



**SAN JOSÉ STATE**  
UNIVERSITY

KINESIOLOGY

**San José State University  
Department of Kinesiology  
Graduate Student Handbook**

**2012-2013**

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## Greetings from the Department of Kinesiology Graduate Faculty

We are pleased to welcome you to the Department of Kinesiology at San Jose State University, and we are excited that you have chosen to pursue your master's degree in our highly respected graduate program. Our alumni have successfully obtained jobs across the Bay Area, the state of California, the US and abroad and we hope to count you among them when you complete your studies. You were admitted into the KIN graduate program because of your undergraduate academic achievement and because of your potential to become a successful future professional in a Kinesiology related field. The KIN graduate faculty look forward to working with each and every one of you to insure a meaningful and productive educational experience.

This handbook contains a wealth of information that will help you negotiate the terrain of both the KIN department and the university; it should be your first stop when seeking an answer to any program question you may have. So, please take the time to carefully read through the handbook and become familiar with the policies and procedures included here.

Once again, congratulations on your admission to the SJSU Department of Kinesiology Graduate Program, and best wishes in your journey towards your master's degree. If there is anything you need, please do not hesitate to ask the front office (SPX 56), the graduate coordinator (Dr. Matthew Masucci), the department chair (Dr. Shirley Reekie), or your curriculum advisor. Good luck!

Matthew A. Masucci, PhD



Graduate Program Coordinator

## General Information

### San Jose State University

With an enrollment exceeding 30,000 students, San Jose State University is the oldest campus in the California State University (CSU) system. The 134-acre campus is located in the Santa Clara Valley, the heart of Silicon Valley. For SJSU students, the Silicon Valley location offers an exceptional learning environment, a cultural crossroads, talented and imaginative colleagues, a place to hone professional skills, and is the intellectual vitality of the Bay area.

Opened in the Fall of 2004, the Martin Luther King, Jr. Library is one of the more prominent and useful features of the SJSU campus. The library, a unique \$177.5 million joint SJSU-City of San Jose project, offers impressive resources for students and community members. New KIN graduates students are encouraged to visit the library as soon as possible upon arriving to campus, and sign up for their library cards. This will enable students to gain access to library materials, as well as materials from other libraries via interlibrary loan and Link-Plus, a program that allows students and faculty to acquire a variety of materials from many libraries within California.

Graduate study at San Jose State University is designed to serve the professional and personal needs of individuals who seek advanced work in many fields. Overseeing all graduate programs is the Office of Graduate Studies. Any policy questions related to procedures and deadlines can be directed to this office at (408) 924-2480. The newly revamped Graduate Studies website will be a valuable resource for all current and incoming students in the Department of Kinesiology. The link to the site is: <http://www.sjsu.edu/gradstudies/>

### **College of Applied Sciences & Arts**

The College of Applied Sciences and Arts (CASA) consists of a diverse group of departments, schools, and programs including: Aerospace Studies, Gerontology, Health Professions, Health Science, Hospitality Management, Justice Studies, Kinesiology, Journalism & Mass Communication, Military Science, Nursing, Nutrition & Food Science, Occupational Therapy, and Recreation & Leisure Studies. One common characteristic of the programs in this college is the provision of broad based experiences in and out of the classroom to prepare students for careers in government, industrial and educational institutions, reporting, health, and entrepreneurial endeavors.

### **The Department of Kinesiology**

The Department of Kinesiology is one of the largest departments in the university and its graduate program has achieved national and international recognition. The graduate program currently has over 100 students from across the United States, as well as Canada and Japan. We are excited about a \$54 million dollar renovation project-due to be completed in 2015-that will provide cutting edge classroom and laboratory space for the Department for Kinesiology.

Students can choose from five degree options, including four concentrations and one general degree program:

1. Athletic Training
2. Exercise Physiology
3. Sport Management
4. Sport Studies
5. Kinesiology Degree-No concentration

The **mission** of the department is to serve the needs of a diverse society by fostering an understanding and appreciation of, and commitment to, human movement as it contributes to the quality of living and development of the whole person throughout life. In an atmosphere of social justice, equity, and sensitivity to issues of diversity, the Department of Kinesiology seeks to:

- assist in fulfilling the mission of San Jose State University;
- prepare exemplary Kinesiology professionals;
- promote and provide for lifetime fitness activities for all; and
- promote and provide for the academic study of sport, physical activity, and human movement.

Additionally, the department will:

- provide a high quality educational experience for our students;
- instill respect for learning and the learning process;
- help students learn to learn, think critically and independently;
- prepare students for life and society;
- offer a diverse and contemporary selection of activity, general education, undergraduate, and graduate courses;
- promote and provide for scholarship and professional activity; and
- facilitate and promote community interaction.

## Entering the Graduate Program

### University Guidelines

Those seeking admission to San Jose State University as a graduate student may apply for a degree, credential, or a certificate. All applications, regardless of objective, will be reviewed using the following general admissions requirements.

General Admission Requirements. A student shall:

- have completed a 4 year college course of study and hold an acceptable baccalaureate degree from an accredited institution, or shall have completed equivalent academic preparation as determined by appropriate campus authorities;
- be in good academic standing at the last college or university attended;
- have attained a grade point average of at least 2.5 (A=4.0) for general admission to the university (KIN requires a 3.0 to enter as *classified*) in the last 60 semester (90 quarter) units attempted; and
- satisfactorily meet other standards for graduate study, including qualifying examinations, as appropriate campus authorities may prescribe (depending on program of study).

### Department of Kinesiology Guidelines

Upon admission to the graduate program, and prior to registration for coursework, each student should contact the Graduate Coordinator, Dr. Matthew Masucci, at 408-924-3021 or [matthew.masucci@sjsu.edu](mailto:matthew.masucci@sjsu.edu). Students seeking a Master of Arts degree in Kinesiology are admitted in one of two categories: *Classified* or *Conditionally Classified*.

Requirements for admission as *Classified*. In addition to meeting the university's general requirements, the Kinesiology Department is looking for the following:

1. A baccalaureate degree with a major or minor in Kinesiology (or successful completion of deficiency coursework as assigned by the Graduate Coordinator or an assigned Academic Advisor).
2. A minimum grade point average of 3.0 in the last 60 semester (90 quarter units) of work.
3. That the student has no undergraduate course deficiencies.

