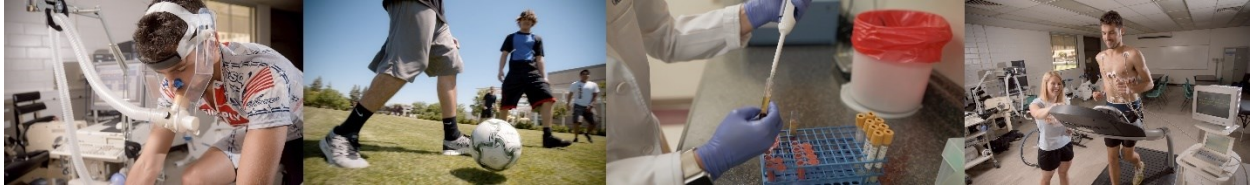


Department of Kinesiology



Graduate Student Handbook

Master of Science in Kinesiology



CALIFORNIA STATE UNIVERSITY
BAKERSFIELD

**Extended
Education**

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Introduction

Greetings prospective and entering graduate students:

Welcome to this guide to the Master of Science in Kinesiology Program. The Kinesiology Graduate Faculty at California State University, Bakersfield (CSUB) developed this guide to introduce our Master of Science program in Kinesiology. If you are considering CSUB as a possible choice for graduate school, this guide will give you some insight into our goals, curriculum, and strengths. If you are already admitted to our program, this guide will inform you of some of our policies, procedures, and requirements.

Thank you for considering us as your University of choice. We are here to help you every step of the way, do not hesitate to ask for information or assistance to make your experience a rewarding one. We hope that this guide is a useful tool and look forward to working with you and helping you achieve your graduate school and professional goals.

Sincerely,

Dr. Zachary Zenko, Ph.D
Kinesiology Graduate Director and Associate Professor

Kinesiology Department Mission: The Department of Kinesiology, in support of the broader mission of CSUB, is committed to preparing undergraduate and graduate students to become competent professionals who are knowledgeable, skillful, and reflective. The Department strives to advance physical activity, human performance, and health through a wide range of research activities, bridge scholarship to practice and service, and improve the quality of life for members of the University and greater community. Furthermore, the Department fosters integrity, the pursuit of excellence, client centeredness, lifelong learning, and professional advocacy within its faculty and students.

Kinesiology Graduate Program Mission: The mission of the Graduate Program, in support of the broader mission of the Department of Kinesiology and CSUB, is for students to engage in a rigorous and specialized program in order to create, interpret, disseminate and apply advanced knowledge and experiences related to human movement, exercise, and rehabilitation, with the ultimate goal of enhancing health, performance, and quality of life for members of the University, greater Bakersfield community, and around the world.

Kinesiology Diversity Statement: The Department of Kinesiology values diversity, equity, and inclusion as part of our core values. We welcome and encourage all individuals to participate in our teaching, learning, and research endeavors, regardless of Age, Disability (physical and mental), Gender (or sex), Gender Identity (including transgender), Gender Expression, Genetic Information, Marital Status, Medical Condition, Nationality, Race or Ethnicity (including color or ancestry), Religion (or Religious Creed), Sexual Orientation, and Veteran or Military Status. If you are a student at CSU Bakersfield, you belong. We value our diverse community of students, staff, and faculty as a strength and we share a vision focused on collaboration, education, scientific inquiry, respect, civility, and intellectual curiosity. The contributions of all members of our community are valued.

General Program Description

Program Director: Dr. Zachary Zenko

Program Website: <https://extended.csub.edu/programs/online-ms-kinesiology>

Graduate Faculty: Jahyun Kim, Ph.D., Jeff Moffit, Ed.D., Eugene Wang, Ph.D., Yilin Li, PhD, and Zachary Zenko, Ph.D., FACSM

The Master of Science in Kinesiology is a 30-unit program designed to provide students with an advanced and comprehensive study of human movement. Characterized by an intensive program of study, with innovative pedagogy through an online experience, that build and further your undergraduate concepts. A faculty advisor will assist all students working towards an original capstone project (thesis or culminating experience).

Courses are offered each semester (Fall, Spring, and Summer) in sequence to facilitate program completion. Within the Master of Science program, there are six core courses (18 units), practicum or research experiences (3 units), and then the capstone, either a culminating experience or thesis (3 units). Additionally, students will take 6 units of Special Topic electives, which will reflect recent relevant topics in the field of Kinesiology. Courses are taught completely online and do not require students to come to the Bakersfield campus.

The Program will prepare graduates to: 1) enter careers requiring a Master's Degree including worksite health promotion, clinical exercise physiology, cardiac rehabilitation, commercial fitness, public/private or non-profit health agencies, chronic disease prevention in community settings, teaching/coaching at the community college level, or 2) initiate doctoral study in Allied Health (e.g. Physical Therapy), Exercise Physiology, Motor Control, Biomechanics, Exercise Psychology, or other health related fields.

The Kinesiology department has partnered with the Division of Extended Education & Global Outreach (EEGO) at CSUB. Extended Education seeks to expand the interests, to improve and broaden the professional preparation, and to further the university degree aspirations of students. Extended education aids in administering the Master of Science program in Kinesiology program.

EEGO Interim Dean: Dr. Kristen Watson

EEGO Director: Dr. Rhonda Dawson

Degree Programs Admission Specialist

& Graduate Program Advisor: Adrienne Silva, MPA, MBA

EEGO Telephone: (661) 654-2441

EEGO Website: <https://extended.csub.edu/>

Program Personnel Description

Position descriptions:

Associate Vice President for Academic Programs — oversees all CSUB graduate programs; approves or disallows petitions and appeals to change or to grant waivers to the University and Department Graduate Degree Requirements as published in the CSUB Catalog.

Dean of the School of Social Science and Education — provides input to faculty and students concerning the degree program. Reviews petitions and appeals and makes recommendations to the Associate Vice President for Academic Programs.

Department of Kinesiology Graduate Director — reviews admissions files and notifies Admissions and Records of departmental admissions decisions, advises incoming students, coordinates graduate activities of the Department of Kinesiology, oversees program assessment, and serves as the Kinesiology Department liaison to other graduate programs and the Graduate Student Center. The Kinesiology Graduate Director represents the Department of Kinesiology on the Council of Graduate Directors. The Graduate Director is nominated from among the Graduate Faculty of the Department of Kinesiology and elected by the Graduate Faculty to serve a three-year term in accordance with section 312 of the University Handbook.

