

Department of Kinesiology



**San Francisco State University
Graduate Program Handbook
2009-2010**

Beginning Classes Your First Semester

Last Updated: 11/6/2009

There are, of course, numerous details required of students when beginning a new program of study, sometimes at a new University. Among these are the following:

- Obtaining a Student ID card. The SFSU student identification card is called the OneCard and it is used to get books from the Library, make copies (money can be added and then monitored through the magnetic strip capability of the card). Currently, all cards are being replaced since the University is changing from Social Security Numbers to identify numbers. More information can be obtained from <http://fiscaff.sfsu.edu/Onecard/index.htm> . The SFSU OneCard Office is located in SSC 103. The phone number is 415-338-3619 and the email address is onecard@sfsu.edu . To get your OneCard, go to SSC 103 and bring a photo ID card with you.
- My SFSU. MySFSU is a SFSU service which provides access to registration, fee payment, and other services for each student. At this site, a student can find their priority registration date, their grades, the fees they owe as well as numerous other services. It can be accessed from the SFSU home page (<http://www.sfsu.edu>) or directly, at <https://www.sfsu.edu/online/login.htm> .
- How to Pay Fees. Fees must be paid prior to registration. The process for doing that is available at <http://www.sfsu.edu/~bursar/Feepayment/index.htm> .

• How to Register for Classes.

Information on how to register for classes (either on the phone or over the Web) is at <http://www.sfsu.edu/~admisrec/reg/ttreg.html>. Students should check their MySFSU account on the web to determine their priority registration date and time—use your priority time and date! Remember—it's always good to talk with an advisor prior to registering for classes!

University Resources

- For students who find themselves needing assistance, San Francisco State University have numerous resources. These include the following:
- The J. Paul Leonard Library (<http://www.library.sfsu.edu/>) with its numerous traditional and online resources. During the course of your studies, you will hear research librarians speak to your classes about using resources such as electronic databases (<http://www.library.sfsu.edu/eresource/choosedb.html>), reference materials in the Library (<http://www.library.sfsu.edu/instruction/instruction.html>) and the computer and media laboratories within the Library as well as books and periodicals (<http://opac.sfsu.edu/> leads to the online catalog Investigator).
- The Learning Assistance Center (<http://www.sfsu.edu/~lac/>) provides tutoring and referrals to academic resources. The LAC offers scheduled weekly appointments, 50 minute-sessions that are scheduled in advance. The sessions take place every week at the same time with the same tutor. Limited drop-in tutoring is also available. The LAC is located in HSS 348 (phone 415-338-1993).
- One resource for career planning is at the University's Career Center (<http://www.sfsu.edu/~career/>), located in SS 206. They provide numerous job fairs throughout the year and conduct workshops on writing resumes and interviewing. They have numerous files on potential jobs and they schedule some interview opportunities.

Disabilities Accommodations

San Francisco State University has an outstanding Disability Programs and Resource Center (<http://www.sfsu.edu/~dprc/announce.html>). Students with mobility, hearing, visual, communication, psychological, systemic (HIV/AIDS, environmental

illness, etc.), and learning disabilities are encouraged to seek out the excellent counselors and resources available at DPRC.

Other Important Campus Offices:

- Graduate Division GradStop: The Graduate Division one stop site is called the GradStop and it is located in ADM 253; their website is at <http://www.sfsu.edu/~gradstdy/>.
- Student Services One Stop: The Student Services One Stop Student Services office is located in the lobby of the Student Services Building (next to the Lot 20 parking deck). Their website is at <http://www.sfsu.edu/~puboff/onestop.htm>.

Communicating With the Department of Kinesiology

Department contact information is as follows:

- Email: kinesiolo@sfsu.edu
- Website: <http://www.sfsu.edu/~kinweb/>
- Phone: 415-338-2244
- Fax: 415-338-7566
- Mailing Address: Department of Kinesiology (Gym 101), San Francisco State University, 1600 Holloway Avenue, San Francisco, CA 94132

The Program considers its website its virtual bulletin board and it is kept up-to-date with announcements, important deadlines for students to know, and other information. All important Program documents (strategic plan, policies, student handbooks) are also available online on our website.

Faculty office hours are provided on syllabi, on individual websites, and on a list available in the Department office.

The Department of Kinesiology keeps email and mailing address listings for our students separate from those of the University. Therefore, it is CRUCIAL that students inform the Department office when either their email or mailing address changes. Only when this occurs can the Program keep students up to date about any changes or needed information.