Requirements for Admission as *Conditionally Classified*. Students must meet the university's general requirements. The Kinesiology graduate coordinator approves admission in this

category and prescribes undergraduate coursework or other conditions to remedy any deficiencies. Students with a GPA between 2.75 and 2.99 will be admitted to the program with the requirement that they attain a B (3.0) or better on each of their first two graduate courses. Students without a baccalaureate degree major or minor in Kinesiology are required to complete a maximum of 12 units of *upper division foundation coursework*.

- Foundation Coursework. The form entitled “KIN Graduate Foundation Coursework” (See Appendix A) is to be completed by the student’s curriculum advisor (or the department chair during the summer) and graduate student *no later* than the first semester of enrollment in the program. Academic advisors, with the Graduate Coordinator’s approval, are encouraged to select KIN upper division coursework to meet the foundation needs of the individual student from all courses on the form:

Prerequisites for any foundation course may be reviewed and could be waived, on an individual basis, by the specific instructor of the class. All foundation courses must be at least upper-division undergraduate level. Further, the philosophy of the 12-unit foundation coursework requirement is centered on ensuring that students have some degree of broad-based knowledge of the range of Kinesiology sub-disciplines. Also, SJSU policy states that *no more than 12 units of Graduate Coursework may be counted towards the degree while a student is conditionally classified*. Therefore, it is in students’ best interest to take at least one foundation course their first semester, and complete the foundation coursework in a timely manner.

The form is to be signed by the student, academic advisor, and Graduate Coordinator, and subsequently handed in to the Administrative Support Coordinator (currently Winston Kwong) in the main office, SPX 56. It will then be placed in that student’s permanent department file. Once the Foundation Coursework form is signed by all parties, it should be considered a binding contract. If, for whatever reason, the student wishes to change the coursework outlined on the Foundation Coursework form, he or she must contact the Graduate Coordinator (or KIN department chair, if the chair signed the original form) and their curriculum advisor. If both parties agree to the change, only then may the coursework outlined on the Foundation Coursework form be changed. All appeals of assigned foundation coursework will be brought forth to the Departmental Graduate Committee for final decision.

Once graduate students complete their designated foundation coursework, they qualify for a change of classification from conditional to classified. Immediately after completing the 12 units, they must contact the Graduate Coordinator. The university form entitled “Graduate Studies & Research Change of Classification in Master’s Program’ (see Appendix H) will then be completed by the Graduate Coordinator, and Graduate Studies will be notified that the student’s status should be changed to classified. This change of status is important, because students must obtain classified status before being admitted to candidacy. (Note: see next section-Planning your Graduate Studies-for more information).

Grading in KIN Graduate Coursework. The following points should be carefully considered throughout your graduate degree journey:

- Students may not count a grade of C- or lower towards graduation, and such a grade cannot be included on the student's final candidacy form. Students receiving a grade of C- or lower in a course must take another course to substitute on the final candidacy form.
- Students must maintain an overall GPA of 3.0 at all times. Failure to do so will result in the student being placed on academic probation, at which time the student will be required to raise his or her GPA above the 3.0 minimum the following semester or risk disqualification from the program.
- If a student completes all graded coursework with a GPA of under 3.0, the faculty advisor and student must construct an additional 6 units of coursework
- Students must obtain a B or better in either KIN 250 or KIN 251 to meet the University Writing Competency requirement. Failure to do so requires that the student either successfully complete the KIN 100W course, or pass the university administered WST exam. Failure to meet one of the above requirements results in disqualification from the Kinesiology graduate program. Note: Students who graduated with an undergraduate degree from SJSU, and who thus completed the university's 100W writing course, are admitted as having met the writing requirement.

## Planning Your Graduate Studies

### **Selecting an Academic Advisor**

Prior to enrollment for any coursework, students should arrange to meet with the Kinesiology Graduate Coordinator (Dr. Matthew Masucci; SSC 515; 924-3021) for an orientation to the program. Following that meeting, students should select a faculty member to serve as their academic advisor. The academic advisor is the faculty member that students will consult with throughout their studies regarding selection of your coursework and progression towards the Master of Arts degree. While it is recommended that the academic advisor be the person who will eventually be the thesis or project advisor, it is not required. A proposed program for the graduate emphasis selected by the student should be developed as early as possible in consultation with the academic advisor. The proposed program, as outlined on the Candidacy Form, will eventually be submitted for approval to the University Graduate Studies and Research Office. Upon approval at all levels, the student will be considered a candidate for the Master of Arts degree.

### **Selecting a Program**

Students may choose from many areas of study. It is essential that students select a program early to facilitate efficient planning with the academic advisor. Each program requires completion of two core courses (KIN 250, and KIN 251), a total of 30 units, and written competency demonstrated by successful completion (B or above) of KIN 250 or KIN 251. A *maximum* of 9 units of SJSU credit may be taken outside of the department. The areas of study include:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>•Adapted Physical Activity</li> <li>•Athletic Training</li> <li>•Biomechanics</li> <li>•Exercise Physiology</li> <li>•Measurement</li> <li>•Motor Development</li> <li>•Motor Learning</li> </ul> | <ul style="list-style-type: none"> <li>• Sport History</li> <li>• Sport Management</li> <li>• Sport Philosophy</li> <li>• Sport Psychology</li> <li>• Sport Sociology</li> <li>• Interdisciplinary Programs</li> </ul> |
|--|--|

### **Selecting a Plan**

There are two basic plans for completing your master's degree, and the biggest distinction between the two plans involves what is called the "culminating experience," or the final intensive endeavor that students complete before they are eligible for graduation. Plan A involves the completion of a 6-unit Thesis, and Plan B involves the completion of a 3-unit Project. Because the Thesis option is 6-units and the Project option is 3-units, students selecting Plan B will be required to take an additional 3-units of coursework so that they obtain the required 30 units.