Current Kinesiology Graduate Director:

Dr. Zachary Zenko (2021-)

Department of Kinesiology Graduate Committee — three- or four- person committee (including Department of Kinesiology Graduate Director) selected by the Department of Kinesiology to oversee the program, review admission files, and review and make recommendations on all kinesiology graduate program petitions or appeals. Members of the committee are nominated from among the Graduate Faculty of the Department of Kinesiology elected to serve a two-year term by the faculty of the Department of Kinesiology.

Current Kinesiology Graduate Committee:

Dr. Zachary Zenko

Dr. Yilin Li

Mr. Craig Harnetiaux

Capstone Committee Chair — a tenured or tenure-track faculty member from among the Graduate Faculty of the CSUB Department of Kinesiology who oversees the acceptance, program establishment, progress, and completion processes as the advisor to a culminating experience or thesis for a student; resolves problems between student and faculty and informs culminating experience or thesis students of departmental regulations; serves as final departmental quality control on capstone projects.

Capstone Committee – three- to five- person committee (including Graduate Culminating Experience, Comprehensive Exam, or Thesis Committee Chair) selected by the graduate student that oversees progress and completion processes. This committee must be composed of a majority of members who are current Graduate Faculty members from within the CSUB Department of Kinesiology. Outside members of the committee, including faculty from other departments at CSUB, emeritus faculty, other outside experts, and non-Graduate Faculty members of the CSUB Department of Kinesiology, are permitted as long as they have sufficient expertise within the student’s capstone project field to significantly contribute to the success of that project. Any non-Graduate Faculty members of the CSUB Department of Kinesiology must be approved by the Kinesiology Graduate Director.

Kinesiology Graduate Faculty members – Graduate Faculty in the Master of Science in Kinesiology Program are made up of tenured and tenure-track faculty from the CSUB Department of Kinesiology. Graduate Faculty may serve on graduate student supervisory committees (Thesis, Comprehensive Exam, or Culminating Experience) within the program. Only Graduate Faculty within the CSUB Department of Kinesiology can serve as Thesis or Culminating Experience committee chair (faculty advisor). Graduate Faculty are also responsible for teaching graduate-level courses and ensuring that these courses meet program goals and are of appropriate rigor. Non-Graduate Faculty members can seek eligibility to either teach or be a member of a Graduate Thesis or Culminating Experience Committee. Non-Graduate Faculty seeking eligibility are to submit their current CV and a brief document outlining accomplishments and/or experience appropriate for the role they seek to the Kinesiology Graduate Director. The Kinesiology Graduate Committee will review documents for suitability. Priority for teaching and Thesis or Culminating Experience Committee membership is first given to Graduate Faculty.

Graduate Program Faculty

Graduate faculty in the Department of Kinesiology*:

*see the Department of Kinesiology website for up-to-date information on current members of the department and for additional information about faculty and their research interests.

Name	Interests
Dr. Jahyun Kim	Cardiovascular health improvements with non-pharmaceutical interventions in advanced age and clinical populations.
Dr. Jeff Moffit	Cardiovascular and biomechanical influences on endurance sport performance.
Dr. Brittany Sanchez	Genetic influences in metabolism; such as genes, that impact nutrient uptake and delivery with diet and exercise.
Dr. Eugene Wang	Physical activity among diverse populations, development of skill competence among school children, teaching effectiveness, and physical education teacher education.
Dr. Yilin Li	Physical education teacher education, student motivation, physical activity and health promotion among diverse populations.
Dr. Zachary Zenko	Exercise psychology; physical activity promotion and sedentary behavior reduction. Psychological responses to exercise.

Admission Requirements

Program Admission Information:

Prerequisites:

1. Hold a Bachelor's degree in Kinesiology from an accredited four-year college or university
 - a. Cumulative GPA of 3.0 in the last 60 semester units or 90 quarter units of coursework.
2. An applicant who does not have a major or minor in Kinesiology must have taken **three** undergraduate courses from the areas of biomechanics, exercise physiology, motor control/learning, applied kinesiology, or functional anatomy and **one** course from the areas of sport psychology or exercise psychology.
3. Completion of prerequisite coursework
 - a. Applicants must have completed a college/university level course with a grade of C or better in the following 3 content areas:

Human Anatomy (equivalent to BIOL 2210: Human Anatomy)

Human Physiology (equivalent to BIOL 2220: Human Physiology)

Introductory Statistics (equivalent to KINE 2018, MATH 2220, PSYC 2018 or SOC 2208)

Application Process

Applications for the online MS in Kinesiology program are submitted through the CSU Cal State Apply online application system. You can access and navigate the system using the following instructions:

Visit www2.calstate.edu/apply. If you're a first-time user, you'll need to create an account. If you are a returning user, enter your credentials to get started.

Choose the online MS in Kinesiology program by clicking on the "Add Program" tab. Choose the CSU Bakersfield campus, then choose "Kinesiology (MS)" as your program under the "Bakersfield Extension" heading.

Complete each section of the Cal State Apply application. Sections 1, 2, and 3 contain general information about you and your education background. Section 4 houses questions specific to the online MS in Kinesiology program.

After you've completed each section, you can then pay your application fee and submit your final application.

Note that you do not need to complete all the sections in one session. The system will save your progress if you need to leave the application and come back to finish it later. If you have any questions about completing your application in Cal State Apply, please call Cal State Apply customer service at (857) 304-2087. Be sure to have your CAS ID number (located under your name in the upper-right corner of the application) when contacting customer service.

If you have questions, you may e-mail Dr. Rhonda Dawson, Director of Extended Education (rdawson@csub.edu) or Dr. Zachary Zenko, Graduate Program Director (zzenko@csub.edu). Please do not e-mail completed applications.

Admission Requirements:

1. Completion of prerequisite coursework
2. Bachelor's Degree from an accredited four-year college or university
3. Overall Cumulative GPA of 3.0 in the last 60 units of all coursework
4. Complete Admissions Application Packet to include the following:
 - a. Three completed reference forms. These should come from persons familiar with your performance in the classroom and potential for independent research. These letters are handled as confidential documents.
 - b. Personal Statement. This should be limited to 1-2 pages and focus on past experiences and education that would provide evidence to your potential success in the MS program. Statements must include a discussion on your academic and professional interests and how they align with the interests of the CSUB graduate faculty and relate to a graduate degree in Kinesiology. Students must identify

specific CSUB graduate faculty as potential mentors. Professionalism and student conduct will be a consideration.

