

# MS IN KINESIOLOGY (MOVEMENT STUDIES)

---

## In Workflow

1. KHS Committee Chair (matt.brown@csus.edu;%20katherine.jamieson@csus.edu)
2. KHS Chair (wrightm@csus.edu)
3. HHS College Committee Chair (knam@csus.edu)
4. HHS Dean (maguirem@csus.edu)
5. Academic Services (torsetj@csus.edu;%20212408496@csus.edu;%20cnewsome@skymail.csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Faculty Senate Executive Committee Chair (kathy.garcia@csus.edu)
8. Faculty Senate Chair (kathy.garcia@csus.edu)
9. Dean of Undergraduate (james.german@csus.edu;%20celena.showers@csus.edu)
10. Dean of Graduate (cnewsome@skymail.csus.edu)
11. President (cely.smart@csus.edu)
12. Provost (amy.wallace@csus.edu;%20minekh@csus.edu)
13. Chancellor's Office (torsetj@csus.edu)
14. Board of Trustees (torsetj@csus.edu)
15. WASC (amy.wallace@csus.edu)
16. Catalog Editor (212408496@csus.edu;%20torsetj@csus.edu;%20cnewsome@skymail.csus.edu)
17. Graduate Studies (jdsmall@csus.edu)

## Approval Path

1. Fri, 25 Oct 2019 15:45:10 GMT  
Katherine Jamieson (katherine.jamieson): Approved for KHS Committee Chair
2. Thu, 31 Oct 2019 23:44:17 GMT  
Michael Wright (wrightm): Approved for KHS Chair
3. Tue, 05 Nov 2019 23:22:49 GMT  
Kisun Nam (knam): Rollback to Initiator
4. Wed, 20 Nov 2019 19:10:26 GMT  
Katherine Jamieson (katherine.jamieson): Approved for KHS Committee Chair
5. Wed, 20 Nov 2019 19:12:26 GMT  
Michael Wright (wrightm): Approved for KHS Chair
6. Sun, 24 Nov 2019 22:53:03 GMT  
Kisun Nam (knam): Approved for HHS College Committee Chair
7. Mon, 25 Nov 2019 20:25:26 GMT  
Mary Maguire (maguirem): Approved for HHS Dean

## New Program Proposal

Date Submitted: Wed, 20 Nov 2019 19:09:10 GMT

### Viewing: MS in Kinesiology (Movement Studies)

Last edit: Wed, 20 Nov 2019 19:09:09 GMT

Changes proposed by: Katherine Jamieson (219178038)

#### Academic Group: (College)

Health & Human Services

#### Academic Organization: (Department)

Kinesiology

#### Catalog Year Effective:

2020-2021 Catalog

NOTE: This degree major program will be subject to program review evaluation within six years after implementation.

#### Individual(s) primarily responsible for drafting the proposed degree major program:

| Name (First Last) | Email                       | Phone 999-999-9999 |
|-------------------|-----------------------------|--------------------|
| kathy jamieson    | katherine.jamieson@csus.edu | 916-278-6192       |

**Type of Program Proposal:**

Major

**Is this a pilot program?**

No

**Is this a Fast Track program?**

No

**Does this major plan to include any formal options, concentrations, or special emphases?**

Yes

**Fully explain the formal options, concentrations, or special emphases:**

The Kinesiology graduate major is structured with two concentrations (Exercise Science and Movement Studies), and 3 options within the Movement Studies concentration (strength and conditioning; sport psychology; sport pedagogy).

**Title of the Program:**

MS in Kinesiology (Movement Studies)

**Designation: (degree terminology)**

Master of Science

**Abstract of the proposal:**

Currently the program has two concentrations in Kinesiology (Exercise Science and Movement Studies). The two concentrations currently share 11 of the 30 required units. Curricular changes are being proposed to bring the shared courses to 15 units in order to meet the requirements of E01071.