**Plan A Thesis**

Course requirements for all areas of study for the Plan A Thesis option include:

- KIN 250     Quantitative Research Methods in KIN     3 units
- KIN 251     Qualitative Research Methods in KIN     3 units
  
- KIN 299     Master's Thesis/Project     6 units
- Electives\*     (Selected in consultation with the academic advisor)     18 units

\*Electives are selected based on the student's area of study. Electives in all plans can include a maximum of 9 units that may be taken at the undergraduate upper division level. In addition, a maximum of 9 units may be taken outside of the Kinesiology Department.

In general, Plan A is a thesis program designed to provide opportunities for in-depth investigation in the student's area of emphasis. The thesis may employ any methodology that is appropriate for the research question, and approved by the chair of the committee. In the past, students have used a wide range of quantitative, qualitative, and mixed methods designs in their theses. The culmination of the thesis is an oral defense according to university and departmental guidelines. The individual graduate student and academic advisor, with approval by the Graduate Coordinator, determine the thesis requirements and timelines. A signed KIN 299 departmental form is required before a student can register for KIN 299 thesis units, and the form serves as a contract regarding the individual student's thesis requirements and timelines. (see 'Department of Kinesiology Request for Individual Study-KIN 299' form located in the Appendix).

**Plan B: Project**

Course requirements for all areas of study for Plan B include:

- KIN 250     Quantitative Research Methods in KIN     3 units
- KIN 251     Qualitative Research Methods in KIN     3 units
  
- KIN 298     Special Studies     3 units
- Electives\*     (Selected in consultation with the academic advisor)     21 units

\*Electives are selected based on the student's area of study. Electives in all plans can include a maximum of 9 units that may be taken at the undergraduate upper division level. In addition, a maximum of 9 units may be taken outside of the Kinesiology Department.

The Plan B option (KIN 298) is a three-unit project that is conducted with the rigor appropriate for graduate work (not less than 100 hours), where the culminating experience is a poster presentation evaluated by a KIN 298 faculty panel. The panel is comprised of all faculty advisors who have KIN 298 students enrolled for that particular semester. The range of KIN 298 projects could include (but not limited to): a research-based web site; research-based business plans; facility feasibility studies; children's stories/books; recitals; product development; educational materials; mental training programs; fitness programs (pediatric—geriatric); historical analysis; educational intervention techniques; psychometric analysis; among others deemed appropriate by the academic advisor. Although an in-depth literature review often

accompanies the final 298 project, a literature review alone *does not* constitute an appropriate KIN 298 Project. Individual projects are agreed to by the graduate student and KIN 298 academic advisor, with approval of the Graduate Coordinator, as indicated on the KIN 298 form/contract (See 'Department of Kinesiology Request for Individual Study-KIN 298' form located in the Appendix.) The signed Plan B-KIN 298 form/contract will be placed in student's permanent departmental file. Graduate students *must* complete at least 21 units prior to their KIN 298 enrollment. Finally, if the student chooses the option to do the 298 Project over the course of two semesters, the final credit unit must involve the final Poster Session defense.

### **What to consider when selecting the Plan A Thesis or Plan B Project option?**

The question of whether a student should complete a thesis or project as the culminating experience of their KIN master's experience is an important one! There is no correct answer, but the choice to do a thesis or project may depend on many factors, including the type of student, and what goals a student has. In general, the following are some reasons to take on both options, as well as some factors that might dissuade a student from choosing a particular option. In general, students should choose the option that best suits their particular interests and goals in their larger journey towards their degree.

	<b>Plan A Thesis</b>	<b>Plan B Project</b>
<b>Reasons for pursuing</b>	<ul style="list-style-type: none"> <li>• The thesis option gives students an opportunity to conduct an in-depth research study, and to directly contribute to the base of knowledge in the field.</li> <li>• In some cases, the thesis may yield a conference presentation and/or a journal publication.</li> <li>• For students planning on pursuing a doctoral degree, the thesis option is a solid base for the future completion of the doctoral dissertation.</li> </ul>	<ul style="list-style-type: none"> <li>• The project option is generally more flexible, in terms of the types of topics and methods that would be acceptable.</li> <li>• Like the thesis, the project allows students to focus on a particular topic of interest within Kinesiology.</li> <li>• The project often yields a finished project that has a direct applicability to students' career choice (e.g., manual, website, business plan)</li> </ul>
<b>Reasons to consider other option</b>	<ul style="list-style-type: none"> <li>• The thesis, with a 6-unit requirement, takes longer than the Plan B project.</li> <li>• Students may not be able to find faculty members to serve on his or her committee, or faculty that can work within the student's desired timeline.</li> <li>• The thesis generally requires a high proficiency in both research methodology and writing, and students with weaker skills in these areas may have a difficult time meeting the committee's demands.</li> </ul>	<ul style="list-style-type: none"> <li>• It may be difficult for students conducting research-intensive projects to gain IRB approval for their research in a timely manner, which could delay their progress.</li> <li>• Students may not be able to easily find faculty members to spend the amount of time necessary due to other obligation (e.g., serving on other thesis committees, professional committees, etc.)</li> <li>• Students who plan on pursuing a doctoral degree may be at a disadvantage when applying to quality Ph.D. programs.</li> </ul>

## Admission to Candidacy

One of the most important steps that graduate students make is obtaining admission to candidacy. The form, commonly known as the “Candidacy Form,” contains demographic information, as well as all of the classes the student is using towards his or her graduate degree. Foundation coursework cannot be used on the graduate student’s candidacy form. The candidacy form must be completed approximately a semester and a half prior to anticipated graduation, although it is recommended that students turn in their candidacy forms as early as possible after they have completed at least 12 units towards their 30-unit masters program. Students should consult regularly with their curriculum advisor to ensure that they are on the correct path towards graduation, and that the admission to candidacy form is submitted in a timely manner. The admission to candidacy process includes the following:

University Requirements. Students who have matriculated (been admitted to the university and enrolled in classes) and received Classified standing in a Master’s degree curriculum must next be admitted to candidacy for the degree. The following qualifications and procedures are necessary:

- At the time the student applies for admission to candidacy for the Master’s degree, the grade point average for all courses taken at SJSU as a graduate student must be at least 3.0. In addition, the GPA for all courses taken which are to be included as part of the 30-unit program for the Master’s degree must be at least 3.0. A student is not admitted to candidacy until the nine units of graded work (100 or 200 level course acceptable to the college and department in which the degree is sought) are completed as a graduate student at SJSU.

