition and we want you to complete the transition as easily as possible. We have many opportunities in the department and invite you enhance your experience at East Bay by taking advantage of these opportunities.

Opportunities:

1. Kinesiology Research Group (KRG) & Center for Student Research (CSR)
 - a. Research group and professional development. Get Involved.
 - b. For info on CSR: <https://www.csueastbay.edu/csr/>
 - c. Contact: vanessa.yingling@csueastbay.edu

2. Get Fit ! Stay Fit !
 - a. Students train faculty and staff. Great opportunity to learn your craft and apply what you learn in your Kinesiology courses.
 - b. Contact Andrew.denys@csueastbay.edu

3. Center for Sport and Social Justice: <http://www.csueastbay.edu/cssj/>
 - a. Join a network of East Bay students, faculty, and community members who want to use sport as a vehicle to create positive and lasting social change.
 - b. Contact: matthew.atencio@csueastbay.edu or missy.wright@csueastbay.edu

4. Dartfish Mentors and Professional Development:
 - a. Students who successfully complete Biomechanics Kin 303 mentor and provide assistance to current students on both biomechanical concepts and on the Dartfish Motion Analysis system.
 - b. Contact: vanessa.yingling@csueastbay.edu

5. Exercise is Medicine
 - a. Initiative from the American College of Sports Medicine. We are growing our program here at East Bay. Get involved.
 - b. Contact Andrew.denys@csueastbay.edu



6. 3D Printing Program

- a. We are printing bone replacements for skeletons and donating them to local schools AND we are developing a program to print prosthetics.
- b. Contact Andrew.denys@csueastbay.edu

Extra Opportunities:

1. Work Study program in the Kinesiology Laboratory
 - a. If you applied for FAFSA you are eligible for Federal Work Study and can apply to work in the Kinesiology Lab (flexible hours). This program DOES NOT take funding away from you BUT adds funds. Please check the box for Federal Work Study.
 - b. Contact: vanessa.yingling@csueastbay.edu

Stay Connected:

Follow us on Twitter: @KRGcsueb

Follow us on Instagram: KRGCSUEB

Like us on Facebook: <https://www.facebook.com/groups/KRGcsueb/>

<https://www.facebook.com/groups/CSUEBKinclub/>

Center for Sport and Social Justice: <https://www.facebook.com/cssjeb/>

Tips for Success:

1. Go to your professor or TA office hours. They want to help!
2. Go to your Supplemental Instruction SI sessions if there is one for your course.
3. Review your progress with an advisor in the Kinesiology Department (Monica Green) or our Success Coach (Angela Byrns)
4. If you earned a C- or below in Anatomy and Physiology, please develop a study approach for your courses. These courses have been identified as predictors of success in the Kinesiology major.
5. Go to the Kinesiology Lab PE 152 to find students to study with. We are a very friendly major!!