**Briefly describe the program proposal (new or change) and provide a justification:**

In order to comply with E01071, the faculty in the Department of Kinesiology are proposing two changes to the current MS in Kinesiology (Movement Studies): 1. counting the KINS500 requirement as part of the shared requirements across all concentrations, essentially, making it a core requirement, although technically, KINS500 units do not sit in the core curriculum; 2. moving KINS294A into the core with a requirement of 4.0 units in this variable credit course. These two changes bring the core to 15 units and the concentrations to 15 units, as well as add intellectual breadth through the KINS294A course that was previously limited in our small program.

**Objectives of the degree program:**

The objectives of the program are to increase the students' breadth and depth of knowledge relative to the discipline of Kinesiology; to provide the opportunity for students to engage in scholarly activity that includes creative and analytical thinking, interpreting, evaluating and reporting published research, designing and conducting research; and to provide a focus of study that will enhance career commitment and allow for experiences that will lead to continued self-development and growth.

## University Learning Goals

**Graduate (Masters) Learning Goals:**

Critical thinking/analysis  
Communication  
Information literacy  
Disciplinary knowledge  
Intercultural/Global perspectives  
Professionalism  
Research (optional)

**Will this program be required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?**

No

**Catalog Description:**

**Total units required for the MS: 30, including 19 units for concentrations (see below).**

## Program Description

The graduate program leading to the Master of Science degree in Kinesiology is designed to expand the students' knowledge and to augment their qualifications for leadership in their chosen profession.

The objectives of the program are to increase the students' breadth and depth of knowledge relative to the discipline of Kinesiology; to provide the opportunity for students to engage in scholarly activity that includes creative and analytical thinking, interpreting,

evaluating and reporting published research, designing and conducting research; and to provide a focus of study that will enhance career commitment and allow for experiences that will lead to continued self-development and growth.

**Admission Requirements: Course prerequisites and other criteria for admission of students to the degree major program, and for their continuation in it.**

## Admission Requirements

For students *with an undergraduate major* in Kinesiology, admission to the MS program as a classified graduate student requires:

- an overall GPA of 2.8 or 3.0 in the last 60 semester units
- successful completion of 1 course in statistics (e.g., STAT 1 or equivalent).
- GRE scores;
- a statement outlining academic and professional goals related to graduate study in Kinesiology, including a selection of 2 faculty members with whom the student would like to study;
- a recent writing sample (e.g., research paper, creative project)
- 3 letters of recommendation that speak specifically to academic ability.
- passing score on the CSCS/NSCA exam (Strength and Conditioning Option students only)

Students applying for admission to the Kinesiology graduate program who **do not have a degree in Kinesiology**, are required to take a minimum of 20 specified units in Kinesiology. These students should see the graduate coordinator or a graduate advisor for details.

## Admission Procedures

Applications are accepted for Fall admission only. All prospective graduate students, including Sacramento State graduates, must file the following with the Office of Graduate Studies, River Front Center, Room 215 (916) 278-6470:

- an online application for admission;
- two sets of official transcripts from all colleges and universities attended, *other than Sacramento State*; and
- GRE scores
- writing sample
- three letters of recommendation
- evidence of passing score on the CSCS/NSCA exam (Strength and Conditioning Option students only)

*For more admissions information and application deadlines please visit the Office of Graduate Studies website (<http://www.csus.edu/gradstudies/>).*

Following closure of the application period, faculty will review the applicant pool, and will make a recommendation to either admit, place on the wait list, or deny admission. The review process will take approximately four weeks. Once a decision is made, the applicant will be notified by the Office of Graduate Studies. Students who earn a place on the wait list will be notified by the Office of Graduate Studies if their admission status changes.

**Note:** A 15-unit core of courses is required of all students; 11 units of required courses and four units that are earned through the completion of a thesis or project. The thesis or project is required of all candidates for the Master of Science in Kinesiology. The courses in the core are designed to focus on an advanced study of the knowledge which is of common interest and concern to all graduate students pursuing a degree in Kinesiology. Within the remaining 15 units, the student is focused in an area of special interest by selecting a concentration: Exercise Science or Movement Studies. Each concentration includes a set of required courses and a specified number of elective units.