- c. One official transcript from each college attended (if a graduate of CSUB, transcripts are not required)
- d. Signed Technology Contract
- e. Complete CSUB Extended University Application
- f. \$70 application fee

Only fully completed applications will be reviewed. Once you have been admitted to both the University and the Program, you will attend an advising session with the MSK Graduate Program Director to receive your program outline and discuss program options.

Application Deadlines

Fall Semester Admission:

Priority Deadline: May 1

Regular Deadline: June 1

Spring Semester Admission:

Priority Deadline: October 1

Regular Deadline: November 1

Summer Semester Admission:

Priority Deadline: February 1

Regular Deadline: March 1

Admission decisions are made holistically, taking into consideration GPA, academic potential, reference forms, personal statements, and alignment with the program and faculty. Applicants are encouraged to meet the priority application deadline. Applications are considered on a rolling basis as they are received. Positions within the program may be limited and later applicants may be declined admission if open spots have already been filled.

Except for unusual circumstances and at the discretion of the Kinesiology Graduate Admissions Committee, conditional admission to the program shall require the student to earn at least a 3.3 GPA in their first 9 units of coursework, with no course grade less than a "B".

If you have any questions, please contact Dr. Zachary Zenko, the Kinesiology Graduate Director (email: zzenko@csub.edu).

Registration

Adding/Dropping/Withdrawing:

Admitted students will register via myCSUB each term. Students who drop courses during the open add/drop timeline will also utilize myCSUB. Students dropping after the open add/drop window will download an add/drop form and submit it to Extended Education. All registration forms can be found at extended.csub.edu.

Enrolling in any of the six capstone courses requires instructor approval. Contact the Graduate Program Director for further details. Students will work with the Graduate Program Director to determine which option is most suitable, based on student interests and faculty interests and availability. Students may enroll in the thesis or culminating experience options only after obtaining approval from a Graduate Faculty member. All other students will complete the Comprehensive Exam option.

Tuition/Fees:

All course fees and tuition must be paid in full by the first day of class. Program tuition is by semester unit; currently unit fees are \$641 per unit. These fees are subject to change. Additional fee information can be found at extended.csub.edu

Financial Aid:

The CSUB Office of Financial Aid and Scholarships administers a number of financial aid programs to enable students without adequate financial resources to attend classes. Funding for eligible applicants may include moneys from grants, loans, and scholarships.

Please visit the CSUB Financial Aid & Scholarships home page at www.csub.edu/finaid/index.html

Course Schedule Information:

Course schedules, add/drop and refund dates, and the academic calendar are posted on the Extended Education website at extended.csub.edu

Technology Information and Expectations

Technology Policy and Technology Requirements

A technology contract is a required part of the admissions packet in order to ensure applicants have the technology skills necessary to be successful in an online environment. Students need to have personal access to a computer and the Internet in order to complete classes.

The ability to create, edit, and view Microsoft Word, Excel, and PowerPoint documents is a requirement. It is recommended that students have Microsoft Office (Word, Excel and PowerPoint). Students may purchase the student/teacher edition from many retailers. Documents created using other word processing programs are not accepted for any reason.

It is recommended that students backup course work on a daily basis. Disk failure or other loss of data is not an excuse when completing course work.

To assure your ability to benefit from all of the resources available in this class, please be sure you have a computer that meets or exceeds the following standards:

- A PC or Mac laptop with at least an i5 processor or equivalent
- 16 GB of RAM
- 256 GB hard drive
- A web camera (built in or stand-alone)
- Wi-fi adapter
- A headset

Also, please be sure you have a broadband connection able to provide a minimum of 20 megabits per second (mbps) download and 10 mbps upload, or a hot spot or a cell phone capable of tethering.

If you need assistance assessing the capabilities of your computer, please contact Information Technology Services at 661 654-4357 or at <https://its.csub.edu/>

Canvas

All course work will be completed using Canvas. All students are required to log-in to their Canvas courses the first day of classes each semester. Login information will be included in your admission letter.

Be sure to back up all of your work from each course; coursework will not be available to students after the end of the course. It is recommended that you create your course discussions and posts in Microsoft Word and copy and paste to Canvas.

Records

myCSUB

Students will be given a myCSUB account when admitted to the program. Students will be able to register, pay, view grades, print unofficial transcripts, and view Financial Aid information by logging into their account with a Net ID. A Net ID will be assigned upon admission to the program.

Change of Address or Name

A graduate student who changes his/her address or name must change their information in myCSUB. This is the official record that is provided to instructors through Canvas. Graduate students with former names should make sure that all transcripts and papers submitted contain the current name.

Program Scope and Sequence

Core Courses (all required, 18 units)

KINE 6010 Research Methods in Kinesiology
KINE 6020 Advanced Exercise Physiology
KINE 6030 Advanced Movement Science
KINE 6040 Advanced Behavior Change
KINE 6050 Advanced Program Design in Kinesiology
KINE 6060 Evidence-Based Practice in Kinesiology

Current Topics in Kinesiology (required, 6 units)

(Topics will be selected with consideration for student career goals and interests)

KINE 6700 Special Topics

Capstone:

Capstone courses cannot be repeated. Choose EITHER the thesis sequence, OR the culminating experience sequence, OR the comprehensive exam sequence. Students may enroll in the thesis or culminating experience options only after obtaining approval from a Graduate Faculty member. All other students will complete the Comprehensive Exam option.

Thesis Sequence (6 units)

KINE 6180 Kinesiology Research

- All thesis projects require approval from the Institutional Review Board, or documentation that the project is Not Human Subjects Research.
- Potential grades include: Credit, No Credit, or Incomplete.
- No Credit means that the student will be disqualified from the program.

KINE 6810 Thesis

- Potential grades include: Credit, No Credit, or Report in Progress.
- No Credit means that the student will be disqualified from the program.

Culminating Experience Sequence (6 units)

KINE 6170 Kinesiology Practicum/Field Experience

- Potential grades include: Credit, No Credit, or Incomplete.
- No Credit means that the student will be disqualified from the program.

KINE 6800 Culminating Experience

- Potential grades include: Credit, No Credit, or Report in Progress.
- No Credit means that the student will be disqualified from the program.

Comprehensive Exam Sequence (6 units)

KINE 6820 Focused Topics in Kinesiology I

- Potential grades include: Credit or No Credit.
- Requirements for KINE 6830 are expected to be completed within one semester.
- No Credit means that the student will be disqualified from the program.

KINE 6830 Focused Topics in Kinesiology II

- Potential grades include: Credit or No Credit.
- Requirements for KINE 6830 are expected to be completed within one semester.
- No Credit means that the student will be disqualified from the program.