Ethics and Honesty in the Program

The Department of Kinesiology at San Francisco State University expects ethical and honest behavior in its students, faculty and staff. The Program maintains a zero tolerance policy towards cheating, plagiarism or any other form of academic dishonesty. "Plagiarism, defined broadly, is the presentation of another's words and/or ideas as one's own without attributing the proper source. It is grounds not only for failure of a given piece of work, which could result in failure for the entire course, it could also result in being reported to the administrative body responsible for student conduct violations and being subject to disciplinary action, which includes expulsion, suspension, and/or probation." "The Program regards any form of cheating including plagiarism as a serious matter of academic dishonesty which threatens the integrity of the assessment process and award of grades and/or the degree, to the detriment of all other students and graduates of the University."

Faculty	
Abraham, Allen Professor & Associate Chair (Undergraduate Advising Coordinator)	Specialization: Motor Learning Phone: (415) 338-2705 E-mail: aabraham@sfsu.edu Office: Gym 137
Anderson, David (<i>on leave as of Fall 2009</i>) Department Chair and Professor	Specialization: Motor Behavior Phone: (415) 338-1671 E-mail: danders@sfsu.edu
Gorelick, Mark Assistant Professor	Specialization: Exercise Physiology and Biomechanics Phone: (415) 338-1671 E-mail: gorelick@sfsu.edu Office: Gym 124
Guedes, Claudia Assistant Professor	Specialization: Pedagogy Phone: 415-338-2160 E-mail: cguedes@sfsu.edu Web: http://online.sfsu.edu/~cguedes/ Office: Gym 136
Hamel, Kate Associate Professor	Specialization: Biomechanics Phone: 415-338-2186 E-mail: hamelk@sfsu.edu Office: Gym 138
Kern, Marialice Professor, Chair	Specialization: Exercise Physiology Phone: (415) 338-2244 E-mail: mkern@sfsu.edu Office: Gym 101
Kim, Mi-Sook Associate Professor	Specialization: Sport and Exercise Psychology Phone: (415) 338-1491 E-mail: kimms@sfsu.edu Web: http://userwww.sfsu.edu/~kimms/ Office: Gym 143
Lee, Matthew Associate Professor	Specialization: Exercise Physiology Phone: (415) 338-2182 E-mail: cmlee@sfsu.edu Web: http://userwww.sfsu.edu/~cmlee/ Office: Gym 131
Tindall, Daniel (<i>on leave as of Fall 2009</i>) Assistant Professor	Specialization: Pedagogy Phone: (415) 338-3882 E-mail: dtindall@sfsu.edu
Schleihauf, Bob Professor	Specialization: Biomechanics Phone: (415) 338-1995 E-mail: biomech@sfsu.edu Web: http://userwww.sfsu.edu/~biomech Web: http://www.kavideo.sfsu.edu/ Office: Gym 127
Summerford, Tina Professor	Specialization: Adapted PE Phone: (415) 338-1559 E-mail: summer@sfsu.edu Office: Gym 128
Verducci, Frank Professor	Specialization: Assessment and Research Methodology Phone: (415) 338-2280 E-mail: verducci@sfsu.edu Office: Gym 132
Wallace, Stephen Professor	Specialization: Motor Learning and Control Phone: (415) 338-6984 Web: http://steve-wallace.pageout.net E-mail: saw@sfsu.edu Office: Gym 126
Walsh, Dave Associate Professor	Specialization: At-Risk Youth Development Phone: (415) 338-7856 E-mail: dwalsh@sfsu.edu Web: http://userwww.sfsu.edu/~dwalsh Office: Gym 141
Zieff, Susan Professor	Specialization: Socio-Cultural, History/Philosophy Phone: (415) 338-6574 E-mail: susangz@sfsu.edu Office: Gym 138

GOALS AND OBJECTIVES OF THE GRADUATE PROGRAM

The main objective of the Graduate Program in Kinesiology is to advance students' understanding of the relationships between and among movement, exercise, and skill, in the contexts of development, learning, rehabilitation, and training. Within the program, professionals in movement-related fields such as physical and occupational therapists, teachers, coaches, specialists in exercise and fitness, and others whose primary interests are in human movement -- study movement and exercise processes within a framework emphasizing the clinical and practical implications of theory and research.

