



DEPARTMENT OF KINESIOLOGY

UNDERGRADUATE MAJOR
ADVISING HANDBOOK

Academic Year 2023-2024

San José State University
College of Health and Human Sciences (CHHS)

Edited (08/2023)

**Department of Kinesiology
San José State University**

Undergraduate Student Advising Handbook

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INTRODUCTION

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

MISSION: *In an atmosphere of social justice, equity, and respect for diversity, the mission of the Department of Kinesiology is to create and disseminate knowledge; engage in community service; prepare and graduate exemplary kinesiology professionals; as well as meet individual and societal needs for physical activity, sport, movement, and wellness. (11/2017)*

VISION: *We will be a preeminent, globally-connected kinesiology department recognized for excellence and innovation in teaching and learning, research, scholarship, creative activity, and community engagement. (10/2017)*

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 and faculty. Student clubs in the Department of Kinesiology include:

- **Adapted Physical Activity (APA) Club:** The APA Club is a student service organization that supports physical activity, recreation, and sport for individuals with disability at SJSU and in the community.
- **Kinesiology Ambassadors Club (KAC):** The Kinesiology Ambassadors Club is open to all kinesiology majors and minors. Kinesiology Ambassadors advocate for physical activity, health, and wellness in the community and within San José State University. The Club also promotes the major of kinesiology within San José State University and the community.
- **Physical Education Teacher Education (PETE) Club:** PETE Club members work together to assist, support, and promote the development of highly qualified physical education teachers
- **Pre-Physical Therapy Club:** The Pre-Physical Therapy Club provides community resources, peer advising, guest speakers, and volunteer opportunities for members to help them become stronger candidates for physical therapy graduate programs.
- **Spartan Athletic Training Organization (SPATO):** SPATO promotes the profession of athletic training and sports medicine. The organization is open to athletic training and other students interested in learning about sports medicine and athletic training, and building a professional network. SPATO helps students become aware of current topics in athletic training and prepare to be professionals in the field of athletic training.
- **Sport Management Student Association (SMSA):** The SMSA is an organization that seeks to provide students with the opportunity to further their knowledge of the sport industry. The organization endeavors to secure relationships with local, state, and national sport organizations to develop networking opportunities, practical knowledge, and sport industry experience.

Information about student clubs and professional conferences are posted on the KIN bulletin boards, announced in classes, and published in the *Communicator*, the KIN newsletter. For more information see the kinesiology website: <https://www.sjsu.edu/kinesiology/Programs/student-clubs.php>

International opportunities, including study abroad programs and faculty led programs (FLP), are available through SJSU's study abroad and away program: <https://www.sjsu.edu/studyabroad/>

The Department of Kinesiology is a charter member of the **American Kinesiology Association (AKA)**: <http://www.americankinesiology.org/>

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, curricula
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

This handbook has been compiled by the Department of Kinesiology to provide our majors with pertinent information about kinesiology as a field and a discipline, as well as kinesiology major and university graduation requirements. The handbook also includes a description of the four major components that must be completed by kinesiology students to attain the Bachelor of Science Degree at San José State University. Other pertinent information in the handbook includes a list of Kinesiology Department faculty members, student responsibilities, and specific curricular requirements for the specializations within the Department.

While the accuracy of this handbook is carefully regulated, students should recognize that the official record of their curriculum is in the San José State University General Catalog, which was in effect at the official time they started 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, their curricular programs, and degree requirements. <https://catalog.sjsu.edu>

Department of Kinesiology Social Media

Facebook: <https://www.facebook.com/KinSjsu/>

Twitter: <https://twitter.com/kinsjsu>

Linkedin: <https://www.linkedin.com/company/sjsu-kinesiology-department>

WHAT IS 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 include: Philosophy, History, Sociology of Sport and Physical Activity, Psychology of Sport and Exercise, Sport Management, Biomechanics, Exercise Physiology, Motor Development, Motor Learning, Motor Control, and Adapted/Physical Education Teacher Education. Careers in areas related to kinesiology are many and varied.

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
- Sport and event management, including facilities, equipment, and ticketing

Teacher and/or researcher in:

Adapted Physical Education	Measurement & Evaluation	Philosophy of Sport & Movement
Athletic Administration	Motor Control	Sport/Exercise Psychology
Biomechanics	Motor Development	Sociology of Sport
Exercise Physiology	Motor Learning	Sport Management
History of Sport & PE	Pedagogy/Physical Education	

Professional Athletics

Many of the above plus:

Athlete	Strength and Conditioning Coach
Facilities Manager	Sport Psychologist

Other Public Enterprises

Many of the above plus:

- Cardiopulmonary Rehabilitation Programs
- Fitness, Health, Stress Management, Weight Control Counselor
- Manager/Employee of Health/Athletic/Fitness Club, Resort, YMCA, or Sports Medicine Clinic
- Biomechanical Analyst
- 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

Cardiopulmonary Rehabilitation	Occupational Therapy	Play or Movement Therapy
Diagnostic Exercise Testing	Physical Therapy	Sports Medicine
Developmental Physical Educator	Physician Assistant	Chiropractic

SJSU 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. The Department of Kinesiology at San José State is housed within the College of Health and Human Sciences (CHHS) and offers a diverse curriculum related to human movement, physical education, and sports. Classes are taught by highly qualified specialists who are dedicated to the success and well-being of students. Coursework often involves laboratory or practical experiences, facilitated by fully equipped laboratories in exercise physiology, biomechanics, athletic training, motor learning, stress management, and qualitative research. These labs contain state-of-the-art equipment such as biomechanical force plates, digitizers, and high-speed filming equipment; metabolic carts; electrocardiographs; a DXA scanner, hydrostatic weighing tank, as well as an array of computer systems and related software. Classes are instructed in laboratories, classrooms, gymnasias, pool/aquatic areas, and outdoor field and court areas.

The Department of Kinesiology offers 2 degrees:

- 1) **Bachelor of Science (B.S.) Kinesiology** and
- 2) **[Bachelor of Science \(B.S.\) Kinesiology, Preparation for Teaching](#)**

Kinesiology majors working toward the **B.S. Kinesiology** must select one of the following specializations:

- **[Exercise and Fitness Specialist \(EFS\)](#)**
- **[Rehabilitation Science \(RS\)](#)**
- **[Inclusive Physical Activity in Communities \(IPAC\)](#)**
- **[Sport Management and Culture \(SMC\)](#)**
- **[Individualized Studies](#) (must be formally approved by a KIN major advisor)**
- **Transfer Curriculum Studies (certified AA/ADT in KIN degree required)**

Students pursuing a K-12 teaching career will work toward the **B.S. Kinesiology, Preparation for Teaching** degree.

All specializations available in the Department of Kinesiology (KIN) are described in the specialization section of this handbook. As depicted in the table, completion of the KIN specialization coursework, or coursework specific to the Kinesiology, Preparation for Teaching major, is only one of four major steps required to attain the Bachelor of Science (B.S.) degree in Kinesiology or B.S. degree in Kinesiology, Preparation for Teaching. The remaining three steps include completion of all required GENERAL EDUCATION COURSEWORK, completion of the KIN CORE CURRICULUM (detailed later in this handbook), and satisfying the international experience requirement. These steps are more thoroughly examined in “The Four Major Components required to attain a Bachelor of Science degree in the Department of Kinesiology” section of this handbook. Completion of the four steps as outlined in this advising handbook results in a 120-unit degree program; a minimum of 120 units must be completed with a passing grade to satisfy the university graduation requirement.

