

**Department of Kinesiology**  
**Undergraduate Student Advising Handbook**

**Academic Year 2025-2026**

**San José State University**  
**College of Health and Human Sciences (CHHS)**

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## Introduction to the Department of Kinesiology

### I. Main KIN Department Websites

Bookmark and visit the general Department of Kinesiology website to get familiar with the department as a whole: <https://www.sjsu.edu/kinesiology/index.php>

Bookmark and visit the Department of Kinesiology Current Students page for more specific information tailored for the current and active KIN student:

<https://www.sjsu.edu/kinesiology/Students/CurrentStudents.php>

### II. KIN Department Mission Statement

In an atmosphere of social justice, equity, and respect for diversity, the mission of the Department of Kinesiology is to create and disseminate knowledge; engage in community service; prepare and graduate exemplary kinesiology professionals; as well as meet individual and societal needs for physical activity, sport, movement, and wellness (est. 11/2017).

### III. KIN Department DEI Statement

The Department of Kinesiology is committed to developing and implementing equitable curricula and teaching practices that reflect the diversity of our student body and departmental core values. The faculty strives to foster an inclusive learning environment where all students feel valued, supported, welcomed, and empowered to succeed in ALL classes. All students, inclusive of all, but not limited to ethnicities, socioeconomic and cultural backgrounds, gender identities and expressions, castes, religions, ages, sexual orientations, abilities, bodies, political affiliations, statuses, and nationalities, are encouraged to share their rich array of perspectives and experiences. KIN department faculty, staff, and students all have something of value to contribute. Everyone is expected to respect differences and demonstrate diligence in understanding how others' perspectives, behaviors, and views may be different from theirs (est. 4/29/2024).

#### IV. KIN Department Vision

We will be a preeminent, globally-connected kinesiology department recognized for excellence and innovation in teaching and learning, research, scholarship, creative activity, and community engagement (est. 10/2017).

#### V. KIN Department Student Clubs

Students are encouraged to become actively involved in their profession through classroom and laboratory experiences, internships, and extracurricular activities. For more information about KIN department student clubs, visit the following website:

<https://www.sjsu.edu/kinesiology/Programs/student-clubs.php>

#### VI. Study Abroad and Away Opportunities

International opportunities, including study abroad programs and faculty led programs (FLP), are available through SJSU's study abroad and away program. **NOTE:** Courses taken abroad **may not** count toward KIN major graduation requirements. Check with your KIN major advisor in advance. <https://www.sjsu.edu/studyabroad/>

#### VII. Department of Kinesiology Affiliated Social Media Accounts

Facebook: <https://www.facebook.com/KinSjsu/>

X (formerly Twitter): <https://twitter.com/kinsjsu>

Linkedin: <https://www.linkedin.com/company/sjsu-kinesiology-department>

#### VIII. American Kinesiology Association

The Department of Kinesiology is a charter member of the American Kinesiology Association (AKA): <http://www.americkinesiology.org/>

## **Department of Kinesiology**

### **Undergraduate Program Learning Outcomes (PLO)**

**Key principles:** critical understanding and application of research and scholarship in the field of kinesiology; communication skills; movement competence; sustainability; diversity and social justice

**Upon completion of a Bachelor of Science degree program in the Department of Kinesiology, students will be able to:**

**PLO 1:** Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology.

**PLO 2:** Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology.

**PLO 3:** Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology.

**PLO 4:** Utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology.

**PLO 5:** Identify and analyze social justice and equity issues related to kinesiology for diverse populations.

## General Kinesiology Student Responsibilities and Expectations

### I. San José State University General Catalog

While the accuracy of this handbook is carefully regulated, students should recognize that the official record of their curriculum is in the [San José State University General Catalog](#)

The department provides individual advisors for students majoring and minoring in kinesiology, as well as documents such as this handbook, **students are personally responsible** for maintaining accurate and current information concerning the department, their curricular programs, and degree requirements.

### II. Importance of Checking MyProgress

MyProgress will list all of your graduation and curriculum requirements and is the tool the Registrar's office uses to audit and award degrees. It is imperative to check MyProgress often to ensure you are on the right track toward graduation: For a MyProgress tutorial, click the following link: <https://www.sjsu.edu/ue/student-resources/myprogress.php>

### III. Importance of Using Your SJSU Gmail Account and SJSU Email

Use your SJSU email address for all forms and communications during your college career. Your SJSU email address will also grant you access to the MLK Jr. Library, DocuSign, Zoom, and other useful resources that will aid in your academic career at SJSU.

### IV. Importance of Utilizing 4-Year Course Planning Roadmaps

Roadmaps are designed to aid and assist in course planning and offer semester-by-semester suggestions. In conjunction with (a) being familiar with the KIN UG Student Advising Handbook and (b) consistently checking MyProgress. The [4-year roadmap archive](#) is organized by catalog year, college, major, and specializations (scroll down to Kinesiology).

### V. Student Conduct and Ethical Development Policies

Students should be fully aware of the University's policy on academic integrity and [Student Conduct and Ethical Development Policies](#). Questions concerning plagiarism, academic dishonesty, and/or the level of collaboration permitted on individual and group projects should be directed to the course instructor.

## Best-Practices for Students Seeking Advising Assistance

- a. First and foremost, this handbook is your go-to for answers regarding KIN department graduation requirements and curriculum questions. Thoroughly investigate the handbook and supplemental links prior to sending a message to your advisor.
- b. The [College of Health and Human Sciences Student Success Center \(CHHS SSC\)](#) is your go-to for general education (GE) and general transfer questions.
- c. Once you become an upper-division KIN student (60+ units completed) and are assigned a KIN major advisor, your advisor assignment will be viewable on your **Spartan Connect portal**, **not on your MySJSU page**. To log into the Spartan Connect portal, visit <https://one.sjsu.edu/>
- d. Most faculty, including your main KIN advisor, **may not be available or responsive to email during the summer and winter breaks**, as they are not under contract to work during this time. The KIN department will communicate summer and winter advising protocols via email toward the end of the spring and fall semesters, respectively.
- e. Keep in mind that faculty are busy at the beginning and end of each semester, so be sure to plan ahead and **avoid waiting until the last minute** to investigate your enrollment status, graduation status, and other general advising questions.
- f. **Use your SJSU email address and offer your SJSU ID#** when communicating with advisors via email for efficiency.
- g. When emailing your advisor (or an instructor or professor), offer as much information as you can to guide the conversation and to establish context clearly. **Ensure you are asking direct questions to receive direct answers.**
- h. **Avoid sending multiple advisors the same question(s) simultaneously.** If you are experiencing a significant delay in receiving a response from your advisor, a follow-up email is suggested.

## Components of Completing a B.S. Degree in Kinesiology or B.S Kinesiology, Preparation for Teaching

To earn a 120 unit [B.S. degree in Kinesiology](#), the following components must be completed:

- 1: University Graduation and General Education Requirements**
- 2: Kinesiology Major Preparation Courses (19 units)**
- 3: Kinesiology Core Curriculum Courses (26 units)**
- 4: Kinesiology Sub-core Curriculum Courses, Guided Electives, and University Electives (40 units)**

**NOTE:** The requirements outlined above apply to the 120 unit [Kinesiology, Preparation for Teaching, B.S.](#) degree which is a distinct major (not a specialization).

