

Department of Kinesiology



Graduate Student Handbook



California State University
SAN MARCOS

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INTRODUCTION

The Master of Science in Kinesiology is a 36-unit program designed to provide students with an advanced, comprehensive study of human movement. Characterized by innovative pedagogy and hands-on laboratory experiences that build upon undergraduate concepts, the program requires that all students complete an original research project culminating in successful defense of a thesis.

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, or other health related fields.

PROGRAM PHILOSOPHY

Mission

The mission of the Graduate Program in the Department of Kinesiology is:

1. To prepare students for leadership positions in fields related to human movement.
2. To provide an environment where, working with faculty, students can demonstrate mastery by performing research and scholarly activity of sufficient quality for archival publication.

Program Goals: Graduates of this program will:

1. Become independent scholars and professionals in Kinesiology.
2. Apply sound logic and reasoning to critical analysis and problem solving.
3. Become resources for promoting movement and the role of physical activity in public health and wellness.
4. Leverage their expertise and skills to benefit their community.

Learning Outcomes: Upon completion of this program, students will be able to:

1. Use evidence-based content to articulate the role of physical activity in managing the onset and severity of chronic disease and promoting wellness.
2. Master use of analytical and measurement skills commonly used in Kinesiology.
3. Demonstrate effective public speaking and scientific writing skills.
4. Demonstrate a practical and theoretical understanding of the physiological processes that underlie human movement.
5. Demonstrate the ability to think critically and synthesize new information through successful completion of a thesis.

The Department grants the degree of M.S. in Kinesiology. The M.S. Program in Kinesiology at CSUSM does not offer specializations in subdisciplines of Kinesiology such as physical education, biomechanics, exercise physiology, motor control, etc. The applicant is recommended to consult the list of Kinesiology faculty on the Program website to identify the area of expertise of each faculty member. Through work with specific faculty, students will gain experience in a specific subdiscipline, although the specialization pursued will not be identified on the student's transcript or on the degree.

ADMISSION REQUIREMENTS

University Requirements

1. The university requires that students have an acceptable baccalaureate degree from an institution accredited by regional accrediting association, be in good standing with that institution, and have earned at least a 2.5 GPA on the last degree completed or a GPA of 2.5 in the last 60 semester units attempted. Additional university requirements can be found on the Graduate Studies web page: <http://www.csusm.edu/gsr/graduatestudies/>.

Department Requirements

The Department's primary criterion for admission is the potential for student success. Elements of success include clearly-defined short- and long-term objectives that match the capabilities of the Kinesiology program and faculty, intellectual curiosity, practical experience, and academic preparation. Therefore, we require submission of:

1. Letter of intent explaining
 - a) career goals and rationale for applying to the graduate program,
 - b) preparation and background, and
 - c) research interests, including at least two suggested faculty members that align with the career goals and interests.
2. Graduate Record Exam (GRE) scores and TOEFL/TWE scores if applicable.
3. Two letters of recommendation

Academic Preparation

We expect that for students to be successful in the MS program, they will have

1. A GPA of 3.0 or higher. GRE verbal and quantitative score ≥ 150 and analytical writing score ≥ 3.0 .
2. An undergraduate degree in Kinesiology/Exercise Science or related field, including prior coursework in Chemistry, Physics, Biology, Anatomy and Physiology, Exercise Physiology, Motor Control, Biomechanics, Public Health, Physical Education and Statistics.
3. Students must identify at least two potential Faculty Mentors when they apply to the program. To enter the program, a tenure-track Kinesiology faculty member must also agree to serve as the student's Faculty Advisor, who will oversee their graduate work and serve as Chair of the student's Thesis Committee. Typically the Faculty Advisor is one of the Faculty Mentors identified by the students in their application. Switching Faculty Advisors will require a formal change with the Graduate Coordinator and both faculty members involved.

APPLICATION PROCESS

We will begin to review applications for admission on February 1, and continue until openings have been filled or March 1, whichever comes sooner. There are no spring admissions. Applicants are responsible for ensuring that all materials have been received by CSU San Marcos and the Kinesiology Department. A complete application includes application to the university and supplemental materials submitted to the Department. Notification of acceptance will be made on or before April 1, 2016.

