

Compare and Contrast

Many universities offer kinesiology programs to their student and prospective students. Some schools allow their students to either get a Bachelor of Science or a Master of Science degree and some only let their students go for the Bachelor of Science degree. For Cal Poly: San Luis Obispo and California State University Stanislaus, each of the universities have different programs that one could go through to get their degree. Cal Poly offers two different programs for students, the Bachelors of Science degree and the Masters of Science degree and at CSU: Stanislaus they offer a Health and Wellness Promotion Program, a Subject Matter Preparation Program, and a Masters of Arts in Education with a concentration in physical education program.

At Cal Poly, the two different programs they provide a Bachelors of Science Program and a Masters of Science Program. In the Bachelors of Science Program students are offered training in “sub-disciplines of kinesiology” which are “Biomechanics, Exercise Physiology, Health, Motor Behavior and Sport and Exercise Psychology/Sociology.”. Cal Poly requires all their undergraduate students to complete a course that involves all of the “scientific and clinical knowledge” in “exercise science, health promotion and nutrition.” After the have finished the specific curriculum, the student are then able to choose which professional track they want to follow which will provide extra information in the course with the requirements to meet the eligibility in one of two areas: exercise science or health promotion. If one chooses to pursue the exercise science professional track, it will “prepare students for national exams for American College of Sports Medicine (ACSM) Certification.” For the health promotion professional track, students will prepare to meet the skills and “seven responsibilities for Certified Health Education Specialist (CHES)” which is recognized by the “2010 Health Education Job Analysis.” As

students finish the health promotion then become eligible to take the “CHES exam” (Program, Kinesiology Department).

Now for the Masters of Science degree program students are provided with “advanced study in kinesiology to qualify graduates” in entering fields at specific occupational levels that require a Masters degree. In this program, students will be learning with hands-on techniques in some of the “laboratory facilities in the State.” In the Masters degree program for kinesiology, it offers a “Thesis Option and Non-Thesis Option” which is envisioned for students to enhance the preparation in kinesiology for the students. As students go through the kinesiology program they be infused with “the theoretical, scientific, and practical knowledge in exercise, health, nutrition, sport and physical activity.” Cal Poly is proud to say that their program has produced graduates that are taught a “wide range of enterprises” that contain “worksite health, promotion, clinical exercise physiology, cardiac rehabilitation, commercial fitness, public/private or non-profit health agencies, obesity/diabetes and heart disease prevention.” To obtain this degree, students must have 45 quarter units of course work that is approved by the graduate committee. After the units are completed each student must effectively finish a “culminating experience” before the degree is given. This requirement can take one of two forms, which are that the students that are following the Thesis Option must “successfully propose and defend the thesis of project in an oral examination.” The second form is for the students who followed the Non-Thesis Option and they must “pass a comprehensive examination dealing with current general knowledge in the discipline of kinesiology and the application of coursework taken on the formal study plan.” Students who are attempting to get the Masters degree in kinesiology must know that this will not be an easy journey to accomplish, especially with the final exams they are required to take when they have finished the 45 quarter units.

As for CSU: Stanislaus, the kinesiology courses offer a background for students that are planning on teaching physical education or even a “preprofessional” program to “work in health related fields such as pre-physical therapy, public health, chiropractic and athletic training.” When students decide to major in the kinesiology field they are strongly advised to continue their motor skills and physical fitness, which can be fulfilled by taking “one activity skills class” and “one activity fitness class” each semester. If students are interested in acquiring a teach credential, they are strongly encouraging students to consult with the Department of Teacher Education program adviser when they begin their junior year. There are three programs that are classified under the kinesiology department at CSU: Stanislaus. The programs include the Health and Wellness Promotion, the Subject Matter Preparation, and the Masters of Arts in PE (Stanislaus, Welcome to Kinesiology).

At CSU: Stanislaus, they offer a Health and Wellness Promotion program. For the health half of this program, the kinesiology field will “become more discipline oriented in the area of Health and wellness” because education and current social trends are asking for it. In the wellness concentration area, students will be prepared to follow careers in fields related to health. Such fields could include: “health and fitness promotion, the fitness industry, personal training, wellness programs, exercise physiology, athletic training, occupational therapy, physical therapy” and many more fields. In the wellness program, students will take classes that highlight “practical skill development” in areas such as “health and fitness assessment, exercise prescription, nutrition, and wellness counseling.” While students are enrolled in this specific program, the opportunities to be involved in “campus and community wellness promotion” are abundant. Training will ready students for numerous certifications provided by organizations like

the “American College of Sport Medicine’s, Exercise Leader and Health Fitness Instructor” (Stanislaus, Health and Wellness Promotion Program).

For the Subject Matter Preparation Program in kinesiology at CSU: Stanislaus, they offer credential candidates in physical education for public school programs. In this program, candidates will study in “biology, anatomy, physiology, kinesiology, exercise physiology, motor learning, the prevention and care of athletic injuries, organizing and administering physical education curricula.” While students are enrolled, they will be prepared in a “sound knowledge” and “activity based curriculum” that inspires safe and effective strategies for learning and teaching physical activity to “diverse populations” (Stanislaus, Subject Matter Preparation Program).

Students can enroll in the Master of Arts in Education program at CSU: Stanislaus. First they would enroll in the Masters of Arts in Education and then they would concentrate in Physical Education which will provide students with an environment in which they could “develop as effect educational leaders.” When on the journey of becoming an effective educational leader in physical education, it’s not only becoming a PE teacher, its being able to “integrate that content with appropriate pedagogical methods.” It also focuses on being “culturally knowledgeable and appreciative of the diversity among learners” and helps one be committed to “self assessment and reflection.” Additionally, it means that students will understand how to “identify questions or problems in physical education” and to have the abilities to “research the question or problem,” and be able to share the researched knowledge to effect a positive change (Stanislaus, Masters of Arts in Education).

Universities all over California offer a kinesiology program for different types of degrees. At Cal Poly: SLO and CSU: Stanislaus their kinesiology programs vary in different ways. At Cal Poly, they offer a Bachelors of Science degree and a Masters of Science degree in the kinesiology program. At CSU: Stanislaus they provide programs such as a Health and Wellness Promotion program, a Subject Matter Preparation program, and a Masters of Arts in PE. Kinesiology or physical therapy at schools differentiate in their own ways, which program students choose is up to their desires.

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