



UNDERGRADUATE MAJOR
ADVISING HANDBOOK



2011-2012

SAN JOSÉ STATE UNIVERSITY
COLLEGE OF APPLIED SCIENCES AND ARTS

Mrs. Janet Clair, Advising Manager

Revised (6/11)

**DEPARTMENT OF KINESIOLOGY
SAN JOSÉ STATE UNIVERSITY**

**STUDENT ADVISING HANDBOOK
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KIN Majors receive this handbook free at their
first advising session

\$5.00 will be charged for second copies.

INTRODUCTION

Welcome to the Department of Kinesiology at San José State University! (<http://www.sjsu.edu/kinesiology/>)

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 José State University
- Prepare exemplary Kinesiology professionals
- Promote and provide for lifetime fitness activities for all
- 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
- Facilitate and promote community interaction

Students are encouraged to become actively involved in their profession through classroom and laboratory experiences, internships, and extracurricular activities. Many opportunities are available for students to become professionally involved including participation in student clubs and attendance at local, regional, and national conferences. These activities facilitate networking with other students, faculty, and professionals working in the field. There are a few student clubs in the Department of Kinesiology:

- **Spartan Athletic Training Organization (SPATO):** Promotes the profession of athletic training and sports medicine. It is not only open to AT students, but also any student interested in learning more about sports medicine and athletic training and building a professional network. SPATO helps the students become aware of current topics in athletic training and also how to prepare themselves to be a professional in the field of athletic training.
- **Adapted Physical Activity Club:** The APA Club (Which won an award in 2009 for the best student club in the college) is a student service organization that supports the physical activity/recreation/sport of folks with disabilities, at SJSU and in the community.
- **Sport Management Club:** The SMC offers students a unique opportunity to get further involved in their community, learn about sport organizational management in professional and collegiate athletics and to open networking channels with sport management industry professionals.
- **Pre-Physical Therapy Club:** The Pre-Physical Therapy Club provides the community resources, peer advising, guest speakers, and volunteer opportunities to members in order to help them become stronger candidates for physical therapy graduate programs. Due to the rising interest in this healthcare field, it is important for prospective physical therapy graduate students to have updated information and guidance during the application process. The club hosts two main events to help fulfill this need: the Physical Therapist Panel and the Grad School Application Workshop. In addition, the club organizes PT campus visits and participates in Health and Wellness events throughout the campus and community. Membership is open to all students independent of major or emphasis.

Information about the student clubs and professional conferences are posted on the KIN bulletin boards, announced in classes (particularly KIN 70), and published in the Communicator, a newsletter written for KIN majors and minors by Dr. Shirley Reekie, Department Chair.

International opportunities, including study abroad, are available through the Center for International Sport and Human Performance. For information about these opportunities, see Dr. Shirley Reekie or Dr. Gong Chen.

The Department of Kinesiology is a charter member of the American Kinesiology Association (AKA).

Department Of Kinesiology Statement of Core Values

The Department of Kinesiology adopts the following
Core Values in support of our overall mission:

A balance between work and life
Quality teaching, programs, curriculum
Democratic governance with opportunities for participation
Equity, fairness, and social justice
Sensitivity to diversity
Collaboration within and between our sub-disciplines
Respect for individuals and our sub-disciplines
Collegiality in the workplace
Physically active lifestyles
Efficiency of Human Movement



Departmental Honors Program



Graduation with departmental honors can only be achieved by successful completion of the Senior Seminar Honors program (KIN 185H). This program is open to Kinesiology majors with a cumulative grade point average of 3.2 or higher and a 3.5 or higher average in the major. (NOTE: if you put 185 on your major form but then qualify/register for KIN 185H, you must file a course substitution form in order to graduate.)

This handbook has been compiled by the Department of Kinesiology in an effort to fully inform the major students in this department of pertinent information about Kinesiology while conveying the most effective and efficient means of fulfilling their university graduation requirements. To attain those objectives, sections have been included to describe Kinesiology in general and the Department of Kinesiology in particular. Also included in the handbook is a description of the three major steps to be completed by Kinesiology major students intending to attain the Bachelor of Science Degree at San José State University. Other pertinent information included in the handbook is a list of Kinesiology Department faculty members, student responsibilities, specific curricular requirements for the individual emphases within the department, and instructions for, and a sample of, the Major Form to start an application for graduation.

While the currency and accuracy of this handbook is carefully regulated, students should recognize that the official record of their curriculum is the San José State University General Catalog which was in effect at the official time of onset of their program. In addition, while the department provides individual advisors for students majoring and minoring in Kinesiology, as well as documents such as this handbook, students are personally responsible for maintaining accurate and current information concerning the department and their curricular programs.

KINESIOLOGY

Kinesiology is the academic discipline concerned with the art and science of human movement. This discipline encompasses the study of the human organism in work, play, games, sport, aquatics, dance, and other forms of human movement. Specific sub-disciplines within Kinesiology are: Philosophy, History, Sociology and Psychology of Sport/Physical Education, as well as Kinesiology, Biomechanics, Exercise Physiology, Motor Development, Motor Learning, Motor Control, and Teacher Education. Careers in areas related to Kinesiology are many and varied. Listed below are some potential career areas related to Kinesiology.

CAREER AREAS RELATED TO KINESIOLOGY

Public Schools:

Athletic Administrator	Teacher of Physical Education
Athletic Coach	Teacher of Adapted Physical Education
Athletic Trainer	

Colleges and Universities:

Same as Public Schools, plus:

Intramural Director
Sports Information Director

Teacher and/or researcher in:

Adapted Physical Education	Kinesiology	Philosophy
Anthropology	Motor Control	Physical Education
Athletic Administration	Motor Development	Psychology of Movement
Biomechanics	Motor Learning	Sociology
Exercise Physiology	Pedagogy	Sports Management
History		

Professional Athletics:

Many of the above plus

Athlete	Sports Broadcaster	Sports Photographer
Facilities Manager	Sports Journalist	Sports Psychologist
Sports Artist		

Other Public Enterprises:

Many of the above plus

- Employee in Cardiac Rehabilitation Programs
- Fitness, Health, Stress Management, Weight Control Counselor
- Manager/Employee of Health/Athletic/Fitness Club, Resort, YMCA, or Sports Medicine Clinic
- Biomechanical Analyst
- Sports Psychologist
- Early Education Movement Specialist (preschools, child development centers)
- Adult Education Movement Specialist (retirement centers, outreach programs)
- Recreation Director or Sports Leader for club, church, hospital, penitentiary, camp, or other private or public agency
- Private Fitness or Sports Instructor/Coach
- Sporting Goods Salesperson

Medicine:

C-V Rehabilitation	Occupational Therapy	Play or Movement Therapy
C-V Technology	Physical Therapy	Sports Medicine
Developmental Physical Educator		

DEPARTMENT OF KINESIOLOGY

San José State University is the oldest public institution of higher education in California and is located in Santa Clara Valley, the heart of Silicon Valley. This area, once known for its flowers and orchards, is now known as the "Headquarters for the 21st Century." The Department of Kinesiology at San José State is housed within the College of Applied Sciences and Arts and offers a diverse curriculum related to human movement, physical education, and sports. Classes in the department are instructed by highly qualified specialists who are dedicated to the success and well-being of students. Course work in the department often involves laboratory or practical experiences. These kinds of experiences are facilitated by fully equipped laboratories in exercise physiology, biomechanics, athletic training, motor learning, and stress management. These labs contain state-of-the-art equipment such as a biomechanical force platform, digitizer, and high speed filming equipment; metabolic cart; electrocardiographs; as well as an array of computer systems and related software. Classes are instructed in laboratories, classrooms, gymnasia, pool/aquatic areas, and outdoor field and court areas.

All students declaring a major in **Kinesiology** at San José State University select an area of emphasis. The nine emphasis areas are:

- Adapted Physical Activity**
- Exercise and Fitness Specialist**
- Individualized Studies**
- Movement Science**
- Pre-Professional**
- Societal Studies**
- Sport Management**
- Teaching Physical Education**
- Teaching, Adapted Physical Education**

All students declaring a major in **Athletic Training** will follow requirements for the Athletic Training Education Program which leads to a Bachelor of Science Degree in Athletic Training.

All emphases available in the Department of Kinesiology are described in the EMPHASES section of this handbook and are diagrammed schematically on page 8. As depicted in the diagram, completion of the emphasis in Kinesiology is one of three major steps which must be successfully completed to attain the Bachelor of Science Degree in Kinesiology or a Bachelor of Science degree in Athletic Training. The remaining two steps include: completion of all required GENERAL EDUCATION COURSE WORK and completion of the CORE CURRICULUM (detailed later in this handbook) in Kinesiology. These steps are more thoroughly examined in the three major steps to attaining a Bachelor of Science degree in the Department of Kinesiology section of this handbook. Completion of the three steps as outlined in this advising handbook results in a 120 unit degree program.

The Department of Kinesiology prides itself on academic honesty. Students should be fully aware of the University's policy on academic dishonesty (refer to University Catalog). Questions concerning plagiarism, academic dishonesty, or the level of collaboration permitted on individual and group projects should be directed to the course instructor.

KINESIOLOGY ADVISING FACULTY

Faculty	Specialization	Phone #	Office #	Email
Butler, Stan	Teacher Education Activities Specialist	924-3044 . . .	YUH 204	stanley.butler@sjsu.edu
Butryn, Ted	Graduate Coordinator Sociology/Psychology of Sport	924-3068 . . .	YUH 011	theodore.butryn@sjsu.edu
Brown, Holly	Clinical Coordinator, Undergraduate Athletic Education Program	924-3035 . . .	SPX 072	holly.brown@sjsu.edu
Chen, Gong	Activities Coordinator Activities Specialist	924-3033 . . .	YUH 206A . . .	gong.chen@sjsu.edu
Chin, Jessica	Research/Core Specialist	924-3069	SPX 106	jessica.chin@sjsu.edu
Cisar, Craig	Exercise Physiology	924-3018 . . .	SPX 105	craig.cisar@sjsu.edu
Clair, Janet	Advising Manager	924-3042 . . .	SPX 060	janet.clair@sjsu.edu
Conry, Barbara	General Education Specialist.	924-3040.	SPX 71	barbara.conry@sjsu.edu
Han, KyungMo	Director, Undergraduate Athletic Training Education Program	924-3041 . . .	SPX 059	kyungmo.han@sjsu.edu
Johnson, Jay	Physical Activity/Sports Studies	924-3029 . . .	SPX 106	jay.johnson@sjsu.edu
Kao, Jim	Biomechanics/Motor Development.	924-3026 . . .	YUH 039	james.kao@sjsu.edu
Lilienthal, Sonja	Sports Management	924-3031 . . .	SPX 075B	sonja.lilienthal@sjsu.edu
Masucci, Matt	Interdisciplinary Specialist.	924-3021 . . .	YUH 204A . . .	matthew.masucci@sjsu.edu
Megginson, Nancy	Adapted Physical Activity	924-3014 . . .	SPX 104	nancy.megginson@sjsu.edu
Plato, Peggy	General Education Coordinator Exercise Physiology/Stress Management	924-3032 . . .	SPX 071	peggy.plato@sjsu.edu
Reekie, Shirley	Department Chair History of Sport/PE Comparative International Sport	924-3020 . . .	SPX 058	shirley.reekie@sjsu.edu
Semerjian, Tamar	Sport Psychology	924-3069 . . .	SPX 072	tamar.semerjian@sjsu.edu
Shifflett, Bethany	Measurement and Evaluation	924-3016 . . .	SPX 083	bethany.shifflett@sjsu.edu
White, Alison	Teacher Education Specialist.	924 3019 . . .	SPX 071	alison.white@sjsu.edu
Wughalter, Emily	Undergraduate Coordinator Motor Learning	924-3043 . . .	SPX 076	emily.wughalter@sjsu.edu
KIN Office		924-3010 . . .	SPX 056	