**Note:** Six semester units of graduate work taken at other accredited institutions may be approved by the Graduate Coordinator or the student's graduate advisor. Prerequisite units, units taken for undergraduate majors/minors, and units taken to qualify for fully classified graduate status, will not be counted for graduate credit. Only rarely are undergraduate Kinesiology courses approved for graduate credit. A maximum of six elective units may be taken in upper division undergraduate courses with advisor approval. A maximum of four units of graduate Practicum or Directed Individual Study may be taken for degree credit with advisor approval.

## Minimum Units and Grade Requirements for the Degree

Units required for the MS: 30, including 19 units for concentrations (see below).

Minimum Cumulative GPA: 3.0

## Advancement to Candidacy

Each student must file an application for Advancement to Candidacy indicating a proposed program of graduate study. The procedure may begin as soon as the classified graduate student has:

- removed any deficiencies in admission requirements;
- completed at least 12 units of 200-level courses with a minimum 3.0 GPA; and
- taken the Writing Placement for Graduate Students (WPG) or taken a Graduate Writing Intensive (GWI) course in their discipline within the first two semesters of coursework at California State University, Sacramento or secured approval for a WPG waiver.

This application must be filed no later than the semester prior to enrolling in KINS 211. Advancement to Candidacy forms are available on the Office of Graduate Studies website. See the Department's graduate coordinator for more information about this process.

The Program offers two different culminating experiences: A Thesis or Comprehensive Exam.

Program Requirements: (If new courses are being created as part of a new program, it will be useful to propose courses first.)

## Program Requirements

| Code  | Title   | Units |
|---|---|-------|
| <b>Required Courses (15 Units)</b>                |   |       |
| KINS 209  | Graduate Studies in Kinesiology                       | 3     |
| KINS 210  | Research Methods in Kinesiology                       | 3     |
| KINS 211  | Research Seminar                                      | 1     |
| KINS 294A   | Contemporary Topics in Sport Performance <sup>1</sup> | 4     |
| KINS 500  | Culminating Experience <sup>3</sup>                   | 4     |
| <b>Concentrations (15 Units)</b>                  |   |       |
| Select one of the following concentrations:       |   | 15    |
| Exercise Science Concentration                    |   |       |
| Movement Studies Concentration                    |   |       |
| Movement Studies/Strength and Conditioning Option |   |       |
| Movement Studies/Sport Psychology Option          |   |       |
| Movement Studies/Sport Pedagogy Option            |   |       |
| Total Units                                       |   | 30    |

<sup>1</sup> KINS294a must be taken for 1 unit each time enrolled, for a total of 4 units in 4 different topical areas.

<sup>3</sup> The first time the student registers for KINS 500, he/she must also register for KINS 211. During this semester, the student develops his/her proposal with assistance from others in the seminar, the seminar professor and the student's committee. When the proposal is completed, formal written and oral presentations are made to the seminar with the student's committee in attendance. If the student does not complete the proposal and have it approved, he/she must enroll and attend KINS 211 another semester.

### Movement Studies Concentration (15 units)

| Code  | Title  | Units |
|---|--|-------|
| Select three of the following:                              |  | 9     |
| KINS 203  | Specificity of Conditioning                              |       |
| KINS 236  | Sport and Society  |       |
| KINS 258  | Research in Motor Learning                               |       |
| KINS 262  | Psychological Aspects of Peak Performance                |       |
| KINS 270  | Instructional Strategies for Physical Activity and Sport |       |
| Select 6 units of electives in consultation with an advisor |  | 6     |
| Total Units   |  | 15    |

### Movement Studies/Strength and Conditioning Option (15 units)

| Code   | Title  | Units |
|--|--|-------|
| KINS 203   | Specificity of Conditioning                              | 3     |
| KINS 295   | Practicum  | 3     |
| Select two of the following:                             |  | 6     |
| KINS 236   | Sport and Society  |       |
| KINS 258   | Research in Motor Learning                               |       |
| KINS 262   | Psychological Aspects of Peak Performance                |       |
| KINS 270   | Instructional Strategies for Physical Activity and Sport |       |
| Select 3 units of electives in consultation with advisor |  | 3     |
| Total Units  |  | 15    |