The Department of Kinesiology prides itself on academic honesty. Students should be fully aware of the University's policy on academic integrity (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 UNDERGRADUATE ADVISING FACULTY

Faculty	Specialization	Phone # (408)	Office #	Email
Armstrong, Cole	Internship Manager/ Graduate Coordinator/ Sport Management	924-8932	SPX 114	cole.armstrong@sjsu.edu
Bejar, Matthew	Exercise Psychology	924-3028	SPX 110	matthew.bejar@sjsu.edu
Bohigian, Daniel	Undergraduate Advising Manager	924-3027	SPX 106	daniel.bohigian@sjsu.edu
Butler, Stan	Teacher Education/ Activity Specialist	924-3044	SPX 173J	stanley.butler@sjsu.edu
Butryn, Ted	Graduate Coordinator Sociology/Psychology of Sport	924-3068	SPX 173B	theodore.butryn@sjsu.edu
Chang, Seung Ho	Activity Coordinator/ Motor Development	924-8154	SPX 110	seungho.chang@sjsu.edu
Chin, Jessica	Core Specialist	924-3069	SPX 173A	jessica.chin@sjsu.edu
Cisar, Craig	Exercise Physiology	924-3018	SPX 117	craig.cisar@sjsu.edu
Daum, David	Physical Ed./Teacher Ed.	924-3019	SPX 116	david.daum@sjsu.edu
Dao, Michael	History of Sport & International Cultures	924-2904	SPX 113	michael.dao@sjsu.edu
Hu, Yang	Exercise Technology	924-3035	SPX 164	yang.hu@sjsu.edu
Jensen, Areum	Clinical Exercise Physiology	924-8153	SPX 175	areum.jensen@sjsu.edu
Jin, Li	Biomechanics	924-3046	SPX 111	li.jin@sjsu.edu
Lee, Jihyun	Adapted Physical Activity/Education	924-1986	SPX 112	jihyun.lee@sjsu.edu
Murphy, Daniel	Sport Psychology/GE	N/A	N/A	daniel.murphy@sjsu.edu
Plato, Peggy	GE Coordinator/ Exercise Physiology	924-3032	SPX 174	peggy.plato@sjsu.edu
Siebert, Erin	Undergraduate Coordinator/ Adapted Physical Activity/ Physical Ed./Teacher Ed.	924-3207	SPX 173C	erin.siebert@sjsu.edu
Semerjian, Tamar	Department Chair/ Exercise & Sport Psychology	924-3069	SPX 106	tamar.semerjain@sjsu.edu
Williams, A. Lamont	Sport Management	924-3014	SPX 173G	lamont.williams@sjsu.edu
Wughalter, Emily	Motor Learning	924-3043	SPX 166	emily.wughalter@sjsu.edu
KIN Main Office		924-3010	SPX 102	kinesiology@sjsu.edu

**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 (daniel.bohigian@sjsu.edu) after your orientation to the department if you have additional questions. If you are not receiving department emails, contact victoria.duval@sjsu.edu in the main office and request to have your email address added to the student distribution list.

- 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 academic advisor to check your schedule for the subsequent semester and clear up scheduling questions.
 - C. Continue to consult with your academic advisor concerning problems and questions.
 - D. Check the KIN bulletin boards in the Spartan Complex (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: **COURSE DESCRIPTIONS MUST BE PROVIDED FOR NON-ARTICULATED COURSES.** Contact the Kinesiology Advising Manager if any of your prerequisites are not articulated.
 - B. Students may need to complete the Application for Review of Coursework from Other Institutions to have Kinesiology **major** coursework approved that was completed at other institutions.
 - C. Take the Directed Self Placement (DSP) as soon as possible after completing or nearing completion of 60 units of undergraduate coursework. Registration for the DSP requires completion of area A3 and Core GE requirements with a "C-" or better. For more on the DSP, visit the following link:
<https://www.sjsu.edu/wac/wst/>

- IV. **Junior Year:**
 - A. Meet with your assigned department advisor to confirm that you are satisfying all requirements within your selected specialization and/or degree.
 - B. It is strongly suggested that students complete KIN 100W in their junior year. Although this is not mandatory in the junior year, KIN 100W must be completed to fulfill graduation requirements.
 - C. In the semester in which you will have completed 90 units of coursework counting toward your graduation requirement, review your MyProgress to ensure your course audit is correct and complete the online application for graduation available through MySJSU:
<https://www.sjsu.edu/registrar/docs/GradAppOnlineTutorial.pdf>

- V. **Senior Year:**
 - A. Maintain an awareness of all other pending deadlines and remaining graduation requirements. For example, pay attention to graduate school or single subject credential program application deadlines if pursuing those routes. Communicate with your main KIN advisor if questions arise.

The Four Major Components Required to Attain a Bachelor of Science Degree in the Department of Kinesiology

There are four major components which students are required to complete in order to obtain the Bachelor of Science Degree in Kinesiology or Bachelor of Science Degree in Kinesiology, Preparation for Teaching, 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 components, consult with your assigned department academic advisor.

Diagram of the Four Major Components
(120-unit Degree Program)

General Education	Core in Kinesiology	B.S. Kinesiology (38 units)
<p>KIN Major Prerequisites (courses in support of the major)</p> <p>&</p> <p>University Graduation Requirements (59 units), p. 8</p>	<p>(23 units), p. 9</p>	<p>Choose One Specialization Below:</p> <p>Exercise and Fitness Specialist (EFS; pp. 15-16)</p> <p>Rehabilitation Science (RS; pp. 17-18)</p> <p>Inclusive Physical Activity in Communities (IPAC; pp. 19-20)</p> <p>Sport Management and Culture (SMC; pp. 23-24)</p> <p>Individualized Studies (pp. 21-22)</p> <p>Transfer Curriculum Studies (pp. 25-26)</p> <p style="text-align: center;">OR</p> <p>B.S. Kinesiology, Preparation for Teaching (PETE; 38 units; pp. 26-27)</p>

THE FOUR MAJOR COMPONENTS

I. COMPLETE GENERAL EDUCATION & MAJOR PREREQUISITE COURSEWORK

The first step to completing the Bachelor of Science Degree in Kinesiology or Bachelor of Science Degree in Kinesiology, Preparation for Teaching is completion of the General Education coursework. Since this curriculum is composed of a minimum of 51 units of coursework, the majority of courses taken during the freshman and sophomore years will be General Education. Basic Skills (A1, A2, A3, B4) classes must be passed with a C- or better (CSU graduation requirement) and 100W (SJSU Studies Area Z) must be passed with a C or better. For specific information concerning the General Education curriculum, consult this portion of the SJSU website: <http://info.sjsu.edu/static/catalog/policies.html>.

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.
- A math course in Area B4 of Core GE (C- grade or better) is a graduation requirement for all KIN majors.
- Biology 65 or Biology 65O (Human Anatomy) and Biology 66 (Human Physiology) must be passed with a C- grade or better (fulfills area B2 and B3 of core GE) and are required of all Kinesiology majors.
- Take the Directed Self Placement (DSP) as soon as possible after completing or nearing completion of 60 units of undergraduate coursework. Registration for the DSP requires completion of area A3 and Core GE requirements with a "C-" or better. For more on the DSP, visit the following link: <https://www.sjsu.edu/wac/wst/>
- KIN majors **must** take 100W (Area Z, Written Communication II) in the **KIN** department (KIN 100W) and earn a grade of C or better (C- not accepted per university policy).
- GE coursework (upper or lower division) **may** be counted as electives in Kinesiology. For example, KIN 163 (Area R) and KIN 169 (Area S) may be used to fulfill kinesiology elective and SJSU Studies requirements as long as the student will have met the 120-unit SJSU graduation requirement by the end of their coursework. For a complete list of classes that fulfill SJSU Studies, see the SJSU GE website: <https://sjsu.edu/general-education/ge-requirements/upper-division.php>. **NOTE 1:** For the Rehabilitation Science specialization, if Chem 1A is used as a course in support of the major (KIN pre-req), the Chem 30A course in support of the major requirement will be waived. **Note 2:** Stat 95 may only be used as a guided elective if it is NOT used as a course in support of the major to satisfy the Math B4 requirement (dept policy passed SP18).
- **KIN 101 may NOT be used for kinesiology major or minor credit.** KIN 101 (Area S) may only be used to satisfy an SJSU Studies requirement.
- Majors should have, for their personal reference, access to online coursework transcripts completed at a community college or other 4-year institution.