Reports in Progress:

- Students who have made substantial progress, but are unable to complete their thesis or culminating experience requirements in one term, will earn a Report in Progress grade.
- These students are required to enroll in Continuous Enrollment for Graduate Students every Fall, Spring, and Summer term through Extended Education for a nominal fee.
- Registrations must be initiated by the student and approved by the thesis or culminating experience chair. Students who do not register for Continuous Enrollment will be Academically Disqualified from the MS in Kinesiology program.
- While there are no limitations to the number of terms a student may register in Continuous Enrollment, the California Code of Regulations, Title 5, Education, specifies that all requirements for a graduate degree must be completed within a seven (7) year period. This time limit requirement means that no more than seven (7) years may elapse between the start of the term for the earliest dated course approved for the Plan of Study and the date the application for graduation is formally approved.
- Substantial progress on the capstone is expected during each term of Continuous Enrollment.

Roadmaps

Roadmaps of course offerings are presented in the appendix. Students should meet with their faculty advisor (Kinesiology Graduate Director or Culminating experience/Thesis Committee Chair) for specific recommendations.

Roadmaps of course offerings are presented in the appendix. Students should meet with their faculty advisor (Kinesiology Graduate Director or Culminating experience/Thesis Committee Chair) for specific recommendations.

Grades and Policy

Academic Continuation:

Graduate students must maintain an overall GPA of 3.0 and earn at least a C (2.0) in all courses. Any student whose overall GPA falls below 3.0 for two semesters, or who receives more than three grades of C (2.0) or lower, cannot continue in the program.

Incomplete Grades:

It is incumbent upon the student to initiate the request for an incomplete grade and to reach an agreement with the instructor regarding completion of the coursework. A request for a grade of incomplete will be denied if the instructor believes it is inappropriate (see University Catalog). All incomplete grades must be completed within one year in accordance with CSUB policy.

Repeating a Course:

With prior permission of the Graduate Program Director, a graduate student may repeat, for the purpose of improving the grade, up to 6 units of credit in which a grade below a “B-“ was achieved. Repeating a course does not remove the earlier attempt from the student’s record, but it may improve the student’s grade point average (GPA). Only two non-thesis courses taken at CSU Bakersfield may be repeated. Capstone courses (KINE 6170, KINE 6180, KINE 6800, KINE 6810) cannot be repeated.

Appeals:

A graduate student who is concerned about a grade, course evaluation, candidacy decision, or degree requirement should first discuss the matter with the relevant faculty member, then the thesis advisor, then the graduate coordinator, and then the department chair. If the matter cannot be informally resolved, then the student may file a formal grievance in accordance with CSUB policy.

Time Limit to Complete Requirements for Graduate Degrees:

The California Administrative Code, Title 5, Education, requires that all the requirements for a master’s degree be completed within a seven-year period to include the filing and awarding of the degree. This means that no more than seven years may elapse between the start term of the earliest dated course and the date that the last course on the program is actually completed, and the application for graduation is filed. With outdated requirements (generally courses) the candidate may complete a Petition form through EU Degree Programs for an extension of the time limit or substitution of other appropriate courses, but is not guaranteed that the extension or courses will be accepted.

Non-Active Status:

Graduate student or post-baccalaureate student who has been absent from the degree program for more than two consecutive semesters will be reclassified in a non-active student status. All students who have been reclassified in a non-active student status must submit a new application for admission to the university and program and pay the non-refundable application fee. Graduate students wishing to return must also resubmit an application for admission to the respective graduate program.

Transfer Credits:

If accepted by the faculty, graduate credit from another accredited institution may be applied toward the master's degree. Courses used to obtain degrees from other institutions will not be used for unit credit toward the MS Kinesiology degree at CSUB.

Transfer or extension course work may be used to satisfy prerequisites or degree requirements when such work is acceptable to the program faculty.

A maximum of 9 semester units of transfer credits and/or units earned may be accepted toward graduate degrees. All such units must satisfy time limit requirements for the degree program. No Courses over 7 years old will be included on the student's program outline.

Waivers or Substitutions of Course Requirements:

If you have taken equivalent course work at another university, you will need to complete a course substitution request form. For course substitutions, students must provide appropriate supporting materials (copy of the course syllabus, a catalog course description, and a copy of a transcript with the grade posted) with petitions to verify dates, satisfactory completions and course equivalencies. Please allow one academic semester for a response.

Petition forms (for extensions of time or course/prerequisite waivers, substitutions, and transfer credits) are available from the Extended Education Degree Programs office. Students are responsible to make certain that the necessary petition forms are properly completed, signed and filed with the Extended Education office. Please allow one academic semester for a response.

Pathway to Completing Degree

Graduate Student Classification

Conditionally Classified Graduate Student:

Applicants that do not meet all of the admission requirements for the Master of Science in Kinesiology may be provisionally admitted to the MS Kinesiology graduate program as a Conditionally Classified Graduate Student if, in the judgment of the Kinesiology Graduate Admissions Committee, the applicant has the potential to successfully complete all requirements within a reasonable timeframe (usually one calendar year). These requirements (or approved substitutions) will be determined by the Kinesiology Graduate Admissions Committee and specified in the admission letter. Upon successful completion of all requirements, the student can apply for full acceptance to the MS Kinesiology graduate program as a Classified Graduate Student. Failure to satisfactorily complete all requirements in the specified timeframe will result in dismissal from the MS Kinesiology graduate program. Note: Conditionally Classified Graduate Students may not enroll in more than 10 semester units of coursework for graduate credit prior to advancing to Classified Graduate Student status.

