

# KINESIOLOGY

## College of Health and Social Sciences

Interim Dean: Dr. Andreana Clay

### Department of Kinesiology

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### Program Scope

The programs in Kinesiology at San Francisco State University are carefully designed so that students experience the multidisciplinary foundations of human movement and physical activity. Students gain theoretical and practical knowledge related to the biological, physical, behavioral, sociocultural, philosophical, and psychological factors underlying human movement and physical activity. The field of kinesiology studies underlying factors in the context of skill in a variety of contexts, including those related to activities of daily living, work settings, recreation, sport, and the performing arts. Factors and parameters associated with conditioning, learning, and rehabilitation are studied across the lifespan and within a diversity of populations. In addition, sport is studied as a personal endeavor and social institution. Thematic emphases allow students to select patterns of courses tailored to meet individual interests and career goals.

The department offers a wide array of physical activity classes that provide instruction in movement and sport skills from beginning to advanced levels; an array of General Education courses examining aspects of physical activity and mental-physical performance from various perspectives; prerequisites for advanced graduate study and certificates in therapeutic and allied health fields and adapted physical education; and minors leading to certification in coaching and adapted physical education.

### Physical Education and Adapted Physical Education Teaching

Students who wish to become credentialed as public school teachers in physical education or as adapted physical education specialists should select the Integrated Teacher Education Program (ITEP) in Physical Education c (<http://bulletin.sfsu.edu/colleges/health-social-sciences/kinesiology/bs-kinesiology-concentration-physical-education/#degree requirement text>) on concentration. However, to be eligible for admission to the credential program at San Francisco State, students must attain a GPA of 2.75 or better in the Subject Matter Program curriculum. Students must work closely with an advisor to fulfill the requirements of the Subject Matter Program, and should also contact the Credential and Graduate Services Center for teaching credential information. The Center is located in Burk Hall 244, (415) 405-3594; [credinfo@sfsu.edu](mailto:credinfo@sfsu.edu).

### Adapted Physical Education (Added Authorization)

The Adapted Physical Education Added Authorization (APE AA) allows an individual to teach special needs students who are precluded from participating in a general education physical education program or a

specially designed physical education program as determined by the local level special education assessment. The APE Added Authorization is an add-on authorization for the holder of a valid prerequisite credential.

Candidates for the Add Authorization in Adapted Physical Education must hold a teaching credential in one of the following: Physical Education Single Subject, Multiple Subject, or Special Education – with 12 units of prerequisites that include the following coursework or equivalent:

Code	Title	Units
KIN 487	Motor Development	3
KIN 485	Biomechanics	3
KIN 580	Middle and High School Physical Education: Grades 6-12	3
KIN 581	Practicum in Middle and High School Physical Education	1
An instructional analysis upon the advisor's approval		2

### Bachelor of Science: Exercise and Movement Sciences

The concentration in Exercise & Movement Sciences serves students interested in biomechanics, exercise physiology, motor control, motor learning and development, sport and exercise psychology, sport history, sport sociology, at-risk youth development, and physical or occupational therapy.

#### Focus Areas:

**Movement Science:** Study of human movement from the perspective of the mover/performer (the status of performer, their abilities and characteristics), the task, what the mover is trying to accomplish (the goal of the movement or task and expected outcome), and the environmental conditions in which the task is performed.

**Exercise Science:** Study of human movement from the physiological perspective including understanding the factors that influence work performance, training programs, adaptations including the reduction of risk factor for medical conditions such as coronary heart disease, cerebral vascular disease, adult-onset diabetes, obesity, and osteoporosis, as well as special conditions such as pregnancy and thither hypokinetic illness, or adaptations that are effective for youth, aged, and disabled populations.

**Social Science:** Study of physical activity using theoretical and methodological approaches from sociology, history, cultural studies, pedagogy, psychology, youth development, and philosophy focusing on the context in which the activity occurs. Supports an understanding of the meanings and experiences of all forms of human physical activity for individuals and groups across the lifespan, from children and youth to older individuals across all forms of physical activity.

### Minor in Athletic Coaching

This area of study provides students in academic areas other than kinesiology with the knowledge and skills required for coaching interscholastic or community athletic teams.