### 1. University Graduation/General Education Requirements

[Click Here for Complete AY 2025-2026 University Graduation Requirements](#)

[Click Here For Complete AY 2025-2026 General Education Requirements](#)

### 2. Kinesiology Major Preparation Courses (19 units)

[BIOL 65 - Human Anatomy](#) - 4 units. (GE Area 5B and 5C / Formerly Area B2 and B3). **NOTE:** BIOL 65O may also be used to meet this requirement; however, BIOL 65O does not include a human cadaver lab and may not satisfy certain graduate program requirements.

[BIOL 66 - Human Physiology](#) - 5 units. (GE Area 5B and 5C / Formerly Area B2 and B3)

[CHEM 30A - Introductory Chemistry](#) - 4 units. (GE Area 5A and 5C / Formerly Area B1 and B3)

[KIN 100W - Writing Workshop](#) - 3 units. **NOTE:** Must be passed with a C or better.

**Mathematics/Quantitative Reasoning - 3 units.** (GE Area 2 / Formerly Area B4); [STAT 95](#)  
**Recommended**



### 3. Kinesiology Core Curriculum Courses (26 units)

The Kinesiology (KIN) Core curriculum consists of coursework that all KIN majors **regardless of specialization or major** must complete. All KIN Core curriculum classes **must be passed with a C- or better.**

Course Name and Number	Units	Prerequisites
<a href="#">KIN 66</a> - Thriving in Kinesiology	3	N/A
<a href="#">KIN 70</a> - Introduction to Kinesiology	3	N/A
<a href="#">KIN 155</a> - Exercise Physiology	3	KIN 70, Math GE Area 2, CHEM 30A, & BIOL 66
<a href="#">KIN 158</a> - Biomechanics	3	KIN 70, Math GE Area 2, & BIOL 65 or BIOL 65o
<a href="#">KIN 160</a> - History of Sport & Physical Education or <a href="#">KIN 161</a> - Philosophical Perspectives of Sport or <a href="#">KIN 164</a> - Socio Cultural Perspectives of Sport	3 3 3	KIN 70 KIN 70 KIN 70
<a href="#">KIN 165</a> - Motor Development or <a href="#">KIN 166</a> - Motor Learning  <b>Note:</b> All specializations other than Sport Management and Culture must complete both courses: One will count toward the KIN Core and the other will count toward the specialization subcore.	3 3	KIN 70 KIN 70 & BIOL 66
<a href="#">KIN 175</a> - Measurement and Evaluation	3	KIN 70 & Math GE Area 2
<a href="#">KIN 185</a> - Senior Seminar  <b>Note:</b> Enrollment in or completion of KIN 198 must be demonstrated by the add/drop deadline.	1	Prerequisite(s): KIN 70, Corequisite(s): KIN 198 for KIN Majors; KIN 178 or KIN 179 for PETE majors
<a href="#">Four (4) KIN activity courses</a> from a minimum of four different movement areas (check next page) regardless of unit count.  The 4 course KIN activity requirement is in addition to the 2 unit SJSU PE requirement.	4	

## Kinesiology Activity Movement Areas

[Click here](#) for detailed course numbers, course names, unit counts, and course descriptions,

<b>Area 1 Combatives</b>	<b>Area 2 Fitness</b>	<b>Area 3 Dance</b>	<b>Area 4 Individual</b>	<b>Area 5 Team</b>	<b>Area 6 Adventure</b>
Aikido	Aerobics	Ballet	Archery	Basketball	Hiking
Brazilian Jiu-Jitsu	Body Sculpting	Latin	Badminton	Flag Football	Kayaking
Judo	Cardio Kickboxing	Line/Country Western	Bowling	Ice Hockey	Rock Climbing
Karate	Cross Training	Lindy Hop/Night Club Swing	Golf	Rugby	Sailing
Self-Defense	Fitness Walking	Jazz	Gymnastics	Rowing	Scuba
Tae Kwon Do	Jogging	Modern	Handball	Soccer	
	Pilates	Social	Ice Skating	Volleyball	
	Step Training		Pickleball	Water Polo	
	Tai Chi	Tap	Swimming	Team Handball	
	Weight Training		Table Tennis	Athletics: Team	
	Yoga		Tennis		
	Adapted Physical Activities		Water Safety Instructor		
			Athletics: Individual		

## 4. Kinesiology Majors and Specialization Sub-Core Curriculum Courses, Guided Electives, and University Electives (40 units)

For majors pursuing the [B.S. Degree in Kinesiology](#), select one of the following specializations.

Exercise and Fitness - [Click Here for 4-Year Roadmap](#)

Inclusive Physical Activities in Communities (IPAC) - [Click Here for 4-Year Roadmap](#)

Rehabilitation Science - [Click Here for 4-Year Roadmap](#)

Sport Management and Culture - [Click Here for 4-Year Roadmap](#)

### Individualized Studies:

Requires a formal curriculum proposal that must be signed and approved by KIN UG Advising Manager, Daniel Bohigian, and the KIN Undergraduate Coordinator, Dr. Erin Siebert. Email [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu) for curriculum proposal form.

### Transfer Curriculum Studies:

Is an option only for students who have a completed and certified AAT degree in Kinesiology and requires a formal curriculum proposal that must be signed and approved by KIN UG Advising Manager, Daniel Bohigian, and the KIN Undergraduate Coordinator, Dr. Erin Siebert. Email [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu) for curriculum proposal form.

**Remember:** The B.S. Degree in [Kinesiology, Preparation for Teaching \(PETE\)](#) is a **separate major, not a specialization** under the B.S. Degree in Kinesiology. [Click Here for 4-Year Roadmap](#)

Students pursuing the **Preparation for Teaching major** have the option of pursuing the [Spartan Accelerated Graduate Education \(SAGE\)](#) program.

## KIN Specialization Career Path Suggestions

### Notes Regarding Pre-Approved Guided Elective Course Options and Course Selections:

1. When selecting courses to complete the guided elective portion and the university elective portion of your degree requirements, keep in mind courses that will be beneficial for future graduate school applications, certifications, and all other plans you may have once you earn your B.S. degree in Kinesiology.
2. The KIN department recommends and encourages meeting with a KIN major advisor to discuss your post-SJSU plans to ensure you are enrolling in courses that (a) meet your KIN degree requirements and (b) put you in a position to succeed in the future.

The **Exercise and Fitness** specialization will help prepare you for:

Personal Training  
Clinical Exercise Programs  
Strength and Conditioning Coaching/Certification  
Athletic Training

The **Inclusive Physical Activities in Communities (IPAC)** specialization will help prepare you for:

Occupational Therapy  
Adapted Physical Activity/Education  
Physical Activity for Specialized Populations  
Physical Activity for Individuals Diagnosed with a Disability  
Physical Activity for Older Adults and Young Children

The **Rehabilitation Science** specialization will help prepare you for:

Physical Therapy  
Chiropractic

Physician's Assistant

Other Allied Health and/or Rehabilitation Careers

The **Sport Management and Culture** specialization will help prepare you for:

Athletic Administration/Athletic Director (high school or university)

Coaching

Sport Psychology, Sport Sociology, and Sport Philosophy

Sports Marketing, Promotions, and Fan Engagement

Ticket Operations and Ticket Sales/Event and Facility Management

Development and Fundraising

Sports Law and Sports Policy

### **Preparation for Teaching (PETE) Major:**

This distinct major is designed for students interested in becoming physical education (PE) and/or adapted physical education (APE) teachers in kindergarten through 12th grade (K-12) schools. The purpose of the Kinesiology, Preparation for Teaching (KIN-Prep for Teaching) program is to prepare students to be well-rounded physical activity professionals, to teach, coach, motivate, and shape the lives of K-12 students. Students in the KIN-Prep for Teaching program learn and practice a wide range of skills, including how to integrate technology, assess learning, design lessons, and modify instruction to meet the unique needs of their students, including students with disabilities. Completion of this major also fulfills most of the coursework required for the Adapted Physical Education Added Authorization (APEAA).