II. COMPLETE THE REQUIRED **CORE CURRICULUM** IN KINESIOLOGY

The KIN core curriculum consists of KIN 70 and upper division coursework. Most KIN majors do not begin consistent enrollment in upper division KIN core coursework until their junior year (60+ units completed).

CORE CURRICULUM (23 UNITS):

All Kinesiology students, regardless of their specialization, must complete the following curriculum. Students must pass all core, subcore, specialization, and activity classes with a grade of **C- OR BETTER**. Students who do not meet this minimum standard will be expected to retake the course and, no matter their status, will not be given special consideration for enrollment (adding) in following semesters:

<https://www.sjsu.edu/registrar/registration/repeat-grade-forgiveness.php>

A. Lower Division (3 Units):

Course #	Course Title	Units	Prerequisites
KIN 70	Introduction to Kinesiology	3	N/A

B. Upper Division (20 Units): KIN 70, completion of GE Math Area B4, BIOL 65 or BIOL 65O, BIOL 66, and CHEM 30A are prerequisites for upper division KIN courses and are required for graduation. CPR certification is strongly recommended by the time of graduation.

Course #	Course Title	Units	Prerequisites (C- or better)
KIN 155	Exercise Physiology	3	KIN 70; Math Area B4; CHEM 30 A; BIOL 66
KIN 158	Biomechanics	3	KIN 70; Math Area B4; BIOL 65 or BIOL 65O
KIN 160 or KIN 161 or KIN 164	History of Sport & Physical Education Philosophical Perspectives of Sport Social Cultural Perspectives	3 3 3	KIN 70 KIN 70 KIN 70
KIN 165 or KIN 166	Motor Development Motor Learning NOTE: All specializations outside of Sport Management and Culture require both KIN 165 and KIN 166: Take one to satisfy the KIN core requirement and the other to satisfy the KIN specialization requirement.	3 3	KIN 70 KIN 70; BIOL 66
KIN 175	Measurement and Evaluation	3	KIN 70; Math Area B4
KIN 185	Senior Seminar	1	KIN 70; senior standing; KIN 198 recommended (concurrent enrollment acceptable)
KIN ____ KIN ____ KIN ____ KIN ____	KIN Activity Courses (4 activity courses from 4 of 6 different movement areas – see page 13)	4	See page 13 for movement area categories

NOTE: The 4 activity courses are **in addition** to the 2 unit physical education university graduation requirement. ([Back to Areas of Specialization](#))

ACTIVITY COURSE MOVEMENT AREAS

For activity courses in KIN major and KIN minor**

Area 1 Combatives	Area 2 Fitness	Area 3 Dance	Area 4 Individual/ Dual	Area 5 Team	Area 6 Adventure
Aikido	Aerobics	Ballet	Archery	Basketball	Hiking/ Backpacking
Brazilian Jiu Jitsu (BJJ)	Body Sculpting	Latin	Badminton	Ice Hockey	Kayaking
Judo	Cardio Kickboxing	Line/Country Western	Bowling	Rugby	Sailing
Karate	Cross training	Lindy Hop/Night Club Swing	Golf	Rowing	Scuba
Self-Defense	Fitness Walking	Jazz	Gymnastics	Soccer	
Tae Kwon Do	Jogging	Modern	Handball	Volleyball	
	Pilates	Social	Ice Skating	Water Polo	
	Step Training	Tap	Racquetball	Athletics: Team	
	Tai Chi		Swimming		
	Weight Training		Table Tennis		
	Yoga		Tennis		
	Adapted Physical Activities		Water Safety Instructor		
			Athletics: Individual		
Activity Course Descriptions: https://www.sjsu.edu/kinesiology/Students/activity-and-gen-ed-classes/index.php					

NOTES: (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) Transfer activity classes will likely count for major credit; please check with your advisor. 4) ****KIN-Prep for Teaching majors are required to take one class from 8 movement/activity areas: Adventure, Dance, Fitness, Gymnastics, Individual/Dual, Racket, Self-Defense, Team**

Department policy (passed 2021): Kinesiology majors must fulfill the University Physical Education requirement and complete activity courses from four different movement areas. Athletics courses will only count toward the University Physical Education requirement and satisfy one of the four movement areas required for Kinesiology majors.

III. COMPLETE COURSEWORK FOR A SELECTED AREA OF SPECIALIZATION IN KINESIOLOGY

Specialization coursework, along with the Kinesiology Core courses, is typically undertaken during the junior and senior years following completion of General Education requirements. Specialization coursework can be taken simultaneously with the Core Curriculum.

In our department, you have the possibility of earning one of two degrees: [B.S. Kinesiology](#) (with one specialization) and [B.S. Kinesiology, Preparation for Teaching](#).

The final cohort for the B.S. Athletic Training was admitted Fall 2019.

SJSU Professional Athletic Training Program (ATP) is accredited until 2029 by the Commission on Accreditation of Athletic Training Education (CAATE), 2001 K Street NW, 3rd Floor North, Washington, DC, 20006. Due to preparation of AT degree change, our ATP has chosen to voluntarily withdraw current accreditation, effective December 25, 2021.

Earning a [B.S. in Kinesiology](#) requires successful completion of one of the following five specialization areas:

- **Exercise and Fitness Specialist (EFS)**
- **Rehabilitation Science (RS)**
- **Inclusive Physical Activity in Communities (IPAC)**
- **Sport Management and Culture (SMC)**
- **Individualized Studies** (curriculum must be formally approved by a KIN major advisor and the KIN Undergraduate Coordinator)
- **Transfer Curriculum Studies** (certified AAT/ADT in KIN degree required; curriculum must be formally approved by a KIN major advisor and the KIN Undergraduate Coordinator)

Earning a [B.S. in Kinesiology, Preparation for Teaching](#) degree requires successful completion of the Kinesiology, Preparation for Teaching curriculum.

For a Bachelor of Science degree in Kinesiology or Kinesiology, Preparation for Teaching, students must successfully complete all General Education requirements (Core and SJSU Studies), the kinesiology core coursework, as well as the required coursework in one of the specializations or Preparation for Teaching curriculum.

Exercise and Fitness Specialist Specialization

1. This area of specialization includes coursework to develop knowledge and skills to work in corporate fitness, as a personal trainer, in clinical exercise programs, and a variety of other fitness and exercise related professions.
2. To fulfill GE areas B4 and D1, STAT 95 and PSYC 1 are recommended.