University Requirements

Applicants must apply to the University through CSUMentor (http://www.csummentor.edu/admissionapp/grad_apply.asp). Refer to the current CSUSM catalog for procedures.

Department Requirements

Applicants must also submit a [supplemental application](#) to the Department consisting of a letter of intent, letters of recommendation, and unofficial transcripts.

Faculty Mentors

Graduate students work closely with one faculty mentor, who is primarily responsible both for advising and evaluating the student. Typically the mentor is also the student's Faculty Advisor. Therefore, selection of a faculty mentor is critical to the admissions process. We expect that students admitted to the program will have identified at least one potential faculty mentor and communicated with them to determine common interests and objectives. Students are also asked to identify a second potential mentor in their Letter of Intent. Support of prospective faculty mentors is likely necessary for admission to the program.

Application Review

Faculty in the Department of Kinesiology will review application materials and then forward them to the department Graduate Coordinator. Based on these recommendations, the Graduate Coordinator will review each application and recommend either accepted status or denial of admission to the university's Office of Admissions and Recruitment. The Department will then send a letter notifying the applicant as to their admission status. A copy of this letter will be sent to the Faculty Mentor.

DEGREE REQUIREMENTS

The Masters Degree in Kinesiology involves three elements:

- I. Coursework.** 36 units of coursework, of which at least 30 must be from the Department of Kinesiology. Courses must be at the graduate level (500 or 600-level designation). Refer to **Course Curriculum** below for details on coursework.
- II. Research Design and Thesis Proposal.** Students must develop and successfully defend a thesis proposal to advance to candidacy for the Master's degree. Refer to **Thesis Proposal** section below for details.
- III. Completion and defense of a Master's thesis.** Please refer to sections below for detailed guidelines on thesis completion. Refer to **Thesis** section below for details.

Continuous Enrollment

The MS program is designed for continuous, full-time enrollment during the academic years of the program. Under valid medical, planned educational or professional reasons, students may apply for a leave of absence. However, no more than two (2) semesters can be excused through authorized leaves of absence. Leaves of absence can be authorized for conditionally classified or classified graduate students providing the student is: (1) in good academic standing (as defined by the program's requirements), (2) has completed at least six credit hours of CSUSM coursework toward the graduate degree in the program, and (3) has filed a completed Request for Graduate Student Leave of Absence form. University policies for leaves of absence can be found at

http://www.csusm.edu/policies/active/documents/graduate_studies_policies.html.

Transfer Credit

Up to 9 units of graduate-level coursework may be transferred from an accredited institution, **subject to the approval of the department Graduate Coordinator and the student's Faculty Advisor.**

Time Limit for Completion

The time limit for completion of the degree is **5 years** following admission as a Conditionally Classified or Classified graduate student at CSUSM. Authorized leaves of absence do not extend the time limit for completion of the master's degree.

Applications for graduation must be filed with the Office of Admissions and Records before the University deadlines (<http://www.csusm.edu/enroll/graduation/index.html>). Students should apply for graduation during the semester that they expect to complete both their coursework and thesis requirements for the degree. A student cannot apply for graduation until s/he: 1) has her/his completed thesis proposal approved by the thesis committee; 2) has advanced to candidacy. It is the responsibility of the student to initiate and complete all necessary steps when s/he is preparing to graduate. If a student applies for graduation but then does not finish that term, they will need to (1) a Cancel their graduation, and (2) submit a new graduation application a subsequent semester.

THESIS COMMITTEE

Each student must obtain the permission of a tenure-track Kinesiology faculty member to serve as their thesis advisor (typically the student's faculty mentor when admitted to the program). Together the thesis advisor and student will select additional thesis committee members so that the thesis committee has at least 3 members. In addition to the thesis advisor, the thesis committee must consist of a second tenure-track CSUSM faculty member, and the third member can be any person (CSUSM or outside of campus) who has a terminal degree (doctorate) and has expertise relevant to the research. Additional members can be included as desired by the student if they are approved by the Faculty Advisor, have an advanced degree (Masters Degree or higher) and have experience pertinent to the research topic.

