Kinesiology

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Academic Programs

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The Kinesiology Department offers undergraduate and graduate degree programs in Kinesiology. The department also contributes to the general education and elective needs of all students by providing health education, first aid/CPR courses, two upper-division elective courses in GE Area D5 and other sub-disciplines in kinesiology (e.g., biomechanics, exercise physiology, and motor behavior). The curriculum and coursework in the Kinesiology Department is designed to meet the mission of preparing students to be leaders in the fields of physical activity, health, and disease prevention and treatment.

The Kinesiology and Recreation Center complex provides laboratory, research and office space for the Kinesiology Department, and provides access to quality physical activity and sport facilities for students, faculty and staff.

The Kinesiology Department is also home to the STRIDE Center (Solutions through Research in Diet & Exercise). STRIDE is a university-wide, multidisciplinary, translational research center, initiated in 2007 by the Kinesiology Department. The STRIDE center provides students with unique opportunities to contribute to ongoing research and programming.

Undergraduate Program

BS Kinesiology

The BS in Kinesiology is a broad based program offering students training in the multiple sub-disciplines of kinesiology (biomechanics, exercise physiology, health, motor behavior, and sport and exercise psychology/ sociology) based on a common curriculum that incorporates the scientific and clinical knowledge of exercise science and health science in preventive, clinical, commercial fitness, public health and educational settings. Students can elect to follow one of two concentrations: Exercise Science or Health Science. Each concentration provides students with the knowledge, skills and abilities they need to pursue further education or move into a variety of entry level positions in exercise and health sciences. The BS in Kinesiology prepares students for employment or further education in the following areas:

Graduate School Programs: Public Health (MPH), Kinesiology, Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Cardiac Rehabilitation, Exercise Physiology, Chiropractic Medicine, and Counseling. Students may need to complete additional coursework for admission to some graduate and professional degree programs. They should consult with their academic advisor or visit the College of Science and Mathematics Advising Center for more details.

Certifications: Certified Health Education Specialist, American College of Sports Medicine (ACSM) Public Health Physical Activity Specialist, ACSM Health & Fitness Specialist.

Concentrations

Exercise Science

Exercise science professionals lead and demonstrate safe and effective methods of exercise to clients in a variety of settings. Students who complete the Exercise Science Concentration will be prepared to work in a wide range of enterprises that include clinical exercise physiology, cardiac rehabilitation, worksite health promotion and commercial fitness facilities. Completion of this concentration could lead to certification as a Certified Health and Fitness Specialist (ACSM), Clinical Exercise Specialist (ACSM), Certified Strength and Conditioning Specialist (NSCA) and Exercise Physiologist-Certified (ASEP).

Health Science

Students who complete the Health Science Concentration will be prepared for employment in a wide variety of health related careers, located in public health (state, city, county), corporate, schools, non-profit and government settings. Possible job titles include: Public (city, county, state) Health Promotion Program Coordinator, Public/Community Health Educator, Health and Wellness Manager, Tobacco Control Programs, Obesity/Diabetes Prevention Coordinator. Public Health Information Officer, and Public Health Physical Activity Specialist. Corporate: Worksite Health Promotion Specialist, Wellness Care Managers (in Health Insurance Companies), Personal Trainer, and Health & Fitness Specialist. Schools: College/University Health Educator. Non-Profit: Fitness Manager, Health Screening Specialist and Lifestyle Coach. Government (city, county, state) Public Health Educator, Web-Based Health Informatics and Military Wellness Center Manager.

Graduate Program

Master of Science Degree in Kinesiology

General Characteristics

The degree program offers advanced study in kinesiology to prepare graduates to enter occupations that may require training beyond the bachelor’s degree. The program is designed to strengthen the breadth and depth of the student’s academic preparation in kinesiology and its sub-disciplines and improve competence for: a) positions in corporate/commercial, community, non-profit or government exercise and health promotion programs, b) teaching physical education, health or exercise science at the community college level, c) positions in obesity, diabetes and heart disease prevention in community, clinical or rehabilitative health care settings, d) independent research in the field of emphasis, and e) continued graduate study at doctoral granting institutions.

Two program options are available:

Thesis Option: 39 units of graduate committee approved coursework, 6 units of thesis research/project design, and successful completion of an oral defense of the thesis/project.

Non-Thesis Option: 45 units of graduate committee approved coursework and a comprehensive examination.

Most kinesiology graduate courses are offered every other year on a rotational basis. Students admitted with classified graduate standing can typically complete the program within two academic years.
Applications to the program are currently accepted every quarter; however, a fall quarter entry is best for optimal progression toward completion of the degree.

**Prerequisites**

Applicants to the program must have a bachelor’s degree from an accredited institution with a minimum grade point average of 3.0 in the last 90-quarter units. Letters of recommendation from persons knowledgeable about the applicant’s academic achievement and potential as a graduate student are required.

**Classified Graduate Standing**

For admission to the program with classified graduate standing, the applicant must have an undergraduate degree in kinesiology or the equivalent academic preparation as determined by the coordinator of the kinesiology graduate program. Applicants with a grade point average below the required 3.0 and an undergraduate degree in kinesiology may appeal to the graduate coordinator to be “conditionally” accepted. This procedure involves a review process and a specified contract to be successfully completed before admission to classified graduate standing. Special attention is focused upon student performance in undergraduate science and kinesiology coursework for applicants with a GPA below 3.0 requesting to be conditionally accepted.

**Conditionally Classified Graduate Standing**

Applicants to the program without an undergraduate degree in kinesiology or closely related academic preparation may be admitted to the program with conditionally classified graduate standing. Applicants with undergraduate deficiencies must remove these deficiencies through coursework or examination before Advancement to Candidacy and may complete this coursework while enrolled as a graduate student at Cal Poly.

Information regarding specific coursework prerequisites and application procedures for admission to the kinesiology master of science program is available on the department website at http://kinesiology.calpoly.edu or from the graduate program coordinator.

**Advancement to Candidacy**

For Advancement to Candidacy a student shall have:

- successfully completed all conditionally classified requirements
- successfully completed the Graduation Writing Requirement
- filed a formal study plan
- maintained a minimum 3.0 GPA for all course work completed on the formal study plan

**Requirements for the Degree**

The formal study plan must include 45 units of graduate committee approved coursework. The approved coursework on the formal study plan is designed to prepare the student to achieve his/her stated career objective. At least 30 of the units must be completed at the 500 level in Kinesiology.

All candidates must meet the current Graduation Writing Requirement.

Each candidate must successfully complete a comprehensive examination before the degree is granted. The examination can take one of two forms: (1) those students following the thesis option must successfully defend the thesis or project in an oral examination, or (2) those students following the non-thesis option must pass a comprehensive examination dealing with current general knowledge in the discipline of kinesiology and the application of coursework taken on the formal study plan.

*If the degree requirements are not completed within 7 years, the student will need to complete additional requirements as determined by the graduate committee. See the catalog for “Time Limit for Degree” for more information.*

Up to 15 units may be taken in 400/500-level courses outside of the Kinesiology Department with graduate committee approval provided these courses were not required as part of the undergraduate degree program. Only 12 units of 400-level kinesiology courses may be put on the formal study plan.

At least 32 units must be completed in residence and no more than 9 units of graduate committee approved extension courses may be included on the formal study plan.