Exercise and Fitness Specialist Subcore			
Course #	Course Title	Units	Prerequisites (C- or better)
KIN 147	Biomechanical Assessment of Movement	3	KIN 158
KIN 151 or KIN 152 or KIN 153	Sport and Fitness Marketing (fall only) Theory of Sport and Fitness Management Sport Facility and Event Management	3	KIN 70 KIN 70 KIN 70, KIN 152
KIN 154 B	ECG Interpretation & Graded Exercise Testing	3	KIN 70, KIN 155
KIN 157	Physiological Assessment	3	KIN 70, CHEM 30, BIOL 66; KIN 155
KIN 162	Advanced Fitness Assessment & Exercise Prescription (fall only)	3	KIN 70, KIN 155
KIN 165 or KIN 166	Motor Development (whichever not taken in KIN core) Motor Learning	3	KIN 70 KIN 70, BIOL 66
KIN 167 or KIN 168 or KIN 176	Sport Psychology Psychology of Coaching Exercise Psychology	3	PSYC 1 KIN 70 PSYC 1
KIN 187	Clinical Exercise Physiology	3	KIN 70, KIN 155
KIN 198	Internship in Kinesiology	2	Upper division status, minimum overall GPA 2.0, KIN 70, or instructor consent; Kinesiology Internship Manager approval required
	Total Subcore Units	26	
Guided Elective Classes (choose from the following)			
	Maximum of two (2) nutrition, one (1) sport management, and one (1) psychology course may be used as guided electives. Subcore and guided electives cannot be double counted. Other guided electives may be approved by a department advisor.	12	
KIN 69	Stress Management (GE: E)	3	N/A
KIN 156	Introduction to Adapted Physical Activity	3	KIN 70
KIN 167 or KIN 168 or KIN 176	Sport Psychology Psychology of Coaching Exercise Psychology (whichever not taken in EFS subcore)	3 3 3	PSYC 1 KIN 70 PSYC 1
KIN 169	Diversity, Stress and Health (GE: S)	3	WST

KIN 180	Independent Study	3	KIN 70 or instructor consent; minimum overall GPA 2.0
NUFS 8 or NUFS 9	Nutrition for Health Professions Introduction to Nutrition (GE: E)	3 3	CHEM 30A or CHEM 1A
NUFS 123	Nutrition for Sport	3	NUFS 8 or NUFS 9
NUFS 116	Aging and Nutrition	3	One college nutrition course or instructor consent
KIN 145A	Physical Activity for Older Adults	3	KIN 70
KIN 151 or KIN 152 or KIN 153	Sport and Fitness Marketing (fall only) Theory of Sport and Fitness Management Sport Facility and Event Management) <i>(whichever not taken in EFS subcore)</i>	3 3 3	KIN 70 KIN 70 KIN 70
Total Units		38	

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Rehabilitation Science Specialization

1. This area of specialization is designed for students who are interested in allied health professions, such as physical therapy, chiropractic, and physician's assistant. Coursework is designed to develop knowledge and skills in order to pursue a future in physical therapy, chiropractic, medical school, or other health or rehabilitation careers.
2. To fulfill GE areas B4 and D1, STAT 95 and PSYC 1 are recommended.
3. For students applying to PT school or PTA school, PSYC 110, KIN 187, and clinical observation hours for KIN 198 are recommended. Additional BIOL courses with lab elements are common prerequisites, too. If interested in pursuing PT, DPT, or PTA programs, request a meeting with your main KIN advisor to discuss course planning and required prerequisites for your institution of choice. In order to be a competitive candidate, aim for a minimum of a 3.0 GPA (GPA requirements vary by institution).

Rehabilitation Science Subcore			
Course #	Course Title	Units	Prerequisites (C- or better)
CHEM 1A	General Chemistry	5	Check University Catalog
CHEM 1B	General Chemistry	5	C or better in CHEM 1A
PHYS 2A	Fundamentals of Physics	4	Algebra
PHYS 2B	Fundamentals of Physics	4	PHYS 2A

KIN 147	Biomechanical Assessment of Movement	3	KIN 158
KIN 157	Physiological Assessment	3	KIN 70, CHEM 30, BIOL 66; KIN 155
KIN 165 or KIN 166	Motor Development <i>(whichever not taken in KIN core)</i> Motor Learning	3 3	KIN 70 KIN 70, BIOL 66
KIN 176 or KIN 187	Exercise Psychology Clinical Exercise Physiology	3 3	PSYC 1 KIN 70, KIN 155
KIN 198	Internship in Kinesiology	2	Upper division status; minimum overall GPA 2.0; KIN 70 or instructor consent; Kinesiology Internship Manager approval required

Total Subcore Units		32	
Guided Elective Classes			
	Guided Electives (choose from the following; other guided electives may be approved by Departmental Advisor):	6	
KIN 145A	Physical Activity for Older Adults	3	KIN 70 or instructor consent
KIN 156	Introduction to Adapted Physical Activity	3	KIN 70
KIN 159	Sport and Adapted Activities	3	KIN 70
KIN 163	Physical Fitness and Nutrition (GE: R)	3	WST
KIN 169	Diversity, Stress, and Health (GE: S)	3	WST
KIN 167 or KIN 176	Sport Psychology Exercise Psychology	3 3	PSYC 1 PSYC 1

or KIN 187	Clinical Exercise Physiology <i>(whichever not taken in RS subcore)</i>	3	KIN 70, KIN 155
KIN 180	Independent Study	1-3	KIN 70 or instructor consent; minimum overall GPA 2.0
PSYC 1	General Psychology (GE: D1)	3	N/A
PSYC 110	Adult Psychopathology	3	PSYC 1
BIOL 109	Human Neuroanatomy and Physiology	4	BIOL 65 or instructor consent
BIOL 129/PSYC 129	Neuroscience	3	Either (a) PSYC 030 and 3 units of BIOL, or (b) 9 units of BIOL
STAT 95	Elementary Statistics (GE: B4)*	3	Satisfaction of ELM requirement & two (2) years of high school algebra *may NOT be used as Guided Elective if used to satisfy B4 math requirement
Total Units		38	

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Inclusive Physical Activity in Communities Specialization

The Inclusive Physical Activity in Communities (IPAC) area of specialization prepares students to work and teach in the community, with an emphasis on working with special populations, particularly individuals with disabilities and older adults. This specialization can also serve as undergraduate-level preparation for a Master's in Occupational Therapy (please see note after the listed required coursework). This curriculum provides students with the specialized skills and knowledge to provide effective service delivery to individuals with disabilities, older adults, and other diverse populations in a physical activity setting. Students in this area of specialization will develop competencies in planning, assessing, coordinating, implementing, evaluating and advocating appropriate inclusive physical activity across the lifespan. Coursework in the IPAC specialization prepares students for careers in a variety of fields including: infant/toddler programs, physical activity for older adults in recreation or residential facilities, spinal cord injury rehabilitation centers, aquatic facilities, residential/seasonal camps, health/fitness clubs, disability sport programs, and after school/community transition sites.

IPAC Subcore			
Course #	Course Title	Units	Prerequisites (C- or better)
KIN 107	Adapted Aquatics	2	KIN 70 and KIN 156; passage of swim skills component required (must be able to swim 100 yards without stopping) or demonstrated by completing KIN 2A or KIN 105.
KIN 108	Adapted Physical Activity for Young Adults with Disabilities	2	KIN 70 and KIN 156
KIN 153 or RECL 97	Sport Facility and Event Management Event Planning	3 3	KIN 70 Instructor consent
KIN 156	Introduction to Adapted Physical Activity	3	KIN 70
KIN 159	Sport and Adapted Activities	3	KIN 70
KIN 165 or KIN 166	Motor Development <i>(whichever not taken in KIN core)</i> Motor Learning	3 3	KIN 70 KIN 70, BIOL 66
KIN 174	Assessment of Psychomotor Function	3	KIN 70 and KIN 156
KIN 187	Clinical Exercise Physiology	3	KIN 70, KIN 155
KIN 198	Internship in Kinesiology	1	Upper division status; minimum overall GPA 2.0; KIN 70 or instructor consent; Kinesiology Internship Manager approval required
EDSE 14A	American Sign Language I	3	N/A
	Total Subcore Units	26	