A student must obtain the written consent of each member who will serve on the thesis committee (see Thesis Committee Form, Appendix). In some cases, a student will rely primarily on the thesis advisor for thesis development; in other cases the committee members (e.g., a research supervisor) will be consulted more substantively. It is the student's responsibility to keep all committee members informed of her/his progress and to ask the thesis advisor for guidance on the appropriate level of involvement for their thesis committee.

Removal of a committee member. Thesis committee members may remove themselves from a committee if they are unable to perform the required responsibilities. The committee member must inform the graduate coordinator that they cannot serve on the thesis committee. The committee member or graduate coordinator will suggest a replacement.

A student may also petition to have a committee member removed from their thesis committee. Removing a committee member requires approval of (1) The graduate coordinator; and (2) the other members of the thesis committee. The graduate coordinator will suggest a replacement committee member.

I. COURSE CURRICULUM

Coursework in the Kinesiology MS program is structured using a staggered cohort model. Students will complete a pre-determined course of study that covers current topics and research in several major areas of Kinesiology (Biomechanics, Motor Control, Public Health and Exercise Physiology). Three courses (Research Methods, Physical Education Methods, and Statistical Analysis) will specifically focus on research and analysis methodology. A graduate seminar will focus on preparation for the Masters Thesis, and Practicum and Thesis courses provide time to complete research studies and prepare the thesis. The courses in the MS curriculum are:

Course number	Course title
KINE 500	Advanced Biomechanics (4)
KINE 501	Advanced Motor Control (4)
KINE 502	Research Methods (3)
KINE 503	Advanced Statistical Analysis (3); prerequisite = KINE 502
KINE 506,507, 508	Seminar in Kinesiology I–III (2), taken 3 times for total of 6 units
KINE 510	Physical Education Methods (3)
KINE 524	Public Health (3)
KINE 526	Advanced Exercise Physiology (4)
KINE 595	Practicum (3)
KINE 698	Thesis (3)

Coursework may include no more than 6 units of thesis/practicum, no more than 6 units from another CSUSM department, and no more than 9 units transferred from another institution.

Electives

3 units of related graduate-level coursework from another CSUSM department may be counted toward the degree in lieu of KINE 595 Practicum. **Course substitutions are subject to the approval of the department Graduate Coordinator and the student's Faculty Mentor.**

Characteristics of Graduate Courses

Graduate courses in the Department of Kinesiology typically involve more in-depth investigation of topics and require greater use of critical thinking and analytical skills than is normally expected at the undergraduate level. Graduate courses typically:

1. Involve understanding concepts, issues, problems, and/or techniques that are current topics of scholarly investigation.
2. Require understanding of both theoretical principles and applied content.
3. Require analysis of primary research and/or professional literature.
4. Require students to identify sources of uncertainty in measurement and interpretation.
5. Require students to consider alternative hypotheses and complex, multi-factorial systems.
6. Provide opportunities to apply research findings to solving relevant problems.
7. Encourage independent and creative thinking and problem-solving.
8. Require students to weigh uncertainty, evaluate competing hypotheses, and make determinations of the most likely/reasonable explanations, predictions or strategies for action.
9. Require written and oral communication at a professional level.

Open Unit Enrollments

Enrollment in KINE 595 and KINE 698 is normally permitted only in three unit blocks. The expected minimum commitment of time by the student enrolled in three units of any of these experiences is approximately 90 hours per semester or 6 hours per week.

A student must have advanced to candidacy to enroll in Thesis courses.

Thesis Courses

KINE 595: Practicum

This course is designed to enable a student to develop procedures in preparation of their Master's thesis.

KINE 698: Thesis

This course is available for work on a student's Master's thesis (data collection, analysis, presentation).

Human or Animal Subjects Training and Certification

Students performing research with human or vertebrate animal subjects are required to obtain appropriate training and certification (e.g. IRB training, CITI training, etc.) before any interaction with research subjects, subject information, or data.