## Exercise and Fitness Specialist Sub-core Curriculum (26 units)

All subcore courses must be **passed with a C- or better**.

[Click Here for 4-Year Roadmap](#)

Course Name and Number	Units	Prerequisites
<a href="#">KIN 147</a> - Biomechanical Assessment of Movement	3	KIN 158
<a href="#">KIN 151</a> - Sport and Fitness Marketing or <a href="#">KIN 152</a> - Theory of Sport and Fitness Management or <a href="#">KIN 153</a> - Sport Facility and Event Management	3 3 3	KIN 70 KIN 70 KIN 70 & KIN 152
<a href="#">KIN 154B</a> - ECG Interpretations and Graded Exercise Testing	3	KIN 70 & KIN 155
<a href="#">KIN 157</a> - Physiological Assessment	3	KIN 70, GE Area 2 Math, CHEM 30, BIOL 66, & KIN 155
<a href="#">KIN 162</a> - Advanced Fitness Assessment & Exercise Prescription	3	KIN 70 & KIN 155
<a href="#">KIN 165</a> - Motor Development or <a href="#">KIN 166</a> - Motor Learning  Select the course not completed for the KIN Core.	3 3	KIN 70 KIN 70 & BIOL 66
<a href="#">KIN 167</a> - Sports Psychology or <a href="#">KIN 168</a> - Psychology of Coaching or <a href="#">KIN 176</a> - Exercise Psychology	3 3 3	PSYC 1 KIN 70 PSYC 1
<a href="#">KIN 187</a> - Clinical Exercise Physiology	3	KIN 70 & KIN 155
<a href="#">KIN 198</a> - Internship in Kinesiology	2	Upper division status, minimum overall GPA 2.0, KIN 70, & Kinesiology Internship Manager approval

## Exercise and Fitness Specialist Pre-Approved Guided Electives (12 units) and University Electives (2 units)

All guided elective courses must be **passed with a C- or better**. Other guided elective courses **must be formally approved** by a KIN major advisor.

To satisfy the two **(2) unit university elective requirement**, the KIN department recommends completing any course that aligns with your academic or professional goals.

Course Name and Number	Units	Prerequisites
<a href="#">KIN 145A</a> - Physical Activity for Older Adults	3	KIN 70
<a href="#">KIN 146</a> - Introduction to Exercise Technology	3	KIN 70
<a href="#">KIN 151</a> - Sport and Fitness Marketing or <a href="#">KIN 152</a> - Theory of Sport and Fitness Management or <a href="#">KIN 153</a> - Sport Facility and Event Management  Can select one of the above that is not taken for the specialization subcore curriculum	3 3 3	KIN 70 KIN 70 KIN 70 & KIN 152
<a href="#">KIN 156</a> - Introduction to Adapted Physical Activity	3	KIN 70
<a href="#">KIN 159</a> - Sport and Adapted Activities	3	KIN 70
<a href="#">KIN 167</a> - Sports Psychology or <a href="#">KIN 168</a> - Psychology of Coaching or <a href="#">KIN 176</a> - Exercise Psychology  Can select one of the above that is not taken for the specialization subcore curriculum	3 3 3	PSYC 1 KIN 70 PSYC 1
<a href="#">KIN 169</a> - Diversity, Stress and Health  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">KIN 180</a> - Independent Study	3	Upper division status, KIN 70, & instructor consent; minimum overall GPA 2.0

<a href="#"><u>NUFS 8</u></a> - Nutrition for the Health Professions	3	CHEM 30A or CHEM 1A
<a href="#"><u>NUFS 116</u></a> - Aging and Nutrition	3	One college nutrition course or instructor consent.
<a href="#"><u>NUFS 123</u></a> - Nutrition for Sport	3	NUFS 8 or NUFS 9
<a href="#"><u>PSYC 1</u></a> - Introduction to Psychology  May NOT be used as Guided Elective if being used to satisfy GE Area 4/Formerly Area D requirement	3	N/A
<a href="#"><u>PSYC 110</u></a> - Adult Psychopathology	3	PSYC 1



## Inclusive Physical Activities in Communities (IPAC) Sub-core Curriculum (26 units)

All subcore courses must be **passed with a C- or better**.

[Click Here for 4-Year Roadmap](#)

Course Name and Number	Units	Prerequisites
<a href="#">KIN 107</a> - Adapted Aquatics	2	KIN 70 & KIN 156; passage of swim skills component required (must be able to swim 100 yards without stopping) or demonstrated by completing <a href="#">KIN 2A</a> or <b>KIN 105</b> .
<a href="#">KIN 108</a> - Adapted Physical Activity for Young Adults with Disabilities	2	KIN 70 & KIN 156
<a href="#">KIN 153</a> - Sport Facility and Event Management	3	KIN 70 & KIN 152
<a href="#">KIN 156</a> - Introduction to Adapted Physical Activity	3	KIN 70
<a href="#">KIN 159</a> - Sport and Adapted Activities	3	KIN 70
<a href="#">KIN 165</a> - Motor Development or <a href="#">KIN 166</a> - Motor Learning	3 3	KIN 70 KIN 70 & BIOL 66
Select the course not completed for the KIN Core.		
<a href="#">KIN 174</a> - Assessment of Psychomotor Function	3	KIN 70 & KIN 156
<a href="#">KIN 187</a> - Clinical Exercise Physiology	3	KIN 70 & KIN 155
<a href="#">KIN 198</a> - Internship in Kinesiology	1	Upper division status, minimum overall GPA 2.0, KIN 70, & Kinesiology Internship Manager approval
<a href="#">EDSE 14A</a> - American Sign Language I	3	N/A

## IPAC Pre-Approved Guided Electives (12 units) and University Electives (2 units)

All guided elective courses must be **passed with a C- or better**. Other guided elective courses **must be formally approved** by a KIN major advisor.

To satisfy the two **(2) unit university elective requirement**, the KIN department recommends completing any course that aligns with your academic or professional goals.

