Kinesiology
In the School of Exercise and Nutritional Sciences
In the College of Health and Human Services

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Faculty
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Associateships and Assistantships
Graduate teaching associateships are available for a limited number of qualified students. These provide essential education, technical training, and creative experience necessary for future professional and scholarly activity or college-level teaching. Graduate assistantships are also available in some cases to aid faculty research. Application blanks and additional information on graduate programs may be obtained from the School of Exercise and Nutritional Sciences Web site at http://ens.sdsu.edu.

General Information
The School of Exercise and Nutritional Sciences offers graduate study leading to the Master of Arts degree in kinesiology.

The Master of Arts degree permits the selection, under advisement, of a program of study which may be oriented either towards a generalist approach or with a specialization in one of two areas. This program is appropriate for individuals who require a broad theoretical foundation that might be applied to teaching, coaching, and administration in fields that involve the acquisition of gross motor skills and the enhancement of physical activity and/or fitness. The generalist program allows students to combine courses that best fit their interests. The two areas of specialization offered by the school are Specialization in Exercise and Sport Psychology and Specialization in Rehabilitation Science. Each has a strong theoretical component that provides a basis for students who seek employment in the academic, public, or private sectors, or who intend to pursue a doctoral degree within the area of specialization.

The faculty includes researchers who are professionally active in each of the areas of specialization. The school also has several clinical facilities that provide the opportunity for students and faculty to work with students, patients and subjects. In addition, facilities for biomechanics, motor control, teaching and coaching, and kinesanthropometry are available for teaching and for student and faculty research. A variety of other health and education-related projects are routinely conducted in conjunction with local educational and medical institutions.

Master of Arts Degree in Kinesiology
Admission to Graduate Study
Students will be admitted to the graduate program in kinesiology only after careful consideration of their qualifications by the kinesiology graduate adviser.

Students will be admitted in fall semester, only. Submit applications no later than February 1 for the fall semester.

All students must satisfy the general requirements for admission to the university with classified graduate standing as described in Part Two of this bulletin. In addition, a student applying for admission to the graduate program in kinesiology must meet the following requirements:

1. A bachelor’s degree in kinesiology. Applicants who do not have an undergraduate major in kinesiology may be admitted to conditionally classified graduate standing on the recommendation of the graduate adviser of the school. They will be required to complete the minimum requirements for an undergraduate major in kinesiology (i.e. up to 18 units of upper division exercise and nutritional sciences coursework) in addition to the minimum of 30 units required for the master’s degree.

2. A grade point average of not less than 3.0 in the last 60 units attempted.

3. A minimum score of 475 (old GRE score) or 151 (new GRE score) on the verbal and 475 (old GRE score) or 142 (new GRE score) on the quantitative sections of the GRE General Aptitude Test.

Students applying for admission should electronically submit the university application available at http://www.csumentor.edu along with the $55 application fee.

All applicants must submit admissions materials separately to SDSU Graduate Admissions and to the School of Exercise and Nutritional Sciences.

Graduate Admissions
The following materials should be submitted as a complete package directly to:

- Graduate Admissions
- Enrollment Services
- San Diego State University
- San Diego, CA 92182-7416

(1) Official transcripts (in sealed envelopes) from all postsecondary institutions attended;

Note:
- Students who attended SDSU need only submit transcripts for work completed since last attendance.
- Students with international coursework must submit both the official transcript and proof of degree. If documents are in a language other than English, they must be accompanied by a certified English translation.

(2) GRE scores (http://www.ets.org, SDSU institution code 4682);

(3) English language score, if medium of instruction was in a language other than English (http://www.ets.org, SDSU institution code 4682).

School of Exercise and Nutritional Sciences
The following materials should be submitted by October 1 for admission for the spring semester and February 1 for the fall semester to:

- School of Exercise and Nutritional Sciences (Attention: Graduate Adviser)
- San Diego State University
- 5500 Campanile Drive
- San Diego, CA 92182-7251

(1) Two letters of recommendation;

(2) Statement of purpose (1-2 pages describing applicant’s background, research interests/experiences, and goals).
Advancement to Candidacy

All students must satisfy the general requirements for advancement to candidacy, as described in Part Four of this bulletin.