GRADES AND POLICIES

Course Scheduling and Registration

Courses in the graduate program will be held in the afternoons/evenings, typically after 4:00 PM. Graduate students must register for and enroll in courses through the Registrar during a registration period (<http://www.csusm.edu/students/>). Because the Master's program is based on a cohort model, MS students will be required to enroll in all courses taken by their cohort each semester. Dropping or withdrawing from a course may require taking a Leave of Absence from the program.

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. University policies relating to academic probation, disqualification, and reinstatement appear on the University web page at: <http://www.csusm.edu/gsr/graduatestudies/policies.html>.

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 CSUSM policy.

Repeating a Course

With prior permission of the Graduate Coordinator and/or Department Chair and Dean of Graduate Studies and Research, 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 San Marcos may be repeated. Students must submit a Course Repeat Form for approval by the **third week of the semester in which the course is being repeated** and be enrolled at that time. Once the student has completed the course, the Course Repeat Form can be filed. Policies for repeating a course can be found at https://www.csusm.edu/policies/active/documents/graduate_and_postbaccalaureate_student_course_repeat.html.

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 CSUSM policy (https://www.csusm.edu/policies/active/documents/student_grievance_policy.html).

Ethics

Students are expected to understand and comply with CSUSM standards for student conduct <http://www.csusm.edu/sll/resources/hazing/studconduct.html>

Violations of ethical standards will be dealt with seriously and in accordance with CSUSM policy. The Kinesiology Department does not tolerate plagiarism or cheating in any form, and

violations of our academic honesty policies may result in being dismissed from the program.

Statements of Concern

A Statement of Concern (SoC) is a formal procedure to document issues that arise in a student's ability to demonstrate competency in knowledge, skills and/or professional attitudes, dispositions and expectations, along with a course of action to support the student in successful completion of the program standards. Issues may be documented in any setting, including but not limited to the classroom, clinic, academic/professional events, through interactions with a variety of professionals, including but not limited to faculty, instructors, supervisors, peers, clients, staff and community members.

If issues arise that warrant a SoC, the Graduate Coordinator, in consultation with the concerned party/parties (e.g. instructor and/or supervisor), will write the SoC along with the Performance Improvement Contract (PIC). The Graduate Coordinator along with at least one member of the concerned party/parties will meet with the student within one week of documentation in order to issue the SoC and discuss the PIC.

A graduate student who meets the stipulations outlined in the PIC within the timeframe specified is considered to have met the SoC. A graduate student who does not meet the stipulations outlined in the PIC within the timeframe specified, or for whom subsequent concerns arise within the timeframe may be either issued a second SoC or discontinued from the program. No more than two SoC and PICs will be issued to any single graduate student under any circumstance.

II. ADVANCEMENT TO CANDIDACY

Advancement to candidacy is the process by which students become approved to carry out their research project with a successful thesis proposal defense. To be eligible for advancement, a graduate student must have attained classified status (i.e. completed any deficiencies noted in their letter of acceptance to the program; see Appendix 1) and have constituted a thesis committee.

The Advancement Process

A student advances to candidacy after (1) they have completed all deficiencies identified upon admission to the program, (2) they have passed the graduate writing assessment requirement (GWAR) and (3) they have successfully defended a research proposal orally before their thesis committee. A student must have successfully advanced to candidacy before enrolling in KINE 698 and completing a thesis.

THESIS PROPOSAL

The research proposal is a document which outlines the research ideas and plans of the graduate student. While the format may vary depending on the thesis advisor's preferences, all proposals should include background information, the research questions/hypotheses, a detailed research plan, expected outcomes and alternatives, potential difficulties and their solutions, and a specific timeline for project completion. The proposal and defense should be completed by the end of the student's second semester in the program.

POLICIES

1. The thesis proposal should be defended no later than the end of the second semester.
2. Thesis data collection should commence only after the proposal has been finalized and approved by the thesis committee. Methods described in the proposal must also be approved by the University Institutional Review Board Committee or the Institutional Animal Care and Use Committee.