Guided Elective Classes			
	Guided Electives (choose from the following; other guided electives may be approved by Department advisor):	12	
KIN 145A	Physical Activity for Older Adults	3	KIN 70 or instructor consent
KIN 162	Advanced Fitness Assessment & Exercise (fall only)	3	KIN 70, KIN 155
KIN 167	Sport Psychology	3	PSYC 1
KIN 168	Psychology of Coaching	3	KIN 70
KIN 180	Independent Study	3	KIN 70 or instructor consent; minimum overall GPA 2.0
ART 46 or other acceptable skills class	Introduction to Ceramics ** (or other acceptable skills classes such as textile or painting. Consult advisor and see Department of Art and Art History - San José State University - Acalog ACMS™)	3	
STAT 95	Elementary Statistics (GE: B4)	3	Satisfaction of ELM requirements & two years of high school algebra. *may NOT be used as Guided Elective if used to satisfy B4 math requirement
OCTH 190	Foundations of Neuroscience for Occupational Therapy (spring and summer only)**	3	BIOL 65 or BIOL 65O and BIOL 66
GERO 107	Aging and Society (GE:S)	3	Check Course Catalog
RECL 110	Leisure, Life, & Contemporary Society	3	Upper Division Standing
RECL 112	Introduction to Therapeutic Recreation Services	3	Upper Division Standing
HSPM 185	Leisure, Recreation & Aging	3	Upper Division Standing
NUFS/KIN 163	Physical Fitness and Nutrition (GE: R)	3	Upper Division Standing
NUFS 116	Aging and Nutrition	3	One college nutrition course or instructor consent
PSYC 110	Adult Psychopathology **	3	PSYC 1
	Total Units	38	

SJSU Pre-OT students must have completed prerequisites before applying for the OT Entry-Level Master's Program; these courses satisfy select prerequisites. **All SJSU OT Entry-Level Master's Program prerequisite coursework must be passed with a grade of B or higher to count toward completion of the OT prerequisites. Complete information about the OT Entry-Level Master's Program is available in the Occupational Therapy, MS section of the catalog and at www.sjsu.edu/occupationaltherapy/advising.

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[Individualized Studies Specialization](#)

This area of specialization is designed to provide students with the opportunity to develop an individualized program of study. This pathway to the baccalaureate degree may be of particular interest to students needing considerable flexibility in designing a program of study to facilitate pursuit of an advanced degree or a specific career (e.g., sport broadcasting). All coursework beyond the core must be selected in consultation with the student's academic advisor and is expected to form a coherent program of study that meets the student's personal and professional goals.

All Individualized Studies curriculum proposals must be approved by a KIN major advisor and by the Undergraduate Coordinator.

Criteria for Individualized Studies Specialization

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 18 upper division Kinesiology coursework units (in addition to the core requirements), which includes 1-3 units of internship/fieldwork. The program should include 17-19 upper or lower division electives in kinesiology or a related field selected in consultation with a departmental advisor.
4. The program should conform to the career objectives submitted as a part of the formal Individualized Studies Proposal (refer to the Kinesiology Undergraduate Handbook).
5. All courses should be adequately justified as a logical inclusion in this program.
6. The program must be submitted at least 30 units prior to the student's anticipated graduation date.

Sub-Core Courses (38 units)

KIN 198 - Internship in Kinesiology 1-6 unit(s) (complete 1-3 units)

Upper Division Kinesiology Coursework selected in consultation with the student's academic advisor 18 unit(s)

Upper or Lower Division Electives in Kinesiology or a related field selected in consultation with Departmental Advisor 17-19 unit(s)

Total Units Required (120 units)

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Sport Management and Culture Specialization

1. The purpose of the Sport Management and Culture (SMC) specialization is to provide an interdisciplinary understanding of sport management with a particular focus on social and cultural issues. Social justice and diversity issues will be highlighted from a critical cultural studies perspective. Additionally, students interested in sports studies will also gain a background in sport management, strengthening their professional preparation.
2. To fulfill GE areas B4 and D1, STAT 95 and PSYC 1 are recommended.

Sport Management & Culture Subcore			
Course #	Course Title	Units	Prerequisites (C- or better)
KIN 151	Sport and Fitness Marketing (fall only)	3	KIN 70
KIN 152	Theory of Sport and Fitness Management	3	KIN 70
KIN 153	Sport Facility and Event Management	3	KIN 70, KIN 152
KIN 160 and KIN 161 and KIN 164	Sport History Philosophical Perspectives of Sport Sociocultural Perspectives <i>(whichever 2 classes not taken in KIN core)</i>	3 3 3	KIN 70 KIN 70 KIN 70
KIN 167 or KIN 168	Sport Psychology Psychology of Coaching	3	KIN 70, PSYC 1 KIN 70
KIN 198	Internship in Kinesiology #1	3	Upper division status; minimum overall GPA 2.0; KIN 70 or instructor consent; Kinesiology Internship Manager approval required
KIN 180 or KIN 198	Independent Study Internship in Kinesiology #2	1-3 1-3	KIN 70 or instructor consent; minimum overall GPA 2.0 Upper division status; minimum overall GPA 2.0; KIN 70 or instructor consent; Kinesiology Internship Manager approval required
	Total Subcore Units	22-24	
Guided Electives			

	Guided electives (to be selected in consultation with Departmental Advisor; a maximum of 6 units may be taken at the Lower Division level) OR a Minor in Business, Sociology, Psychology, Journalism, or other area selected in consultation with KIN Departmental Advisor	14-16	
AAS 175	Asian American Communities	3	
AFAM 155	The Triumph and Tragedy of Black Athletes in US History	3	
KIN 111	Sport & Movement in a Global Context (GE: V)	3	
KIN 167 or KIN 168	Sport Psychology <i>(whichever not taken in SMC subcore)</i> Psychology of Coaching	3 3	PSYC 1 KIN 70
KIN 169	Diversity, Stress and Health (GE: S)	3	WST
KIN 176	Exercise Psychology	3	PSYC 1
BUS3 160	Fundamentals of Management & Organizational Behavior	3	
RECL 151	Planning & Development of Tourism and Event Enterprises	3	Upper division standing
CCS 130	Chicanas and Chicanos in American Society (GE: S)	3	Upper division standing
PSYC 154	Social Psychology	3	PSYC 1
SOC 172	LGBT Studies	3	SOC 1
SOC 175	Masculinities and Femininities	3	SOC 1
WOMS 160	Women, Race and Class		WOMS 10, WOMS 20, WOMS 101 or instructor consent
	Total Units	38	

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Transfer Curriculum Studies Option

This pathway to the baccalaureate degree in Kinesiology is specifically designed to meet California Law (STAR Act: SB1440) regarding unit requirements following transfer into San José State University from a community college in California. This option enables transfer students who enter with a completed 60-unit Kinesiology transfer curriculum to develop, in collaboration with their Kinesiology academic advisor, a program of study that meets their personal and professional goals.

The AA-T in Kinesiology guarantees completion of 60 transferable units and all lower division core GE satisfied. This transfer degree will meet the

A minimum passing grade of “C-” in all major courses is required, except KIN 100W which requires a grade of “C” or better:

Kinesiology (following the Area of Specialization in Transfer Curriculum Studies), BS (2022-2023) (AA-T in Kinesiology): **For further details regarding the Transfer Curriculum Studies Option, investigate the following link: https://catalog.sjsu.edu/preview_program.php?catoid=10&poid=8218**

Students are required to have earned a certified AA-T or ADT in Kinesiology to pursue the transfer curriculum studies option in the Department of Kinesiology at SJSU. Transfer Curriculum Studies proposals must be approved by a KIN major advisor and the KIN Undergraduate Coordinator.