Specific Requirements for the Master of Arts Degree

(Major Code: 08351) (SIMS Code: 556535)

In addition to meeting the requirements for classified graduate standing the student must satisfy the basic requirements for the master’s degree, described in Part Four of this bulletin. The 30-unit program includes a minimum of 21 units in exercise and nutritional sciences selected from courses acceptable in master’s degree programs in kinesiology, of which at least 18 units must be in 600- and 700-numbered courses. Also, students can complete their degree by choosing either Plan A or Plan B. If students select Plan A, Exercise and Nutritional Sciences 799A (thesis) is required for completion of their degree, accompanied by a final oral examination on the field of the thesis/project and on the implications of the thesis research for the broader field of kinesiology. If students select Plan B, Exercise and Nutritional Sciences 790 (Directed Readings) is required for completion of the degree.

Students seeking a Master of Arts degree in kinesiology with a specialization in rehabilitation science are required to develop a formal plan of study that must be approved by the graduate adviser before being forwarded to the Division of Graduate Affairs. Students are required to take mandated core courses and select a number of electives. The offerings in a specialization allow a student to achieve a certain competencies once the degree has been completed.

The generalist program allows students to combine courses that best fit their interests. The school graduate coordinator counsels students in the general degree program before suggesting a program adviser. Students are required to take mandated core courses and select a number of electives. The offerings in a specialization allow a student to identify certain curricula and competencies that have been achieved once the degree has been completed.

The school expects a student to complete the degree within seven years. Failure to complete the degree requirements within seven years will result in dismissal from the program.

Specialization in Exercise and Sport Psychology

(SIMS Code: 556581)

Admission currently suspended for the Specialization in Exercise and Sport Psychology

Students take coursework that develops a knowledge base for the application of psychology in exercise and sports settings. Students with previous experience in coaching, health or fitness settings, or psychology will find the program of particular interest. (NOTE: Only fall semester admissions are accepted with a February 1 deadline.)

Required courses for the 30-unit program:

**Plan A**

- ENS 799A Thesis (3) Cr/NC/RP

or **Plan B**

- ENS 790 Seminar in Directed Readings (3) Cr/NC

Specialization in Rehabilitation Science

(SIMS Code: 556542)

Application of principles of biomechanics, motor control, and athletic training to science of physical rehabilitation. Emphasis is placed on techniques of data acquisition and analysis to assess and evaluate motor performance of clinical and non-clinical populations.

Required courses for the 30-unit program:

- ENS 601 Experimental Methods in Exercise and Nutritional Sciences (3)
- ENS 602 Research Evaluation in Exercise and Nutritional Sciences (3)
- ENS 603 Measurement and Evaluation in Exercise and Rehabilitation (3)
- ENS 610 Biomechanics: Measurement Techniques I – Kinematics (3)
- ENS 611 Biomechanics: Measurement Techniques II – Kinetics (3)
- ENS 612 Biomechanics: Measurement Techniques III – EMG (3)
- ENS 613 Motor Control and Rehabilitation Science (3)

Electives: Six units to be selected in consultation with a specialization adviser.

**Plan A**

- ENS 799A Thesis (3) Cr/NC/RP

or **Plan B**

- ENS 790 Seminar in Directed Readings (3) Cr/NC

Courses Acceptable on Master’s Degree Programs in Kinesiology (ENS)

Refer to Courses and Curricula and Regulations of the Division of Graduate Affairs sections of this bulletin for explanation of the course numbering system, unit or credit hour, prerequisites, and related information.

UPPER DIVISION COURSES

**ENS 500. Seminar in Neurophysiological and Mechanical Bases of Therapeutic Exercise (3)**

Prerequisites: Exercise and Nutritional Sciences 365, 463, 463L. Mechanical and neurophysiological framework for therapeutic exercise interventions. Applications to clinical practice.

**ENS 596. Selected Topics in Exercise and Nutritional Sciences (1-3)**

Selected topics in exercise and nutritional sciences. May be repeated with new content and approval of instructor. See Class Schedule for specific content. Limit of nine units of any combination of 296, 496, 596 courses applicable to a bachelor’s degree. Maximum credit of six units of 596 applicable to a bachelor’s degree. Credit for 596 and 696 applicable to a master’s degree with approval of the graduate adviser.

GRADUATE COURSES

**ENS 601. Experimental Methods in Exercise and Nutritional Sciences (3)**

Prerequisite: Undergraduate statistics course. Experimental methods in exercise and nutritional science.