**STUDENT RESPONSIBILITIES
REGARDING COMPLETION OF A MAJOR PROGRAM
IN THE DEPARTMENT OF KINESIOLOGY**

- I. Upon finalizing your decision to study at San José State University in the Department of Kinesiology, make an appointment to speak to the Advising Manager for an orientation to the department.
- II. Each semester:
 - A. Use the SJSU website to check the schedule of classes.
 - B. Make an early appointment (well in advance of registration for next semester) with your assigned departmental advisor to check your schedule for the subsequent semester and clear up scheduling questions.
 - C. Continue to consult with your advisor concerning academic problems and questions. Communicate!
 - D. Check the KIN bulletin boards in SPX weekly for announcements and/or academic deadlines that may be posted.
 - E. Make sure all of the prerequisites for your courses have been met. Prerequisites are noted in the SJSU Catalog. **This is YOUR responsibility!**
- III. Sophomore Year/Junior Transfers:
 - A. Make sure prerequisites to upper division courses are being satisfied. Transfer Students: **GRADE REPORTS OR TRANSCRIPTS MUST BE PROVIDED FOR ALL PREREQUISITE COURSES. COURSE DESCRIPTIONS MUST BE PROVIDED FOR NON-ARTICULATED COURSES.**
 - B. Students may need to complete the Application for Review of Coursework from Other Institutions to have Kinesiology **major** course work approved that was completed at other institutions.
 - C. Take the **Writing Skills Test (WST)** as soon as possible after finishing English 1B. See Schedule of Classes for test dates. An information packet is available in the Testing Office, Administration 218.
- IV. Junior Year:
 - A. Meet with your assigned department advisor to confirm that you are satisfying all requirements within your selected emphasis.
 - B. It is strongly suggested to complete KIN 100W in the junior year. Not mandatory in the Junior year, but must be completed to fulfill graduation requirements
- V. Senior Year:
 - A. Fill out your Major/Minor Forms. Notices of the graduation application filing date will be posted on the KIN bulletin boards.
 - B. Submit Application For Graduation to the Bursars Office. Submit Major/Minor Forms to Admissions & Records after Major/Minor Forms have been signed by those designated. Final application deadline is published each semester in the Schedule of Classes.
 - C. Maintain an awareness of all other pending deadlines. For example, graduate school or Single Subject Credential Program application deadlines may be approaching.

CHECK LIST FOR TRANSFER STUDENTS IN KINESIOLOGY

Name _____ Date _____

Note: Do not assume that classes taken elsewhere are transferable. See the advising chair or undergraduate coordinator to establish which classes will be accepted by the Department of Kinesiology at San José State University. Bring in transcripts and catalogues at that time. This check should be completed early in your first semester at SJSU to give you time to take classes for which credit was not transferable.

Request for the following substitutions:

	College Name	Course Number	Title	Hrs	Date
KIN 70, Intro to KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					
KIN					

Request for acceptance of courses in support of KIN courses (prerequisites to KIN courses):

Bio 65, Human Anatomy					
Bio 66, Human Physiology					
Chem 30A, Intro to Chemistry					
Any Math in Area B-4 in GE					

(Signature of student)

Date

Signature of advising chair or undergraduate coordinator

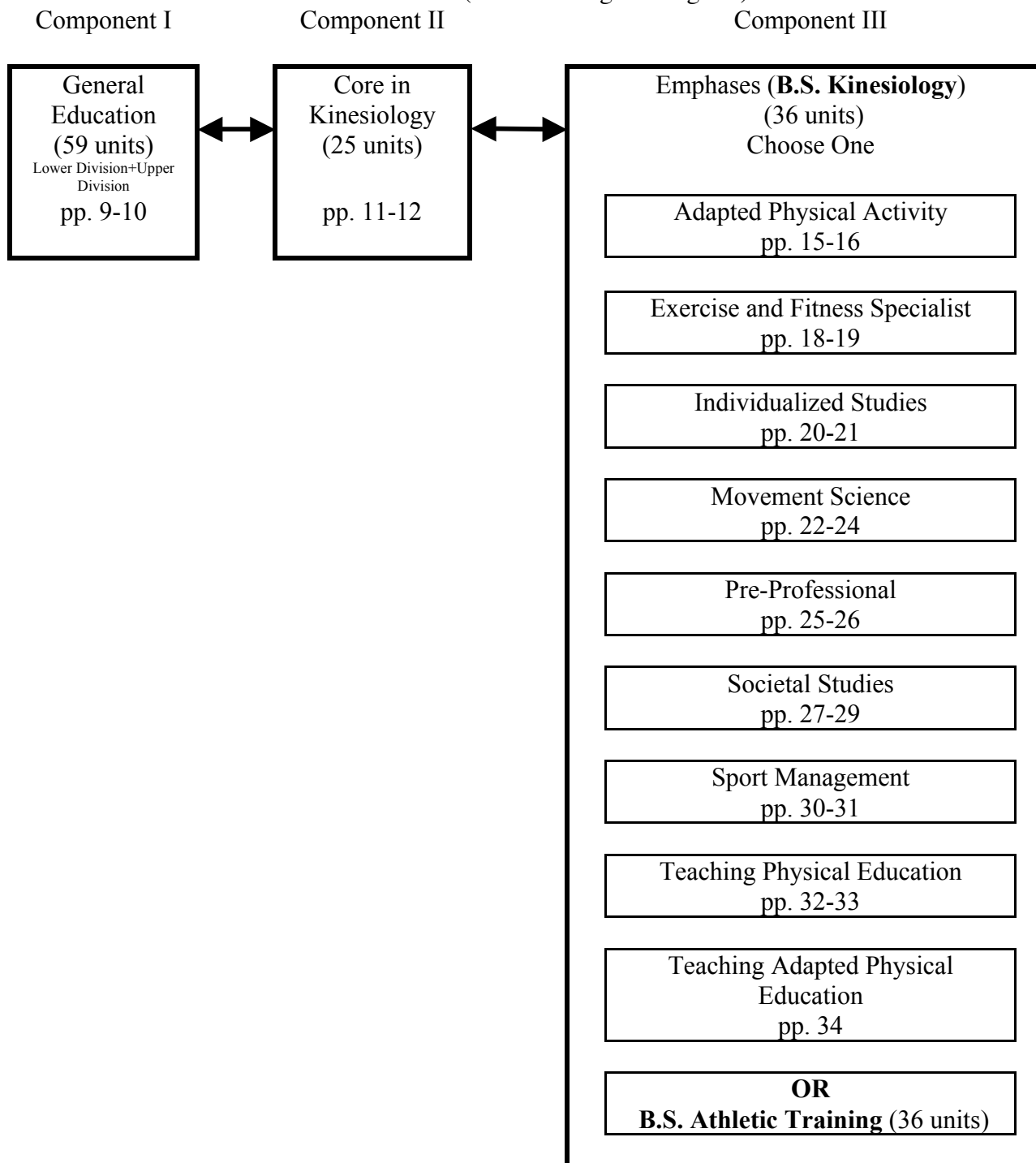
Date

THE THREE MAJOR COMPONENTS TO ATTAINMENT OF A BACHELOR OF SCIENCE DEGREE IN THE DEPARTMENT OF KINESIOLOGY

There are three major components to attain the Bachelor of Science Degree in Kinesiology or a Bachelor of Science Degree in Athletic Training at San José State University. These components are diagrammed schematically below and described in detail later in the handbook. For more detailed information about these three components, consult your assigned department advisor.

DIAGRAM OF THE THREE MAJOR COMPONENTS

(120 Unit Degree Program)



THE THREE MAJOR COMPONENTS

I. COMPLETE GENERAL EDUCATION COURSE WORK

The first step to completing the Bachelor of Science Degree in Kinesiology or Bachelor of Science in Athletic Training is completion of the General Education course work. Since this curriculum is composed of a minimum of 51 units of course work, the majority of courses taken during the freshman and sophomore years will be General Education. For specific information concerning the General Education curriculum, consult the current **Schedule of Classes** ("General Education Requirements" (<http://info.sjsu.edu/static/soc-fall/core.html>) or an advisor in the Assessment Office. A sample of the General Education Checklist that the Assessment Office completes for every transfer student is shown on the following page. A copy should be in the student's file in SPX 56. During Assessment Center drop-in hours, students may have their copy of the General Education checklist updated.

The following notes are of importance (All pre-requisite classes must be passed with a C or better):

- Chem. 30A (C grade or better, fulfills Area B1 of Core GE), or a more advanced Chemistry course, is a graduation requirement for all KIN majors.
- Completion of a math course in Area B4 of Core GE (C grade or better) is a graduation requirement for all KIN majors.
- Biology 65, Human Anatomy, and Biology 66, Human Physiology (C grade or better, fulfills area B2 and B3 of core GE) are required of ALL Kinesiology majors.
Students who did not complete a human cadaver experience at a CC are no longer required to complete Biology 65L (lab). If you believe you need the lab, contact the Advising Manager.
- Passing English 1B (C grade or better), passing the Writing Skills Test (WST) and junior level standing are required for all upper division general education courses. Check the Schedule of Classes for test dates.
- KIN majors **must** take 100W (Area Z, Written Communication II) in the **KIN** department. 100W must be completed (C grade or better) or be concurrently enrolled in order to take courses to satisfy SJSU Studies requirement.
- KIN 101 (Area S), NuFS/KIN 163 (Area R), and KIN/HS 169 (Area S) fulfill SJSU Studies requirements and 3 units may fulfill Kinesiology major requirements as elective coursework, based upon advisor approval. For a complete list of classes that fulfill SJSU Studies go to class schedules at <http://info.sjsu.edu/web-dbgen/narr/static/soc-spring/sjstudies.html>.

Majors should have, for their personal use, a transcript of course work completed at community colleges and other 4-year institutions.

Students should a copy of all relevant transcripts to the department to be placed in their major file in SPX 56.

A copy of these transcripts should be in the student's major file in SPX 56.

Note: Transcripts sent to Admissions and Records are not forwarded to Department office.

Student's Unofficial Academic Planning Worksheet

Last Name First Name SJSU ID#

Catalog Year Major Minor (may be optional)



Core General Education Requirements (39 units)

Course	Units	Where Taken	Grade
--------	-------	-------------	-------

A. Basic Skills (9 units) Complete one course in each category. Categories marked with an asterisk (*) require a grade of "C" or better.

A1	Oral Communication*.....			
A2	Written Communication 1A*.....			
A3	Critical Thinking*.....			

B. Science & Math (9 units) Complete one course in each category. At least one lab course must be included. Categories marked with an asterisk (*) require a grade of "C" or better.

B1	Physical Science.....			
B2	Life Science.....			
B3	Laboratory Science.....			
B4	Mathematical Concepts*.....			

C. Humanities & Arts (9 units) Complete one course in each category.

C1	Arts.....			
C2	Letters.....			
C3	Written Communication 1B*.....			

D. Social Sciences (9 units). Complete one course in each category. (Up to 6 units of American Institutions may be used)

D1	Human Behavior.....			
D2	Comparative Systems.....			
D3	Social Issues.....			

E. Human Understanding & Development (3 units).....

SJSU Studies GE Requirements (12 units)

Course	Units	Where Taken	Grade
--------	-------	-------------	-------

Complete one SJSU course in each category. Prior to enrollment, these courses require: -Satisfaction of WST: YES / NO & -Upper Division Standing: YES / NO

Area R	Earth & Environment.....		SJSU	
Area S	Self, Society & Equality in the U.S.....		SJSU	
Area V	Culture, Civilization & Global Understanding.....		SJSU	
Area Z	Written Communication II*.....			

All students must satisfy Area Z by: (1) taking one 100W course approved by their major – OR – (2) completing the Graduation Writing Assessment Requirement (GWAR) at another CSU or equivalent coursework at another university prior to SJSU enrollment – OR – (3) obtaining a waiver score on WST if their Major department permits.

SJSU Graduation Requirements

Course	Units	Where Taken	Grade
--------	-------	-------------	-------

American Institutions

F1	U.S. History.....			
F2	U.S. Constitution.....			
F3	California Government.....			

Physical Education Activity (2 different activity courses)

1				
2				

Please check the current schedule of classes to see which classes are currently being offered: <http://www.sjsu.edu/advising/links/ge>

II. COMPLETE THE REQUIRED CORE CURRICULUM IN KINESIOLOGY AND ATHLETIC TRAINING

Except for KIN 70, the Kinesiology Core Curriculum is upper division. For that reason, most Kinesiology and Athletic Training majors do not begin consistent enrollment in Kinesiology Core course work until their junior year. The first two years of study typically involve completion of General Education course work.

