Kinesiology - Exercise Science Option, M.A.

DEPARTMENT

Department of Kinesiology
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BS in Kinesiology - Exercise Science Option, B.S.
BS in Kinesiology - Physical Education Option, B.S.
MA in Kinesiology - Exercise Science Option, M.A.
MA in Kinesiology - Sport Psychology Option, M.A.
MA in Kinesiology, M.A.
MN in Sports Coaching, Minor
MA in Kinesiology - Sport Administration Option, M.A.
BS in Kinesiology - Sport Administration, B.S.
CRED in Single Subject Credential - Physical Education

Courses Offered

The term kinesiology means "the study of movement," and the academic discipline of kinesiology comprises the subdisciplines of exercise physiology, biomechanics, sport and exercise psychology, athletic training and sports medicine, sports administration, physical education, and fitness and health promotion. The overall objective of the programs in kinesiology is to improve the lives of students by providing insight, education, and practical experience in exercise, sport, and physical activity. Programs in kinesiology open doors to relevant and rewarding professional careers.

The Department of Kinesiology is composed of a cohesive, creative, and dynamic group of well-educated faculty with a wealth of practical and professional experience. Students are engaged in educational and clinical research programs and practical experiences which incorporate leading-edge technology and best practices. The curriculum and associated instruction provide a solid foundation for future learning and professional growth. The program incorporates many opportunities for professional certification through prestigious national organizations and governing bodies. Students become experts in exercise, fitness, performance, and wellness.

The Athletic Training Major is designed for students with professional goals in athletic training. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students completing the program may be eligible to sit for the Board of Certification exam to become a Certified Athletic Trainer (ATC). The program has high academic and performance standards that include completion of a three-year competency-based clinical education program. California residents are given preference over out-of-state and international students in this and other impacted programs.

The Exercise Science Option provides a foundation in the movement sciences which fully prepares students for graduate study and professional careers in fitness, wellness, health promotion, human performance, and preventive and rehabilitative sciences. Flexible and personalized educational and career development strategies are hallmarks of this program. Exercise science faculty provide instruction and advising that is based upon theories and principles as well as practical and professional experience.

The Physical Education Teacher Education (PETE) Option offers National and State standards-based curricular emphasis in physical education pedagogy, movement development and analysis, teaching strategies, and application of physical activities designed for students with professional goals to teach physical education. The PETE program allows teacher candidates to complete specified unit requirements in General Education and the Physical Education Teacher Education Option. Upon completion of the PETE program, teacher candidates will have access to teaching careers in the K-12 school setting. The PETE program is an accredited program that adheres to the standards outlined by the California Commission on Teacher Credentialing (CCTC) and National Association for Sport and Physical Education (NASPE).

The undergraduate Sport Administration Option prepares students for entry-level careers in the sport industry and graduate studies in Sport Administration. Students learn a combination of skills related to sport and undergo a strategic career analysis, evaluate their marketability within the sport industry, learn how to differentiate themselves from the competition, network with leading sport personnel and organizations, and develop a career plan and resume -- all while gaining essential hands-on sport industry experience.
Obtaining a **Master of Arts** is a very effective strategy for career advancement. At the master's level, the Department of Kinesiology offers options in Exercise Science, Sports Administration, and Sport Psychology, and curricular emphases in physical education. There are 13 graduate faculty members in the department. The exercise science and sport psychology labs are fully equipped with research-standard technology. Graduates of this program have achieved remarkable success in professional careers as well as in doctoral programs in prestigious universities.

A degree in kinesiology can lead to very bright career prospects in health care, sports and athletics, education, and other professional avocations.

**Activity Classes**

The activity program is dynamic, diverse, rewarding, and fun. The focus is on quality experiences in fitness, skill, and personal development. Activity courses are offered in aquatics, dance, individual activities, and team sports. These courses are open to all students, and as many as 8 units of activity classes can be counted toward graduation (12 units for kinesiology majors).

**Facilities**

The facilities include a gymnasium; 12 tennis courts; a mat/gymnastics facility; a weight/cardio room; two multipurpose/dance rooms; an all-weather track; multi-purpose fields for softball, soccer, football, ultimate Frisbee, and golf; a putting green and associated sand bunkers; a swimming complex; and outdoor basketball courts. Modern, well-equipped instructional and research labs in exercise physiology, biomechanics, sports and exercise psychology, and athletic training are central components of the department.

**REQUIREMENTS**

**Master of Arts Degree Requirements**

The Department of Kinesiology offers advanced study designed to enhance professional competencies in pedagogy (M.A. in Kinesiology), exercise science (Exercise Science Option), sport administration (Sport Administration Option), and sport psychology (Sport Psychology Option). These offerings prepare students for more advanced degrees, applied research, and/or careers in clinical settings, teaching, administration, coaching, or the sport industry.

**Specific requirements.** The Master of Arts degree requires 30 units of advanced coursework, of which there is a common core of 6 units. Dependent on the option, 9-18 units are selected from specified courses, and 3-12 units of electives plus a culminating experience are chosen.

Under the direction of a graduate advisor, each student designs a coherent program within the following framework:

**M.A. in Kinesiology**

**Core (6 units)**
KINES 230 and 231

**Required coursework (9 units)**
With advisement, select from: KINES 241, 242, 244, 261, 262, 263, 264, and 285

**Electives (12 units)**
Any additional KINES 200-level courses or approved outside area courses

**Culminating experience (3-6 units)**
KINES 298, 299, or comprehensive exam and one approved elective

**Total (30 units)**

**Exercise Science Option**

**Core (6 units)**
KINES 230 and 231

**Required coursework (15-21 units)**
With advisement, select from: KINES 222, 232, 233, 234, 237, 238, 265, 285, and 290
Electives (3-6 units)
Any KINES 200-level course or approved outside area course

Culminating experience (3-6 units)
KINES 298, 299, or comprehensive exam plus internship

Total (30 units)

Advising Notes
1. The Master of Arts degree program in Kinesiology assumes undergraduate preparation equivalent to a California State University, Fresno major in kinesiology. Students may be required to take 12-15 prerequisite units.
2. The Department of Kinesiology accepts either the Graduate Record Exam (GRE) or the Miller Analogies Test (MAT) as part of the admission requirements. Please contact the graduate program coordinator within the department for more information.
3. All students must pass a written qualifying exam before advancement to candidacy. The university graduate-level writing skills requirement is met by successful completion of this step. See the graduate coordinator for more information.
4. See also the general graduate requirements listed under the Division of Research and Graduate Studies.

FACULTY

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For faculty phone numbers and e-mail, see the campus directory.

For more on the faculty, see the faculty pages.
The faculty pages are updated by the department or program.