The focus of the curriculum is on the physiological, biomechanical, and behavioral bases of movement. The core courses in the curriculum provide training in research methodology from multiple perspectives. Students then proceed to an in-depth study of problems related to exercise and fitness and motor skill and/or development in the contexts of activities of daily living, play, games sport, and other forms of human motor behavior. Graduate students exit the program with very strong theoretical and problem solving skills and knowledge of the study of exercise science, movement science, and physical activity from social science perspectives.

Laboratories and Special Programs:

Exercise Physiology	338-1399	Gym 111	cmlee@sfsu.edu mkern@sfsu.edu
Graduate Room	405-0303	Gym 133	
Kinesiology Student Association	405-0303	Gym 101	sfksa@sfsu.edu
Movement Analysis	338-3432	Gym 112	biomech@sfsu.edu
Motor Behavior	338-2861	Gym 100b	saw@sfsu.edu
P.A.C.E (Physical Activity, Culture and Education)	338-6574	Gym 144	susangz@sfsu.edu
M.A.R.E.Y Lab (Movement Analysis Research Elderly to Young Lab)	338-3921	Gym 150	hamelk@sfsu.edu

Joining Your Professional Association

Joining a professional association is important in the development of a professional in any field.

Here are some selected professional organizations you can join. Please ask your advisor about other, appropriate organizations that fit your needs and interests.

American Alliance for Health, Physical Education, Recreation and Dance - <http://www.aahperd.org/>

American College of Sports Medicine <http://www.acsm.org/>

American Educational Research Association - <http://www.aera.net/>

American Academy of Kinesiology and Physical Education - <http://www.aakpe.org/>

National Collegiate Athletics Association - <http://www.ncaa.org/>

American Occupational Therapy Association www.aota.org

American Physical Therapy Association www.apta.org

California Association of Health, P.E., Rec. & Dance <http://www.cahperd.org/index.html>

American Psychological Association - <http://www.apa.org/>

American Psychological Society - <http://www.psychologicalscience.org/>

Motor Behavior and Biomechanics

American Academy of Pediatrics <http://www.aap.org/>

American Geriatric Society <http://www.americangeriatrics.org/>

American Occupational Therapy Association <http://www.aota.org/>

American Physical Therapy Association <http://www.apta.org/>

American Society of Biomechanics <http://www.asbweb.org/>

Australian Council for Health, Physical Education and Recreation <http://www.achper.org.au/>

Canadian Society for Psychomotor Learning and Sport Psychology <http://www.scapps.org/>

Centers for Disease control <http://www.cdc.gov/>

International Society for the Study of Behavioral Development <http://www.issbd.org/>

International Society on Infant Studies <http://www.isisweb.org/>

National Association for Sport and Physical Education <http://www.aahperd.org/naspe/template.cfm>

Society for Neuroscience <http://web.sfn.org/>

Society for Research in Child Development <http://www.srcd.org/>

The Gerontological Society of America <http://www.geron.org/>

American Society of Biomechanics: www.asbweb.org

International Society of Biomechanics: www.isbweb.org

International Society of Posture and Gait Research www.ispgr.org

International Society of Biomechanics in Sports www.twu.edu/biom/isbs/

Exercise Physiology

Southwest Chapter of ACSM (SWACSM): <http://www.swacsm.org/>

National Strength and Conditioning Association (NSCA): <http://www.nasca-lift.org/>

Fitness Personnel and Enthusiasts www.ideafit.com

National Athletic Training Association www.nata.org/

Physical Education and Adapted PE

American Dance Therapy Association: www.adta.org

American Occupational Therapy Association: www.aota.org

American Physical Therapy Association: www.apta.org

American Therapeutic Recreation Association: www.atra.org

American Speech-Language-Hearing Association: www.asha.org

Socio-Cultural Basis

NASSS (North American Society for the Sociology of Sport): <http://www.nasss.org/>

International Committee for the Sociology of Sport: <http://www.issa.otago.ac.nz>

North American Society for Sport History (www.nassh.org).

International Society for the

Sport and Exercise Psychology

Association for Advancement of Applied Sport Psychology (AAASP) - www.aaasponline.org

APA Division 47 - <http://www.psyc.unt.edu/apadiv47/>

International Olympic Committee - <http://www.olympic.org/flat/index.html>

International Society of Sport Psychology - <http://www.issponline.org/>

North American Society for Psychology of Sport and Physical Activity - <http://www.naspspa.org>

BEGINNING THE PROGRAM

First Steps When Beginning the M.S. Degree in Kinesiology

There are several things to do when first beginning the M.S. degree program at San Francisco State University. They are:

1. Complete form sent to you stating whether or not you will be attending San Francisco State University.
2. Meet with an advisor to discuss the choice of first courses; these typically include Kin 710. (Discuss any pre-requisites you have to fill with your advisor).
3. Purchase the SFSU Bulletin corresponding to your first year of classes (i.e., the 2009-2010 Bulletin for those who are admitted in the Fall of 2009). This Bulletin will contain the requirements that will follow you throughout your academic career at San Francisco State University. The

Bulletin is also available on line at <http://www.sfsu.edu/~bulletin/current/bull-tc.htm>.