CORE CURRICULUM (25 Units):

All Kinesiology students, regardless of their emphasis, must complete the following curriculum. **STUDENTS MUST PASS ALL CORE, ACTIVITY AND EMPHASIS CLASSES WITH A GRADE OF C- OR BETTER.** Students who do not meet this minimum standard will be expected to retake the course. It is the student's responsibility to register for the course. Students retaking a course, no matter what their status, will not be given special consideration for enrollment (adding) in following semesters. (Refer to the University General Catalog requirements for retaking a course through Academic Renewal.)

A. Lower Division (3 Units):

— KIN 70 Introduction to Kinesiology 3 Units **Prereq:** Min. 30 units completed
(KIN 70 is a prerequisite to all upper division Kinesiology courses.
Exception: First semester students may take KIN 70 concurrently with other major courses.)

B. Upper Division (22 Units):

Course #	Course Title	Units	Prereqs (C or better)
KIN 155	Exercise Physiology	3	Kin 70, Math Area B4, Biol 66 Chem 30A
KIN 158	Biomechanics	3	Kin 70, Math Area B4, and Biol 65
KIN 160 or KIN 161 or KIN 164	History of Sport and Physical Education Philosophical Perspectives of Sport Sociocultural Perspectives	3	Kin 70 Kin 70 Kin 70
KIN 165 or KIN 166	Motor Development Motor Learning	3	Kin 70 Kin 70 and Biol 66
KIN 175	Measurement and Evaluation	3	Kin 70 and Math Area B4
KIN 185 or KIN 185H	Senior Seminar Honors Senior Seminar	3	Kin 70, completion of 35 major units See page 2 for scholastic eligibility
KIN ____ KIN ____ KIN ____ KIN ____	KIN Activity Courses (4 activity courses from 4 of 6 different movement areas - see page 12.)	4	See next page for movement area categories

KIN 70, completion of GE Math Area B4, Biol 65, Biol 66, and Chem 30A are prerequisites for other KIN courses and **required for graduation**. At the first class meeting, students must bring proof (such as grade reports or transcripts) of having met prerequisites. CPR certification is strongly recommended by the time of graduation.

NOTE: The 4 activity courses are **in addition** to the 2 unit physical education graduation requirement.

MOVEMENT AREAS IN ACTIVITY COURSES

(For activity selection in KIN Major Programs)

Area 1 Combatives	Area 2 Fitness	Area 3 Dance	Area 4 Individual/ Dual	Area 5 Team	Area 6 Adventure
Aikido	Aerobics	Ballet	Archery	Basketball	Kayaking
Judo	Body Sculpting	Latin	Badminton	Ice Hockey	Mountaineering
Karate	Cardio- Kick Boxing	Line/Country Western	Bowling	Rugby	Sailing
Self-Defense	Fitness Walking	Lindy Hop/Night Club Swing	Golf	Soccer	Scuba
Tae Kwon Do	Jogging	Jazz	Gymnastics	Volleyball	
	Pilates	Modern	Handball	Rowing	
	Step Training	Social	Ice Skating	Athletics: Team	
	Tai Chi	Tap	Racquetball		
	Weight Training		Swimming		
	Yoga		Table Tennis		
			Tennis		
			Athletics: Individual		

NOTE: (1) Because the KIN Department believes that the benefits of physical activity are obtained more by process than by product alone, the 4 unit activity requirement for the major core cannot be challenged. (2) The activity requirement for the KIN major core requires students to take 4 different activities in 4 different movement areas regardless of the unit value assigned. (3) Intercollegiate athletes may use 1 unit of ATH 1 time towards meeting the Physical Education requirement.

III. COMPLETE A SELECTED EMPHASIS IN KINESIOLOGY

Emphasis course work, like the Kinesiology Core Curriculum, is typically undertaken during the junior and senior years following completion of General Education requirements. Course work can be taken simultaneously with the Core Curriculum. The nine emphasis areas are:

**Adapted Physical Activity
Exercise and Fitness Specialist
Individualized Studies
Movement Science
Pre-Professional
Societal Studies
Sport Management
Teaching Physical Education
Teaching, Adapted Physical Education**

For a Bachelor of Science degree in Kinesiology, students must successfully complete all General Education requirements (Core and SJSU Studies), course work in kinesiology core and an emphasis.

OR

COMPLETE THE ATHLETIC TRAINING EDUCATION PROGRAM

For a Bachelor of Science degree in Athletic Training, students must successfully complete all General Education requirements (Core and SJSU Studies), kinesiology core and the Athletic Training Education Program.

Check out the “road map” for each emphasis area at <http://www.sjsu.edu/kinesiology/advising>

NAME _____ SID _____ EMPHASIS _____

DATE _____ ADVISOR _____

KINESIOLOGY Undergraduate Advising Sheet**Courses in Support of Major (not to count in major GPA)**

BIO 65	Anatomy	4 _____
BIO 66	Physiology	5 _____
CHEM 30A	Intro to Chemistry	3 _____
MATH _____	GE, Area B4	3 _____
KIN 100W	Writing Workshop	3 _____

Core Curriculum

KIN 070	Intro to Kinesiology	3 _____
KIN 155	Exercise Physiology	3 _____
KIN 158	Biomechanics	3 _____
KIN 160	History of Sport & PE	3 _____
or 161	Philosophy of Sport	3 _____
or 164	Soc-Cult Perspectives	3 _____
KIN 165	Motor Development	3 _____
or 166	Motor Learning	3 _____
KIN 175	Measurement & Evaluation	3 _____
KIN 185	Senior Seminar	3 _____
or 185H	Honors Senior Seminar	3 _____

Activity Courses (DEPT. REQUIREMENT)

KIN _____	_____	1 _____
KIN _____	_____	1 _____
KIN _____	_____	1 _____
KIN _____	_____	1 _____

TOTAL: 25 UNITS

Activity Courses (UNIVERSITY GRADUATION REQUIREMENT)

KIN _____	_____	1 _____
KIN _____	_____	1 _____

Emphasis: _____

KIN _____	_____	_____
KIN _____	_____	_____
KIN _____	_____	_____
KIN _____	_____	_____
KIN _____	_____	_____
KIN _____	_____	_____
KIN _____	_____	_____
KIN _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL: 36 UNITS

FALL

SPRING

SUMMER

NOTE: ALL KIN COURSES WITHIN THE MAJOR MUST BE COMPLETED WITH A C- OR BETTER, EXCEPT KIN 100W, MUST BE COMPLETED WITH A C OR BETTER (ACCORDING TO UNIVERSITY POLICY).

ADAPTED PHYSICAL ACTIVITY

The Adapted Physical Activity (APA) emphasis is designed to provide a KIN major with the specialized skills and knowledge to provide effective service delivery to individuals with disabilities in a physical activity (including recreation and sport) setting. A student in the APA emphasis will develop competencies in planning, assessing, coordinating, implementing, evaluating, and advocating appropriate physical activity for individuals with disabilities across their life spans in venues outside the K-12 public school setting. The role of the APA Specialist is to provide appropriate/effective physical activity opportunities that encourage movement skill acquisition/refinement and health-related fitness, facilitating self-actualization, empowerment, and independence in their target population. Examples of APA employment settings include infant/toddler programs, senior day or residential facilities, spinal cord injury rehabilitation centers, aquatic facilities, public/private recreation agencies, residential/seasonal camps, health/fitness clubs, disability sport programs, after school/community transition sites, etc.

Adapted Physical Activity Curriculum

	Course #	Course Title	Units	Prereqs
	KIN 107 (spring only)	Adapted Aquatics	1	Kin 70; Ability to pass basic swim test is recommended
	KIN 156	Introduction to Adapted Physical Activity	3	Kin 70
	KIN 159 (fall only)	Sport and Adapted Activities	3	Kin 70
	KIN 165 or KIN 166	Motor Development (whichever not taken in the CORE) Motor Learning	3	Kin 70 Kin 70 and Biol 66
	KIN 170C	Fieldwork in Adapted Physical Activity (must register for a total of three, 1 unit fieldwork experiences)	3	Kin 70, 107, 156, 159, 174, (or instructor consent)
	KIN 174 (spring only)	Assessment of Psychomotor Function	3	Kin 70
	KIN 187 (spring only)	Exercise Prescription for Diverse Populations	3	Kin 70 and Kin 155
	KIN 188	Prevention and Care of Athletic Injuries	2	Kin 70 and Biol 65
	EdSE 014A	American Sign Language	3	
	HRTM 097A	Event Plan	3	
	HRTM 113	Leisure: Philosophy & Education	3	Upper division standing
	HRTM 197	Facilitation Process in Therapeutic Rec.	3	HRTM 112; HRTM 113; Upper division standing
	---- XXX	Additional Course Work (see next page)	3	Advisor approval
		TOTAL UNITS	36	

Note: Students are strongly advised to complete CPR/First Aid certification.

ADAPTED PHYSICAL ACTIVITY ADDITIONAL COURSEWORK

	Course #	Course Title	Units	GE	CHECK PREREQS
	Gero 107	Aging & Society	3	S	100W or Concurrent enrollment
	KIN 152	Theory of Sport Mgmt (fall only)	3		Kin 70 or Instructor consent
	KIN 153	Sport Facility and Event Mgmt (spring only)	3		Kin 152 or Instructor consent
	KIN 162	Fitness Assess & Exer Prescrip (fall only)	3		Kin 70; Kin 155
	KIN 163	Physical Fitness and Nutrition	3	R	100W or Concurrent enrollment 100W
	KIN 168	Psych of Coaching	3		Kin 70 or Instructor consent
	KIN 194	Therapeutic Exercise (fall only)	3		Kin 191B
	Psyc 110	Abnormal Psychology	3		Psyc 1
	Psyc 138	Exercise & Mental Health	3		Psyc 1
	HRTM 112	Intro to TR Service	3		Upper division standing
	HRTM 185	Leisure, Recreation & Aging	3		Upper division standing

OR other upper division elective selected by the candidate in consultation with assigned departmental advisor at least 30 units prior to graduation.

ATHLETIC TRAINING

The purpose of the Commission on Accreditation of Athletic Training Education (CAATE) Accredited Athletic Training Education Program (ATEP) is to provide an in-depth understanding of the athletic training profession through physiological, kinesiological, and applied medical contexts. Students in this major will develop analytical, critical, and creative skills within sports medicine/athletic training. Students are required to complete a minimum of 800 hours of clinical experience. Successful completion of all required course work, including sequenced practicum experiences, makes a student eligible to take the Board of Certification (BOC) examination.

Curriculum for Athletic Training

	Course #	Course Title	Units	Prereqs
	KIN 162 (fall only)	Adv Fitness Assessment & Exercise Prescription	3	Kin 70; Kin 155
	KIN 167 OR KIN 168	Sport Psychology Psychology of Coaching	3	Kin 70; Psyc 1 Kin 70
	KIN 186 (winter only)	Pharmacology in Sports Medicine (online only)	3	Kin 70
	KIN 188	Prevention and Care of Athletic Injuries	2	Kin 70; Biol 65
	KIN 189	Prevention and Care of Athletic Injuries Lab	1	Kin 70 and Kin 188 (concurrent enrollment acceptable)
	KIN 191A (fall only)	Adv Assessment of Lower Extremity Injuries	3	Kin 70; Kin 188; Kin189
	KIN 191B (spring only)	Adv Assessment of Upper Extremity Injuries	3	Kin 191A
	KIN 193 (fall only)	Organization & Administration in Athletic Training	2	Kin 70; Kin 188
	KIN 194 (fall only)	Therapeutic Exercise	3	Kin 191B; Pre/Co requisite Kin 191 A; Kin 191 B
	KIN 195 (spring only)	Therapeutic Modalities	3	Kin 70; Kin 188; Upper division standing
	*KIN 197A (fall only)	Practicum in Athletic Training I	1	Biol 65; Biol 66; Kin 188; Kin 189 50 hours of observation
	*KIN 197B	Practicum in Athletic Training II	1	Kin 197A; KIN 191A
	*KIN 197C	Practicum in Athletic Training III	1	Kin 191A; Kin 191B; Concurrent enrollment in Kin 191B acceptable; Kin 197B
	*KIN 197D	Practicum in Athletic Training IV	1	Kin 194; Kin 195; Kin 197C
	NUFS 8 OR NUFS 9	Nutrition for the Health Professions Introduction to Human Nutrition	3	GE: Area E
	HS 001 OR HS 104	Understanding Your Health Community Health Promotion	3	GE: Area E Pre/Co requisite: HS 1
		TOTAL UNITS	36	

- In order to enroll in the KIN 197 A-D sequence of courses, students must be admitted to the ATEP. For additional information, contact the ATEP Director, Dr. KyungMo Han at (408) 924-3041 or kyungmo.han@sjsu.edu. Application information is available via the ATEP website (www.sjsu.edu/at).