Classified Graduate Student:

Classified Graduate Student status indicates that the minimum admissions requirements for the Master of Science in Kinesiology have been satisfied and that space has been made available in the MS Kinesiology graduate program. Specific minimum admission requirements for Classified Graduate Student status are listed below:

1. Kinesiology major/minor or equivalent courses from Kinesiology are required prerequisites for the graduate program.
2. An applicant who does not have a major or minor in Kinesiology must take three undergraduate courses from the areas of biomechanics, exercise physiology, motor control/learning, applied kinesiology, or functional anatomy and one course from the areas of sport psychology or exercise psychology.
3. Completion of prerequisite coursework
4. Applicants must have completed a college/university level course with a grade of C or better in the following 3 content areas:
 - a. Human Anatomy (BIOL 2210: Human Anatomy)
 - b. Human Physiology (BIOL 2220: Human Physiology)
 - c. Introductory Statistics (KINE 2018, MATH 2220, PSYC 2018 or SOC 2208)
 - d. Bachelor's Degree from an accredited four-year college or university
 - e. Cumulative GPA of 3.0 in the last 60 units of all coursework
 - f. A Plan of Study approved by the Graduate Program Director

Advancement to Candidacy

Advancement to Candidate Status:

Candidate status indicates that the student has completed at least 18-semester units within the approved Plan of Study and that there is a reasonable expectation that the student will complete all remaining degree requirements within one year. Classified Graduate Students will be advanced to Candidate status when they have met the following criteria:

1. Completion of all requirements for Classified Graduate Student status.
2. Completion of at least 15 units toward the Master of Science in Kinesiology degree with a graduate GPA of at least 3.0.
3. Completion of the Capstone Committee Membership Record Form and approval by the Program Director and the faculty advisor and capstone committee.

Graduate Faculty Advisor, Plan of Study and Time Limit

The Graduate Program Director will serve as the initial academic advisor upon entrance into the program. Once a faculty advisor has been determined for your capstone project, the faculty advisor will take over advising responsibilities. Upon admission the student should arrange an appointment to develop a program plan of study. All requirements for the degree must be completed within seven calendar years after admission to the Master of Science in Kinesiology graduate program. The seven-year limit may be extended by an approved petition to the Kinesiology Graduate Committee.

Capstone Project:

Each student is to complete a capstone project (Thesis or Culminating Experience) as part of the degree requirements. The capstone project is a 2-semester sequence, for example, KINE 6170 (Kinesiology Practicum/Field Experience) is the prerequisite for KINE 6800 (Culminating Experience) and KINE 6180 (Kinesiology Research) is the prerequisite for KINE 6810 (Thesis). The sequence must be done in the order shown and should not commence their capstone sequence until they have advanced to Candidate Status. Each student as part of their capstone project will engage with their faculty advisor and committee to complete an independent project. The components that will be reviewed and evaluated as part of every capstone project is a written document and presentation from the independent project by the student. The structure of the written document and presentation of the capstone should meet the minimum shown below, and should be confirmed by the student's faculty advisor and committee.

Deadlines and Recommended Schedule:

Completing rigorous coursework, data collection and analysis, and a written capstone project within 18-months requires substantial commitment and organization. Some students will require more time to complete the program requirements. It is the student's responsibility to meet required deadlines and maintain progress in the program. Each semester should involve the completion of at least one required document (e.g., proposal outline, thesis proposal, thesis draft, completed thesis) and submission of the document to the faculty advisor and committee.

Graduation and Commencement

To graduate in any given semester (fall, spring or summer), the capstone project must be completed and approved by capstone committee chair, committee and Graduate Program Director by deadlines posted for that semester. The dates change, but generally the last day to file will be early May, early August, and early December for spring, summer and fall graduation, respectively. For thesis students, one must make an appointment with the librarian and review materials posted on the library website to learn about requirements prior to the filing date. See library website for dates and guidelines – <https://csub.libguides.com/etd>

The student should apply to graduate with the University in the term they expect to complete their degree requirements. The Registration Calendar each semester specifies the filing date. To apply for graduation, log in to the Student Center and locate the Apply for Graduation field. Follow the prompts and select the appropriate term for graduation. If a student does not graduate during the semester they applied, the student will need to cancel the application and reapply for the appropriate semester. It is the responsibility of the student to meet with their faculty advisor early enough to ensure they have completed all of the coursework and capstone requirements before applying to graduate.

Students must also register for commencement.

Commencement, the major walking and hooding ceremony, currently will be occurring in the Fall and Spring semesters.

Appendices

Master of Science in Kinesiology Recommended Roadmaps (Pending Availability)

Fall Admission		
Fall (Term 1)	Spring (Term 2)	Summer (Term 3)
<ul style="list-style-type: none"> • KINE 6010 (3) • KINE 6040 (3) • KINE 6700 (3) 	<ul style="list-style-type: none"> • KINE 6020 (3) • KINE 6050 (3) • KINE 6700 (3) or KINE 6010 (3) (if needed) 	<ul style="list-style-type: none"> • KINE 6030 (3) • KINE 6060 (3) • KINE 6170 (3) or KINE 6180 (3) or KINE 6820 (3)
Fall (Term 4)		
<ul style="list-style-type: none"> • KINE 6800 or KINE 6810 (3) or KINE 6830 (3) • KINE 6700 (3) (if needed) 		

Spring Admission		
	Spring (Term 1)	Summer (Term 2)
	<ul style="list-style-type: none"> • KINE 6010 (3) • KINE 6020 (3) • KINE 6050 (3) 	<ul style="list-style-type: none"> • KINE 6030 (3) • KINE 6060 (3)
Fall (Term 3)	Spring (Term 4)	
<ul style="list-style-type: none"> • KINE 6040 (3) • KINE 6700 (3) • KINE 6170 or KINE 6180 (3) or KINE 6820 (3) 	<ul style="list-style-type: none"> • KINE 6800 or KINE 6810 (3) or KINE 6830 (3) • KINE 6700 (3) 	

Summer Admission		
		Summer (Term 1)
		<ul style="list-style-type: none"> • KINE 6030 (3) • KINE 6060 (3)
Fall (Term 2)	Spring (Term 3)	Summer (Term 4)
<ul style="list-style-type: none"> • KINE 6010 (3) • KINE 6040 (3) • KINE 6700 (3) 	<ul style="list-style-type: none"> • KINE 6020 (3) • KINE 6050 (3) • KINE 6700 (3) or KINE 6010 (3) (if needed) • KINE 6170 (3) or KINE 6180 (3) or KINE 6820 (3) 	<ul style="list-style-type: none"> • KINE 6800 or KINE 6810 (3) or KINE 6830 (3) • KINE 6030 (3) (if needed) • KINE 6060 (3) (if needed)

Notes:

1. All students must complete two KINE 6700 courses and the content must be distinct (i.e., courses must be taken with two different instructors).
2. Students who complete KINE 6170 must also complete KINE 6800
3. Students who complete KINE 6180 must also complete KINE 6810
4. Students who complete KINE 6820 must also complete KINE 6830
5. Students may enroll in KINE 6700 in any term even if not reflected on the roadmaps above, dependent on faculty permission and willingness to offer KINE 6700 in an individualized study format. Students must obtain permission from a member of the graduate faculty and the Graduate Program Director.
6. If students must remain enrolled in a certain number of units for employment, financial aid, athletic, or other reasons, they must discuss this with the Graduate Program Director **before** the program starts.
7. Students must be enrolled in all terms, either in courses shown in roadmaps or KINE 7000: Continuous Enrollment (0 units). See Graduate Program Director for permission to add KINE 7000.