4. Register for classes after fulfilling University requirements (any required inoculations, forms, and paying fees).

Initial Course Selection

- The Department of Kinesiology recommends that Kin 710: Research in Kinesiology be taken in a student's first semester of classes in the Program. This serves several purposes:
- The number of courses a student takes should be determined in relation to the number of hours they are working each week. A full-time graduate student is considered one who takes 9 units. It is most important to the faculty that students have a good experience in the program, particularly during the first semester. Therefore, we caution against taking too many units and warn students that graduate school is unlike undergraduate school.
- The expectation is that students will spend from 1 to 4 hours outside of the classroom for every hour within the classroom.
- We encourage students to see an advisor when first admitted to help determine initial course selection.

ADMISSION REQUIREMENTS

Admission to the Program: A minimum undergraduate GPA of 2.75 in the last 60 units will be required for admission to the M.S. program. In addition, the following specific criteria must be met depending on the concentration to which the student applies.

A minimum score of 4.0 on the GRE writing component is required for admission. International students must achieve a minimum score of 600 on the TOEFL (or 250 on the computerized TOEFL). The TOEFL standard must be completed prior to admission to the graduate program.

The student may be conditionally admitted pending:

■	Completion of the required entry courses and/or the minimum 24-unit undergraduate equivalency.
■	Other circumstances.

Students conditionally admitted may not count more than six units of work taken prior to achieving classified status as part of their Graduate Approved Program for the degree. Upon admission, the Department sends a letter to the candidate containing the name of the assigned advisor and classification conditions.

Exercise Physiology Concentration: Minimum GPA of 3.0 in the following courses: human anatomy, human physiology, exercise physiology, and statistics.

Movement Science Concentration: Minimum GPA of 3.0 in the following courses: human anatomy, human physiology, biomechanics, motor learning, and statistics.

Physical Activity: Social Scientific Perspectives Concentration: Minimum GPA of 3.0 in three of the following or equivalent courses: youth development; sport/exercise psychology; cultural/sociological perspectives of physical activity; motor learning; and motor development. Consult with a graduate advisor to determine if additional courses are needed. Students who have completed or are currently enrolled in a credential program are also eligible and encouraged to apply for admission.

Written English Proficiency Requirement: There are two levels of literacy examinations required by the University.

Level One: The Kinesiology Department requires a minimum of 4.0 on the writing component of the GRE.

Level Two: The second level assessment of literacy proficiency occurs through the written thesis or master's project. For students who choose one of the non-thesis options, the second level will be satisfied by completion of a course selected with the advisor.

M.S. Graduate Curriculum

Core Requirements 9 units

Kin 710 Research in Kinesiology (3 units)
Kin 715 Research Designs and Analysis (3 units)
Kin 795 Seminar in Kinesiology (3 units)

Concentration in Exercise Physiology (15 units)

Elective (3 units)
Kin 740 Advanced Exercise Metabolism (3 units)
Kin 742 Exercise and CV Dynamics (3 units)
Kin 746 Clinical Exercise Physiology (3 units)
Kin 756 Exercise Electrocardiography (3 units)

Concentration in Movement Science (15 units)

Kin 730 Advanced Biomechanics (3 units)
Kin 733 Motor Learning (3 units)
Kin 736 Neuromotor Control (3 units)
Elective (3 units)
Kin 763 Motivation and Performance (3 units)

Physical Activity: Social Scientific Perspectives (15 units)

Kin 734 Physical Activity for Underserved Youth (3 units)
Kin 763 Motivation and Performance (3 units)
Kin 766 Sociocultural Bases of PA (3 units)
Electives taken upon approval of advisor (6 units)

Credential Students:

Kin 750 and Kin 751 should be used instead of electives (6 units)

Culminating Experience (6 units)

Thesis: Kin 897 and Kin 898 (3 units)
Independent Research in Kin Master's Thesis (3 units)
OR
Master's Project: Kin 895 and Elective (3 units)
Master's Project in Kinesiology 3 Elective (3 units)

Kinesiology 899 (Special Study)

Students selecting the Master's project or comprehensive exam options may select a maximum of 6 units of Kin 899 as elective units. Student's preparing a Master's thesis may take 3 elective units of Kin 899.