Submitting proposed program. After satisfactory completion of any required examinations and attainment of the scholarship criteria noted above, the graduate student, in consultation with the academic advisor, initiates an official Department request for approval of candidacy form (available in the KIN main office; see Appendix G). The candidacy form, which serves as the student’s formal request, must list all courses and other requirements that the student must fulfill to receive the degree. The proposed program must:

- contain *exactly* 30 units. KIN requires that at 15 units must be from 200 level courses and minimum of 60 percent must be letter-graded coursework with a grade of at least a C.
- be chosen from within the offerings of the major department, or it may include combinations of offerings drawn from other fields acceptable to the major advisor.
- have at least 80% of the coursework listed for the degree completed in residence (i.e. a maximum of six units may be transferred in from other institutions).
- not contain any basic skills courses, foundation coursework, student teaching, 300 level residence, 400 level extension courses taken at SJSU or extension/correspondence courses taken at other institutions, or any credit by examination courses.
- contain no more than six semester units of credit for the thesis units (KIN 299)
- contain no more than three semester units of credit for KIN 298 if Plan B.

\* The proposed program must then be approved by the departmental Graduate Coordinator and by the Associate Academic Vice President of Graduate Studies and Research. The student will be notified by letter (from the Graduate Studies and Research Office) of the actions taken on the proposed program.

## Plan A: Thesis Guidelines

### **Selecting a Thesis Advisor and Committee Members**

Any tenured or tenure-track “Graduate Faculty” from the Department of Kinesiology may serve as the chair of a thesis committee. The selection is the responsibility of the student. Students should select this thesis advisor prior to the time they intend to initiate any work towards the thesis. To facilitate smooth and efficient progress toward completion of a thesis, students should work closely with this faculty member throughout the process.

A thesis (Plan A) committee shall be composed of no fewer than three voting members who must have at least a Masters Degree or equivalent. Any qualified individual – including part time temporary faculty, faculty on partial retirement, or others with expertise related to the thesis topic – may serve as a committee member, however, the majority of the committee members must be tenured or tenure track SJSU faculty members. In addition, persons with expertise useful to designing and completing the project may serve as consultant to the committee and/or student. Current students may not serve as voting members of the committee. Committee members should be selected in consultation with the thesis advisor and serve as relevant sources of input and advice.

The thesis will be worth a total of *six units*. How the units are scheduled into a student’s program is a decision made between the thesis advisor and the student. The following is an example of a generally accepted breakdown of KIN 299 units:

- 3 units – Choose topic, choose advisor, write chapters 1, 2 and 3; Proposal meeting
- 3 units-Human Subjects Institutional Review Board (IRB) approval, collect and analyze data, write chapters 4 and 5; Oral defense

The graduate student *must complete* the oral proposal to obtain the third thesis credit. The student *must complete* the oral defense to obtain the sixth thesis credit.

### **Thesis Formats: Standard or Manuscript**

Students have the choice of completing their Master’s theses in one of two formats. The *standard format* is chosen by the majority of KIN students, and it involves the completion of a five chapter document consisting of the following: 1) Introduction, 2) Literature Review, 3) Methodology, 4) Results, and 5) Discussion and Conclusions. In some cases, it may be appropriate to include “Recommendations: in the title of chapter 5. The *manuscript format* consists of three sections, one of which is a journal article written in the format of the journal being targeted for submission. Thus, the sections of the manuscript format thesis are: 1) Introduction, 2) Journal Article, and 3) Full support materials (i.e. Entire contents of Chapters 1, 2, and 3). Students may check out previous Master’s theses from the main office (SPX 56) for review. Students will receive information on the Standard Thesis Format in the KIN 250 research Methods course, and the guidelines for the Manuscript Format may be found on the departmental website, as well as in Appendix D of the graduate handbook.

### **Proposal Meeting**

Following approval of a topic by the thesis advisor, students should prepare a first draft of the introduction, review of literature and methods sections of their thesis proposal. Upon approval of this work by the thesis advisor [likely to occur only after revision(s)], other committee members should be asked to review the work. After feedback is obtained, a proposal meeting should be planned. Graduate students should allow *at least 10 days* for committee members' review of their thesis proposal before scheduling the proposal defense meeting. Students are responsible for making all meeting arrangements, including the reservation of a meeting room (usually SPX 107; Call 924-3046 to reserve room & equipment). At that time, students formally propose their research and committee members provide specific direction for future work if the proposal is accepted. Once accepted by the thesis committee, students may then submit their work to the Graduate Studies and Research office for approval by the Human Subjects Institutional Review Board (HS-IRB).

The presentation requirements/guidelines for the thesis proposal and defense meetings are as follows:

- Students submit proposal to committee members at least 10 days in advance for oral proposal or defense; Faculty have the right to request additional time if the 10-day period is not adhered to;
- Twenty minute maximum presentation time limit by the student;
- Forty to sixty minute question and answer time limit;
- Student and all guests leave room for faculty evaluation of presentation/paper;
- Pass/Pass with Modification/Fail determined by committee. (Secret ballot may be requested at the Committee Chair's discretion).

### **Human Subjects Institutional Review Board (HS-IRB)**

Federal and California State statutes as well as University policy require investigators conducting research involving human subjects to be knowledgeable about and to comply with regulations for the protection of human subjects in research. The Institutional Review Board exists to insure that the rights of participating subjects are protected and to provide the oversight necessary to assure that all policies regarding the use of human subjects are adhered to. Instructions and forms which need to be completed are available from the Graduate Studies and Research Office (Student Services Center) or on-line (<http://www.sjsu.edu/gradstudies/Research/irb.html>)

All investigators conducting any research using human subjects **must**, in accordance with SJSU policy:

- Obtain HS-IRB approval *prior to soliciting subjects or collecting data*. This includes projects that require HS-IRB approval and/or approval of requests for exemption from review (including pilot studies).
- Provide potential subjects with information necessary to make an informed decision regarding participation in the study.
- Protect the confidentiality of all subjects participating in research and all data that may be collected from the subjects.