PROCEDURES

1. The student should form their thesis committee before beginning the proposal. It is the student's responsibility to contact faculty and invite them onto the thesis committee.
2. After forming a thesis committee, the student should draft an outline of their thesis proposal. The outline should contain hypotheses, proposed experiments, data collection and analysis. The outline should explicitly present the logic (e.g. a decision tree or equivalent format) underlying the proposed research.
3. The student should meet with members of the thesis committee for ideas and feedback on the outline. Based on feedback from their committee and thesis advisor, the student should submit a final outline to their thesis advisor.
4. The student is responsible for scheduling a date and time for a proposal defense. The proposal defense must be attended by faculty members who have agreed to serve on the thesis committee, and the student is responsible for finding a time when all committee

members can participate. The Graduate Coordinator must also be informed of the time and place. The student should allow sufficient time to make all the required arrangements.

5. When the thesis advisor has approved the outline, the student should work with the advisor to draft a narrative proposal based on the outline. The narrative proposal will likely require several drafts, reviewed by the thesis advisor. Once a final draft is approved by the advisor, the finished proposal can be reviewed by the thesis committee.
6. The finished proposal should be sent to the entire committee at least two weeks prior to the date for the proposal defense.
7. The proposal defense is intended to serve as opportunity for the student to solicit feedback on the ideas and procedures outlined by the candidate in the initial thesis proposal. Questions and suggestions will be posed by those in attendance, and the candidate should understand that the proposal may be modified as a result of any issues or concerns raised.
8. The thesis advisor shall conduct the defense and assure that all agreed upon recommendations from the committee are incorporated into the final proposal. A preferred structure for the defense is:
 - a) The thesis advisor introduces the candidate to all attendees.
 - b) The candidate makes a 15-20 minute presentation of the thesis proposal.
 - c) The thesis advisor determines the format of the question/answer session. All committee members shall be given the opportunity to ask questions and/or to raise relevant issues or problems.
 - d) Following the question/answer session, the student is dismissed and the committee convened to discuss any appropriate changes in the proposed thesis procedures.
 - e) The maximum duration of the proposal defense is 2 hours.
 - f) The student will be directed to incorporate any agreed-upon changes into the thesis proposal and the committee will sign the thesis/project planning form.
9. Committee members need not be physically present for the proposal defense, but may participate remotely (e.g. conference call, Skype, etc.). The committee chair and at least one other member should be physically present. Where appropriate, a committee member may submit questions ahead of time if they plan to participate remotely.
10. A repeated defense may be necessary if the committee decides that the student is not ready to proceed.
11. Upon approval of the proposal, the committee and thesis advisor will sign the advancement to candidacy form. The original of the advancement to candidacy form must be given to the Graduate Coordinator
12. Deliver one copy of the advancement to candidacy form to the College of Education, Health and Human Services in University Hall 221 no later than the beginning of the final semester.
13. It is the student's responsibility to obtain approval for their work from the Institutional Review Board or the Institutional Animal Care and Use Committee prior to beginning their research. Information regarding IRB and IACUC procedures, including training sessions for graduate students, can be found on the Office of Graduate Studies and Research website:
<http://www.csusm.edu/gsr/>.

III. THE THESIS

The thesis is the culminating experience for each student and represents original empirical research independently conducted by the student based on consultation with faculty thesis advisor and the thesis committee members. Under the direction of the thesis committee, the candidate completes his/her project, writes the thesis, and files it with the CSUSM Library. The student is responsible for meeting the published University deadlines.

The format of the final thesis is determined by the faculty thesis advisor (see guidelines below) and the submitted thesis must comply with CSUSM Library standards (see the [Master's Thesis, Project or Dissertation: Submission Guide](#) at Graduate Studies website). The final thesis must be publicly presented and defended to the Thesis Committee, and the final submitted thesis must incorporate any recommended changes from the committee.

ORAL DEFENSE

The oral defense assesses the ability of the candidate to communicate the rationale, findings, and implications of their research project. The candidate should be prepared to answer questions related to the purpose and design of the study, the laboratory, statistical, and/or other procedures utilized, the results of the study, and implications and applications to the discipline.