Course Planning and Scheduling Guidance

Fall	Spring	Summer	All Terms
<ul style="list-style-type: none"> • KINE 6010 • KINE 6040 • KINE 6700 • KINE 6700 	<ul style="list-style-type: none"> • KINE 6010 • KINE 6020 • KINE 6050 • KINE 6700 	<ul style="list-style-type: none"> • KINE 6030 • KINE 6060 	<ul style="list-style-type: none"> • KINE 6170 • KINE 6180 • KINE 6800 • KINE 6810 • KINE 6820 • KINE 6830 • KINE 6700¹ • KINE 7000²

Note. ¹As independent or individualized study; requires permission from graduate faculty member and Graduate Program Director. ²Continuous enrollment; requires permission from Graduate Program Director.

Capstone Checklists

Thesis/Dissertation

Proposal development and project oversight:

____ Graduate Committee Chair (advisor) is assigned to assist the student with their thesis/dissertation proposal and project.

____ A Graduate Committee (with a minimum of 3 members and a majority of Graduate faculty) is formally assigned to the student and project, overseeing the development, progress, and completion of the student culminating experience.

____ The Graduate Committee is responsible for:

____ determining the feasibility and merit of the proposal/plan;

____ reviewing the proposal/plan;

____ familiarizing the student with university policies concerning the handling of dangerous materials, laboratory and fieldwork safety, and maintenance of standards of quality, ethics, and professional performance;

____ reviewing and approving the methodology and any instrument or questionnaire used in data collection; and

____ ensuring that the student project/proposal is reviewed and approved by the appropriate campus-level committee (e.g., IRB or IACUC).

____ Students are only permitted to proceed with their proposed project after approval from their Graduate Committee.

____ Policies are in place to document formal approval of a student's plan or proposal from the Graduate Committee, signifying that the student has permission to proceed with the study as outlined in the proposal or plan.

____ A copy of the student's approved proposal/plan should be retained by the program. Thesis supervisors should send copies of proposal manuscripts and/or proposal presentations to the Graduate Program Director, carbon copying the student and committee members.

Format and content:

____ The thesis/dissertation represents a written product of a systematic study of a significant problem. It identifies the problem, states the major assumptions, explains the significance of the undertaking, sets forth the sources for and methods of gathering information, analyzes the data, and offers a conclusion or recommendation(s).

____ The finished product evidences originality, critical and independent thinking, appropriate organization and format, and thorough documentation.

____ The format of all theses/dissertations must meet the technical requirements established by the university as well as any specific program requirements.

Evaluation and documentation:

_____ An oral defense and/or public presentation of the thesis/dissertation is required;

_____ The Graduate Committee shall determine the final approval of the thesis or dissertation;

_____ The Graduate Committee shall evaluate the adequacy of the bibliography/literature cited to ensure that theses/dissertations adequately represent the state of knowledge on a topic, represent student expertise in their chosen area of specialty, and fairly present the research of others;

_____ The Graduate Committee evaluates the culminating experience to determine if it meets university standards;

_____ Successful completion of the culminating experience and the conferral of a program degree are dependent on majority approval from the Graduate Committee and may only be conferred with their documented approval;

_____ Certification for the completion of the culminating experience must be provided prior to graduation and the awarding of the graduate degree through:

(1) designation of culminating experience course credit, or

(2) an alternative acceptable form of reporting to the Evaluations Office and the Office of Academic Programs;

_____ In consultation with the other members of the Graduate Committee, the chair shall determine the final grade and/or assigning of complete credit for the culminating experience. The Graduate Committee Chair is responsible for accurately reporting the grade/completion status agreed upon by the Graduate Committee; and

_____ All final and approved theses/dissertations must be formally filed electronically with the CSUB Library.

Culminating Experience Project

Project development and oversight:

_____ Graduate Committee Chair (advisor) is assigned to assist student with their culminating project/activity plan;

_____ A Graduate Committee (with a minimum of 3 members and a majority of Graduate faculty) is formally assigned to the student and project, overseeing the development, progress, and completion of the student culminating experience;

_____ The Graduate Committee, when appropriate and related to the project, is responsible for:

_____ determining the feasibility and merit of the proposal/plan,

_____ reviewing the proposal/plan,

_____ familiarizing the student with university policies concerning the handling of dangerous materials, laboratory and fieldwork safety, and maintenance of standards of quality, ethics, and professional performance,

_____ reviewing and approving the methodology and any instrument or questionnaire used in data collection, and

_____ ensuring that the student project/proposal is reviewed and approved by the appropriate campus-level committee (e.g., IRB or IACUC).

_____ Students are only permitted to proceed with their proposed project after a favorable determination has been made by their Graduate Committee;

_____ Policies are in place to document formal approval of a student's plan or project proposal from the Graduate Committee, signifying that the student has permission to proceed with the project as outlined in the proposal or plan; and

_____ A copy of the student's approved proposal/plan should be retained by the program. Culminating Experience faculty supervisors should send copies of proposal manuscripts and/or proposal presentations to the Graduate Program Director, carbon copying the student and committee members.

Format and content:

_____ The project demonstrates originality and independent thinking, appropriate form and organization, and an academic rationale; and

_____ The finished project must be described and summarized in a written abstract that includes the project's significance, objectives, methodology, and conclusion or recommendation(s).

Evaluation and documentation:

_____ An oral defense and/or public presentation of the project is required;

_____ The Graduate Committee shall determine the final approval of the project;

_____ The Graduate Committee evaluates the culminating experience to determine if it meets university standards;

_____ Successful completion of the culminating experience and the conferral of a program degree are dependent on majority approval from the Graduate Committee and may only be conferred with their documented approval;

_____ Certification for the completion of the culminating experience must be provided prior to graduation and the awarding of the graduate degree through:

- (1) designation of culminating experience course credit, or
- (2) an alternative acceptable form of reporting to the Evaluations Office and the Office of Academic Programs;

_____ In consultation with the other members of the Graduate Committee, the chair shall determine the final grade and/or assigning of complete credit for the culminating experience. The Graduate Committee Chair is responsible for accurately reporting the grade/completion status agreed upon by the Graduate Committee; and

_____ Projects/project abstracts shall be submitted to the CSUB library or retained by the program. Culminating Experience faculty supervisors should send copies of the completed project abstract to the Graduate Program Director, carbon copying the student and committee members.