UG ATEP Admission Information

Students may enter the undergraduate Athletic Training Education Program (ATEP) at one of two times a year (either in the Fall or in the Spring). However, the ATEP coursework commences each Fall. The application deadlines are **April 10 for the Fall Admission** or **November 10 for the Spring Admission**. Please note that if an application deadline falls on a weekend, the deadline will be the Friday just prior to the Saturday or Sunday weekend deadline. The following are application due dates for the next five years.

<u>Semester</u>	<u>Application Deadline</u>
Fall 2011 Admission	April 8 (F), 2011
Spring 2012 Admission	November 10 (Th), 2011
Fall 2012 Admission	April 10 (T), 2012
Spring 2013 Admission	November 9 (F), 2012

Note: For admission to the university, an application must be submitted and accepted by San José State University. Please visit <http://info.sjsu.edu/home/admission.html> for the University admissions and application information. A separate application must be submitted for acceptance to the Undergraduate ATEP.

Admission Requirements

Complete all required supplemental application materials and enclose these materials in an envelope as a single packet and send it to the ATEP Director:

KyungMo Han, PhD, ATC, CSCS
Director, Undergraduate Athletic Training Education Program
Department of Kinesiology, SPX 071
San José State University
San José, CA 95192-0054

1. Official transcript(s) for all collegiate level academic work.
2. Two letters of recommendation.
3. Copy of Hepatitis B vaccination record or signed Hepatitis B vaccination waiver form.
4. Completed physical examination form.
5. Signed technical standards form.

6. Completed verification of clinical observation hours form. A minimum of 50 hours of athletic training observation are required. This form can be submitted the last day of the semester of the application. For all applicants who need this requirement, the course instructor will assign you to one of our affiliate sites to complete the required observation hours while you are taking KIN 188 at San José State University.

7. Current copy (front and back) of CPR/AED Certification (American Red Cross Emergency Cardiac Care Certification must include the following adult & pediatric CPR, airway obstruction, 2nd rescuer CPR, AED and barrier devices (e.g., pocket mask, bag valve mask). Examples of course that provide the above certifications are: “CPR/AED for the Professional Rescuer” by the American Red Cross or “BLS Healthcare Provider CPR” by the American Heart Association. For consideration of other certifications, contact the program Director for validation.

8. Completed or concurrent enrollment in KIN 188/189: Prevention and Care of Athletic Injuries Lecture/Lab with a grade of C (not C-) or higher. Note: This requirement must be verified before the student is admitted to the ATEP.

EXERCISE AND FITNESS SPECIALIST

The purpose of the Exercise and Fitness Specialist emphasis is to provide an in-depth understanding of the movement science area of Kinesiology through physiological, kinesiological, behavioral, and developmental contexts. Students will develop analytical, critical, and creative skills in movement science. These skills are designed to prepare the student for post baccalaureate study and for many professional programs and occupations in the movement science-related areas of kinesiology.

The Fitness emphasis is designed to provide theoretical and practical experience in exercise testing and prescription. Students gain knowledge in exercise testing from exercise physiology and movement science courses offered by the Department of Kinesiology. Practical application of this knowledge is attained through an internship.

Curriculum for Movement Science/Fitness:

Course#	Course Title	Units	Prereqs
KIN 152 (fall only)	Theory of Sport and Fitness Management	3	Kin 70
KIN 154A (fall only)	Instrumentation in Ex Phys & Biomechanics	3	Kin 70; Kin 155; Kin 158 (or equivalent)
KIN 154B (spring only)	ECG Interpretations & Graded Exercise Testing	3	Kin 70; Kin155
KIN 162 (fall only)	Adv Fitness Assessment & Exercise Prescription	3	Kin 70; Kin 155
KIN 187 (spring only)	Exercise Prescription for Diverse Populations	3	Kin 70; Kin 155
KIN 198	Internship in Kinesiology	3	Kin 70; Advisor consent
KIN 156 and/or KIN 165/ 166 and/or KIN 188 KIN 189	Intro to Adapted Physical Activity (3) Motor Development (3) or Motor Learning (3) (whichever is NOT taken in the core coursework) Prevention and Care of Athletic Injuries (2) Prevention and Care of Athletic Injuries Lab (1)	6	Kin 70 Kin 70 & Biol 66 if taking Kin 166 Kin 70 and Biol 65
---XXX	Additional Course Work (see next page)	12	Advisor consent
	TOTAL UNITS	36	

Students interested in completing the Recognized Program in Strength and Conditioning by the National Strength and Conditioning Association need to complete at least one course from the Department of Nutrition and Food Science (NuFS), preferably NuFS 123-Nutrition for Sport. Other elective courses may also be included pending approval by an academic advisor. A maximum of 6 units from General Education may be included in the emphasis.

EXERCISE AND FITNESS SPECIALIST ADDITIONAL COURSEWORK

	Course #	Course Title	Units	GE	CHECK PREREQS
	APSC 101	Computer Applications for Professionals	3		Upper division standing
	Bio 109	Human Neuroanatomy and Physiology	4		Biol 54 or Biol 65
	HS 167	Biostatistics	3		HS 67
	KIN 153	Sport Facility and Event Management	3		Kin 70; Kin 152 or Instructor consent
	KIN 164	Sociocultural Perspectives	3		Kin 70
	KIN 168	Psychology of Coaching	3		Kin 70 or Instructor consent
	KIN/HS 169	Diversity, Stress, and Health	3	(S)	100W or Concurrent enrollment 100W
	KIN 170E	Field Experience - Coaching (on campus)	1		Kin 70 or Instructor consent
	KIN 170F	Field Experience - Coaching (off campus)	1		Kin 70 or Instructor consent
	KIN 170G	Field Experience - Activity Programs	1		Kin 70 or Instructor consent
	KIN 194	Therapeutic Exercise	3		Pre/Co requisite: Kin 191A& Kin 191B
	NUFS 008	Nutrition for the Health Professions	3		
	NUFS 105	Current Issues in Nutrition	3		Check course catalog
	NUFS 106A	Human Nutrition in the Life Span	3		NuFS 8 or pass challenge exam; instructor consent
	NUFS 108A	Nutrition and Metabolism	3		Check course catalog
	NUFS 116	Aging and Nutrition	3		1 college nutrition course or instructor consent
	NUFS 123	Nutrition for Sport	3		NuFS 8
	NUFS/KIN 163	Physical Fitness and Nutrition	3	(R)	100W or Concurrent Enrollment 100W
	Psych 114	Psychology of Aging	3		Psyc 1
	Psych 122	Computer Applications in Behavioral Research	3		Stat 95 or equivalent
	Psych 138	Exercise and Mental Health	3		Psyc 1
	Psych/KIN 167	Sports Psychology	3		Psyc 1
	HRTM 097A	Event Planning	3		

Or other course work selected by the candidate in consultation with assigned departmental advisor at least 30 units prior to graduation.

INDIVIDUALIZED STUDIES

The purpose of Individualized Studies is to provide for the development of an individual emphasis not found in the existing Department of Kinesiology curriculum. This course of study must be developed with, and approved by, the assigned department Advisor, the department Advising Manager, and the Undergraduate Coordinator at least 30 units before graduation. The Individualized Studies proposed program will be evaluated on the basis of the following criteria:

1. The curriculum should evidence breadth and depth of understanding in a specific area of interest within the field of Kinesiology.
 2. The program should exhibit a specific area of interest within Kinesiology as a focal point.
 3. The program should include a minimum of 22-24 upper division units (in addition to the core requirements), which includes 1-3 units of internship/fieldwork.
 4. The program should conform to the career objectives submitted as a part of the formal Individualized Studies Proposal.
 5. All courses should be adequately justified as a logical inclusion in this program.
- A maximum of 9 units of the 22-24 upper division units may be taken outside the Kinesiology Department.
 - In addition to the required 22-24 units of upper division course work, an additional 12-14 unit of additional course work (advisor approval required) is required in the 36 unit Individualized Studies emphasis.
 - The program must be submitted at least 30 units prior to the student's anticipated graduation date.

APPLICATION FOR INDIVIDUALIZED STUDIES EMPHASIS

A. Career Objective:

B. Rationale for Inclusion of Each Course Outlined Below:

C. Proposed Individualized Studies Curriculum:

<u>Dept.+Course#:</u>	<u>Course Title:</u>	<u>Units:</u>	<u>Completed:</u>
_____	_____	___	_____
_____	_____	___	_____
_____	_____	___	_____
_____	_____	___	_____
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_____	_____	___	_____
_____	_____	___	_____
TOTAL UNITS		(36)	_____

APPROVED:

_____ Advisor	_____ Date
_____ Advising Manager	_____ Date
_____ Undergraduate Coordinator	_____ Date

MOVEMENT SCIENCE

Science Emphasis

Designed to provide theoretical and research experience in science-related areas within Kinesiology. This option is particularly recommended for those students planning post baccalaureate study in the movement sciences.

Curriculum for Movement Science:

	Course #	Course Title	Units	Prereqs
	KIN 154A (fall only)	Instrumentation in Ex Phys & Biomechanics	3	Kin 70; Kin 155; Kin 158 (or equivalent)
	KIN 165 or KIN 166	Motor Development (whichever not taken in the CORE) Motor Learning	3	Kin 70 Kin 70, Biol 66
	KIN 180/184	Individual Studies/Directed Reading	3	Check with advisor
	KIN ____	Upper Division Electives*	12	Advisor approval 30 units prior to grad.
	KIN 198	Internship/Fieldwork	1-3	Advisor approval
	---XXX	Additional Course Work (see next 2 pages)	12-14	Advisor approval
		TOTAL UNITS	36	

* The twelve units of upper division electives must be approved by your assigned advisor at least 30 units prior to graduation. Within the twelve elective units, a maximum of three units may be taken outside the Department of Kinesiology.

Focuses may include movement science areas such as biomechanics, exercise physiology, human factors/ergonomics, or motor development. See additional course work on the next two pages.