Contact your main KIN advisor or KIN Undergraduate Advising Manager, Daniel Bohigian (daniel.bohigian@sjsu.edu) for any questions regarding the Transfer Curriculum Studies option.

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[Kinesiology, Preparation for Teaching \(for B.S. Kinesiology, Preparation for Teaching\)](#)

This **distinct major** is designed for students interested in becoming physical education (PE) and/or adapted physical education (APE) teachers in kindergarten through 12th grade (K-12) schools. The purpose of the Kinesiology, Preparation for Teaching (KIN-Prep for Teaching) program is to prepare students to be well-rounded physical activity professionals, to teach, coach, motivate, and shape the lives of K-12 students. Students in the KIN-Prep for Teaching program learn and practice a wide range of skills, including how to integrate technology, assess learning, design lessons, and modify instruction to meet the unique needs of their students, including students with disabilities. Completion of this major also fulfills most of the coursework required for the Adapted Physical Education Added Authorization (APEAA).

Note: To attain a single subject credential in Physical Education with or without the APEAA, students must complete a post-baccalaureate credential program. Students must have a GPA of 2.75, either cumulative or in their last 60 units earned, to be accepted to the credential program. More information about the credential program at SJSU, including other application requirements can be found here: [Academics | Teacher Education](#)

Course #	Course Title	Units	Prerequisites (C- or better)
KIN 105	Water Safety Instruction (Spring only)	2	Min. age of 18
KIN 107	Adapted Aquatics	2	KIN 70 and KIN 156; passage of swim skills component required (must be able to swim 100 yards without stopping) or demonstrated by completing KIN 2A or KIN 105.
KIN 108	Adapted Physical Activity for Young Adults with Disabilities	2	KIN 70 and KIN 156 for majors/minors only or instructor consent.
KIN 156	Introduction to Adapted Physical Activity	3	KIN 70 or instructor consent
KIN 159	Sport and Adapted Activities	3	KIN 70 or instructor consent
KIN 165 or KIN 166	Motor Development Motor Learning (whichever not taken in the core)	3	KIN 70 or instructor consent KIN 70, BIOL 66
KIN 168	Psychology of Coaching	3	KIN 70 or instructor consent
KIN 170 B	Field Experience - Teaching	3	KIN 70 or instructor consent
KIN 172	Elementary School Programs (Spring only)	3	KIN 70, KIN 173
KIN 173	Introduction to Teaching PE & Non-Traditional Sports & Activities (Fall only)	3	KIN 70 or instructor consent
KIN 174	Assessment of Psychomotor Function	3	KIN 70 and KIN156
KIN 178	Management Practices for Physical Education Teachers (Fall only)	3	KIN 70 or instructor consent; KIN 172 or concurrent enrollment; upper division standing
KIN 179	Design and Assessment of Movement Experiences (Spring only)	3	KIN 70 or instructor consent; KIN 158, KIN 166, KIN 178

	<p>2 Activity Courses** (in addition to the minimum of four KIN core and two SJSU PE requirements)</p> <p>**KIN Preparation for Teaching majors are required to take one class from 8 activity areas: Adventure, Dance, Fitness, Gymnastics, Individual/Dual, Racket, Self-Defense, Team</p>	2	
	Total Units	38	

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Kinesiology Minor

Working with an academic advisor, students can select the electives that help to focus their minor program of study. Contact the Department of Kinesiology for academic advising. KIN minor curriculum proposals must be approved by the KIN Advising Manager and the KIN Undergraduate Coordinator.

Contact KIN Undergraduate Advising Manager, Daniel Bohigian (daniel.bohigian@sjsu.edu) for additional information.

University Minor Graduation Requirements

To be awarded a minor, at least 12 units of coursework must be completely distinct and separate from the coursework in the major, and coursework for the minor must include a minimum of 6 upper-division units (University Policy S16-4). Minor preparation or support courses do not count toward the 12 distinct units. Of the coursework for the minor, at least 6 units must be completed in residence at SJSU. *The minimum aggregate GPA for all coursework required for the minor must be at least 2.0.*

KIN Minor Requirements (18 units)

1. KIN 70 - Introduction to Kinesiology (3 units)
2. Complete one course from:
 - a. KIN 160 - History of Sport and Physical Education (3 units)
 - b. KIN 161 - Philosophical Perspectives of Sport (3 units)
 - c. KIN 164 - Sociocultural Perspectives (3 units)
 - d. KIN 167 - Sports Psychology (3 units)
 - e. KIN 168 - Psychology of Coaching (3 units)
3. Complete one course from:
 - a. KIN 155 - Exercise Physiology (3 units)
 - b. KIN 158 - Biomechanics (3 units)
 - c. KIN 165 - Motor Development (3 units)
 - d. KIN 166 - Motor Learning (3 units)
4. Complete three activity courses from three different movement areas (3 units total) approved by the advisor. The three additional KIN Minor courses are in addition to the two-unit SJSU university graduation requirement.
5. Complete two Kinesiology upper division electives approved by advisor (6 units total).

DEPARTMENT OF KINESIOLOGY - UNDERGRADUATE COURSE DESCRIPTIONS

COURSE #	COURSE TITLE & DESCRIPTION
<u>KIN 069</u>	<p>Stress Management: A Multidisciplinary Perspective - 3 units</p> <p>The stress process and its relation to health, disease, lifestyle, and the sociocultural environment. Physiological, psychological, sociological, and environmental parameters of stress across the lifespan, emphasizing university resources and stress management strategies to enhance academic, personal, and social development.</p> <p>Satisfies E: Human Understanding & Development.</p> <p>Grading: Letter Graded</p>
<u>KIN 70</u>	<p>Introduction to Kinesiology - 3 units</p> <p>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.</p> <p>Misc/Lab: Lecture 2 hours/activity 2 hours.</p> <p>Grading: Letter Graded</p> <p>Note: Required for KIN majors and minors only.</p>
<u>KIN 100W</u>	<p>Writing Workshop - 3 units</p> <p>Advanced skills in writing. Development of writing style and creation of organized, persuasive and analytical prose. Generalized and specialized forms of writing.</p> <p>Satisfies Writing in the Disciplines (WID).</p> <p>Prerequisite(s): KIN 70 for major/minors only or instructor consent. A3 or equivalent second semester composition course (with a grade of C- or better); Completion of core GE, and upper division standing. Allowed Declared Major/Minor: Kinesiology. Or Graduate or Postbaccalaureate level.</p> <p>Grading: Letter Graded</p> <p>Note(s): Must be passed with C or better to satisfy the CSU Graduation Writing Assessment Requirement (GWAR).</p>

<p><u>KIN 101**</u></p>	<p>Sport in America - 3 units</p> <p>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.</p> <p>Satisfies SJSU Studies S: Self, Society & Equality in U.S.</p> <p>Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.</p> <p>Grading: Letter Graded</p> <p>Note: Not open to Kinesiology majors for major/minor credit.</p>
<p><u>KIN 105</u></p>	<p>Water Safety Instructor's Course - 2 units</p> <p>Designed to teach the basic concepts, skills and knowledge for successful teaching in the American Red Cross aquatics program. The content and requirements are in accordance with the American Red Cross and the criterion set forth by the organization.</p> <p>Misc/Lab: Lecture 1 hour/activity 2 hours.</p> <p>Prerequisite(s): Minimum age of 18.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 107</u></p>	<p>Adapted Aquatics - 2 units</p> <p>Theories, techniques and practices in the instruction of persons with disabilities as they function in the aquatic environment.</p> <p>Misc/Lab: Lecture 1 hour/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 and KIN 156 for Kinesiology majors/minors only or instructor consent; passage of swim skills component required (must be able to swim 100 yards without stopping) or demonstrated by completing KIN 2A or KIN 105.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 108</u></p>	<p>Adapted Physical Activity for Young Adults with Disabilities - 2 units</p> <p>Theories, techniques, and practices in the design of physical activity promotion for postsecondary transition students with disabilities.</p> <p>Misc/Lab: Lecture 1 hour/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 and KIN 156 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>