Course Name and Number	Units	Prerequisites
<a href="#">KIN 145A</a> - Physical Activity for Older Adults	3	KIN 70
<a href="#">KIN 146</a> - Introduction to Exercise Technology	3	KIN 70
<a href="#">KIN 162</a> - Advanced Fitness Assessment & Exercise	3	KIN 70 & KIN 155
<a href="#">KIN 167</a> - Sports Psychology or <a href="#">KIN 168</a> - Psychology of Coaching or <a href="#">KIN 176</a> - Exercise Psychology  Can select one of the above that is not taken for the specialization subcore curriculum	3	PSYC 1  KIN 70  PSYC 1
<a href="#">KIN 180</a> - Independent Study	3	Upper division status, KIN 70, & instructor consent; minimum overall GPA 2.0
<a href="#">NUFS 116</a> - Aging and Nutrition	3	One college nutrition course or instructor consent
*** <a href="#">ART 46</a> - Introduction to Ceramics or <a href="#">Another acceptable skills class</a>	3  3	N/A  <a href="#">Check ART catalog</a>
<a href="#">STAT 95</a> - Elementary Statistics  May NOT be used as Guided Elective if being used to satisfy GE Area 2/Formerly Area B4 math requirement.	3	Math Enrollment Category M-I or M-II, or for Categories III or IV, completion of a GE Area 2 course with a grade of C- or better.
*** <a href="#">OCTH 190</a> - Foundations of Neuroscience for Occupational Therapy (spring and summer only)	3	BIOL 65 (or BIOL 65o) & BIOL 66

<b><u>GERO 107</u></b> - Aging and Society  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<b><u>PSYC 1</u></b> - Introduction to Psychology  May NOT be used as Guided Elective if being used to satisfy GE Area 4/Formerly Area D requirement	3	N/A
<b><u>***PSYC 110</u></b> - Adult Psychopathology	3	PSYC 1

\*\*\* **SJSU Pre-OT** students must have 4 of the 8 prerequisites completed before applying for either the Master of Science or OT Doctorate Program. All SJSU OT prerequisite coursework must earn a B or better to count towards application to the program. Complete information about the OTD and the OT Entry-Level Master's Program at SJSU can be found at:

<https://www.sjsu.edu/occupationaltherapy/>

## Rehabilitation Science Specialization Sub-core Curriculum (32 units)

**NOTE: CHEM 1A** must be passed with a **C or better**. All other sub-core courses must be passed with a **C- or better**.

[Click Here for 4-Year Roadmap](#)

Course Name and Number	Units	Prerequisites
<a href="#">CHEM 1A</a> - General Chemistry	5	<a href="#">Check SJSU Catalog</a>
<a href="#">CHEM 1B</a> - General Chemistry	5	CHEM 1A with a <b>C or better</b>
<a href="#">PHYS 2A</a> - Fundamentals of Physics	4	Algebra
<a href="#">PHYS 2B</a> - Fundamentals of Physics	4	PHYS 2A
<a href="#">KIN 147</a> - Biomechanical Assessment of Movement	3	KIN 158
<a href="#">KIN 157</a> - Physiological Assessment	3	KIN 70, GE Area 2 Math, CHEM 30, BIOL 66, & KIN 155
<a href="#">KIN 165</a> - Motor Development or <a href="#">KIN 166</a> - Motor Learning	3 3	KIN 70 KIN 70 & BIOL 66
Select the course not completed for the KIN Core		
<a href="#">KIN 176</a> - Exercise Psychology or *** <a href="#">KIN 187</a> - Clinical Exercise Physiology	3 3	PSYC 1 KIN 70 & KIN 155
*** <a href="#">KIN 198</a> - Internship in Kinesiology	2	Upper division status, minimum overall GPA 2.0, KIN 70, & Kinesiology Internship Manager approval

## Rehabilitation Science Pre-Approved Guided Electives (6 units) and University Electives (2 units)

All guided elective courses must be **passed with a C- or better**. Other guided elective courses **must be formally approved** by a KIN major advisor.

To satisfy the two **(2) unit university elective requirement**, the KIN department recommends completing any course that aligns with your academic or professional goals.

Course Name and Number	Units	Prerequisites
<a href="#">KIN 146</a> - Introduction to Exercise Technology	3	KIN 70
<a href="#">KIN 156</a> - Introduction to Adapted Physical Activity	3	KIN 70
<a href="#">KIN 159</a> - Sport and Adapted Activities	3	KIN 70
<a href="#">KIN 169</a> - Diversity, Stress, and Health (GE: S)  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">KIN 167</a> - Sport Psychology or <a href="#">KIN 168</a> - Psychology of Coaching or <a href="#">KIN 176</a> - Exercise Psychology or *** <a href="#">KIN 187</a> - Clinical Exercise Physiology  Can select KIN 176 or KIN 187 for guided elective credit if not completed for specialization sub-core	3  3  3  3	PSYC 1  KIN 70  PSYC 1  KIN 70 & KIN 155
<a href="#">KIN 180</a> - Independent Study	3	Upper division status, KIN 70, & instructor consent; minimum overall GPA 2.0
*** <a href="#">PSYC 1</a> - Introduction to Psychology  May NOT be used as Guided Elective if being used to satisfy GE Area 4/Formerly Area D requirement.	3	N/A
*** <a href="#">PSYC 110</a> - Adult Psychopathology	3	PSYC 1
<a href="#">BIOL 109</a> - Human Neuroanatomy and Physiology	4	BIOL 65 or instructor consent

*** <a href="#">BIOL 129</a> - Neuroscience	3	Either (a) PSYC 030 and 3 units of BIOL, or (b) 9 units of BIOL
*** <a href="#">STAT 95</a> - Elementary Statistics  May NOT be used as Guided Elective if being used to satisfy GE Area 2/Formerly Area B4 math requirement.	3	Math Enrollment Category M-I or M-II, or for Categories III or IV, completion of a GE Area 2 course with a grade of C- or better.

### \*\*\*Suggestions For Students Planning on Applying to Physical Therapy Graduate Programs

- a. If interested in applying to physical therapy (PT) graduate programs after completing your degree at SJSU, thoroughly investigate admission and prerequisite requirements from PT schools you are interested in applying to and be sure to speak with your KIN major advisor. GPA requirements vary by institution, but to be a competitive candidate, maintain a **3.0 minimum GPA** (including PT prerequisite coursework).
- b. It is common for PT programs to require Clinical Exercise Physiology ([KIN 187](#) at SJSU), Introduction to Psychology ([PSYC 1](#) at SJSU), and Adult Psychopathology ([PSYC 110](#) at SJSU) as prerequisite courses. KIN 187 should be completed as part of the Rehabilitation Science **sub-core curriculum** and PSYC 1 and PSYC 110 should be completed to **satisfy the six (6) unit guided elective requirement**. Look to also complete [STAT 95](#).
- c. For the [KIN 198](#) (internship) requirement, complete clinical observation hours under a licensed PT. Clinical observation hours are a common prerequisite for PT programs.
- d. Additional BIOL courses with lab elements may be suggested (check institutional prerequisite requirements) which may include: [BIOL 30](#) - Principles of Biology I (4 units), [BIOL 31](#) - Principles of Biology II (4 units), and/or [BIOL 129](#) - Neuroscience (3 units). **The three listed BIOL courses are not required to complete your degree** at SJSU, rather, are supplemental courses that can also be completed at a junior college/community college (pending availability).

### Sport Management and Culture Specialization Sub-core Curriculum

**(22 units)**

All subcore courses must be **passed with a C- or better**.

[Click Here for 4-Year Roadmap](#)

Course Name and Number	Units	Prerequisites
<a href="#">KIN 151</a> - Sport and Fitness Marketing	3	KIN 70
<a href="#">KIN 152</a> - Theory of Sport and Fitness Management	3	KIN 70
<a href="#">KIN 153</a> - Sport Facility and Event Management	3	KIN 70 & KIN 152
<a href="#">KIN 160</a> - History of Sport & Physical Education and <a href="#">KIN 161</a> - Philosophical Perspectives of Sport and <a href="#">KIN 164</a> - Socio Cultural Perspectives of Sport	3 3 3	KIN 70 KIN 70 KIN 70
Select the two courses not completed for the KIN Core.		
<a href="#">KIN 167</a> - Sport Psychology	3	PSYC 1
or <a href="#">KIN 168</a> - Psychology of Coaching	3	KIN 70
<a href="#">KIN 198</a> - Internship	4	Upper division status, minimum overall GPA 2.0, KIN 70, & Kinesiology Internship Manager approval

### **Sport Management and Culture Pre-Approved Guided Electives**

### (15 units) and University Electives (3 units)

All guided elective courses must be **passed with a C- or better**. Other guided elective courses **must be formally approved** by a KIN major advisor.