MOVEMENT SCIENCE
ADDITIONAL COURSEWORK
Focus In Exercise Physiology

	Course #	Course Title	Units	GE	CHECK PREREQS
	BIOL 1A	Foundations of Biodiversity	5		Check course catalog
	BIOL 1B	Foundations of Cell Biology & Physiology	5		Check course catalog
	BIOL 109	Human Neuroanatomy & Physiology	4		Biol 54 or Biol 65
	BIOL 124	Mammalian Physiology	3		Chem. 8 or Chem. 112B; Phys 2B & Biol 3(C or Better)
	BIOL 125	Mammalian Physiology Lab	2		Corequisite: Biol 124
	BIOL /PSYC129	Neuroscience	3		Either Psyc 30 & 3 units Biology or 9 units Biology
	BIOL 131	Endocrine Physiology	3		Upper div. organ system physiology, e.g. Biol 124
	BIOL 165	Advanced Human Anatomy	3		Biol 3 & senior or graduate standing
	MICR 20	General Bacteriology	4		Chem. 1B or Chem. 30A
	CHEM 8	Organic Chemistry	3		Chem. 1B, C grade or better
	CHEM 9	Organic Chemistry Lab	1		Pre/Co requisite: Chem. 8
	CHEM 112A	Organic Chemistry	3		Chem. 1B, C grade or better
	CHEM 112B	Organic Chemistry	3		Chem. 112A, C grade or better
	CHEM 113A	Organic Chemistry Lab	2		Chem. 112A, C grade or better
	CHEM. 113B	Organic Chemistry Lab	3		Chem. 113A, C grade or better; Pre/Corequisite: Chem 112B
	CHEM 132	Intro Biochemistry	4		Chem. 30B or Chem. 8, C grade or better
	CHEM 132L	Intro Biochemistry Lab	1		Pre/Co requisite: Chem. 132
	Gero 127	Aging & Mental Health	3		Psyc 1 or equivalent
	HS 159	Health Program Planning	3		HS 104; Pre/Co requisite: HS 100W
	HS 161	Epidemiology	3		Upper division standing
	HS 167	Biostatistics	3		Dept. Biostatistics Preparedness Exam
	NuFS 8	Nutrition for the Health Professions	3		
	NUFS 105	Current Issues in Nutrition	3		Check course catalog
	NUFS 108A	Nutrition & Metabolism	3		See course catalog
	NUFS 116	Aging & Nutrition	3		1 college nutrition course or instructor consent
	NUFS 123	Nutrition for Sport	3		NUFS 8
	KIN/HS 169	Diversity, Stress & Health	3	S	100W or Concurrent Enrollment 100W
	NUFS/KIN 163	Physical Fitness & Nutrition	3	R	100W or Concurrent Enrollment 100W
	PSYC 122	Computer Applications in Behavioral Research	3		Stat 95 or equivalent
	KIN 154B	ECG Interp & Graded Exer Testing (spring only)	3		Kin 70; Kin 155
	KIN 162	Fitness Assess & Exer Prescription (fall only)	3		Kin 70; Kin 155
	KIN 174	Assess of Psychomotor Function (spring only)	3		Kin 70

(CONTINUES ON NEXT PAGE)

KIN 187	Exer Prescrip for Diverse Populations (sp. only)	3		Kin 70; Kin 155
KIN 188	Prevention and Care of Athletic Injuries	3		Kin 70; Biol 65
KIN 194	Therapeutic Exercise (fall only)	3		Pre/Co requisites: Kin 191A & Kin 191B
PSYC 122	Computer Applications in Behavioral Research	3		Stat 95 or equivalent
PSYC 138	Exercise and Mental Health	3		Psyc 1
PSYC/KIN 167	Sport Psychology	3		Psyc 1

Focus In Biomechanics/Kinesiology

BIOL 165	Advanced Human Anatomy	3		Biol 3 & senior or graduate standing
Dance 150	Dance Kinesiology	3		
PHYS 105AB	Advanced Mechanics	3 each		Phys 70 or Phys 50; Math 32; Co requisite: Math 133As

Preparation For Human Factors/Ergonomics

STAT 95	Elementary Statistics	3		
PSYC 135	Cognition	3		Psyc 1
PSYC 158	Perception	3		Psyc 1

Focus In Motor Development

Anth 25	Human Development	3	E	
BIOL 101	Origins of Life	3	R	100W or Concurrent Enrollment 100W
BIOL 105	Principles of Developmental Biology	3		Biol 1.2.3 with C grade or better; Biol 115
EDSE 104	Atypical Development in Young Children	3		CD 60 (or equivalent)
GERO 108	Health in Later Life	3		College biological sciences course
GERO 116	Aging and Nutrition	3		1 college nutrition course or instructor consent
GERO 127	Aging and Mental Health	3		Psyc 1 or equivalent
PSYC 102	Child Psychology	3		Psyc 1
PSYC 112	Psychology of Adolescence	3		Psyc 1
PSYC 114	Psychology of Aging	3		Psyc 1
SOCI 107	Aging and Society	3	S	100W or Concurrent Enrollment 100W
SOCI 122	Women in the Second Half of Life	3		Upper division standing

Or other course work selected by the candidate in consultation with assigned departmental advisor at least 30 units prior to graduation.

PRE-PROFESSIONAL

The Pre-Professional emphasis is designed to meet the needs of students interested in sports medicine, and who intend to go on to professional schools in medicine, physical therapy, osteopathy, chiropractic, podiatry, etc. In particular, many physical therapy schools have recently changed from baccalaureate and certificate programs to master's degree programs. In this emphasis, students combine course work in Kinesiology and sports medicine with an arranged clinical internship in a facet of sports medicine aligned with one's career interests.

Curriculum for Pre-Professional:

	Course #	Course Title	Units	Prereqs
	KIN 174 (spring only)	Assessment of Psychomotor Function	3	Kin 70
	KIN 188	Prevention and Care of Athletic Injuries	2	Kin 70 and Biol 65
	KIN 189	Prevention and Care of Athletic Injuries Lab	1	Kin 70 and KIN 188 (concurrent enrollment ok)
	KIN 191A (fall only)	Adv Assessment of Lower Extremity Injuries	3	Kin 70; Kin 188; Kin 189
	KIN 191B (spring only)	Adv Assessment of Upper Extremity Injuries	3	Kin 70' Kin 191A
	KIN 194 (fall only)	Therapeutic Exercise	3	Pre/Co requisite Kin 191A; Kin 191B
	KIN 195 (spring only)	Therapeutic Modalities	3	Kin 70; Kin 188; Upper division standing
	KIN 198	Internship in Kinesiology	1	Kin 70; Instructor consent
	KIN ____	Upper Division Electives (6 units <u>must</u> be in Kinesiology Department)	9	Check with your advisor
	---XXX	Additional Course Work (see next page)	8	Advisor Approval
		TOTAL UNITS	36	

Note: Students are encouraged to check the pre-requisite coursework requirements of graduate physical therapy programs or other professional programs prior to selecting their elective course work. Pre-Physical Therapy students may pick up information on graduate Physical Therapy programs from the Pre-Physical Therapy advisor (Janet Clair, phone number (408) 924-3042 or email janet.clair@sjsu.edu) in SPX 60.

PRE-PROFESSIONAL ADDITIONAL COURSEWORK

	Course #	Course Title	Units	GE	CHECK PREREQS
	KIN 154A	Instrumentation in Exercise Phys & Bio	3		<u>Kin 70; Kin 155; Kin 158 (or equivalent)</u>
	KIN 154B	ECG Interp and Graded Exercise Testing	3		<u>Kin 70; Kin 155</u>
	KIN 156	Intro to Adapted Physical Activity	3		<u>Kin 70</u>
	KIN 162	Fitness Assess and Exer Prescrip	3		<u>Kin 70; Kin 155</u>
	KIN 169	Diversity, Stress and Health	3	S	<u>100W or Concurrent Enrollment 100W</u>
	KIN 187	Exer Prescrip for Diverse Populations	3		<u>Kin 70; Kin 155</u>
	HS 1	Understanding Your Health	3	E	
	HS 104	Community Health Promotion	3		<u>Pre/Co requisite HS 1</u>
	CHEM 1A	General Chemistry	5		<u>See course catalog</u>
	CHEM 1B	General Chemistry	5		<u>Chem. 1A with C grade or better</u>
	PHYS 2A	Fundamentals of Physics	4		<u>Algebra</u>
	PHYS 2B	Fundamentals of Physics	4		<u>Phys 2A with C- grade or better</u>
	STAT 95	Elementary Stats	3	B4	
	BIOL 1A				<u>See course catalog</u>
	BIOL 1B				<u>See course catalogue</u>
	BIOL 1C				<u>See course catalogue</u>
	PSYC 1				<u>Psyc 1</u>
	PSYC 110				<u>See course catalogue</u>
	BIOL 65L				<u>Contact KIN Advising Manager</u>

Or other course work selected by the candidate in consultation with assigned departmental advisor at least 30 units prior to graduation.

SOCIETAL STUDIES

The purpose of the Societal Studies Emphasis is to provide an interdisciplinary understanding of human movement. Through philosophical, historical, sociological, and psychological contexts, students will develop analytical, critical, and creative skills. These skills will prepare students for post baccalaureate work and for many professional programs and occupations.

Curriculum for the Societal Studies

	Course #	Course Title	Units	Prereqs
	* KIN 160 and/or * KIN 161 and/or * KIN 164	History of Sport and Physical Education Philosophical Perspectives of Sport Sociocultural Perspectives	6	Kin 70 Kin 70 Kin 70
	KIN 167 or KIN 168	Sports Psychology Psychology of Coaching	3	Kin 70 and Psyc 1 Kin 70
	** KIN/HS 169	Diversity, Stress and Health (SJSU Studies: Area S)	3	100W or Concurrent Enrollment 100 W
	** PHIL 012	Philosophy of the Person (GE: Area E)	3	
	*** KIN ---	Upper Division Electives	6	Advisor approval
	KIN ---	Internship/Fieldwork	1-3	Advisor approval
	- - - XXX	Additional Course Work (see next 2 pages)	12-14	Advisor approval
		TOTAL UNITS	36	

- * Since the student is required to take 3 of these 9 units in the Kinesiology Core and 6 of these 9 units in the Societal Studies Concentration, all three courses (9 units) must be successfully completed.
- ** A maximum of six units can be counted in both the major and General Education Program if continuously enrolled prior to fall 2005. A maximum of three units can be counted in both the major and General Education Program if continuously enrolled after fall 2005. Students should check with their advisor.
- *** The six units of upper division electives must be approved by your assigned advisor at least 30 units prior to graduation. Within the six elective units, a maximum of three units may be taken outside the Department of Kinesiology.

SOCIETAL STUDIES ADDITIONAL COURSEWORK

	Course #	Course Title	Units	GE	CHECK PREREQS
	AAS 022	Asian America: Diversity in the U.S.	3		
	AAS 025	Chang Majority: Powr & Ethy in Amer	3	D2	
	AAS 185	Multicultural Perspectives in Amer. Soc.	3	S	<u>100W or Concurrent Enrollment 100 W</u>
	AFAM 125	The Black Family	3		<u>Upper division standing or instructor consent</u>
	AFAM 130	Psychology of the Black Community	3		<u>Upper division standing or instructor consent</u>
	ANTH 141	Culture and Gender	3		<u>Anth 11, Anth 25, Anth 140 or instructor consent</u>
	ANTH 142	Culture and Personality	3		<u>Anth 11, Anth 25, or instructor consent</u>
	ANTH 149	Ethnographic Methods	3		<u>Anth 11 or instructor consent</u>
	HIST 186	Ethnicity and Race in U.S. History	3		
	HIST 187	United States Social History	3		
	HIST 188	History of Women in the U.S.	3	S	<u>100W or Concurrent Enrollment 100 W</u>
	HS 135	Health Issues in a Multicultural Society	3	S	<u>100W or Concurrent Enrollment 100 W</u>
	KIN 167	Sports Psychology	3		Psyc 1
	OR	(whichever one is not taken in emphasis)			
	KIN 168	Psychology of Coaching	3		Kin 70
	MAS 125	Chicana/o Community Studies	3		
	MAS 130	Chicanas & Chicanos in American Society	3	S	<u>100W or Concurrent Enrollment 100 W</u>
	MAS 160	Gender & Sexuality in Chicana/o Society	3	S	<u>100W or Concurrent Enrollment 100 W</u>
	PSYC 107	Psychology of Women	3		Psyc 1
	PSYC 112	Psychology of Adolescence	3		Psyc 1
	PSYC 114	Psychology of Aging	3		Psyc 1
	PSYC 135	Cognition	3		Psyc 1
	PSYC 138	Exercise and Mental Health	3		Psyc 1
	PSYC 154	Social Psychology	3		Psyc 1
	SOC 105	Qualitative Research Methods	3		
	SOC 173	Socialization	3		Soc 1 or equivalent
	SOC 175	Sociology of Masculinity and Femininity	3		Soc 1 or equivalent
	SOC 176	Small Group Processes	3		Soc 1 or equivalent

PHIL 110	Science, Technology and Human Values	3	V	100W or Concurrent Enrollment 100 W
PHIL 114	Postmodern Philosophy	3		3 units philosophy or upper division standing
PHIL 122	Social Justice	3		3 units philosophy or upper division standing
PHIL 159	Philosophy of Mind and Behavior	3		6 units of philosophy or instructor consent
WOMS 101	The Study of Women	3	S	100W or Concurrent Enrollment 100 W
WOMS 150	Women and Popular Culture	3		WomS 10, WomS 20, Woms 101 or instructor consent
WOMS 160	Women, Race and Class	3		WomS 10, WomS 20, Woms 101 or instructor consent

Or other course work selected by the candidate in consultation with assigned departmental advisor at least 30 units prior to graduation.

SPORT MANAGEMENT

The purpose of the Sport Management Emphasis is to provide an interdisciplinary understanding of Sport Management. Through philosophical, historical, sociological, business, public relations, and economic concepts, students will develop analytical, critical, and creative skills. These skills will prepare students for post baccalaureate work and for many programs and occupations.