- Provide special safety procedures, as needed, to avoid any harm to subjects.

### **Defense of Thesis**

When the research is completed and in final written form students formally present their work to their thesis committee for approval. The focus of the presentation at this point is on the results observed and the conclusions drawn. The thesis is then (a) accepted, (b) accepted with required revisions, or (c) rejected. If revisions are required they must be completed and approved by the committee before the thesis can be submitted to the Graduate Studies and Research Office.

Due to established University deadlines for graduation, students must establish, in consultation with their thesis advisor, reasonable timelines for completion of the thesis. These timelines must take into consideration the time committee members need to review and comment on written work, the time needed for the HS-IRB to conduct its review, and the time students need to revise and rewrite large and small portions of the thesis following critiques from the thesis advisor and committee members. Students and their advisors should regularly consult and make note of deadlines for submitting completed theses for review to Graduate Studies. ([http://www.sjsu.edu/gradstudies/Current/Grad\\_File\\_Dates.html](http://www.sjsu.edu/gradstudies/Current/Grad_File_Dates.html))

### **Graduate Studies and Research Review**

An original manuscript with committee signatures must be submitted to the graduate Studies and Research office for review and university approval. The Graduate Studies office reserves the right to require whatever additional work is needed to ensure that the thesis is representative of the highest quality work from SJSU. Theses must have *no more than* 15 total errors to be accepted by the office of Graduate Studies and Research, so students are encouraged to carefully adhere to the SJSU thesis guidelines. They can be downloaded at: [http://www.sjsu.edu/gradstudies/Current/Completing\\_Masters.html#thesis](http://www.sjsu.edu/gradstudies/Current/Completing_Masters.html#thesis) Please click on #7, Thesis and Projects Requirements. Then, download the guide in pdf format.

## Plan B Guidelines

### **Graduate Program Approval**

Students wishing to complete the Plan B Master's Degree program should confer with their academic advisor and file a program to obtain approval by the departmental Graduate Coordinator. The approved program must be on file before submitting an application for the KIN 298 project. When the Grad Coordinator signs the form, the current administrative coordinator (Winston Kwong) will give the student an add code to register for their 298 units

### **Selecting a Plan B (KIN 298) Advisor**

Any tenured or tenure-track faculty member from the Kinesiology Department on duty during the full academic year may serve as the advisor of a KIN 298 project. The selection is the responsibility of the student. Students should select this advisor prior to the time they intend to initiate any work towards the KIN 298 project.

### **KIN 298 Projects**

KIN 298 is the three-unit project with rigor consistent with graduate work (not less than 100 hours), where the culminating experience is a poster presentation. The following are the presentation guidelines for the KIN 298 poster presentation (see also Plan B Poster Presentation link/download on the Department of Kinesiology website):

- Students submit abstract to committee members at least 10 days in advance.
  - Faculty evaluations will occur following all student poster presentations
  - Pass/Incomplete/Fail determined by panel majority vote (Secret ballot can be requested at the Plan B Committee Chair's discretion). Panel is comprised of all KIN 298 advisors for that particular semester.
  - Abstracts will be placed in a Plan B binder in the KIN office for student reference. The abstract guidelines are 250 words (APA format), including a section on content, purpose, process, and outcome. Complete Plan B abstract guidelines are found on the KIN website.
- Graduate students must complete at least 21 units prior to their KIN 298 enrollment.

### **Panel Evaluation of KIN 298 Projects**

The KIN 298 project is intended to be a culminating experience for Plan B graduate students. The students formally present their project work in the form of a poster presentation to a KIN 298 panel for its approval. Based on the filed abstract and presentation by the student, the KIN 298 project is evaluated by the panel as: (a) passed; (b) incomplete (must resubmit the following semester); or (c) failed.

## Awards/Grants/Assistantships

### **College of Applied Sciences and Arts**

The College of Applied Sciences and Arts periodically solicits small grant proposals for funds to conduct research. Unless otherwise notes, graduate students are eligible to compete for these funds. Most notably, every Fall semester, calls are issued for Lottery Grant proposals (maximum funding of \$2,500) that may enable students to conduct research, or travel to conferences to network or present their own research. For more information on grants, and the associated requirements and deadlines, students should contact the department's representative to the CASA Research and Faculty Development Committee, Dr. Ted Butryn (924-3068).

### **Kinesiology Department**

**Graduate Alumni Award:** Graduate students can apply for a Graduate Alumni Award of up to \$250.00. The award must be pertaining to a research-related project that has been approved by appropriate Kinesiology faculty members. The criteria for the award include:

- Financial need
- Successful completion of at least 9 units of graduate work
- KIN GPA of at least 3.0
- Proposed use of funds must be related to the completion of the M.A. degree.

Interested students should submit a brief proposal summarizing the research-related project to the Graduate Coordinator in the Fall.

**Mary Bowman Fellowship:** The Mary Bowman Fellowship is an endowed fellowship granted a graduate student or upper division undergraduate student by the Department of Kinesiology. Students may be continuing students or new applicants, and must be full time students for the academic year in which the endowment is awarded (i.e., 6 units/semester for graduate students). Upon acceptance of the fellowship (\$500), the student will serve the department by engaging in a service oriented project that will be designed to support the department. Applications will be available during the month of March in the office of Kinesiology (SPX 56). Requirements are mentioned on the application form.

**Joyce Malone Memorial Scholarship:** The Joyce Malone Memorial Scholarship is awarded to a graduate or undergraduate student majoring in Kinesiology in the Department of Kinesiology and associated with the Division of Intercollegiate Athletics. Scholarship is renewable up to 4 years, if the student continues to meet selection criteria. Check for full amount of the scholarship will be given to student at the beginning of the Fall semester upon verification of enrollment.

### **Dr. David Furst scholarship in Sport Psychology and Sport Sociology:**

This \$500 scholarship will be awarded to a San José State University graduate student studying sport psychology or sport sociology and completing a Plan A

research thesis in such a sub-discipline.