<p>KIN 111</p>	<p>Sport & Movement in a Global Context - 3 units</p> <p>Human expression through sport, games, and movement in cultures outside the US, and how those expressions have changed over time. Exploration of how sporting traditions in cultures outside the US have influenced US culture and society.</p> <p>Satisfies SJSU Studies V: Cultures and Global Understanding.</p> <p>Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.</p> <p>Grading: Letter Graded</p>
<p>KIN 145A</p>	<p>Physical Activity for Older Adults - 3 units</p> <p>Analyses of development and implementation processes of exercise programs for older adults.</p> <p>Misc/Lab: Lecture 2 hours/Lab 3 hours.</p> <p>Prerequisite(s): KIN 70 or instructor consent.</p> <p>Grading: Letter Graded</p>
<p>KIN 147</p>	<p>Biomechanical Assessment of Movement - 3 units</p> <p>This class is designed to assist the student in becoming familiar and proficient with the Biomechanical methods and equipment for assessing human movement performance characteristics with the following goals: improving movement effectiveness, preventing injuries, and assessing rehabilitation progress.</p> <p>Misc/Lab: Lecture 3 hours/Lab 9 hours</p> <p>Prerequisite(s): KIN 158.</p> <p>Grading: Letter Graded</p>
<p>KIN 149</p>	<p>Child Health and Activity - 3 units</p> <p>Explores concepts, frameworks, and national standards regarding children’s health and physical education using an interdisciplinary curriculum. Special attention is given to factors that influence children’s health and wellness, safety and prevention, motor skill development, and lifelong healthy practices.</p> <p>Prerequisite(s): CHAD 60 or CHAD 70.</p> <p>Grading: Letter Graded</p> <p>Cross-listed with CHAD 149. Child and Adolescent Development is responsible for scheduling.</p>

<p><u>KIN 151</u></p>	<p>Sport and Fitness Marketing - 3 units</p> <p>Course is designed to apply marketing principles and processes to the sport and fitness industry. Content will focus on the sport and fitness product, consumer behavior, consumer satisfaction/dissatisfaction, and the customer experience in sport and fitness organizations.</p> <p>Prerequisite(s): KIN 70</p> <p>Grading: Letter Graded</p> <p>Note: Typically offered in the Fall semester only.</p>
<p><u>KIN 152</u></p>	<p>Theory of Sport and Fitness Management - 3 units</p> <p>Basic theory of sport management. Topics include sport management and organizational skills; sport marketing and sales; sport communication; sport finance, economics, law and governance.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 153</u></p>	<p>Sport Facility and Event Management - 3 units</p> <p>Provide students with the skills necessary to effectively manage sport and fitness facilities and events.</p> <p>Prerequisite(s): KIN 70; and KIN 152 for sports management specialization. Open only to declared Kinesiology majors/minors, or instructor consent.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 154B</u></p>	<p>ECG Interpretations and Graded Exercise Testing - 3 units</p> <p>Theoretical background and practical proficiency in the methods and instruments of electrocardiogram interpretations and “Graded” exercise testing.</p> <p>Lecture 2 hours/activity 2 hours.</p> <p>Prerequisite(s): KIN 70 (or equivalent) for majors/minors only or instructor consent; KIN 70; KIN 155 with grades of ‘C-’ or better in each.</p> <p>Grading: Letter Graded</p>

<p><u>KIN 155</u></p>	<p>Exercise Physiology - 3 units</p> <p>Physiological responses and adaptations of the human organism to physical activity.</p> <p>Misc/Lab: Lecture 2 hours/activity 2 hours.</p> <p>Prerequisite(s): KIN 70; BIOL 66 and CHEM 30A with a grade of 'C-' or better in each; approved GE Math Concept course. Open only to declared KIN majors/minors, or instructor consent.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 156</u></p>	<p>Introduction to Adapted Physical Activity - 3 units</p> <p>Focus on attitude change as well as knowledge, comprehension and application of human movement principles related to individuals with disabling conditions.</p> <p>Lecture 2 hours/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 157</u></p>	<p>Physiological Assessment - 3 units</p> <p>Use of exercise physiology instrumentation to assess physiological characteristics of human performance, interpret results, and implement corrective strategies, when appropriate.</p> <p>Lecture 3 hours/Lab 6 hours.</p> <p>Prerequisite(s): CHEM 30A, GE Area B4, BIOL 66, KIN 70 (C- or better grade), KIN 155 (C- or better grade).</p> <p>Grading: Letter Graded.</p>
<p><u>KIN 158</u></p>	<p>Biomechanics - 3 units</p> <p>Relationship of structural and mechanical principles of the musculoskeletal system to the analysis of human performance.</p> <p>Misc/Lab: Lecture 2 hours/activity 2 hours.</p> <p>Prerequisite(s): KIN 70; BIOL 65 with a grade of 'C-' or better; approved GE Math Concept Course. Open only to declared KIN majors/minors, or instructor consent.</p> <p>Grading: Letter Graded</p>

<p>KIN 159</p>	<p>Sport and Adapted Activities - 3 units</p> <p>Principles of kinesiology for adapting sport and activity for individuals with disabling conditions.</p> <p>Lecture 2 hours/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<p>KIN 160</p>	<p>History of Sport and Physical Education - 3 units</p> <p>Historical survey of physical education and sport from primitive societies through classical and medieval periods to the nineteenth and twentieth centuries. Development of sport, physical education and recreation in the U.S. and factors affecting their growth.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<p>KIN 161</p>	<p>Philosophical Perspectives of Sport - 3 units</p> <p>Emphasis on systems of philosophy, aesthetic and moral considerations, metaphysical fitness and contemporary issues. Review of leading human movement theorists.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<p>KIN 162</p>	<p>Advanced Fitness Assessment and Exercise Prescription - 3 units</p> <p>In-depth study and analysis of the principles and techniques used in the assessment of physical fitness and health as well as the design of conditioning programs and physical activities.</p> <p>Misc/Lab: Lecture 2 hours/Activity 2 hours.</p> <p>Prerequisite(s): KIN 70 (or equivalent) for majors/minors only and KIN 155, or instructor consent. Grade of 'C-' or better in KIN 70 and KIN 155.</p> <p>Grading: Letter Graded</p> <p>Note: Typically offered in the Fall semester only.</p>

<p><u>KIN 163</u></p>	<p>Physical Fitness and Nutrition - 3 units</p> <p>Use of scientific principles, scientific investigation, and current technological advances to assess the relationship between diet, physical fitness, and disease. Examine scientific literature to evaluate the effects of nutritional intervention on exercise performance.</p> <p>Satisfies SJSU Studies R: Earth, Environment, and Sustainability.</p> <p>Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended. Grading: Letter Graded</p> <p>Cross-listed with NUFS 163. Nutrition, Food Science and Packaging is responsible for scheduling.</p>
<p><u>KIN 164</u></p>	<p>Sociocultural Perspectives - 3 units</p> <p>Sociocultural processes of sport and play in contemporary society. The study of phenomena arising out of group relations within the realm of kinesiology.</p> <p>Prerequisite(s): KIN 70 for Kinesiology majors/minors or Sports Journalism minors or instructor consent or lower division social science core GE.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 165</u></p>	<p>Motor Development - 3 units</p> <p>Motor development of the individual from birth to maturity. Emphasis upon motor behavior, needs, capacities and interests.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 166</u></p>	<p>Motor Learning - 3 units</p> <p>Concepts, principles and theories of motor learning with application to physical activities.</p> <p>Misc/Lab: Lecture 2 hours/lab 2 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent; BIOL 66 with a grade of 'C-' or better.</p> <p>Grading: Letter Graded</p>