Curriculum for Sport Management

	Course #	Course Title	Units	Prereqs
	KIN 152 (fall only)	Theory of Sport and Fitness Management	3	Kin 70 ; Instructor consent
	KIN 153 (spring only)	Sport Facility and Event Management	3	Kin 70, Kin 152
	*KIN 160 and/or *KIN 161 and/or *KIN 164	History of Sport and Physical Education Philosophical Perspectives of Sport Sociocultural Perspectives	6	Kin 70 Kin 70 Kin 70
	KIN 167	Sport Psychology	3	Kin 70; Psyc 1
	KIN 170D	Fieldwork in Sport Management	3	Kin 70 and Advisor approval
	KIN 198	Internship in Kinesiology	3	Kin 70; Instructor consent
	BUS 160	Fundamentals of Management & Organizational Behavior	3	
	- - - XXX	Additional Course Work (see next page) or Business Minor (write on major form "Bus. Minor")	12	Advisor Approval
		TOTAL UNITS	36	

- * Since the student is required to take 3 of these 9 units in the Kinesiology Core and 6 of these 9 units in the Sports Management Concentration, all three courses (9 units) must be successfully completed for this concentration.

SPORT MANAGEMENT ADDITIONAL COURSEWORK (or complete Business Minor)

Students should select 12 units from the list below to satisfy their 12 units of electives for the KIN program; at least six units must be upper division. It is strongly recommended that students attempt to take courses satisfying upper division general education requirements that also help to provide breadth and/or depth to their preparation for the field of sport management.

Course #	Course Title	Units	Prerequisites
ADV 91	Introduction to Advertising	3	
BUS 20N	Survey of Accounting	3	Sophomore – non business majors only
BUS 80	Legal Environment of Business	3	Sophomore standing
BUS 90	Business Statistics	3	Bus 91L; Math 70
BUS 91L	Computer Tools for Business	1 (CR/NCR)	
BUS 92	Introduction to Business Programming	3	Bus 91L
BUS 107/ HPSM 107	Law & Ethics in Hospitality Recreation and Tourism	3	Upper division standing
BUS 130	Introduction to Marketing	3	Junior standing; Rec.: 100W
BUS 131A	Business to Business Marketing	3	Bus 130
BUS 133A	International Marketing	3	Bus 130
BUS 133B	Relationship Marketing: Pacific Rim	3	Bus 130
BUS 134A	Consumer Behavior	3	Check course catalog
BUS 134C	Online Marketing	3	Bus 130
BUS 135	Sales Management	3	Bus 130
BUS 146	Project Management	3	
BUS 147	Service Operations Management	3	
BUS 149	Negotiation and Conflict Resolution	3	
BUS 150	Fundamentals of HR Managements	3	Bus 91L or instructor consent
BUS 153	Management of Diversity	3	Bus 150 or instructor consent
BUS 154	Workforces Planning, Staffing, & Training	3	Check course catalog
BUS 161B	Organizational Change and Design	3	Check course catalog
BUS 164	Strategies in High Technology Companies	3 (CR/NCR)	Bus 161A
BUS 198	Strategic Counseling for Small Business	3	Senior standing
HRTM 140	Conference, Convention and Event	3	Upper division standing
HRTM 151	Planning and Development of Tourism and Event Enterprises	3	Upper division standing
HRTM 156	Principles of Sustainable Travel and Air Tourism	3	Upper division standing
MCOM 104	Introduction to Mass Communications Research	3	Upper division standing
PR 99	Contemporary Public Relations	3	
PR 193	Special Event Management	3	PR 99 or Instructor consent
PR 194	Fund Raising Management	3	PR 99 or Instructor consent
KIN 159	Sport and Adapted Activities (fall only)	3	Kin 70

TEACHING PHYSICAL EDUCATION

This emphasis is specifically designed for the student desiring to teach Physical Education in grades kindergarten through twelve (K-12). The purpose is to provide an in-depth understanding of teaching in physical education. This includes such concerns as curriculum planning for grades K-12 as well as effective instructional techniques that may be employed in these grades.

Curriculum for Teaching Physical Education:

	Course #	Course Title	Units	Prereqs
	KIN 156	Introduction to Adapted Physical Activity	3	Kin 70
	*KIN 165 or *KIN 166	Motor Development Motor Learning	3	Kin 70 Kin 70, Biol 66
	KIN 168	Psychology of Coaching	3	Kin 70
	KIN 170B ***	Field Experience - Teaching	4	Kin 70 or instructor consent; Concurrent with Kin 172, Kin173, Kin 178, Kin 179
	KIN 171A (spring only)	Non Traditional and Innovative Sport & Physical Activities	3	Kin 70 or instructor consent and upper division standing
	KIN 172 (spring only)	Elementary School Programs, K-6	3	Kin 70 or instructor consent; Kin 165 or Kin 173; Co req. Kin. 170 B or Kin 170C
	KIN 173 (fall only)	Introduction to Teaching Physical Ed.	3	Kin 70 or instructor consent or concurrent enrollment; Kin 171A; Co req. Kin 170 B
	KIN 178 (fall only)	Management Practices for Physical Education Teachers	3	Check course catalog
	KIN 179 *** (spring only)	Design & Assessment of Movement Experiences	3	Kin 70 or instructor consent; Kin 158, Kin 166, and Kin 178 Co req. Kin 170 B or Kin 179C
	KIN 188	Prevention and Care of Athletic Injuries	2	KIN 70 Biol 65
	XXX	Additional Course Work (see next page)	3	Advisor's approval
	KIN ____ KIN ____ KIN ____ **	Activity Activity Activity	3	Advisor's approval
		TOTAL UNITS	36	

* Whichever not taken in the CORE.

** Choose **one activity from each** of these categories with approval by Teacher Education Advisor.

Adventure	Gymnastics	Self-Defense
Dance	Individual/Dual	Swimming
Fitness	Racket Sport	Team Sport

*** Current First Aid, CPR and WSI certification are required before enrolling in KIN 170B and KIN 179.

TEACHING PHYSICAL EDUCATION ADDITIONAL COURSEWORK

Students should select 3 units from the list below to satisfy their 3 units of electives for the Teaching Physical Education emphasis.

Course #	Course Title	Units	Prerequisites
KIN 105	Water Safety Instructor's Course	2	Minimum age of 18
KIN 107 (spring only)	Adapted Aquatics	1	Kin 70; majors/minors only or instructor consent
KIN/CHAD 149	Child Health and Physical Activity	3	Upper division standing
KIN 152 (fall only)	Theory of Sport and Fitness Management	3	Kin 70; majors/minors only or instructor consent
KIN 153 (spring only)	Sport Facility and Event Management	3	Check Course Catalog
KIN 159 (fall only)	Sport and Adapted Activities	3	Kin 70; majors/minors only or instructor consent
KIN 162 (fall only)	Advanced Fitness Assessment and Exercise Prescription	3	Kin 70; majors/minors only or instructor consent; KIN 155
KIN 167	Sports Psychology	3	Psyc 1
KIN 170F	Field Experience Coaching off Campus	2	Kin 70; majors/minors only or instructor consent
KIN 174 (spring only)	Assessment of Psychomotor Function	3	Kin 70; majors/minors only or instructor consent
KIN 180	Individual Studies	1-4	Check Course Catalog
KIN 180C	Individual Studies: Coaching	2	Check Course Catalog
KIN 184	Directed Reading	1-4	Kin 70; majors/minors only or instructor & dept. chair consent
KIN 186 (winter only)	Pharmacology in Sport Medicine (ONLINE ONLY)	3	A basic prevention & care of athletic injuries course is highly recommended.
KIN 187 (spring only)	Exercise Prescription for Diverse Populations	3	Kin 70; majors/minors only or instructor consent; Kin 155
KIN 189	Prevention and Care of Athletic Injuries Laboratory	1	Kin 70, Kin 188 (concurrent enrollment acceptable)
KIN 193 (fall only)	Organization & Administration in Athletic Training	3	Kin 70; majors/minors only or instructor consent; Kin 188
Anth/HS 140	Human Sexuality GE: Area S	3	Check Course Catalog
KNEd 339	Instructional Materials and Procedures in Physical Education	3	Check Course Catalog
HPRF 135	Health Issues in a Multicultural Society	3	100W or Concurrent Enrollment 100 W – GE: Area S
HS/NuFS 105	Current Issues in Nutrition	3	Nufs8, Nufs9, Nufs163 or one college nutrition course or instructor consent
EDIT 122	Microcomputer in Education	3	Upper division standing
PSYC 102	Child Psychology	3	Psyc 1
PSYC 107	Psychology of Women	3	Psyc 1
PSYC 112	Psychology of Adolescents	3	Psyc 1
PSYC 125	Introduction to Group Dynamics	3	Psyc 1
PSYC 126	Drugs, Brain, and Behavior	3	Psyc 30 or 3 units of biology
PSYC 138	Exercise and Mental Health	3	Psyc 1
PSYC 150	Educational Psychology	3	Psyc 1; Note: no CR if EdSc 173 already taken
PSYC 155	Human Learning	3	Psyc 1
PSYC 157	Psychology of Motivation	3	Psyc 1
	Any sequence of courses in a foreign language (e.g., Spanish, Vietnamese)		Check Course Catalog
	Any sequence of courses that might prepare you to be authorized to teach in another subject area (e.g., History, Math, General Science, etc.)		Check Course Catalog

TEACHING ADAPTED PHYSICAL EDUCATION

This emphasis is designed for the student desiring to work in the specialty area of Adapted Physical Education. Successful completion of the curriculum and, subsequently, the Professional Education Sequence in the School of Education, culminates in the application for a California State Single Subject Teaching Credential (K-12) with a second credential in Adapted Physical Education.

Curriculum for Teaching Adapted Physical Education:

Course #	Course Title	Units	Prereq.
KIN 107 (spring only)	Adapted Aquatics	1	Kin 70; Ability to pass basic swim test is recommended
KIN 156	Introduction to Adapted Physical Activity	3	Kin 70 or instructor consent
KIN 159 (fall only)	Sport and Adapted Activities	3	Kin 70 or instructor consent
*KIN 165 Or *KIN 166	Motor Development	3	Kin 70 or instructor consent
	Motor Learning	3	Kin 70 or instructor consent; Biol 66
KIN 168	Psychology of Coaching	3	Kin 70 or instructor consent
KIN 170 B	Field Experience – Teaching (concurrent with Kin 179)	1	Kin 70 or instructor consent; concurrent enrollment Kin 179
KIN 170C	Fieldwork In Adapted Physical Activity	3	Kin 70 or instructor consent; Kin 156; concurrent enrollment with Kin 172 or Kin 178 or Kin 179
KIN 172 (spring only)	Elementary School Programs, K-6	3	Kin 70 or instructor consent; Kin 165 or Kin 173; Co req. Kin 170B or Kin 170C
KIN 173 (fall only)	Introduction to Teaching Physical Education	3	Kin 70 or instructor consent; Kin 171A Co req. Kin 170 B
KIN 174 (spring only)	Assessment of Psychomotor Function	3	Kin 70 or instructor consent
KIN 178 (fall only)	Management Practices for Physical Education Teachers	3	Kin 70 or instructor consent; Kin 172; Kin 171A or concurrent enrollment; upper division standing; Co req. Kin 170B or Kin 170C
KIN 179 (spring only)	Design and Assessment of Movement Experiences	3	Kin 70 or instructor consent; Kin 158, Kin 166 and Kin 178; Co req. Kin 170B or Kin 170C
KIN 187 (spring only)	Exercise Prescriptions for Diverse Populations	3	Kin 70 or instructor consent; Kin 155
KIN ____ **	Kinesiology Activity Course	1	Advisor's Approval
	TOTAL UNITS	36	

* Which ever not taken in the CORE.

** Students must take gymnastics, dance, fitness, self-defense, team, individual/dual, a racquet sport, and adventure activity course.

NOTE: Current First Aid, CPR and EWS or Lifeguard certification are required at time of graduation.

INSTRUCTIONS FOR COMPLETING KIN MAJOR FORM

Read these instructions fully BEFORE attempting to fill in the Major Form. Altered or messy forms are not acceptable.