Minimum Total for Master's Degree (30 units)

For more information contact:
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Department of Kinesiology, CHHS
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San Francisco, CA 94132
Phone: (415) 338-2244
Fax: (415) 338-7566
e-mail: mkern@sfsu.edu

Advisor Assignments:

Exercise Physiology:

Dr. Marialice Kern (mkern@sfsu.edu; 338-2244)

Dr. Matt Lee (cmlee@sfsu.edu ; 338-2182)

Dr. Mark Gorelick (gorelick@sfsu.edu ; 338-1671)

Movement Science:

Dr. Kate Hamel (hamelk@sfsu.edu; 338-2186)

Dr. Bob Schleihauf (biomech@sfsue.du; 338-1995)

Dr. Steve Wallace (saw@sfsu.edu; 338-6984)

Physical Activity: Social Scientific Perspectives:

Dr. Claudia Guedes (cguedes@sfsu.edu; 338-2160)

Dr. Mi-Sook Kim (kimms@sfsu.edu; 338-1491)

Dr. Dave Walsh (dwalsh@sfsu.edu; 338-7856)

Dr. Susan Zieff (susangz@sfsu.edu; 338-6574)

GRADUATING WITH YOUR M.S.

Steps to Graduation

There is a clear path to graduation, made even clearer by repeatedly seeking out advising and assistance. The steps include the following:

1. Application for admission and subsequent acceptance.
2. Complete prerequisites, including passing the Graduate Record Exam.
3. Complete core classes with a B average (with no grade lower than a C for an individual course).
4. Select electives with the help of an advisor and complete them with a B average with no grade lower than a C for an individual course).
5. When 6 units are left to complete, complete the GAP (Graduate Approved Program) form, a listing of all courses to be completed for the degree program.
6. The semester prior to graduation, complete the Culminating Experience Form for the Master's Thesis, Master's Project, or the Written Comprehensive Examination so that the Culminating Experience requirement can be completed during that last semester. See sections below for details of this process, including the Thesis prospectus required to be completed and approved the semester before enrolling in the Thesis course.
7. The semester you are due to graduate, file the Application for Graduate Degree with the University's Graduate Division.
8. With the help of your faculty committee, complete the culminating experience requirement during your last semester.
9. Go to Commencement and the Department of Kinesiology graduation ceremony to celebrate!

CULMINATING EXPERIENCE

Master's Thesis: Obtain Thesis Guidelines from the web*, or purchase the guidelines at Rapid Copy (located in JPL Library / \$2.00). Review the Graduate Division website for guidelines and other information:

<http://www.sfsu.edu/~gradstudy/thesis.htm>. As appropriate, review the website of the Committee for the Protection of Human Subjects and complete a protocol following the template. <http://www.sfsu.edu/~protocol/>.

Master's Project: a. Literature Review: extensive overview of research on a narrowly focused topic including analysis of data, methodologies, and theories.

Guidelines for Project (KIN 895, Master Project)

1. Construct a well-defined topic statement about a specific problem or topic in one or more of the sub-disciplines in the field of kinesiology.
2. Conduct a comprehensive search of the academic literature on the selected topic.
3. Examine and analyze the literature from the following perspectives:
 - a. Is the research question appropriately defined and focused;
 - b. Are the selected research methodologies adequate to address the problem;
 - c. Are effective methods of data analysis used;
 - d. How does the research contribute to the current literature;
 - e. What questions are left unanswered? What directions do you recommend for future research?

4. On the basis of the statement defined in #1 above, please select one of the following options:

- a. write a proposal for a grant selected in consultation with your advisor
- b. design a research study
- c. design a program (e.g. intervention, community-based, applied knowledge, etc.)
- d. write a critical, perspectival review of the theories and body of knowledge in the area
- e. write and submit an experiential/process oriented article for publication in a journal (ex: professional) selected in consultation with your advisor
- f. additional options may be available – please consult with your advisor

Comprehensive Examination: Examination questions and preparation to be determined in consultation with an advisor.

The Graduate Division also has a Graduate Guide which is very helpful and every graduate student should review. Go to <http://www.sfsu.edu/~gradstdy/degree-guideline.htm>