To satisfy the three **(3) unit university elective requirement**, the KIN department recommends completing any course that aligns with your academic or professional goals.

Course Name and Number	Units	Prerequisites
<a href="#">AAS 175</a> - Asian American Communities (GE: S)  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">AFAM 155A</a> - Triumphs and Trials of the Black Athlete in the U.S (1850 - 1999) <b>or</b> <a href="#">AFAM 155B</a> - Triumphs and Trials of the Black Athlete in the U.S (2000 - present)	3 3	Upper division status or instructor consent
<a href="#">KIN 111</a> - Sport & Movement in a Global Context  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">KIN 146</a> - Introduction to Exercise Technology	3	KIN 70
<a href="#">KIN 167</a> - Sport Psychology <b>or</b> <a href="#">KIN 168</a> - Psychology of Coaching  Can select the course not completed for specialization sub-core	3 3	PSYC 1 KIN 70
<a href="#">KIN 169</a> - Diversity, Stress, and Health  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">KIN 176</a> - Exercise Psychology	3	PSYC 1
<a href="#">BUS3 160</a> - Fundamentals of Management & Organizational Behavior	3	Upper division status
<a href="#">CCS 130</a> - Chicanas and Chicanos in American	3	Upper division status



Society  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.		
<a href="#"><u>PSYC 1</u></a> - Introduction to Psychology  May NOT be used as Guided Elective if being used to satisfy GE Area 4/Formerly Area D requirement	3	N/A
<a href="#"><u>PSYC 154</u></a> - Social Psychology	3	PSYC 1
<a href="#"><u>SOC 172</u></a> - LGBT Studies	3	SOC 1
<a href="#"><u>SOC 175</u></a> - Sociology of Masculinities and Femininities	3	SOC 1
<a href="#"><u>WGSS 160</u></a> - Queering Gender, Race, and Class	3	N/A

## Individualized Studies Specialization (40 Units)

The Individualized Studies specialization requires approval from both the KIN Undergraduate Advising Manager, Daniel Bohigian, and KIN Undergraduate coordinator, Dr. Erin Siebert. All coursework beyond the core must be selected in consultation with the student's academic advisor and is expected to form a coherent program of study that meets the student's personal and professional goals.

### Criteria for Individualized Studies Specialization:

1. The curriculum should evidence breadth and depth of understanding in a specific area of interest within the field of Kinesiology.
2. The program should exhibit a specific area of interest within Kinesiology as a focal point.
3. The program should include 18 upper division Kinesiology coursework units (in addition to the core requirements), which includes 1-3 units of internship/fieldwork. The program should include 17-19 upper or lower division electives in kinesiology or a related field selected in consultation with a KIN department advisor. Two units of SJSU university electives are also required.
4. The program should conform to the career objectives submitted as a part of the formal Individualized Studies Specialization proposal
5. All courses should be adequately justified as a logical inclusion in this program. A written justification for each Individualized Studies Specialization course selection will be required as part of the review process.
6. The program must be submitted at least 30 units prior to the student's anticipated graduation date.

Email [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu) for additional information and for a curriculum proposal form.

## **Transfer Curriculum Studies Specialization**

Under Senate Bill 1440, California community colleges offer Associate Degrees for Transfer (ADT), also referred to as Associate in Arts (AA-T) or Associate of Science (AS-T) for Transfer Degrees. These are designed to align coursework at the community college with courses offered at the CSU. Students with Associate Degrees for Transfer (ADTs) are eligible to participate in the California Promise program.

The AA-T in Kinesiology guarantees 60 transferable units and the completion of all lower division Core GE. This transfer degree will meet the KIN 70, BIOL 65 or 65O, and BIOL 66 requirements at SJSU.

For transfer students with a previously-completed, certified, and posted ADT/AAT degree in Kinesiology, the Transfer Curriculum Studies option may be applicable depending on personal and/or overall career goals.

Prior to officially selecting and pursuing the Transfer Curriculum specialization, approval from the KIN Advising Manager, Daniel Bohigian, and the KIN UG Coordinator, Dr. Erin Siebert, is required a minimum of 30 units prior to the student's anticipated graduation date.

**Email [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu) for additional information and for a curriculum proposal form.**

## B.S. In Kinesiology, Preparation For Teaching (PETE) Major (35 units)

All PETE curriculum courses must be **passed with a C- or better**.

[Click Here for 4-Year Roadmap](#)

Course Name and Number	Units	Prerequisites
<a href="#">KIN 105</a> - Water Safety Instruction	2	N/A
<a href="#">KIN 107</a> - Adapted Aquatics	2	KIN 70 and KIN 156; passage of swim skills component required (must be able to swim 100 yards without stopping) or demonstrated by completing KIN 2A or KIN 105.
<a href="#">KIN 108</a> - Adapted Physical Activity for Young Adults with Disabilities	2	KIN 70 & KIN 156
<a href="#">KIN 156</a> - Introduction to Adapted Physical Activity	3	KIN 70
<a href="#">KIN 159</a> - Sport and Adapted Activities	3	KIN 70
<a href="#">KIN 165</a> - Motor Development or <a href="#">KIN 166</a> - Motor Learning  Select the course not completed for the KIN Core	3	KIN 70  KIN 70 & BIOL 66
<a href="#">KIN 167</a> - Sports Psychology or <a href="#">KIN 168</a> - Psychology of Coaching or <a href="#">KIN 176</a> - Exercise Psychology	3	PSYC 1  KIN 70  PSYC 1
<a href="#">KIN 172</a> - Elementary School Programs ( <b>Spring only</b> )	3	KIN 70; KIN 165 or KIN 173
<a href="#">KIN 173</a> - Introduction to Teaching PE & Non-Traditional Sports & Activities ( <b>Fall only</b> )	3	KIN 70
<a href="#">KIN 174</a> - Assessment of Psychomotor Function	3	KIN 70 & KIN 156

<a href="#">KIN 178</a> - Management Practices for Physical Education Teachers ( <b>Fall only</b> )	3	KIN 70, KIN 156, & KIN 172
<a href="#">KIN 179</a> - Design and Assessment of Movement Experiences ( <b>Spring only</b> )	3	KIN 70, KIN 158, KIN 166, & KIN 178
<b>Two additional KIN activity courses</b>  Speak with your PETE major advisor	2	N/A

### PETE Major Pre-Approved Guided Electives (3 units) and University Electives (2 units)

All guided elective courses must be **passed with a C- or better**. Other guided elective courses **must be formally approved** by a KIN major advisor.

To satisfy the two **(2) unit university elective requirement**, the KIN department recommends completing any course that aligns with your present and future goals.