1. Fill in your name, minor, student id number, current email address, current phone number, and planned graduation date. Type or print clearly. All grades for Kinesiology courses must be C- or above.
 2. In core curriculum section, enter only one class where alternatives are permitted (KIN 160 **or** 161 **or** 164; 165 **or** 166).
 3. Use "**IP**" if class is in progress; use "**TBT**" if course is to be taken. If for any reason a TBT course is being substituted after Major Form has been handed in to the Registrar, be sure to complete a Change of Program Petition (available in SPX 56).
 4. Complete Activity Courses in Core section by entering course numbers and names, as well as grades received. List courses in numerical order (e.g., KIN 002B before KIN 014C).
 5. Fill in Emphasis area (e.g., Adapted Physical Activity, Athletic Training, etc.); enter course numbers, names, unit values, and grades received.
- Fill in courses in support of major section (e.g., Bio 65, 66, Chem 30A, GE Math, KIN 100W) by entering course number, name, unit value, and grade received
 - Fill in the course substitution section, if appropriate.
 - If you took a course at another institution, abbreviate the name of the institution in the margin next to the appropriate SJSU course number, and list department and course number.
 - Attached transcripts for all course work listed on Major Form.
 - Take the completed Major Form to your advisor for checking and signing. Your advisor will forward the form to the Advising Manager and the Undergraduate Coordinator.
11. When the form has been signed, or if a problem arises, you may be notified on the KIN bulletin board OR you can pick it up in SPX 56. You are responsible for picking up your major form from the office.
 12. Once the form has been approved, submit the white copy of the Major Form in a sealed envelope and the application for graduation (once paid at the Bursar's Office) form with the registrar in Admissions & Records. The department keeps a yellow copy of the Major Form, and a pink copy is for your records.

The University Catalog and Schedule of Classes both have information about the university rules and deadlines.

**BE SURE TO READ EVERYTHING
ABOUT GRADUATION APPLICATION
AT LEAST ONE YEAR BEFORE YOU INTEND TO GRADUATE.
(Information is in the Catalog; deadlines are in the Schedule of Classes)**

**SAN JOSÉ STATE UNIVERSITY
DEPARTMENT OF KINESIOLOGY
MAJOR FORM**

Name: _____ Major: ☐ Kinesiology ☐ Kinesiology – Athletic Training
 Student ID Number: _____ Email Address: _____
 Current Phone #: _____ Expected Graduation Date: Month _____ Year _____
 First College Semester was FALL ☐ SPRING ☐ of the YEAR _____ Yr of Handbook followed _____
 Have you been continuously enrolled? YES ☐ NO ☐ if not, when did you re-enter: FALL ☐ SPRG ☐ YEAR _____
 Will you have a minimum of 120 units completed by the time of graduation? YES ☐ NO ☐

- If a course is taken at another university/college, please indicate institution's name and course number in the margins.
- List all KIN Emphasis Courses SEQUENTIALLY in order of course numbers from LOW to HIGH.
- List all non-KIN Emphasis Electives ALPHABETICALLY, by department, and SEQUENTIALLY, in order of course numbers from LOW to HIGH.
- All Core (including 4 Activity Classes) and Emphasis courses must be completed with a C- or better
 - Exceptions: KIN 100W and GE Math which must be completed with a C or better (University policy)

CORE CURRICULUM:

Course	Title	Units	Grade
KIN 070	Intro. to Kinesiology	3	_____
KIN 155	Exercise Physiology	3	_____
KIN 158	Biomechanics	3	_____
KIN 160	History of Sport & PE	3	_____
or 161	Philosophy of Sport	3	_____
or 164	Soc-Cult Perspectives	3	_____
KIN 165	Motor Development	3	_____
or 166	Motor Learning	3	_____
KIN 175	Measurement & Evaluation	3	_____
KIN 185	Senior Seminar	3	_____

EMPHASIS: _____

Course	Title	Units	Grade
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____
KIN _____	_____	_____	_____

COURSES IN SUPPORT OF MAJOR:

Course	Title	Units	Grade
Bio 65	Human Anatomy	4	_____
Bio 66	Human Physiology	5	_____
Chem 30A	Introduction to Chemistry	3	_____
_____	GE Math Area B4	3	_____
KIN 100W	Writing Workshop	3	_____
_____	_____	_____	_____
_____	_____	_____	_____

_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

ACTIVITY COURSES FOR THE KIN CORE (4) AND FOR UNIVERSITY GRADUATION (2):

Note: The four (4) activity courses for the KIN Core must be from four (4) different movement areas

Note: Only one (1) activity course from University Athletics (ATH) may be used

KIN _____	_____	_____	_____	KIN _____	_____	_____	_____
KIN _____	_____	_____	_____	KIN _____	_____	_____	_____
KIN _____	_____	_____	_____	KIN _____	_____	_____	_____

Substitute _____ for _____
 Substitute _____ for _____

Advisor: _____ Date _____
 Advising Manager: _____ Date _____
 UG Coordinator/Dept. Chair: _____ Date _____

**DEPARTMENT OF KINESIOLOGY
SAN JOSÉ STATE UNIVERSITY**

UNDERGRADUATE COURSE DESCRIPTIONS.

- KIN 070** **Introduction to Kinesiology.** Explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts and meaning of movement/physical activity, diversity of humans as moving beings, professional/career options, current issues, personal characteristics/professional responsibilities, Kinesiology at SJSU; initiates professional portfolio. **Required for KIN major/minors only.** Lecture 2 hrs/activity 2 hrs. 3 units
- KIN 100W** **Writing Workshop.** Advanced skills in writing. Development of writing style and creation of organized persuasive and analytical prose. Generalized and specialized forms of writing. **Prerequisite:** KIN 70, completion of Core GE, satisfaction of Writing Skills Test, and upper division standing. A,B,C / NC grading. 3 units. GE: Area Z
- KIN 101*** **Sport in America.** The role of sport (recreational and professional) as a social, political, and economic institution in American society. Critical examination of contemporary issues affecting sport and sport involvement by diverse cultural groups within American society. **Prerequisites:** Completion of Core GE, satisfaction of Writing Skills Test, and upper division standing. 3 units. NOT open to KIN majors for major or minor credit.
- KIN 105** **Water Safety Instructor's Course.** American Red Cross Water Safety Instructor's card issued.
(Spring only) **Prerequisites:** Minimum age of 18. Lecture 1 hr/activity 2 hrs. 2 units
- KIN 107** **Adapted Aquatics.** Theories, techniques, and practice in the instruction of persons with
(Spring only) disabilities as they function in the aquatic environment. **Prerequisites:** Kin 70 or instructor consent. Activity 2 hrs. 1 unit.
- KIN 149** **Child Health and Physical Activity.** 3 units. An integrative approach to understanding the multiple factors that impact children's health and physical fitness and that influence the development of lifelong habits. Emphasis is on the inter-relationships between health and fitness and cognitive, social, and emotional well-being. **Prerequisites:** Upper division standing.
- KIN 152** **Theory of Sport and Fitness Management.** Basic theory of sport management. Topics
(Fall only) include: sport management and organizational skills; sport marketing and sales; sport communication; sport finance; sport economics; sport law; sport governance. **Prerequisites:** Kin 70 or instructors consent. 3 units
- KIN 153** **Sport Facility and Event Management.** Provide students with the skills necessary to
(Spring only) effectively manage sport and fitness facilities and events. **Prerequisites:** Kin 70; Kin 152 or instructors consent. 3 units
- KIN 154A** **Instrumentation in Exercise Physiology and Biomechanics.** Familiarity and proficiency
(Fall only) with methods and instruments of assessing physiological and biomechanical characteristics of human performance. **Prerequisites:** Kin 70 or instructors consent; Kin 155 and Kin 158. Lecture 1 hr/activity 4 hrs. 3 units
- KIN 154B** **ECG Interpretations and Graded Exercise Testing.** Theoretical background and practical
(Spring only) proficiency in the methods and instruments of electrocardiogram interpretations and graded exercise testing. **Prerequisites:** Kin 70 and Kin 155. Lecture 2 hrs/activity 2 hrs. 3 units
- KIN 155** **Exercise Physiology.** Physiological responses and adaptations of the human organism to physical activity.
Prerequisites: Kin 70 or instructors consent, Biol 66, Chem 30A , approved GE math. Lecture 2 hrs/activity 2 hrs. 3 units
- KIN 156** **Introduction to Adapted Physical Activity.** This course focuses on attitude change as well as knowledge, comprehension, and application of human movement principles related to individuals with disabling conditions. **Prerequisites:** Kin 70 or instructor consent. 3 units

* **GE course: Not for major or minor credit for Kinesiology majors or minors.**

- KIN 158** **Biomechanics.** Relationship of structural and mechanical principles of the musculoskeletal system to the analysis of human performance. **Prerequisites:** Kin 70 or instructor consent, Biol 65, and approved GE Math. Lecture 2 hrs/activity 2 hrs. 3 units
- KIN 159** **Sport and Adapted Activities.** Principles of human performance for adapting sport and activity
(Fall only) for individuals with disabling conditions. **Prerequisites:** Kin 70 or instructor consent. Lecture 2hrs/activity 2 hrs. 3 units
- KIN 160** **History of Sport and Physical Education.** Historical survey of physical education and sport from primitive societies through classical and medieval periods to 19th-20th century. Development of sport, physical education, and recreation in the U.S. and factors affecting their growth. **Prerequisites:** Kin 70 or instructor consent. 3 units
- KIN 161** **Philosophical Perspectives of Sport.** Emphasis on systems of philosophy, aesthetic and moral considerations, metaphysical fitness, and contemporary issues. Review of leading human movement theorists. **Prerequisites:** Kin 70 or instructor consent. 3 units
- KIN 162** **Advanced Fitness Assessment and Exercise Prescription.** In-depth study and analysis of
(Fall only) the principles and techniques used in the assessment of physical fitness and health as well as the design of conditioning programs and physical activities. **Prerequisites:** Kin 70 or instructor consent; Kin 155. Lecture 2 hrs/activity 2 hrs. 3 units
- KIN 163**** **Physical Fitness and Nutrition.** See NuFS 163: Principles of sound nutrition and physical activities to optimize the physiological, psychological, and social lifelong development of the individual; assessment and evaluation of physical fitness, body composition, and dietary patterns and their interrelationships. **Prerequisites:** WST and upper division standing. 3 units. GE: Area R
- KIN 164** **Sociocultural Perspectives.** Sociocultural processes of sport and play in contemporary society. The study of phenomena arising out of group relations within the realm of human performance. **Prerequisites:** Kin 70 or instructor consent.. 3 units
- KIN 165** **Motor Development.** Motor development of the individual from birth to maturity. Emphasis upon motor behavior, needs, capacities and interest. **Prerequisites:** Kin 70 or instructor consent.. 3 units
- KIN 166** **Motor Learning.** Concepts, principles, and theories of motor learning with application to physical activities. **Prerequisites:** Kin 70 or instructor consent; Biol 66. Lecture 2 hrs/lab 2 hrs. 3 units
- KIN 167** **Sports Psychology.** See Psych 167: Psychological aspects of sports, including the value of sports, psychological factors involved in competitive as well as non-competitive athletic activities, and the role of sports psychologists. **Prerequisites:** Psyc 1. 3 units
- KIN 168** **Psychology of Coaching.** Social, clinical, child, measuring, industrial, personality, and organizational psychology and the practical application of the material to coaching. **Prerequisites:** Kin 70 or instructor consent. 3 units
- KIN 169**** **Diversity, Stress and Health.** Impact of structured inequalities on stress and health of diverse populations. Analysis of physiological/psychosocial health factors related to diversity, as well as behavioral interventions and social actions that mediate stress and optimize health and social justice. (Prereq: WST and upper division standing. 3 units) GE: Area S
- KIN 170B** **Field Experience Teaching.** Practical experiences to satisfy certification requirement in off-campus or field-based programs. **Prerequisites:** Kin 70 or consent of instructor; concurrent enrollment in Kin 172, Kin 173, Kin 178 or Kin 179. Repeatable for credit. C / NC grading.
- KIN 170C** **Fieldwork in Adapted Kinesiology.** Supervised experiences in adapted physical activity at selected private and public agencies. **Prerequisites:** Kin 70 or consent of instructor; Kin 156; concurrent enrollment in Kin 172 or Kin 178 or Kin 179. Repeatable for credit. C / NC grading. 1 unit