### **Kinesiology Assistantships**

Teaching Associate (TA) and/or Graduate Assistant (GA) positions are available for graduate students pending availability of funds. Students who are interested in applying for one of the positions should contact the KIN department chair, Dr. Shirley Reekie. Students who obtain TA/GA positions usually teach activity classes and/or laboratory sections of undergraduate theory courses. They are usually assigned three activity classes or laboratory sections each semester. To qualify as a Teaching Associate, students need to (a) be enrolled in classified standing, (b) maintain a GPA of *at least* 3.30, and (c) be enrolled in at least three units of coursework each semester.

Athletic Training assistantships are also available and range between \$10,000 to \$20,000 for an academic year. These assistantships involve working in an athletic training or clinical facilities setting. Students must be NATA certification eligible to become an Athletic Training Graduate Assistant. Information regarding additional qualifications can be obtained from the Director of the Graduate Athletic Training Program.

External graduate assistantships are also available in exercise physiology. Information and applications for these assistantships are available in the Kinesiology main office.

### Tentative Course Offerings for Spring 2013-Fall 2015

GRADUATE COURSES		S13	F13	S14	F14	S15	F15
KIN 250	Research Methods (CORE)	●	●	●	●	●	●
KIN 251	Analysis of Research and Issues in KIN (CORE)	●	●	●	●	●	●
KIN 255	Advanced Exercise Physiology		●		●		●
KIN 256	Environmental Exercise Physiology	●		●		●	
KIN 257	Biomechanics		●				●
KIN 258	Adapted Programs in Physical Education				●		
KIN 259	Clinical Experiences in Adapted PE	●	●	●	●	●	●
KIN 260	Philosophy of Sport and Embodiment			●			●
KIN 261	Historical Interpretations of Sport and Physical Ed			●			●
KIN 263	International Sport and Physical Education	●			●		
KIN 264	Sport Sociology			●			●
KIN 265	Advanced Motor Development	●				●	
KIN 266	Principles & Concepts of Perceptual Motor Learning	●		●		●	
KIN 267	Advanced Sport Psychology		●		●		●
KIN 2xx	Exercise Psychology			●			
KIN 268	Recognition, Mgt, & Rehab - Lower Extremity	●		●		●	
KIN 269	Recognition, Mgt, & Rehab - Upper Extremity		●		●		●
KIN 272	Evid Based Res & Prac of Therapeutic Exercise	●		●		●	
KIN 273	Evid Based Res & Prac of Therapeutic Modalities		●		●		●
KIN 275	Measurement Theory and Design		●			●	
KIN 280	Advanced Fieldwork Sport Management	●	●	●	●	●	●
KIN 281	Legal and Ethical Aspects of Sport		●		●		●
KIN 282	Marketing and Social Aspects of Sport	●		●		●	
KIN 283	Management, Leadership & Communication in Sport	●		●		●	
KIN 284	Financial Aspects of Sport		●		●		●
KIN 285	Internship in Kinesiology	●	●	●	●	●	●
KIN 289	Seminar in Kinesiology	●	●	●	●	●	●
KIN 292A	Leadership & Administration in Athletic Training	●		●		●	
KIN 292B	Seminar in Sports Medicine II		●		●		●
KIN 293A	Fieldwork in Athletic Training I	●		●		●	
KIN 293B	Fieldwork in Athletic Training II		●		●		●
KIN 293C	Fieldwork in Athletic Training III	●		●		●	
KIN 293D	Fieldwork in Athletic Training IV		●		●		●
KIN 298	Special Studies	●	●	●	●	●	●
KIN 299	Master's Thesis/Project	●	●	●	●	●	●

### Kinesiology Department Graduate Faculty

<b>Faculty</b>	<b>Specialization</b>	<b>Phone #</b>	<b>Office #</b>
Butler, Stanley stanleybutler@sjsu.edu	Physical Activity/Sport Studies	924-3044	YUH 204
Butryn, Ted theodorebutryn1@sjsu.edu	Sport Sociology/ Sport Psychology	924-3068	YUH 11
Chen, Gong gong.chen@sjsu.edu	Physical Activity	924-3033	YUH 206A
Chin, Jessica jessica.chin@sjsu.edu	Core Courses/Sport & Physical Cultural Studies	924-3039	SPX 106
Cisar, Craig craig.cisar@sjsu.edu	Exercise Physiology	924-3018	SPX 105
Han, KyungMo kyungmo.han@sjsu.edu	Athletic Training	924-3041	SPX 59
Kao, Jim james.kao@sjsu.edu	Biomechanics /Motor Development	924-3026	YUH 39
Lilienthal, Sonja sonja.lilienthal@sjsu.edu	Sport Management	924-3029	SPX 75B
Masucci, Matthew matthew.masuccui@sjsu.edu	Interdisciplinary Specialist (Sport Studies)	924-3021	YUH 204a
Megginson, Nancy nancy.megginson@sjsu.edu	Adapted Physical Activity	924-3014	SPX 104
Payne, Greg greg.payne@sjsu.edu	Motor Development	924-3028	Dean's Office
Plato, Peggy peggy.plato@sjsu.edu	Exercise Physiology	924-3032	SPX 71
Reekie, Shirley shirley.reekie@sjsu.edu	History of Sport/PE & International Sport/PE	924-3020	SPX 58
Semerjian, Tamar <a href="mailto:tamar.semerjian@sjsu.edu">tamar.semerjian@sjsu.edu</a>	Sport Psychology/Sport Sociology	924-3069	SPX 72
Tsuruike, Masaaki tsuruike.masaaki.sjsu.edu	Graduate Athletic Training	924-3040	SPX 71
Wilkinson, Susan susan.wilkinson@sjsu.edu	Pedagogy	924-3034	SPX 84
Wughalter, Emily Emily.wughalter@sjsu.edu	Motor Learning	924-3043	SPX 76
Kin Office		SPX 056	924-3010