Course Name and Number	Units	Prerequisites
<a href="#">KIN 111</a> - Sport & Movement in a Global Context  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">KIN 146</a> - Introduction to Exercise Technology	3	KIN 70
<a href="#">KIN 151</a> - Sport and Fitness Marketing	3	KIN 70
<a href="#">KIN 163</a> - Physical Fitness and Nutrition  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">KIN 167</a> - Sports Psychology or <a href="#">KIN 168</a> - Psychology of Coaching or <a href="#">KIN 176</a> - Exercise Psychology  Can select the course not completed for the PETE Major curriculum	3 3 3	PSYC 1 KIN 70 PSYC 1

<a href="#">KIN 169</a> - Diversity, Stress and Health  Course can be double-counted as long as the 120 unit minimum graduation requirement is met.	3	Upper division status
<a href="#">KIN 180</a> - Independent Study	3	Upper division status, KIN 70, & instructor consent; minimum overall GPA 2.0
<a href="#">KNED 339</a> - Instructional Materials and Procedures in Physical Education	3	KIN 172 & KIN 179

## **Spartan Accelerated Graduate Education (SAGE) Program**

### **Kinesiology, Preparation for Teaching, BS + Single Subject Credential in Physical Education + Teaching, MAT**

The Spartan Accelerated Graduate Education (SAGE) Scholars Program prepares students to become physical education and/or adapted physical education teachers in K-12 schools.

The program allows qualified students to simultaneously complete the requirements for the Kinesiology, Preparation for Teaching, BS, Single Subject Credential - Physical Education and Teaching, MAT (with optional Spanish bilingual and Adapted Physical Education Authorizations). The BS Kinesiology, Preparation for Teaching, offered by the Department of Kinesiology, is a California Commission on Teacher Credentialing (CCTC) approved subject matter preparation program (SMPP) to attain subject matter competency (SMC). SMC is needed for entry into a physical education single subject credential program.

Students can progress from undergraduate to graduate status seamlessly, with a simplified application process and no application fee. They complete all degrees in less time as compared to completing them separately.

**For more information, contact SAGE Program Coordinator and PETE major advisor, Dr.**

**David Daum - [david.daum@sjsu.edu](mailto:david.daum@sjsu.edu)**

## Applying For Graduation

**a.** When you have completed 85 or more units in total, the Registrar's office will make you eligible to apply for graduation through the "My Academics" tab on your MySJSU account. If you believe you are eligible but have not received clear communication from the Registrar's office, please reach out to KIN Undergraduate Advising Manager, Daniel Bohigian - [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu)

**b.** Prior to applying for graduation, even if you have been made eligible, meet with your advisor to determine if you are going to be able to complete your remaining requirements in the time frame in which you apply for graduation.

**c.** Applying for graduation too early will result in the need to fill out a change of graduation date form which will negatively impact your priority registration status.

**d.** Building on point a., keep in mind the Registrar's office makes all students with 85+ units completed eligible to apply, but the unit count does not necessarily take into consideration remaining KIN core, sub-core, and guided elective requirements.

**NOTE:** It is common for transfer students to apply for graduation too early. Make sure you do your due diligence in applying for graduation at the appropriate time.

**e.** For more university-level information regarding the graduation application process, investigate the following link:

<https://www.sjsu.edu/registrar/graduation/application-central.php>

## Kinesiology Minor (18 units)

### University Minor Graduation Requirements

- a. To be awarded a minor, at least 12 units of coursework must be completely distinct and separate from the coursework in the major, and coursework for the minor must include a minimum of 6 upper-division units ([University Policy S16-4](#)). Minor preparation or support courses do not count toward the 12 distinct units. Of the coursework for the minor, at least 6 units must be completed in residence at SJSU.
- b. All KIN minor courses must be passed with a C- or better; minimum aggregate 2.0 GPA.
- c. Contact KIN Advising Manager Daniel Bohigian ([daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu)) for a formal KIN Minor Curriculum Proposal form and for additional information.

#### **I. Complete KIN 70 - Introduction to Kinesiology (3 units)**

#### **II. Complete one three-unit course from the following list:**

[KIN 160](#) - History of Sport and Physical Education

[KIN 161](#) - Philosophical Perspectives of Sport

[KIN 164](#) - Sociocultural Perspectives of Sport

[KIN 167](#) - Sports Psychology

[KIN 168](#) - Psychology of Coaching

#### **III. Complete one three-unit course from the following list:**

[KIN 155](#) - Exercise Physiology

[KIN 158](#) - Biomechanics

[KIN 165](#) - Motor Development

[KIN 166](#) - Motor Learning

**IV. Complete three [activity courses](#) from three different movement areas** (regardless of unit count). Remember: The three additional KIN Minor activity courses are in addition to the two-unit SJSU PE university graduation requirement.

**V. Complete two additional three-unit (6 units total) Kinesiology upper division electives.**



## Kinesiology Undergraduate Course Descriptions

Course #	Course Title and Catalog Description
<a href="#"><u>KIN 66</u></a>	<p><b>Thriving in Kinesiology</b> - 3 units</p> <p>Experiential course to prepare first year and transfer kinesiology majors to effectively manage stress and navigate challenges when entering the complex social system of the university. Focus is on physiological, psychological, sociocultural, and environmental parameters of stress, emphasizing stress management strategies and study skills to enhance personal well-being.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 70</u></a>	<p><b>Introduction to Kinesiology</b> - 3 units</p> <p>Explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts and meaning of movement/physical activity, diversity of humans as moving beings, professional/career options, current issues, personal characteristics/professional responsibilities, Kinesiology at SJSU; initiates professional portfolio.</p> <p>Misc/Lab: Lecture 2 hours/activity 2 hours.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 100W</u></a>	<p><b>Writing Workshop</b> - 3 units</p> <p>Advanced skills in writing. Development of writing style and creation of organized, persuasive and analytical prose. Generalized and specialized forms of writing.</p> <p>Satisfies Writing in the Disciplines (WID).</p> <p>KIN 70 for major/minors only or instructor consent. A3 or equivalent second semester composition course (with a grade of C- or better); Completion of core GE, and upper division standing. Allowed Declared Major/Minor: Kinesiology. Or Graduate or Postbaccalaureate level.</p> <p>Grading: Letter Graded</p> <p><b>Note:</b> Must be passed with C or better to satisfy the CSU Graduation Writing Assessment Requirement (GWAR).</p>
<a href="#"><u>KIN 101</u></a>	<p><b>Sport in America</b> - 3 units</p>

	<p>The role of sport (recreational and professional) as a social, political and economic institution in American society. Critical examination of contemporary issues affecting sport and sport involvement by diverse cultural groups within American society.</p> <p>Satisfies SJSU Upper Division GE Area 4: Self, Society &amp; Equality in U.S.</p> <p>Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.</p> <p>Grading: Letter Graded</p> <p><b>NOTE:</b> Not open to KIN majors and KIN minors for credit.</p>
<a href="#"><u>KIN 105</u></a>	<p><b>Water Safety Instructor's Course - 2 units</b></p> <p>Designed to teach the basic concepts, skills and knowledge for successful teaching in the American Red Cross aquatics program. The content and requirements are in accordance with the American Red Cross and the criterion set forth by the organization.</p> <p>Misc/Lab: Lecture 1 hour/activity 2 hours.</p> <p>Prerequisite(s): Minimum age of 18.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 107</u></a>	<p><b>Adapted Aquatics - 2 units</b></p> <p>Theories, techniques and practices in the instruction of persons with disabilities as they function in the aquatic environment.</p> <p>Misc/Lab: Lecture 1 hour/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 and KIN 156 for Kinesiology majors/minors only or instructor consent; passage of swim skills component required (must be able to swim 100 yards without stopping) or demonstrated by completing KIN 2A or KIN 105.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 108</u></a>	<p><b>Adapted Physical Activity for Young Adults with Disabilities - 2 units</b></p> <p>Theories, techniques, and practices in the design of physical activity promotion for postsecondary transition students with disabilities.</p>