<p>KIN 167</p>	<p>Sports Psychology - 3 units</p> <p>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.</p> <p>Prerequisite(s): PSYC 1</p> <p>Grading: Letter Graded</p>
<p>KIN 168</p>	<p>Psychology of Coaching - 3 units</p> <p>Social, clinical, child, measuring, industrial, personality and organizational psychology and the practical application of the material to coaching.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<p>KIN 169</p>	<p>Diversity, Stress and Health - 3 units</p> <p>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.</p> <p>Satisfies SJSU Studies S: Self, Society & Equality in U.S.</p> <p>Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.</p> <p>Grading: Letter Graded</p> <p>Cross-listed with PH 169. Kinesiology is responsible for scheduling.</p>
<p>KIN 170B</p>	<p>Field Experience Teaching - 1 unit</p> <p>Practical experiences to satisfy certification requirements in off-campus or field-based programs. May be repeated for a maximum of 4 units.</p> <p>Course may be repeated for credit for up to 4 units.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent. Concurrent enrollment in KIN 172, KIN 173, KIN 178, or KIN 179.</p> <p>Grading: Credit/No Credit</p>

<p><u>KIN 172</u></p>	<p>Elementary School Programs, K-6 - 3 units</p> <p>Philosophy, principles and activities of physical education appropriate for children.</p> <p>Lecture 2 hours/Activity 2 hours.</p> <p>Prerequisite(s): KIN 70; KIN 165 or KIN 173. Open only to declared Kinesiology majors/minors or instructor consent.</p> <p>Corequisite(s): KIN 170B.</p> <p>Grading: Letter Graded</p> <p>Note: Typically offered in the Spring semester only.</p>
<p><u>KIN 173</u></p>	<p>Introduction to Teaching Physical Education & Non-Traditional Sports - 3 units</p> <p>This course will introduce future physical educators to the profession of teaching and will include philosophies, ethics, and standards for teaching, legal and current issues, learning-communities, inclusion of non-traditional and global games and sport activities, and observations of effective teaching.</p> <p>Lecture 3 hours/Lab 3 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Corequisite(s): KIN 170B.</p> <p>Grading: Letter Graded</p> <p>Note: Typically offered in the Fall semester only.</p>
<p><u>KIN 174</u></p>	<p>Assessment of Psychomotor Function - 3 units</p> <p>Basic procedural elements of informal observation, formal performance testing and direct measures of psychomotor function of individuals with disabling conditions.</p> <p>Lecture 2 hours/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 and KIN 156; Open only to declared KIN majors/minors or instructor consent.</p> <p>Grading: Letter Graded</p>

<p>KIN 175</p>	<p>Measurement and Evaluation in Kinesiology - 3 units</p> <p>Designed to develop an understanding of measurement and evaluation concepts and application relevant to assessment in the psychomotor, cognitive and affective domains. Activities include collection and computer analysis of data.</p> <p>Misc/Lab: Lecture/activity 4 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent; approved GE Math Concept Course.</p> <p>Grading: Letter Graded</p>
<p>KIN 176</p>	<p>Exercise Psychology - 3 units</p> <p>Examines the psychological determinants and consequences of exercise and physical activity. Analysis and critique of research and theory relevant to exercise adherence, motivation, self-efficacy, and attributional style. Practical applications of theoretical concepts.</p> <p>Prerequisite(s): PSYC 1.</p> <p>Grading: Letter Graded</p>
<p>KIN 177</p>	<p>Movement Experiences for Children - 3 units</p> <p>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.</p> <p>Misc/Lab: Lecture 2 hours/activity 2 hours.</p> <p>Prerequisite(s): CHAD 60 or CHAD 067.</p> <p>Grading: Letter Graded</p>
<p>KIN 178</p>	<p>Management Practices for Physical Education Teachers - 3 units</p> <p>Examines current practices for managing student behaviors, instructional technology, legal regulations, and physical fitness needs as well as exploring adolescent development.</p> <p>Lecture 2 hours/lab 2 hours.</p> <p>Prerequisite(s): KIN 70 for Kinesiology majors/minors only or instructor consent; KIN 172 and upper division standing.</p> <p>Corequisite(s): KIN 170B.</p> <p>Grading: Letter Graded</p> <p>Note: Typically offered in the Fall semester only.</p>

<p><u>KIN 179</u></p>	<p>Design and Assessment of Movement Experiences - 3 units</p> <p>Integrate concepts from kinesiology, motor learning, and motor development to address sequential movement experiences, including qualitative analysis and interactions with a performer.</p> <p>Lecture 2 hours/Activity 2 hours.</p> <p>Prerequisite(s): KIN 70 for Kinesiology majors/minors only or instructor consent; KIN 158, KIN 166 and KIN 178.</p> <p>Corequisite(s): KIN 170B.</p> <p>Grading: Letter Graded</p> <p>Note: Typically offered in the Spring semester only.</p>
<p><u>KIN 180</u></p>	<p>Independent Study - 1 to 6 units</p> <p>Independent study through projects or directed reading related to the field of Kinesiology. Repeatable for a total of 6 units.</p> <p>Course may be repeated for credit for up to 6 units.</p> <p>Prerequisite(s): GPA overall of 2.0; KIN 70 or instructor consent</p> <p>Grading: Mandatory Credit/No Credit/RP</p>
<p><u>KIN 185</u></p>	<p>Senior Seminar - 1 units</p> <p>Active learning capstone course designed to synthesize students' undergraduate preparation, including internship experiences. Capstone course designed to integrate and synthesize students' knowledge and skills gained in their undergraduate preparation through active participation in the class and reflection on the internship experience; requires completion of a professional portfolio and a movement project</p> <p>Prerequisite(s): KIN 70, Kin Majors ONLY, KIN Minors. Note: Completion or concurrent enrollment in KIN 198 (internship) is strongly recommended.</p> <p>Grading: Letter Graded</p>
<p><u>KIN 187</u></p>	<p>Clinical Exercise Physiology - 3 units</p> <p>Physiological principles applied to the prevention, management, and treatment of chronic health conditions. Focus on the pathophysiology, acute response to exercise, chronic training effects, and development of appropriate conditioning and training programs for chronic conditions.</p> <p>Prerequisite(s): KIN 70 (or equivalent) for majors/minors only or instructor consent; KIN 155; with grades of 'C-' or better in each.</p> <p>Grading: Letter Graded</p>

<u>KIN 198</u>	Internship in Kinesiology - 1 to 6 units Practical professional experiences related to the field of Kinesiology. Experiences are varied and can include exercise testing, prescription and evaluation; program leadership, design, and/or administration; coaching; and sport medicine internships. May be repeated for a total of 6 units. Course may be repeated for credit for up to 6 units. Prerequisite(s): Upper division status;GPA overall of 2.0; KIN 70 or instructor consent Grading: Mandatory Credit/No Credit/RP
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Department of Kinesiology
Undergraduate Program Learning Outcomes (UPLO)

Key principles: critical understanding and application of research and scholarship in the field of kinesiology; communication skills; movement competence; sustainability; diversity and social justice

Upon completion of a Bachelor of Science degree program in the Department of Kinesiology, students will be able to:

- **Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology.**
- **Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology.**
- **Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology.**
- **Utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology.**
- **Identify and analyze social justice and equity issues related to kinesiology for diverse populations.**

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