## Frequently Asked Questions (FAQ)

1. How do I enroll in the Department of Kinesiology Graduate Program?
  - a. You enroll through the SJSU mentor system via the main SJSU website.
2. Do I need to take the GRE?
  - a. Yes, GRE scores are necessary to be admitted to KIN at this point.
3. Do I need to submit letters of recommendation to KIN?
  - a. Yes, two letters of recommendation are required at this time. In addition you are required to submit a personal statement on your general SJSU application form.
4. What if my overall GPA falls below 3.0?
  - a. See the graduate studies website for a complete explanation of options. In general, however, if your GPA falls under a 3.0 (overall, as well as for the coursework to be counted towards your 30-unit MA degree) you are placed on probation. You must raise your GPA immediately the next semester, or risk disqualification from the university.
5. Do I have to declare a major or concentration?
  - a. Aside from Athletic Training, students need not declare a major or concentration, although most students choose an academic advisor who is most closely aligned with their main area of interest. The strength of the KIN program at SJSU is its flexibility, and thus students and the faculty advisor have the ability to construct a program that meets the specific needs of the student.
6. How do I get a graduate assistant position?
  - a. Please contact the Graduate Coordinator, as well as the KIN Department Chair (Dr. Shirley Reekie) for consideration for one of our open graduate assistant positions. These positions are contingent on activity class openings and available budget.
7. How long do I have to graduate?
  - a. As outlined on the SJSU grad studies website: "All work on your graduate degree program must be completed within seven years preceding the award of your degree. If courses become outdated a student has the following options:
    - Submit a course substitution form to replace the outdated course.
    - Repeat the outdated course without credit.
    - Revalidate the outdated coursework by examination. This petition must be initiated by your graduate advisor."
8. How many graduate students are in the department of Kinesiology?
  - a. This is a good question! At any given time, there are approximately 80+ students in the KIN grad program.
9. How many classes can I transfer in to the department?
  - a. You may transfer a maximum of six units to your 30-unit MA in Kinesiology. However, any courses to be transferred into KIN are subject to approval by the KIN Graduate Coordinator and faculty advisor.
10. How many classes can I take outside of the department?
  - a. A KIN master's student may take a maximum of 9 SJSU credits outside of the department.
  - b.

11. How do I obtain classified status?

- a. If you are admitted to KIN as conditional due to a *GPA below 3.0*, you must provide the Grad Coordinator proof of a grade of B or above in your first two KIN grad courses as soon as they are completed. The Coordinator will fill out the form, and you will obtain classified status. If you were admitted as conditional due to the need to complete *foundation coursework*, you must contact the Grad Coordinator as soon as you have completed the required units, and you will then obtain classified status.

12. What if I need to take time off from my SJSU studies?

- a. If you are in good standing, and have been enrolled for a semester, then you may take a semester off. Please see the following link for more information:  
[http://www.sjsu.edu/gradstudies/Current/Completing\\_Masters.html#time](http://www.sjsu.edu/gradstudies/Current/Completing_Masters.html#time)

13. What do I write in the “Competency for Written English” section of the candidacy form?

- a. You write the semester that you successfully completed either 250 or 251 with a grade of B or above.
- b. If, for whatever reason, you fail to achieve a B or above in either 250 or 251, you must either 1) take the WST test, or 2) complete the KIN 100W course.



Download at: <http://www.sjsu.edu/kinesiology>

***KIN GRADUATE FOUNDATION COURSEWORK (MA in Kinesiology)***

Students without an undergraduate degree in a field directly related to Kinesiology will complete a maximum of 12 units of Foundation Coursework. The upper division KIN courses below will satisfy the Foundation Coursework requirement. The *number of units* to be taken will be determined by the Graduate Coordinator, and the *specific courses* to be taken will be determined in conjunction with the student's graduate curriculum advisor.

- All of the following courses are 3 units unless otherwise noted. Please clearly circle the courses that are used for Foundation Coursework, and indicate the semester and year they are taken.
- Note that some of the KIN foundation coursework options may require pre-requisite knowledge, courses, and/or Preparation. *See instructor before enrolling.*

Semester/Year

_____	KIN 152	Theory of Sport and Fitness Management
_____	KIN 153	Sport Facility and Event Management
_____	KIN 154a	Instrumentation in Ex. Phys. And Biomechanics
_____	KIN 154b	EGG Interpretation and Graded Exercise Testing
_____	KIN 155	Exercise Physiology
_____	KIN 156	Introduction to Adapted Physical Activity
_____	KIN 158	Structural and Mechanical Kinesiology
_____	KIN 159	Sport and Adapted Activities
_____	KIN 160	History of Sport and Physical Education
_____	KIN 161	Philosophical Perspectives of Sport
_____	KIN 162	Advanced Fitness Assessment and Exercise Prescription
_____	KIN 163	Physical Fitness and Nutrition
_____	KIN 164	Sociocultural Perspectives
_____	KIN 165	Motor Development
_____	KIN 166	Motor Learning
_____	KIN 167	Sport Psychology
_____	KIN 168	Psychology of Coaching
_____	KIN 169	Diversity, Stress, and Health
_____	KIN 172	Elementary School Programs, K-6
_____	KIN 174	Assessment of Psychomotor Function
_____	KIN 175	Measurement and Evaluation in Kinesiology
_____	KIN 177	Exercise Experiences for Children
_____	KIN 179	Design and Assessment of Movement Experience
_____	KIN 180	Individual Studies or KIN 184 (Directed Reading) (may only use one of the two)
_____	KIN 187	Exercise Prescription for Diverse Populations
_____	KIN 188	Prevention and Care of Injuries (* 2 units)
_____	KIN 189	Lab (* 1 unit w/188)
_____	KIN 191a	(Lower Extremities)
_____	KIN 191b	Upper Extremities
_____	KIN 193	Organization and Administration in Athletic Training (2)
_____	KIN 194	Therapeutic Exercise in Athletic Rehabilitation
_____	KIN 195	Therapeutic Modalities in Athletic Rehabilitation

\_\_\_\_\_  
Student Name (Print)

\_\_\_\_\_  
Advisor Name (Print)

\_\_\_\_\_  
Student Signature & Date

\_\_\_\_\_  
Advisor Signature & Date

\_\_\_\_\_  
Graduate Coordinator Signature and Date





**Department of Kinesiology**  
**KIN 299 Thesis: Manuscript Format**  
**Instruction Sheet**

The following instruction should be applied only to theses in the Department of Kinesiology that follow the *Manuscript Format*. Specifically, the Manuscript Format thesis includes a chapter that contains a complete manuscript in the style of a professional journal article.