	<p>Misc/Lab: Lecture 1 hour/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 and KIN 156 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 111</u></a>	<p><b>Sport and Movement in a Global Context</b> - 3 units</p> <p>Human expression through sport, games, and movement in cultures outside the US, and how those expressions have changed over time. Exploration of how sporting traditions in cultures outside the US have influenced US culture and society.</p> <p>Satisfies SJSU Upper Division GE Area 3: Cultures and Global Understanding.</p> <p>Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 145A</u></a>	<p><b>Physical Activity for Older Adults</b> - 3 units</p> <p>Analyses of development and implementation processes of exercise programs for older adults.</p> <p>Misc/Lab: Lecture 2 hours/Lab 3 hours.</p> <p>Prerequisite(s): KIN 70 or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 146</u></a>	<p><b>Introduction to Exercise Technology</b> - 3 units</p> <p>Introduction to the topic of exercise technology and how technologies can be used to manage physical activity, monitor health and support pedagogical practices. Exploration of the potential benefits and risks associated with new technologies.</p> <p>Prerequisite(s): KIN 70; Completion of KIN 100W is strongly recommended.</p> <p>Grading: Letter Graded.</p>
<a href="#"><u>KIN 147</u></a>	<p><b>Biomechanical Assessment of Movement</b> - 3 units</p> <p>This class is designed to assist the student in becoming familiar and proficient with the Biomechanical methods and equipment for assessing human movement</p>

	<p>performance characteristics with the following goals: improving movement effectiveness, preventing injuries, and assessing rehabilitation progress.</p> <p>Misc/Lab: Lecture 3 hours/Lab 9 hours</p> <p>Prerequisite(s): KIN 158.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 149</u></a>	<p><b>Child Health and Activity</b> - 3 units</p> <p>Explores concepts, frameworks, and national standards regarding children's health and physical education using an interdisciplinary curriculum. Special attention is given to factors that influence children's health and wellness, safety and prevention, motor skill development, and lifelong healthy practices.</p> <p>Prerequisite(s): CHAD 60 or CHAD 70.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 151</u></a>	<p><b>Sport and Fitness Marketing</b> - 3 units</p> <p>Course is designed to apply marketing principles and processes to the sport and fitness industry. Content will focus on the sport and fitness product, consumer behavior, consumer satisfaction/dissatisfaction, and the customer experience in sport and fitness organizations.</p> <p>Prerequisite(s): KIN 70</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 152</u></a>	<p><b>Theory of Sport and Fitness Management</b> - 3 units</p> <p>Basic theory of sport management. Topics include sport management and organizational skills; sport marketing and sales; sport communication; sport finance, economics, law and governance.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 153</u></a>	<p><b>Sport Facility and Event Management</b> - 3 units</p> <p>Provide students with the skills necessary to effectively manage sport and fitness facilities and events.</p>

	<p>Prerequisite(s): KIN 70; and KIN 152 for sports management specialization. Open only to declared Kinesiology majors/minors, or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 154B</u></a>	<p><b>ECG Interpretations and Graded Exercise Testing - 3 units</b></p> <p>Theoretical background and practical proficiency in the methods and instruments of electrocardiogram interpretations and “Graded” exercise testing.</p> <p>Lecture 2 hours/activity 2 hours.</p> <p>Prerequisite(s): KIN 70 (or equivalent) for majors/minors only or instructor consent; KIN 70; KIN 155 with grades of ‘C-’ or better in each.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 155</u></a>	<p><b>Exercise Physiology - 3 units</b></p> <p>Physiological responses and adaptations of the human organism to physical activity.</p> <p>Misc/Lab: Lecture 2 hours/activity 2 hours.</p> <p>Prerequisite(s): KIN 70; BIOL 66 and CHEM 30A with a grade of ‘C-’ or better in each; approved GE Math Concept course. Open only to declared KIN majors/minors, or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 156</u></a>	<p><b>Introduction to Adapted Physical Activity - 3 units</b></p> <p>Focus on attitude change as well as knowledge, comprehension and application of human movement principles related to individuals with disabling conditions.</p> <p>Lecture 2 hours/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 157</u></a>	<p><b>Physiological Assessment - 3 units</b></p> <p>Use of exercise physiology instrumentation to assess physiological characteristics of human performance, interpret results, and implement corrective strategies, when appropriate.</p>

	<p>Lecture 3 hours/Lab 6 hours.</p> <p>Prerequisite(s): CHEM 30A, GE Math Area 2, BIOL 66, KIN 70 (C- or better grade), KIN 155 (C- or better grade).</p> <p>Grading: Letter Graded.</p>
<a href="#"><u>KIN 158</u></a>	<p><b>Biomechanics</b> - 3 units</p> <p>Relationship of structural and mechanical principles of the musculoskeletal system to the analysis of human performance.</p> <p>Misc/Lab: Lecture 2 hours/activity 2 hours.</p> <p>Prerequisite(s): KIN 70; BIOL 65 with a grade of 'C-' or better; approved GE Math Concept Course. Open only to declared KIN majors/minors, or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 159</u></a>	<p><b>Sport and Adapted Activities</b> - 3 units</p> <p>Principles of kinesiology for adapting sport and activity for individuals with disabling conditions.</p> <p>Lecture 2 hours/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p>
<a href="#"><u>KIN 160</u></a>	<p><b>History of Sport and Physical Education</b> - 3 units</p> <p>Historical survey of physical education and sport from primitive societies through classical and medieval periods to the nineteenth and twentieth centuries. Development of sport, physical education and recreation in the U.S. and factors affecting their growth.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 161</u></a>	<p><b>Philosophical Perspectives of Sport</b> - 3 units</p> <p>Emphasis on systems of philosophy, aesthetic and moral considerations, metaphysical fitness and contemporary issues. Review of leading human movement theorists.</p>

	<p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 162</u></a>	<p><b>Advanced Fitness Assessment and Exercise Prescription - 3 units</b></p> <p>In-depth study and analysis of the principles and techniques used in the assessment of physical fitness and health as well as the design of conditioning programs and physical activities.</p> <p>Misc/Lab: Lecture 2 hours/Activity 2 hours.</p> <p>Prerequisite(s): KIN 70 (or equivalent) for majors/minors only and KIN 155, or instructor consent. Grade of 'C-' or better in KIN 70 and KIN 155.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 163</u></a>	<p><b>Physical Fitness and Nutrition - 3 units</b></p> <p>Use of scientific principles, scientific investigation, and current technological advances to assess the relationship between diet, physical fitness, and disease. Examine scientific literature to evaluate the effects of nutritional intervention on exercise performance.</p> <p>Satisfies SJSU Upper Division GE Area 2 or 5: Earth, Environment, and Sustainability.</p> <p>Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 164</u></a>	<p><b>Sociocultural Perspectives of Sport - 3 units</b></p> <p>Sociocultural processes of sport and play in contemporary society. The study of phenomena arising out of group relations within the realm of kinesiology.</p> <p>Prerequisite(s): KIN 70 for Kinesiology majors/minors or Sports Journalism minors or instructor consent or lower division social science core GE.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 165</u></a>	<p><b>Motor Development - 3 units</b></p> <p>Motor development of the individual from birth to maturity. Emphasis upon motor</p>

