DEPARTMENT OF KINESIOLOGY

San Francisco State University
College of Health & Social Sciences
Matt Lee, Ph.D.
Professor & Chair
Outline

• What is Kinesiology?
  • Areas of Study
  • Populations Served
  • Careers

• Academic Programs

• Facilities/Laboratories

• Faculty & Staff

• Getting Involved
  • Student Organization
  • Clubs

• Advising
WHAT IS KINESIOLOGY?
What is Kinesiology?

• **Kinesiology**
  - The study of *movement* and *physical activity* and its impact on health, society, and quality of life *(American Kinesiology Association)*.

• **Physical Activity**
  - Exercising for improvement of health and fitness
  - Engaging in activities of daily living, work, sport, dance, and play
  - Activity involved in skill acquisition
Subdisciplines Within Kinesiology

- Physical Education Teacher Education
- Adapted Physical Activity
- Motor Behavior (Motor Learning, Motor Control)
- Socio-Cultural Analysis of Sport & Physical Activity
- Sport & Exercise Psychology
- Fitness & Youth Program Leadership
- Biomechanics
- Exercise Physiology
- Sports Management
Populations that Kinesiologists Serve

• Healthy adults
• Seniors
• Children
• Athletes
• Physically & mentally challenged
• Individuals with injuries and/or disease
Careers in Kinesiology

- Athletic Trainer
- Cardiac Rehabilitation Specialist
- Community Health Director (e.g., YMCA)
- Healthy Aging Coordinator
- Nurse
- Occupational Therapist
- Physical Education Teacher
- Physical Therapist
- Physician and Physician Assistant
- Sports Coach
- Sports Marketing/Management Professional
- Sports Performance Coach
- Youth Sports Director…and many more!

http://www.americkinesiology.org/
ACADEMIC PROGRAMS
Academic Programs

- Bachelor of Science in Kinesiology
  - Exercise & Movement Science
    - Emphasis in Movement Science
    - Emphasis in Exercise Science
    - Emphasis in Social Science
  - Integrated Teacher Education Program (ITEP) in Physical Education
    - Adapted Physical Education (certificate)

- Minor in Athletic Coaching

- Master of Science in Kinesiology
  - Exercise Physiology
  - Movement Science
  - Physical Activity: Social Scientific Perspectives
Exercise & Movement Sciences

Prerequisites

• BIOL 100 Human Biology (3 units) + BIOL 101 Lab
  OR BIOL 230 Introduction to Biology (5 units)
• MATH 124 Elementary Statistics (3 units)
• Kin 250 Introduction to Kinesiology (3 units)
• BIOL 220 Principles of Human Anatomy (4 units) OR BIOL 328 Human Anatomy (4 units)
• CHEM 101 Survey of Chemistry (3 units) & CHEM 102 lab (1 unit)
  OR CHEM 115 General Chemistry 1 (5 units)

Core Requirements

• KIN 251 Success in Kinesiology (2 units)
• KIN 384GW Research Methods (3 units)
• Kin 457 Culture, Gender and Movement (3 units)
• Kin 480 Anatomical Kinesiology (4 units)
• Kin 482 Exercise Physiology (3 units)
• Kin 486 Motor Learning (3 units)
Concentration Requirements

• Kin 404 Sport & Exercise Psychology (3 units)
• BIOL 212 Principles of Human Physiology (3 units) & BIOL 213 lab (1 unit)
• PHYS 101 Conceptual Physics (3 units) & PHYS 102 lab (1 unit)
  OR PHYS 111 General Physics 1 (3 units) & PHYS 112 lab (1 unit)
• Kin 483 Exercise Physiology Lab (1 unit)
• Kin 485 Biomechanics (3 units)
• Kin Activity (1 unit)
• Kin 697 Research Seminar (2 units) & Kin 698 Senior Research Project (1 unit)
  OR Kin 699 Independent Study (3 units)
  OR Kin 696 Kinesiology Community Internship (3 units)

Emphasis Areas (12 units)

• Movement Science
• Social Science
• Exercise Science
Integrated Teacher Education Program (ITEP) in Physical Education

- Combines a 4-year Physical Education Teaching Education program with teaching credential
- Students will complete the required courses for the major in 3 years and during the 4th year take the courses required for the Physical Education credential
- Speed up time-to-graduation by 6-12 months
- Option to add the Adapted Physical Education authorization to their credential by completing all required courses.
## Integrated Teacher Education Program - ITEP

<table>
<thead>
<tr>
<th>Core Requirements (22 units)</th>
<th>Concentration Requirements (28 units)</th>
<th>Credential Requirements (36 units)</th>
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<tbody>
<tr>
<td>KIN 251 Success in Kinesiology (2 units)</td>
<td>KIN 240 Introduction to Teaching in PE (3 units)</td>
<td>KIN 750 Curriculum &amp; Instruction I: PE (3 units)</td>
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<td>KIN 482 Exercise Physiology (3 units)</td>
<td>KIN 401 Elementary School PE K-5 (3 units)</td>
<td>S ED 720 Literacy Across Content Areas (3 units)</td>
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<td>[16]</td>
<td>[24]</td>
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<tr>
<td>KIN 384 GW Research Methods GWAR (3 units)</td>
<td>KIN 310 Curriculum Model - Youth Development I (3 units)</td>
<td>KIN 751 Curriculum &amp; Instruction II PE (3 units)</td>
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<td>[17]</td>
<td>[20]</td>
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<tr>
<td>KIN 457 Culture, Gender, and Movement (3 units)</td>
<td>KIN 312 Curriculum Model - Youth Development II (3 units)</td>
<td>S ED 751 Classroom Environment &amp; Management (3 units)</td>
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<tr>
<td>KIN 480 Anatomical Kinesiology (4 units)</td>
<td>KIN 314 Theory and Application of Fitness Training (3 units)</td>
<td>S ED 640 Supervised Observation Participation in Public Schools (2 units)</td>
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<td>KIN 331 Peak Performance (3 units)</td>
<td>KIN 580 Instructional Strategies for Middle &amp; High School PE Grades 6-12 (3 units)</td>
<td>S ED 660 Student Teaching - Single Subject (9 units)</td>
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<td>KIN 581 Practicum in Middle &amp; High School PE (1 unit)</td>
<td>S ED 701 Teaching for Equity in Secondary Schools (3 units)</td>
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<td>S ED 800 Adolescent Development (3 units) [24]</td>
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Kinesiology Scholars Program