POLICIES

1. Students are required to be enrolled in KINE 698 during any period in which University resources, including the library, a department laboratory or laboratory equipment, and/or the thesis advisor's time, are utilized.
2. Enrollment in KINE 698 is in 3 unit blocks. The student must be enrolled in the regular spring semester in which the degree is completed. If the student has not completed the thesis when taking KINE 698, the student will receive an NC or RP grade, and must re-enroll in KINE 698 until the thesis is complete.
3. Students may work on thesis research during break periods with approval from their Faculty Advisor.
4. Students are required to provide the final version of their thesis at least two weeks before the thesis defense.
5. Grading - The grade Report in Progress (RP) is assigned for KINE 698 until such time as the entire project has been completed and has received University approval. In the semester in which the thesis is being completed, the final grade is not recorded on the student's permanent record until the thesis has been submitted, ready for uploading, to the Office of Graduate Studies.
6. After project completion, the RP grade must be converted to credit immediately. ***It is the student's responsibility to notify faculty to make the appropriate grade changes.***
7. Students should check with their thesis advisor for the length of embargo (if requested) prior to uploading the thesis.

PROCEDURES

1. The student is responsible for scheduling a date and time for a thesis defense. Faculty members who have agreed to serve on the thesis committee must participate in the defense. The student is responsible for finding a time when all committee members can meet. The Graduate Coordinator must also be informed of the time and place. Therefore, the thesis defense should be planned many months in advance.
2. The thesis defense is open to the public, and students are encouraged to invite other students, family members, and members of the community.
3. The student should begin to draft the thesis during data collection and analysis. Writing the thesis will likely require several drafts, reviewed by the thesis advisor. When approved by the thesis advisor, a draft can be sent to the thesis committee.
4. The finished thesis should be sent to the entire committee at least two weeks prior to the date for the thesis defense.
5. The defense is intended to disseminate the rationale, findings and implications of the thesis, to reveal any remaining questions, and to solicit feedback on the thesis document. Committee members will pose questions and suggestions, and the candidate should understand that the thesis may need modification to address any issues or concerns raised.
6. The thesis advisor shall conduct the defense and assure that all recommendations from the committee are incorporated into the final thesis. A preferred structure for the thesis defense is:
 - a) The thesis advisor introduces the candidate.
 - b) The candidate makes a 15-20 minute presentation of the thesis results and conclusions.
 - c) The thesis advisor determines the format of the question/answer session. Everyone present shall be given the opportunity to ask questions and/or to raise relevant issues or problems.
 - d) The maximum duration of the thesis defense is 2 hours.
 - e) The student will be directed to incorporate any agreed-upon changes into the thesis.
7. Committee members need not be physically present for the proposal defense, but can participate remotely (e.g. conference call, Skype, etc.).
8. A repeated thesis defense may be necessary if the committee decides that the thesis work is not of sufficient quality.
9. A student's thesis is approved when approved and signed by a majority of the thesis committee (e.g. at least two members). The student's thesis advisor must be one of the members to approve and sign the thesis approval form. It is expected that most theses will be signed by all committee members.
10. Upon approval of the thesis, the committee and thesis advisor will sign the Thesis Approval form (See Appendix). The original of this form must be given by the student to the Graduate Coordinator.

THESIS ORGANIZATION AND FORMAT

The thesis should be structured around the reasoning, outline and narrative of the thesis proposal. Although the process of data collection and analysis can change the conduct and presentation of empirical research, any departures from the thesis proposal should be necessary and justified.

The body of the thesis should be written in a form that is easily modified into manuscript form for submission to a specific journal approved by the thesis committee. The thesis is also retained in electronic form in the University library. The CSUSM Guidelines for the Thesis should be consulted for typing and page formatting (<https://biblio.csusm.edu/thesis-submission>).

In addition to the thesis body, several additional sections (title page, signature page) are required.

The thesis should also contain appendices that are necessary to understand and evaluate the project. An example format based on a scientific journal is as follows*:

- Title page (use the name on your official University transcripts)
- Copyright notice page (if included)
- Signature page
- Preface, dedication, and/or acknowledgment page (if included)
- Abstract
- Ch 1 Introduction
- Ch 2 Methods
- Ch 3 Results
- Ch 4 Discussion
- References
- Appendices (sample inclusions only)
 - a. Thesis proposal including expanded literature review
 - b. Medical History Questionnaire
 - c. Physical Activity Assessment Questionnaire
 - d. Informed Consent Document
 - e. Human Subjects Committee Documents or Institutional Animal Care and Use Committee Documents

* Format will vary according to journal Guidelines for Authors.