	<p>behavior, needs, capacities and interests.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 166</u></a>	<p><b>Motor Learning</b> - 3 units</p> <p>Concepts, principles and theories of motor learning with application to physical activities.</p> <p>Misc/Lab: Lecture 2 hours/lab 2 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent; BIOL 66 with a grade of 'C-' or better.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 167</u></a>	<p><b>Sports Psychology</b> - 3 units</p> <p>Psychological aspects of sports, including the value of sports, psychological factors involved in competitive as well as non-competitive athletic activities and the role of sports psychologists.</p> <p>Prerequisite(s): PSYC 1</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 168</u></a>	<p><b>Psychology of Coaching</b> - 3 units</p> <p>Social, clinical, child, measuring, industrial, personality and organizational psychology and the practical application of the material to coaching.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 169</u></a>	<p><b>Diversity, Stress, and Health</b> - 3 units</p> <p>Impact of structured inequalities on stress and health of diverse populations. Analysis of physiological/psychosocial health factors related to diversity, as well as behavioral interventions and social actions that mediate stress and optimize health and social justice.</p> <p>Satisfies SJSU Upper Division GE area 4: Self, Society &amp; Equality in U.S.</p> <p>Prerequisite(s): Completion of Core General Education and upper division</p>



	<p>standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 172</u></a>	<p><b>Elementary School Programs, K-6 - 3 units</b></p> <p>Examines current practices for managing student behaviors, instructional technology, legal regulations, and physical fitness needs as well as exploring adolescent development.</p> <p>Lecture 2 hours/Activity 2 hours.</p> <p>Prerequisite(s): KIN 70; KIN 165 or KIN 173. Open only to declared Kinesiology majors/minors or instructor consent.</p> <p>Grading: Letter Graded</p> <p><b>NOTE:</b> Offered in the Spring semester only.</p>
<a href="#"><u>KIN 173</u></a>	<p><b>Introduction to Teaching Physical Education &amp; Non-Traditional Sports - 3 units</b></p> <p>Introduce future physical educators to the teaching profession in today's schools. Includes personal exploration, philosophy of teaching, ethics, standards for the teaching profession, legal and business aspects, current issues and trends, development of learning communities, and observation of effective teaching.</p> <p>Lecture 3 hours/Lab 3 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent.</p> <p>Grading: Letter Graded</p> <p><b>NOTE:</b> Offered in the Fall semester only.</p>
<a href="#"><u>KIN 174</u></a>	<p><b>Assessment of Psychomotor Function - 3 units</b></p> <p>Basic procedural elements of informal observation, formal performance testing and direct measures of psychomotor function of individuals with disabling conditions.</p> <p>Lecture 2 hours/Lab 2 hours.</p> <p>Prerequisite(s): KIN 70 and KIN 156; Open only to declared KIN majors/minors or instructor consent.</p>

	Grading: Letter Graded
<a href="#"><u>KIN 175</u></a>	<p><b>Measurement and Evaluation in Kinesiology</b> - 3 units</p> <p>Designed to develop an understanding of measurement and evaluation concepts and application relevant to assessment in the psychomotor, cognitive and affective domains. Activities include collection and computer analysis of data.</p> <p>Misc/Lab: Lecture/activity 4 hours.</p> <p>Prerequisite(s): KIN 70 for majors/minors only or instructor consent; approved GE Math Concept Course.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 176</u></a>	<p><b>Exercise Psychology</b> - 3 units</p> <p>Examines the psychological determinants and consequences of exercise and physical activity. Analysis and critique of research and theory relevant to exercise adherence, motivation, self-efficacy, and attributional style. Practical applications of theoretical concepts.</p> <p>Prerequisite(s): PSYC 1.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 178</u></a>	<p><b>Management Practices for Physical Education Teachers</b> - 3 units</p> <p>Examines current practices for managing student behaviors, instructional technology, legal regulations, and physical fitness needs as well as exploring adolescent development.</p> <p>Lecture 2 hours/lab 2 hours.</p> <p>Prerequisite(s): KIN 70, KIN 156, KIN 172 and upper division standing.</p> <p>Grading: Letter Graded</p> <p><b>NOTE:</b> Offered in the Fall semester only.</p>
<a href="#"><u>KIN 179</u></a>	<p><b>Design and Assessment of Movement Experiences</b> - 3 units</p> <p>Integrate concepts from kinesiology, motor learning, and motor development to address sequential movement experiences, including qualitative analysis and interactions with a performer.</p>

	<p>Lecture 2 hours/Activity 2 hours.</p> <p>Prerequisite(s): KIN 70, KIN 158, KIN 166, and KIN 178.</p> <p>Grading: Letter Graded</p> <p><b>NOTE:</b> Offered in the Spring semester only.</p>
<a href="#"><u>KIN 180</u></a>	<p><b>Independent Study</b> - 1 to 6 units</p> <p>Independent study through projects or directed reading related to the field of Kinesiology. Repeatable for a total of 6 units.</p> <p>Course may be repeated for credit for up to 6 units.</p> <p>Prerequisite(s): GPA overall of 2.0; KIN 70, and instructor consent</p> <p>Grading: Mandatory Credit/No Credit/RP</p>
<a href="#"><u>KIN 185</u></a>	<p><b>Senior Seminar</b> - 1 units</p> <p>Active learning capstone course designed to integrate and synthesize students' knowledge and skills gained in their student's undergraduate preparation through active participation in the class and reflection on the internship experience or equivalent teacher education experiences, addresses current trends and controversies in kinesiology; requires completion of a movement project and professional resume.</p> <p>Prerequisite(s): KIN 70, Kinesiology Majors or Kinesiology Minors Only. Corequisite(s): KIN 198 for Kinesiology Majors; KIN 178 or KIN 179 for Teaching Prep Majors. Enrollment in corequisite must be demonstrated by the add/drop deadline.</p> <p>Grading: Letter Graded</p>
<a href="#"><u>KIN 187</u></a>	<p><b>Clinical Exercise Physiology</b> - 3 units</p> <p>Physiological principles applied to the prevention, management, and treatment of chronic health conditions. Focus on the pathophysiology, acute response to exercise, chronic training effects, and development of appropriate conditioning and training programs for chronic conditions.</p> <p>Prerequisite(s): KIN 70 (or equivalent) for majors/minors only or instructor consent; KIN 155; with grades of 'C-' or better in each.</p> <p>Grading: Letter Graded</p>

<a href="#"><u>KIN 198</u></a>	<p><b>Internship in Kinesiology</b> - 1 to 6 units</p> <p>Practical professional experiences related to the field of Kinesiology. Experiences are varied and can include exercise testing, prescription and evaluation; program leadership, design, and/or administration; coaching; and sport medicine internships. May be repeated for a total of 6 units.</p> <p>Course may be repeated for credit for up to 6 units. <b>NOTE:</b> Check how many units of KIN 198 you need to complete for your specialization.</p> <p>Prerequisite(s): Upper division status; GPA overall of 2.0; KIN 70, and instructor consent</p> <p>Grading: Mandatory Credit/No Credit/RP</p> <p><b>NOTE:</b> Visit the <a href="#"><u>Current Students</u></a> tab on the main KIN department website for additional KIN 198 information including a video put together by KIN Internship Manager, Dr. Cole Armstrong.</p>
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