**ENS 602. Research Evaluation in Exercise and Nutritional Sciences (3)**

Prerequisite: Exercise and Nutritional Sciences 601. Techniques in designing, conducting, and reporting research in exercise and nutritional science. Qualitative and quantitative paradigms examined. Ethical consideration of human research.
ENS 603. Measurement and Evaluation in Exercise and Rehabilitation (3)
Prerequisites: Exercise and Nutritional Sciences 305 and Statistics 119.
Measurement theory and practice as applied to exercise and rehabilitation. Interpretation of measures used in physical medicine and rehabilitation contexts.

ENS 610. Biomechanics: Measurement Techniques I—Kinematics (3)
Prerequisites: Exercise and Nutritional Sciences 306 and 603.
Kinematic analysis of human movement using videography, electrogoniometry, and accelerometry with automated data reduction techniques typically used in study of pathomechanics.

ENS 611. Biomechanics: Measurement Techniques II—Kinetics (3)
Prerequisites: Exercise and Nutritional Sciences 306 and 603.
Kinetic analysis of human movement using clinical tools and laboratory devices to measure loads and forces applied to body under typical and pathological conditions.

ENS 612. Biomechanics: Measurement Techniques III—EMG (3)
Prerequisites: Exercise and Nutritional Sciences 306 and 603.
Tissue structure, neurological function, and muscular performance of typical and pathological human movement.

ENS 613. Motor Control and Rehabilitation Science (3)
Prerequisites: Exercise and Nutritional Sciences 307 and 603.
Human movement in clinical and non-clinical populations using principles of motor control.

ENS 671. Seminar in Advanced Sport and Exercise Psychology (3)
Prerequisite: Exercise and Nutritional Sciences 461.
Research and theory of psychological behavior in sport and physical activity. Theoretical models, research issues, and applications.

ENS 684. Behavior Change in Sport and Exercise (3)
Prerequisite: Exercise and Nutritional Sciences 307.
Principles and applications of operant psychology to the development and maintenance of behavior in physical education and sport environments. Behavioral techniques to manage and motivate learners in diverse physical activity settings.

ENS 687. Exercise Psychology: From Theory to Practice (3)
Prerequisites: Graduate standing in kinesiology or related field. Exercise and Nutritional Sciences 461 and credit or concurrent registration in Exercise and Nutritional Sciences 601.
Psychological concepts, principles and theories for understanding determinants and consequences of exercise and physical activity. Emphasis on application concepts in exercise settings. Evaluation of interventions to increase physical activity in different settings.

ENS 689. Applied Psychology for Superior Performance (3)
Prerequisite: Exercise and Nutritional Sciences 671.
Psychological factors for preparing superior athletes to compete, with particular emphasis on the day of competition.

ENS 696. Advanced Topics in Exercise and Nutritional Sciences (3)
Intensive study in specific areas of exercise and nutritional sciences. May be repeated with new content. See Class Schedule for specific content. Credit for 596 and 696 applicable to a master's degree with approval of the graduate adviser.

ENS 790. Seminar in Directed Readings (3) Cr/NC
Prerequisites: Credit or concurrent registration in Exercise and Nutritional Sciences 602 and advancement to candidacy.
Preparation for comprehensive examination for students pursuing either an M.A. or an M.S. degree under Plan B.

ENS 793. Sport Psychology and Pedagogy Internship (1-3) Cr/NC
Three hours of supervision per unit.
Prerequisites: Exercise and Nutritional Sciences 684, 689, and consent of instructor.
Supervised field work involving assessment and evaluation of psychological and pedagogical variables in sport, physical education, fitness, and health settings. Maximum credit six units, three units applicable to a master’s degree.

ENS 798. Special Study (1-3) Cr/NC/RP
Prerequisite: Consent of department chair.
Individual study. Maximum credit six units applicable to a master’s degree.

ENS 799A. Thesis or Project (3) Cr/NC/RP
Prerequisites: An officially appointed thesis committee and advancement to candidacy.
Preparation of a project or thesis for the master's degree.

ENS 799B. Thesis Extension (0) Cr/NC
Prerequisite: Prior registration in Thesis or Project 799A with an assigned grade symbol of RP.
Registration required in any semester or term following assignment of RP in Course 799A in which the student expects to use the facilities and resources of the university; also student must be registered in the course when the completed thesis or project is granted final approval.

ENS 799C. Comprehensive Examination Extension (0) Cr/NC
Prerequisite: Completion or concurrent enrollment in degree program courses.
Registration required of students whose only requirement is completion of the comprehensive examination for the master’s degree. Registration in 799C limited to two semesters.