Comprehensive Examination

Examination preparation:

_____ Graduate Committee Chair (advisor) is assigned to assist student with their culminating experience planning;

_____ A Graduate Committee (with a minimum of 3 members and a majority of Graduate faculty) is formally assigned to the student and oversees the completion of the student culminating experience;

_____ The Graduate Committee is responsible for:

_____ developing and administering the comprehensive examination, and

_____ assisting students in preparation for comprehensive examinations.

Format and content:

_____ The comprehensive examination is an assessment of the student's ability to integrate the knowledge of the area, show critical and independent thinking, and demonstrate mastery of the subject matter; and

_____ The results of the examination evidence independent thinking, appropriate organization, critical analysis, and accuracy of documentation.

Evaluation and documentation:

_____ The Graduate Committee shall determine the final approval of the comprehensive examination;

_____ The Graduate Committee evaluates the culminating experience to determine if it meets university and professional standards;

_____ Successful completion of the culminating experience and the conferral of a program degree are dependent on majority approval from the Graduate Committee and may only be conferred with their documented approval;

_____ Certification for the completion of the culminating experience must be provided prior to graduation and the awarding of the graduate degree through:

(1) designation of culminating experience course credit, or

(2) an alternative acceptable form of reporting to the Evaluations Office and the Office of Academic Programs;

_____ In consultation with the other members of the Graduate Committee, the chair shall determine the final grade and/or assigning of complete credit for the culminating experience. The Graduate Committee Chair is responsible for accurately reporting the grade/completion status agreed upon by the Graduate Committee; and

_____ A record of the examination questions and responses shall be retained by the respective graduate program. Comprehensive Examination faculty supervisors should consult with the Graduate Program Director for assistance with exam question generation and documentation.

Master of Science in Kinesiology

Thesis Outline

A thesis for the Master of Science degree requires scientific foundations based on a comprehensive literature review, formulation of a research question based on that literature review, development of methods to answer the research question, ethical approval, data collection and analysis, data interpretation, and dissemination. The ultimate goal is to produce original knowledge for the field of Kinesiology.

Below are components of the thesis manuscript.

1. Copyright page*
2. Abstract*
 - a. Summary of the research, including the problem, methods, results, and conclusions. Headings (purpose, methods, results, conclusions) are optional and field dependent.*
3. Title Page*
4. Signature Page*
5. Dedication (optional)
6. Acknowledgements (optional)
7. Table of Contents*
 - a. List of chapters and sections with page numbers.*
8. List of Figures/Tables
 - a. If applicable, list of figures and tables with page numbers.
9. Introduction*
 - a. Background and Context: Provide an overview of the research area and its significance. (optional)
 - b. Research Problem: Clearly state the problem your research is addressing. (optional)
 - c. Literature Review: Summarize relevant research and theories related to your topic.*
 - d. Objectives and Scope: Define the objectives and scope of your research.*
 - e. Research Question(s) and Hypothesis: Present the main research question(s) and your hypothesis.*
10. Methods*
 - a. Sample Size Calculation: Describe how you determined the sample size and [justify](#) it.*
 - b. Participants: Detail the characteristics of your participants (e.g., age, gender, inclusion criteria).*
 - c. Measures/Instruments: Describe the tools and instruments used for data collection (e.g., surveys, tests, equipment).*
 - d. Procedures: Outline the step-by-step procedures followed in your study.*
 - e. Statistical Analysis: Explain the statistical methods used to analyze the data.*
11. Results*
 - a. Data Presentation: Present the data collected in an organized manner (use tables, graphs, etc.).*
 - b. Statistical Analysis Results: Report the findings from your statistical analysis.*
 - c. Data Interpretation: Interpret what the data and analysis results mean.*

12. Discussion*

- a. Interpretation of Results: Discuss how your findings relate to your hypothesis and research questions.*
- b. Implications: Explain the implications of your findings for the field.*
- c. Limitations: Acknowledge any limitations of your study.*
- d. Suggestions for Future Research: Propose areas or topics for future research.*

13. References*

- a. List of all the scholarly works cited in your thesis following the appropriate citation style for your field.*

14. Appendix*

- a. IRB Approval Letter*
- b. Copy of output from statistical analysis or link to data and output on the Open Science Framework

*Adapt as needed and suggested by your thesis chair and following the conventions of your discipline.
Required components have an asterisk.*

Traditional vs. Journal Format

A traditional thesis and a thesis that follows the journal article format differ primarily in structure, style, and sometimes purpose. These differences reflect the distinct objectives and audiences they are intended for.

Traditional Thesis:

Structure and Length: A traditional thesis is often structured in a more extended format with several chapters. It includes an introduction, literature review, methodology, results, discussion, and conclusion, often in separate and detailed chapters. It can be quite lengthy, sometimes hundreds of pages, depending on the field of study and the depth of research.

Audience: The primary audience is usually the thesis committee or academic supervisors. The content is tailored for experts in the field but is often more explanatory, as it is also a demonstration of the student's understanding and capability in conducting research.

Purpose and Detail: The goal is to demonstrate a comprehensive understanding of the research topic and methodologies. It involves an in-depth literature review and a detailed explanation of research methods and findings. It's more exploratory and may cover several facets of the research topic.

Style: The writing style is typically more formal and exhaustive. It provides a comprehensive understanding of the research context and methodologies.

Journal Article Format Thesis:

Structure and Length: This format mimics the structure of a scientific journal article and is typically more concise and focused. It generally includes an introduction, methods, results, and discussion, often combined into a more streamlined and succinct format. The length is significantly shorter compared to a traditional thesis.

Audience: While it's still primarily for academic supervisors and committees, it's structured in a way that's suitable for publication in academic journals. Hence, it's also aimed at a broader academic audience.

Purpose and Detail: The emphasis is on presenting the research findings in a clear, concise, and compelling manner suitable for publication. The literature review may be integrated into the introduction rather than being a separate, extensive section. The methodology and results are presented directly and succinctly.

Style: The writing is more direct and to the point, adhering to the style of scientific articles. It focuses more on the significance and implications of the research findings than on the learning process of the researcher.

In summary, while a traditional thesis is broader and more detailed, suitable for an in-depth academic exercise, a thesis in a journal article format is more concise, focused, and designed for a broader academic audience, often with the aim of being publishable in scientific journals.