- For motivated undergraduate students who complete both Bachelor’s and Master’s of Science degrees in a shortened timeframe (5-5 ½ years)
  - Apply after first semester of junior year
  - Receive specialized advising, priority registration, extensive research experience
  - Pay less tuition by earning two degrees in shorter time frame (take graduate courses in senior year while paying undergrad tuition rate)
- Contact Kate Hamel Ph.D.: hamelk@sfsu.edu

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<thead>
<tr>
<th>Freshman</th>
<th>Sophomore</th>
<th>Junior</th>
<th>Senior</th>
<th>Graduate</th>
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<td></td>
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<td>Admitted to program and assigned mentor</td>
<td>Start taking graduate coursework while finishing undergrad courses</td>
<td>Finish graduate coursework and thesis</td>
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<td>Apply after taking 9 Kin units plus pre-requisites</td>
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FACILITIES AND LABORATORIES
Physical Activity, Culture & Education (PACE) Lab
Exercise Physiology Lab
Movement Analysis Research Elderly and Young (M.A.R.E.Y. Lab)
Adapted Physical Activity (APA) Lab
Teaching Lab
Facilities for Classes
FACULTY & STAFF
Social Science

Maria Veri, PhD  
Professor  
Sociocultural Aspects of Physical Activity

Dave Walsh, PhD  
Professor  
Associate Chair  
Urban Youth Development

Susan Zieff, PhD  
Professor  
Sociocultural Aspects of Physical Activity

Nicole Bolter, PhD  
Associate Professor  
Research Methods / Sport & Exercise Psychology

Mi-Sook Kim, PhD  
Professor  
Sport & Exercise Psychology
Exercise Science

Jimmy Bagley, PhD
Assistant Professor
Muscle Physiology

Matt Lee, PhD
Professor, Department Chair
Exercise Physiology
Physical Education

Claudia Guedes, PhD
Associate Professor
Pedagogy

Kent Lorenz, PhD
Assistant Professor
Physical Education

Andy Yao, PhD
Assistant Professor
Adapted Physical Activity
Movement Science

Leia Bagesteiro, PhD
Assistant Professor
Biomechanics

Kate Hamel, PhD
Professor
Biomechanics

Charmayne Hughes, PhD
Associate Professor
Motor Learning & Control

Anthony Mayo, PhD
Senior Lecturer
Motor Learning & Development

Marilyn Mitchell, PhD
Professor
Motor Learning & Control
Lecturers

- Ana Maria Barrera, EdD
- Michael Black, PhD
- Cassandra Bukhin, EdD
- Suzanne Caughlan
- Stephanie Cyr, JD
- Diane Davis
- Regula Dhedhi, MS
- Martin Dixon, MS
- Jeanne Hughes, PhD
- Valerie Lee
- Anthony Mayo, PhD
- Yang Park
- John Penacerrada, MS
- Danae Robinette
- Mandy Ross, MS
- Nick Torres, MS
Staff

Phil Baskin, MA
Administrative Office Coordinator

Angelina Wong
Administrative Support Coordinator

Christine Hintermann
Locker Room & Equipment Coordinator/Instructional Support
OPPORTUNITIES TO GET INVOLVED
Kinesiology Student Association

KSA Presents:

Nursing Night

Have the opportunity to ask questions and learn more about the nursing field and curriculum!

@ksasfsu
sfksa@mail.sfsu.edu
Exercise is Medicine

MAY 3
11-2pm

EIM PRESENTS: SFSU FITNESS DAY

Mashouf Wellness Center
11-12PM: CYCLE CLASS WITH HALEY
12-1PM: PERSONAL TRAINER WORKSHOP
1-2PM: CYCLING WITH JAYLAH
SNACKS AND WATER PROVIDED!
exerciseismedicine.sfsu@gmail.com

@Exerciseismedicinesfsu
Gator Strong Sports Club
Opportunities To Get Involved

• Peer Advisors
  • Undergraduate Kinesiology students who assist with advising
  • Hold advising hours each week
  • Assist with advising events
  • Receive academic credit
Advising

Pre-Kinesiology
• General advising at the CHSS Student Resource Center
• Apply to Kinesiology in Fall of Sophomore Year

Accepted Transfer Students and Continuing SFSU Students:
• Enroll in KIN 251 during 1st semester; Be assigned a Major Advisor
• Meet with your Major Advisor regularly (at least 1x/semester) to discuss:
  • Scheduling courses
  • Career goals
  • Academic status and progress towards degree
  • Graduation application

Quick Question Advising
Email: kadviser@sfsu.edu
Contact Information

Website: http://kin.sfsu.edu
Phone: 415-338-2244
Email: kinesiol@sfsu.edu
Kinesiology Main Office: Gym 101

QUESTIONS?