**** GE course: Major/minor credit for Kinesiology majors/minors possible with KIN advisor's approval.**

- KIN 170D** **Fieldwork in Sport Management.** Students gain practical experience in a professional work setting while working 100 hours under the direct supervision of qualified working professionals. Interns are assigned a variety of duties and experiences. **Prerequisites:** Kin 70, Kin 152, and upper division standing. Repeatable for credit. C / NC grading. 1-3 units for a maximum of 3.
- KIN 170E** **Field Experience Coaching on Campus.** Practical experience in on-campus programs for coaching minors. **Prerequisites:** Kin 70 or instructor consent. Repeatable once for credit. C / NC grading. 2 units
- KIN 170F** **Field Experience Coaching off Campus.** Practical experience in off-campus programs for coaching minors. **Prerequisites:** Kin 70 or instructor consent. Repeatable once for credit. C / NC grading. 2 units
- KIN 170G** **Field Experience Activity Programs on Campus.** Practical experience in on-campus activity programs. Appropriate only for non-teaching concentration areas. **Prerequisites:** Kin 70 or instructor consent. Repeatable for a 3-unit maximum. C / NC grading. 1 unit
- KIN 170H** **Field Experience Skin and SCUBA Diving on Campus.** Practical experience in skin and SCUBA diving situations. Appropriate for certified SCUBA divers to satisfy certification requirements in on-campus program. **Prerequisites:** SCUBA Diver Certificate, Life-Saving, first-aid and CPR certification. Repeatable for 4 units. C / NC grading. 1 unit
- KIN 171A** **Non Traditional Game and Sport Activities.** Non traditional and global game and sport activities appropriate for preadolescents and adolescents in instructional settings. **Prerequisites:** Kin 70 or instructor consent; upper division standing. Lecture/activity 4 hrs. 3 units
(Fall only)
- KIN 172** **Elementary School Programs, K-6.** Philosophy, principles, and activities of physical education appropriate for children. **Prerequisites:** Kin 70 or instructor consent; Kin 165 or Kin 173; Co requisites: Kin 170B or Kin 170C. Lecture/activity 4 hrs. 3 units
(Spring only)
- KIN 173** **Introduction to Teaching Physical Education.** Introduce future physical educators to the teaching profession in today's schools. Includes personal exploration, philosophy of teaching ethics. Standards for the Teaching Profession, legal and business aspects, current issues and trends, development of learning communities, and observation of effective teaching. **Prerequisites:** Kin 70 for majors/minors only or instructor consent or concurrent enrollment; Kin 171A. Co-requisite: Kin 170B. 3 units
(Fall only)
- KIN 174** **Assessment of Psychomotor Function.** Basic procedural elements of informal observation, formal performance testing and direct measures of psychomotor function of individuals with disabling conditions. **Prerequisites:** Kin 70 or instructor consent. 3 units
(Spring only)
- KIN 175** **Measurement and Evaluation in Kinesiology.** Concepts of measurement and evaluation related to the assessment of perceptual, cognitive, motor, and physical characteristics. Activities related to adapted, fitness, and sport skill assessment with computer applications. **Prerequisites:** Kin 70 or instructor consent; approved GE math concept course. Lecture / activity 4 hrs. 3 units
- KIN 177** **Movement Experiences for Children.** Physical Education K-6 curricular philosophy and activities appropriate for elementary school personnel; emphasizes the social, emotional, physical and skill development of children in the elementary school setting. **Prerequisites:** CD 60 or CD 67. Lecture 2 hrs/activity 2 hrs. 3 units
(Fall only)
- KIN 178** **Management Practices for Physical Education Teachers.** Examines current practices for managing student behaviors, instructional technology legal regulations, and physical fitness needs as well as exploring adolescent development. **Prerequisite:** Kin 70 for majors/minors only or instructor consent; Kin 172, Kin 171A or concurrent enrollment and upper division standing. Co-requisite: Kin 170B or Kin 170C. Lecture 2 hours/lab 2 hours. 3 units
(Fall only)
- KIN 179** **Design and Assessment of Movement Experiences.** Integrate concepts from kinesiology, motor learning, motor development to address sequential movement experiences, including qualitative analysis and interactions with performer. **Prerequisites:** Kin 70 for majors/minors only or instructor consent; Kin 158, Kin 166 and Kin 178. Co requisite: Kin 170B or Kin 170C. Lecture/activity 4 hours. 3 units
(Spring only)

- KIN 180** **Individual Studies.** Individual work on special topics by arrangement. **Prerequisites:** Kin 70 or instructor consent; Kinesiology major or minor, minimum GPA, 2.5 and approval of advisor. Repeatable for a total of 4 units. C / NC grading. 1-4 units
- KIN 180C** **Individual Studies: Coaching.** Individual education in selected coaching situations. **Prerequisites:** Kin 70, upper division coaching minor; appropriate concepts and performance course, or intermediate level competency, or instructor consent. Repeatable for credit. 2 units
- KIN 184** **Directed Reading.** Assigned reading of selected books, journals, and papers. Conferences with instructor, seminars, reports (oral and written). **Prerequisites:** Kin 70; instructor and department chair consent. Repeatable for credit. C / NC grading. 1-4 units
- KIN 185** **Senior Seminar in Kinesiology.** Problem-centered study of perspectives on human beings in motion; a culminating class for students to synthesize their undergraduate preparation, including completion of a professional portfolio and movement project. **Prerequisites:** Kin 70 or instructor consent; 35 units of KIN upper division coursework; major form completed and signed by an advisor, advising manager, and undergraduate coordinator. 3 units
- KIN 185H** **Senior Seminar - Honors.** Examination of a topic of current interest in Kinesiology. Summarized paper to be presented at student seminar. **Prerequisites:** Kin 70 or instructor consent; senior standing, 3.2 or better GPA, and 3.5 or better average in major. 3 units
- KIN 186** **Pharmacology in Sport Medicine.** Focuses on the basic pharmacology principles including legislation, administration, pharmacotherapeutics, drug classifications, and drug therapy and testing. Primary emphasis is placed upon pharmacology in the sports medicine arena. **Prerequisites:** A basic prevention and care of athletic injuries course is highly recommended. 3 units **WINTER & ONLINE ONLY**
- KIN 187** **Exercise Prescription for Diverse Populations.** Basic physiological principles applied to the development of conditioning and training for diverse populations, emphasizing the specific requirements and/or demands of various types of physical activity. **Prerequisites:** Kin 70 or instructor consent; Kin 155. 3 units
(Spring only)
- KIN 188** **Prevention and Care of Athletic Injuries.** Introduce students to the basic concepts of prevention, recognition, assessment, treatment and management of athletic injuries. **Prerequisites:** Biol 65; Kin 70. 2 units
- KIN 189** **Prevention and Care of Athletic Injuries Laboratory.** The laboratory course is designed to provide hands-on experience in the prevention and care of athletic injuries including preventative and supportive taping techniques, emergency management, and various hands-on experiences related to the prevention of activity related injuries. **Prerequisites:** Kin 70, Kin 188 or concurrent enrollment acceptable. 1 unit
- KIN 191A** **Advanced Assessment of Lower Extremity Injuries.** An advanced course designed to develop knowledge and skills in recognition, assessment, and medical referral of athletic injuries to the lower extremity, thoracolumbar spine, posture and gait. Activity sessions are designed to assist in the development of clinical assessment skills. **Prerequisites:** Kin 70, Kin 188, Kin 189. 3 units
(Fall Only)
- KIN 191B** **Advanced Assessment of Upper Extremity Injuries.** An advanced course designed to further develop knowledge and skills related to recognition, assessment, and appropriate medical referral of athletic injuries to the upper extremity, abdomen, thorax, cervical spine, head, and general medical conditions. Activity sessions are designed to assist in the development of clinical skills necessary to accurately assess the above mentioned pathologies. **Prerequisites:** Kin 70; Kin 191A. Lecture 2 hours/activity 3 hours. 3 units
(Spring Only)
- KIN 193** **Organization & Administration in Athletic Training.** Theoretical and practical information concerning organization and administration of a modern athletic training program, including managerial styles, personnel, facilities/equipment management, budget, medical records, insurance issues, legal aspects, public relations, and other current topics in athletic training. **Prerequisites:** Kin 70 or instructor consent; Kin 188. 2 units
(Fall only)

- KIN 194** **Therapeutic Exercise.** Theoretical and clinical bases for the use of therapeutic exercise in rehabilitation settings; basic biomechanics, indications, contraindications, and proper application procedures of therapeutic exercise in athletic injury rehabilitation. **Prerequisites:** Pre/Co requisite: Kin 191A and Kin 191B. Lecture 2 hrs/activity 2 hrs. 3 units
(Fall only)
- KIN 195** **Therapeutic Modalities.** Theoretical, clinical aspects of therapeutic modalities in athletic rehabilitation. Course includes the physics and physiological effects, indications and contraindications, as well as application procedures of various therapeutic modalities. **Prerequisites:** Kin 70 or instructor consent, Kin188, and upper division standing. Lecture 2 hrs/activity 2 hrs. 3 units
(Spring only)
- KIN 197A** **Practicum in Athletic Training I.** Introductory level supervised practical experiences at selected athletic training clinical settings. **Prerequisites:** Biol 65, Biol 66, Kin 188 and 50 hours of observation. Professional liability insurance required. Open only to KIN majors. Repeatable for credit. C / NC grading. 1 unit.
(Fall only)
- KIN 197B** **Practicum in Athletic Training II.** Observations and experiences within the profession of athletic training designed to assist the student in development of the required National Athletic Trainers' Association Education Council competencies. Athletic Training Students will be supervised on a daily basis by a BOC Certified Athletic Trainer. **Prerequisites:** Kin 197A . Professional liability insurance required. Repeatable for credit. C / NC grading. 1 unit.
(Spring only)
- KIN 197C** **Practicum in Athletic Training III.** Clinical practicum in allied health-related situations, e.g., physician's offices, physical therapy sports medicine clinics, etc. Typically off-campus assignment. **Prerequisites:** Kin 191A, Kin 191B and Kin 197B. Professional liability insurance required. Repeatable for credit. C / NC grading. 1 unit.
(Fall only)
- KIN 197D** **Practicum in Athletic Training IV.** This course is designed to provide the student with advanced and diverse, supervised practical experiences in the athletic training profession. Selected on-and-off campus clinical settings as used to assist the student in development of professional competencies and proficiencies. **Prerequisites:** Kin 194, Kin 195, and Kin 197C . Professional liability insurance required . Repeatable for credit. C / NC grading. 1 unit.
(Spring only)
- KIN 198** **Internship in Kinesiology.** Practical experiences in a professional work setting. Experiences will include exercise testing and evaluation, exercise prescription and program design, leadership, and fitness program administration. **Prerequisites:** Kin 70 or instructor consent. Repeatable for credit. C / NC grading. 1-4 units

KINESIOLOGY EDUCATION - UPPER DIVISION

- KNED 184I** **Student Teaching II: Classroom Teaching.** Supervised student teaching in Kinesiology class(es) in the public school where the student is employed as an individualized intern. **Prerequisites:** Admission to Single Subject Credential Program; kinesiology advisor and Single Subject Coordinator consent. Repeatable for credit. C/ NC grading. 2-4 units
- KNED 184Y** **Student Teaching II: Classroom Teaching.** Minimum 80-120 class periods of classroom, teaching laboratory or field teaching in appropriate single subjects, grades K-12 and related teaching activities and seminar. **Prerequisites:** Joint approval of major and Education departments. Repeatable for credit. C / NC grading. 4-6units
- KNED 184Z** **Student Teaching III: Classroom Teaching.** May be different subject/school and will be at a different grade level. See KNED 184Y. Repeatable for credit. C / NC grading. 4-6 units
- KNED 339** **Instructional Materials and Procedures in Physical Education.** Application of theories of learning and principles of teaching to the selection of instructional procedures to be used in physical education. Practical experience provided. **Prerequisites:** Kin 170B, KIN 172, and Kin 179 and department teacher education approval. Physical education majors and minors only. Lecture/activity 4 hours. 3 units.