GRADUATE WRITING ASSESSMENT REQUIREMENT

CSUSM requires that each student complete the Graduation Writing Assessment Requirement (GWAR). Students will not advance to candidacy unless they have met this requirement.

The GWAR will be satisfied by the thesis proposal. The specific rubric for the GWAR can be found at the university website:

https://www.csusm.edu/policies/active/documents/graduate_writing_assessment_requirement.html

DEADLINES AND RECOMMENDED SCHEDULE

Completing rigorous coursework, data collection and analysis, and a written thesis within two years requires substantial commitment and organization. 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 (proposal outline, thesis proposal, thesis draft, completed thesis) and submission of the document to the thesis advisor and committee. A normative schedule is:

SEMESTER 1

1. Request that your Faculty Mentor serve as thesis advisor. (Thesis advisor assumes thesis advising responsibilities.)
2. With advisor's assistance, determine specific thesis topic.
3. Constitute thesis committee (3 member minimum, including Faculty Advisor)
4. Develop proposal outline.
5. Send out completed and approved proposal outline to committee members.
6. Obtain training and certification sufficient for working with human or animal subjects (e.g. IRB training, CITI training, etc.).

SEMESTER 2

7. Based on feedback from Committee, develop narrative thesis proposal.
8. Schedule committee meeting for proposal defense.
9. Send out completed and approved proposal to committee members.
10. Successfully defend thesis proposal.
11. Revise thesis proposal based on feedback during defense.
12. As appropriate, submit proposed research to the Office of Graduate and Research Studies for Institutional Review Board approval, or Institutional Animal Care and Use Committee approval.

SEMESTER 3

13. Collect and analyze data
14. Complete outline and first draft of thesis
15. Submit first draft of thesis to Thesis Advisor

SEMESTER 4

16. Revise thesis with Thesis Advisor
17. Send out completed thesis to committee members.
18. Based on feedback from Committee, revise thesis.
19. Schedule thesis defense (see Office of Graduate Studies for specific deadlines).
20. Send out completed and approved thesis to committee members.
21. Successfully defend thesis proposal.
22. Revise thesis proposal based on feedback during defense.
23. Obtain committee signatures on thesis approval page and complete the CSUSM Graduate Studies signature process.
24. Schedule appointment with Graduate Studies Office to obtain approval of thesis. (Check CSUSM catalog for deadline). Consult with the Collections Librarian or the Lead Library Assistant in Library Acquisitions to ensure correct formatting. Submit thesis online to Graduate Studies and Library.

Graduation and Commencement

To graduate in any given semester (fall, spring or summer), the thesis must be defended and filed with the library 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. The student must make an appointment with the librarian and review materials posted on the library website to learn about requirements prior to the filing date.

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 thesis advisor early enough to ensure they have completed all of the coursework and thesis requirements before applying to graduate.

Commencement, the major walking and hooding ceremony, currently only occurs in May. While there may be a small ceremony for fall graduates, the May ceremony is the large, University-wide program. We strongly advise, and some thesis advisors may require, students to have actually filed their theses before walking.

UNIVERSITY RESOURCES

Library

The library is a major resource for graduate level study. The library now has over 250,000 books and bound periodicals, 800 print journals, access to 11,000 electronic journals and 100 research databases. Electronic search, CD-ROM, interlibrary loan, and media services are available. For more information, call the CSUSM Library at (760) 750-4340 or consult them at www.csusm.edu/library.

Media Library

The Media Library is located on the second floor of the Kellogg Library and provides access to the collection of non-print materials including video tapes, DVDs, spoken and musical audio tapes, CDs, and slides. A complete listing is available through the Library catalog. Individual listening and viewing facilities are located in the Media Library. For more information, contact them at (760)750-4370 or consult them at www.biblio.csusm.edu/media_library.