Master of Science in Kinesiology

Culminating Experience Outline

A graduate-level culminating experience in Kinesiology is designed to be a comprehensive, practical endeavor that synthesizes and applies the knowledge gained throughout the course of study. This experience is typically the final step in a graduate program, serving as a bridge between academic learning and professional practice. It is characterized by a significant emphasis on professional growth and development, providing students with an opportunity to immerse themselves in real-world scenarios related to kinesiology.

During this experience, students are expected to engage in a process of identifying and analyzing specific problems or needs within the field of kinesiology. This might involve working in settings such as clinics, sports teams, health and wellness centers, or research institutions, where they can observe and understand the challenges and dynamics of professional practice. Students are encouraged to apply critical thinking and evidence-based approaches to develop effective strategies for addressing these challenges.

Problem-solving is a key component, requiring students to design and implement interventions or programs that are informed by their academic learning. This could include developing new exercise protocols, rehabilitation programs, or community health initiatives, depending on their area of focus within kinesiology. The implementation phase is crucial, as it provides hands-on experience in managing and executing a project in a real-world context.

Finally, the culminating experience demands a thorough evaluation of the implemented programs or solutions. Students must demonstrate their ability to assess the efficacy of their interventions, using appropriate evaluation methodologies. This often involves collecting and analyzing data, and then presenting the findings in a comprehensive report or presentation. Through this process, students not only showcase their mastery of the subject matter but also their capacity to contribute meaningfully to the field of kinesiology.

Throughout this experience, supervision and mentorship from faculty or experienced professionals are vital. They provide guidance, support, and feedback, ensuring that the student's work maintains a high standard and aligns with the ethical and professional standards of the field. This culminating experience is not just about applying what has been learned; it is about evolving into a competent, reflective, and innovative kinesiology professional.

Below are components of your culminating experience manuscript. Asterisks indicate a required component. Not all sections will be as applicable for all projects; consult with your faculty supervisor/mentor.

1. Title Page*
2. Abstract*
 - a. Brief overview of the project, the problem addressed, solution implemented, and key findings.
3. Dedication (optional)
4. Acknowledgements (optional)
5. Table of Contents*
 - a. List of chapters and sections with page numbers
6. Introduction*
 - a. Introduction to the professional field and context of the problem.
 - b. Significance and relevance of the problem to the field.
 - c. Problem Identification
 - d. Summary of Related Literature
7. Methods*
 - a. Design of the Solution
 - i. Conceptual framework or theoretical basis for the solution.
 - ii. Detailed description of the solution design.
 - b. Implementation Process
 - i. Steps taken to implement the solution.
 - ii. Stakeholders involved and their roles.
 - iii. Resources utilized (e.g., financial, human, technological).
 - c. Data Collection and Analysis*
8. Results*
 - a. Outcome of the Implementation
 - b. Data Interpretation
9. Discussion*
 - a. Evaluation of the Project's Success
 - b. Learnings and Implications for the Future
 - c. Reflection on Professional Development
 - d. Conclusion*
10. References*
11. Appendix (optional)
 - a. Artifacts
 - i. Images, flyers, program handouts, brochures, etc., related to the project.

Master of Science in Kinesiology

Comprehensive Exam Outline

The Comprehensive Exam Capstone Experience offers a unique and rigorous pathway for graduate students in the Kinesiology program. This experience is designed for students who wish to specialize deeply in a chosen subdiscipline of Kinesiology, such as Biomechanics, Exercise Physiology, Pedagogy, Exercise Psychology, Motor Control, Motor Learning, Motor Development, or Public Health. The focus is on becoming an expert in a specific topic within the selected subdiscipline.

In-depth Study Examples:

- A student specializing in Biomechanics might conduct an in-depth study on physical rehabilitation programs for older adults.
- A student focusing on Pedagogy could delve into various approaches to physical education, examining outcomes on learning and motivation.
- Other examples are presented on the next page.

Requirements and Expectations:

1. **Literature Review and Manuscripts:** Students are expected to produce thorough, professional literature reviews and manuscripts, demonstrating a comprehensive understanding of their chosen topic. This should include a minimum of 40 peer-reviewed references.
2. **Tutorial Lecture:** As part of their learning process, students will deliver a tutorial lecture to undergraduate students, aimed at educating them about the topic of study.
3. **Faculty Supervision:** Each student will be mentored by a faculty supervisor. However, the students are responsible for driving the depth and direction of their literature engagement and review process. Regular meetings are expected for the student to discuss progress, barriers, and solutions to their learning process.
4. **Comprehensive Exam:**
 - The culmination of the capstone experience is the Comprehensive Exam.
 - A minimum score of 80% is required to pass.
 - Students have two attempts to achieve this score.
 - The exam encompasses:
 - Approximately 50% based on core courses of the curriculum (KINE 6010, 6020, 6030, 6040, 6050, and 6060).
 - Approximately 50% based on the focused topics of the student's capstone experience.

This capstone pathway is designed for students who are self-motivated, detail-oriented, and eager to develop a deep understanding and expertise in their chosen area of Kinesiology. The experience not only enhances their knowledge but also prepares them for future academic and professional endeavors in the field of Kinesiology.

Example Areas for Focused Topics

1. Exercise Physiology

- **Example Topic:** Investigating the impact of high-intensity interval training (HIIT) on cardiovascular health in middle-aged adults. This study would involve a detailed review of existing literature on HIIT, its physiological impacts, and its specific benefits and risks for the target demographic.

2. Exercise Psychology

- **Example Topic:** Exploring the psychological effects of group fitness classes on motivation and mental health. The student would research various psychological theories related to motivation and social influence, and how these theories apply to the context of group fitness settings and their impact on individual mental well-being.

3. Motor Learning

- **Example Topic:** Analyzing the efficacy of virtual reality (VR) tools in enhancing motor skill acquisition in sports training. This project would involve a comprehensive study of current VR technologies, theories of motor learning, and how VR can be used to accelerate and enhance the learning of complex motor skills in sports.

4. Public Health

- **Example Topic:** Assessing the effectiveness of community-based exercise programs in reducing the incidence of obesity in suburban Hispanic populations. This would include a thorough examination of existing community programs, their reach and effectiveness, and strategies to improve public health outcomes related to obesity through structured physical activity.

Each of these examples represents a deep dive into a specific topic within the student's chosen subdiscipline, requiring extensive research, analysis, and synthesis of existing literature, as well as the application of theoretical knowledge to practical or real-world scenarios. These projects would not only contribute to the student's expertise but also potentially add valuable insights to the field of Kinesiology.