### Movement Studies/Sports Psychology Option (15 units)

| Code                         | Title  | Units |
|------------------------------|--|-------|
| KINS 260                     | Psychology Of Sport                                      | 3     |
| KINS 262                     | Psychological Aspects of Peak Performance                | 3     |
| Select two of the following: |  | 6     |
| KINS 203                     | Specificity of Conditioning                              |       |
| KINS 236                     | Sport and Society  |       |
| KINS 258                     | Research in Motor Learning                               |       |
| KINS 270                     | Instructional Strategies for Physical Activity and Sport |       |

|  |    |
|--|----|
| Select 3 units of electives in consultation with advisor | 3  |
| Total Units  | 15 |

### Movement Studies/Sport Pedagogy Option (15 units)

| Code   | Title  | Units |
|--|--|-------|
| KINS 270   | Instructional Strategies for Physical Activity and Sport | 3     |
| KINS 276   | Teaching and Coaching Effectiveness                      | 3     |
| Select two of the following:                             |  | 6     |
| KINS 203   | Specificity of Conditioning                              |       |
| KINS 236   | Sport and Society  |       |
| KINS 258   | Research in Motor Learning                               |       |
| KINS 262   | Psychological Aspects of Peak Performance                |       |
| Select 3 units of electives in consultation with advisor |  | 3     |
| Total Units  |  | 15    |

**Note:** Student teaching, extension courses, undergraduate fieldwork, and 300-numbered methods or workshop courses may not be applied to the MS program requirements.

Please see the Department Web site for the most current program requirements.

**Explanation of special characteristics of the proposed degree major program; e.g., in terminology, units of credit required, types of course work, etc.:**

KINS294a must be taken for 1 unit each time, for a total of 4 units in 4 different topical areas.

### Will this program require specialized accreditation?

**Establishment of a master's degree program should be preceded by a national professional accreditation of the corresponding bachelor's degree major program.**

**Will this program require accreditation?**

No

### Need for the Proposed Degree Major Program

**Is the proposed degree program offered at any California State University campus or any neighboring institutions?**

No

**Attach the results of a formal survey in the geographical area to be served indicating demand for individuals who have earned the proposed degree and evidence of serious student interest in majoring in the proposed program:**

Occupational Outlook Handbook KINS data 2019.docx

**For graduate programs, the number of declared undergraduate major and the degree production over the preceding years of the corresponding baccalaureate program:**

Approximate enrollment in the UG program in Kinesiology has been: AY2015-16 - 2000; AY2016-17 - 2000; AY2017-18 - 1750; AY2018-19 - 1750; AY2019-2020 - 1900

changes in enrollment reflect enrollment management practices put in place by the department.

**Professional uses of the proposed degree major program:**

students will be prepared to work in the following settings: clinical exercise, professional fitness training, strength and conditioning, and physical education

### The expected number of majors in:

**1st Year Enrollment:**

25

**3rd Year Enrollment:**

25

**5th Year Enrollment:**

25

**1st Year Graduates:**

0

**3rd Year Graduates:**

20

**5th Year Graduates:**

20

**Existing Support Resources for the Proposed Degree Major Program**

**Space and facilities that would be used in support of the proposed program: Show how this space is currently used and what alternate arrangements, if any, will be made for the current occupants.**

All current allocated space for the KINS graduate program will continue to be available

**Library resources to support the program, specified by subject areas, volume count, periodical holdings, etc.:**

All current library resources for the KINS graduate program will continue to be available

**Equipment and other specialized materials currently available:**

All current allocated equipment for the KINS graduate program will continue to be available

**Reviewer Comments:**

**Kisun Nam (knam) (Tue, 05 Nov 2019 23:22:49 GMT):**Rollback: Committee voted to revise & resubmit. Please refer to the discussion at the meeting. Committee members from the department will provide detailed changes to the chair/author. Once re-submitted, Academic Council will review the proposal.

Key: 469