1. The thesis should adhere to all of the San Jose State University General Instruction for Master's Theses (<http://www2.sjsu.edu/gradstudies/forms/thesisguidenew.pdf>), with **only** the format changes specified below.
2. The format should include the following in order:
  - a. Cover page, copyright page, signature page, abstract, and table of contents (All written per SJSU General Instruction for Master's Theses)
  - b. Chapter 1: Introduction
    - i. Brief Introduction, Problem Statement, and Purpose of the research
    - ii. Explanation of Chapter 1 contents
    - iii. Explanation of Chapter 2 contents
    - iv. Explanation of Chapter 3 contents
    - v. Summary
  - c. Chapter 2: Journal Article
    - i. The journal submission document should mimic a published article, not an article for submittal.
      1. Abstract should be presented at the top of the document
      2. Tables and Figures should be imbedded in the document
      3. The creation of columns for the document is not required, but recommended.
  - d. Chapter 3: Extended Support Material
    - i. Revised proposal material consisting of the entire contents of first three chapters: Introduction, Literature Review, and Methods. A full References section should also be included.
  - e. Appendices:
    - i. Appendices may include: IRB Approval Letter, copyright permission letters, author's notes for specific journal, raw data, and all other materials that are appropriate for the thesis being submitted.
3. Do not include any submission application materials other than the manuscript in the thesis (i.e., author bio, statement of authenticity, authors form, and/or signed releases).
4. Unless the professional journal targeted for submission uses a style other than APA, the entire contents of the thesis should be in APA style. If the targeted journal uses another style, the article should be written in that particular style. However, if you use a writing style other than APA for the journal submission document, indicate which chapters are completed in which style on the thesis application form completed for Graduate Studies.
5. On the Graduate Studies form, note the journal manuscript style and Chapter or section of the project/thesis if journal styles differ by section or chapter.

**Include the following materials upon final submission of the thesis to Graduate Studies:**

1. One clean copy of an article from the targeted journal that was published within the past year.
2. One copy of the targeted journal's author's notes or journal manuscript guidelines for authors.
3. Appropriate notification of the graduate studies thesis form regarding all writing styles present in the Thesis.
4. Copy of the Thesis, Department of Kinesiology Instruction Sheet.
5. Copy of the IRB Approval Letter, if applicable.
6. Copy of copyright permission letters, if applicable

Department of Kinesiology  
**Plan B: Poster Presentation Abstract Form**

Student Name \_\_\_\_\_ Advisor \_\_\_\_\_

Name of the Project \_\_\_\_\_

In the box provided below, please write a 250 word abstract (APA format: double spaced no indentation) including a section on content, purpose, process, outcome and conclusion. Return this form to SPX 56 by (*Specific date determined each semester*). A copy of the Human Subjects form is required when appropriate.

## Plan B: Poster Presentation Guidelines

NOTE: Due to the special formatting used on this form, please download at:

<http://www.sjsu.edu/kinesiology/forms/#gradforms>

*Click on: Plan B Poster Session Guide*

Download at: <http://www.sjsu.edu/gradstudies/forms>

San Jose State University  
Graduate Studies and Research

### Departmental Request for Candidacy and Graduate Degree Program



Please type only.

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name, M.I.

\_\_\_\_\_  
SSN

\_\_\_\_\_  
Home St. Address

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Daytime Phone

\_\_\_\_\_  
Email Address

**Prerequisites/Comments**

\_\_\_\_\_  
Faculty Advisor Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Dept. Graduate Advisor Signature

\_\_\_\_\_  
Date

<p><b>Approved for University Graduate Committee</b> <input type="checkbox"/></p> <p>_____ Evaluator Graduate Studies and Research</p> <p>_____ Date</p>
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Date		Plan <input type="checkbox"/> a) Thesis (299 units Req.) <input type="checkbox"/> b) Non-Thesis Plan				
MA <input type="checkbox"/>	MS <input type="checkbox"/>	Competency in Written English				
MBA <input type="checkbox"/>	MFA <input type="checkbox"/>	Date Completed:				
MLS <input type="checkbox"/>	MUP <input type="checkbox"/>	Change of Classification				
MSW <input type="checkbox"/>	MPA <input type="checkbox"/>	Date Submitted:				
MPH <input type="checkbox"/>	Other <input type="checkbox"/>	Previous College Degree:				
Degree Major		Institution:				
Concentration		Degree:				
		Date:				
<b>Proposed Graduate Degree Program</b>						
<b>A Courses Within the Department</b>						
Dept.	No. and Title:	Sem. Units	Grade	Sem. Comp.		
<b>B Culminating: (select one only)</b>						
Dept.						
	<input type="checkbox"/> 299 Thesis (Indicate Units) <input type="checkbox"/> 296 Project: (Indicate Units, Semester) <input type="checkbox"/> _____ Course: (Indicate Units, Semester, Course number) <input type="checkbox"/> Culminating Experience Report					
<b>C Courses in Other Departments</b>						
Dept.	No. and Title	Sem. Units	Grade	Sem. Comp.		
<b>D SJSU Extension or Transfer Resident Courses</b>						
Transfer Credit must be validated for use at SJSU						
School	Dept.	Crse.	Title	Sem. Units	Grade	Sem. Comp.
<b>Total Units</b>						
A:		B:		C:		D: Total
<b>Candidacy for the Degree—Office Use Only</b>						
Graduate/SJSU			Date	Sem. Units	G.P.A.	Total

Download at: <http://www.sjsu.edu/gradstudies/>

NOTE: Student MUST bring documentation of completed coursework to Graduate Advisor



## Graduate Studies & Research Change of Classification in Master's Program

**From:** \_\_\_\_\_, Graduate Coordinator  
for \_\_\_\_\_ program

**Student Name:** \_\_\_\_\_

**SSN:** \_\_\_\_\_ was admitted as 'conditionally classified' student, needing to meet the following conditions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

This is to certify that this student has satisfactorily fulfilled those conditions and should now be granted 'classified' standing.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Semester Effective

\_\_\_\_\_  
Date