Institutional Review Board (IRB)

The university's Institutional Review Board (IRB) is concerned with the protection of the rights and welfare of human subjects participating in research conducted by CSUSM faculty, staff, or students. The IRB is a campus-wide committee charged with the review of research involving human participants to assure that the rights and welfare of human participants are adequately protected. Please contact their office at (760)750-4029 consult them at www.csusm.edu/gsr/irb/index.html.

Financial Aid

Several sources of financial aid are available to graduate students in addition to teaching assistantships. Students are responsible for identifying other sources of aid, and may wish to consult with the University's Office of Financial Aid. For more information, please contact the CSUSM Financial Aid Office at (760) 750-4850 or consult them at www.csusm.edu/finaid.

Graduate Research Dissemination Fund

The Graduate Research Dissemination Fund provides financial assistance to help graduate students present their research completed at CSUSM. Appropriate activities include support for travel to a conference at which a student's paper or poster has been accepted, page charges for publication of a research paper, and other activities designed to help disseminate the results of student work.

- Funds are distributed on a first-come, first-served basis, until funds for the current year run out
- Students may only receive one award
- Potential sources of other support will influence the size of the award
- Group projects as well as individual projects may be funded

Interested students may get the application form from the Office of Graduate Studies, CRA 5210. For further information, contact the Office of Graduate Studies and Research (x 4066) or consult them at www.csusm.edu/gsr.

Office for Training, Research & Education in the Sciences (OTRES) Program

The federal government has determined that Hispanic/Latinos, African Americans, Native Americans, and Pacific Islanders are severely underrepresented in the biomedical research workforce of the United States. The RISE Graduate Program provides support for living expenses of \$15,000 for RISE Graduate Scholars (additional years of participation in the

program include a modest increase in this award) and pays tuition and fees. The RISE Graduate Program will also provide some support for graduate students to defray research expenses in the laboratory where the students will conduct their research, and fund travel expenses to a national scientific research symposium. Details can be found at the OTRES website (www.csusm.edu/otres).

Office of Graduate Studies and Research

The mission of the Office of Graduate Studies and Research is to support faculty and students to foster and sustain an environment of academic excellence through a strong commitment to promote graduate education, research, creative activity, and collaborative initiatives, such as centers, institutes, and faculty-student research. For more information, please contact them at (760) 750-4066 or consult them at www.csusm.edu/gsr.

CEHHS Student Services

CEHHS-SS provides advising and support services to undergraduate, postbaccalaureate and graduate students within the College of Education, Health and Human Services programs. CEHHS Student Services aspires to be recognized as providing exemplary services and programming using progressive, data-driven, holistic, and student-centered approaches. For more information, please contact them at (760) 750-4277 or consult them at <http://www.csusm.edu/cehhs/student-services/index.html>.

CLASSIFIED GRADUATE STATUS

Definition

A student receives **classified status** when he or she is officially admitted to the graduate program in Kinesiology. So that students may begin to take graduate courses prior to meeting all of the requirements for program entry, the University provides a grace period, during which the student is considered to be **conditionally classified**.

This grace period extends only through the completion of 12 units of graduate coursework. In other words, **all requirements for classification must be met prior to the completion of more than 12 units of graduate coursework. It is the student's responsibility to notify the department Graduate Coordinator and advisor when all requirements for classification have been met.** Becoming "classified" requires submission of a University form to the Graduate Studies Office which has been signed by the Graduate Coordinator.

Classification Requirements

Students must be admitted to classified status prior to completion of more than 12 units of graduate coursework. Admission to classified graduate status in the program requires:

1. Undergraduate degree in Kinesiology or a related field, or completion of department course prerequisite requirements. In satisfying the course prerequisite requirements, each course must be completed with a grade of "B" or higher.
2. For students with overall undergraduate GPA below a 3.0, a score at or above the 50th percentile on at least one of the three sections of the Graduate Record Examination (GRE).
3. Submission of Request for Classification form approved by the Department Graduate Coordinator.

In addition to maintaining an overall grade point average of 3.0 or higher in all courses taken towards the Master's degree, students must complete KINE 503 (Advanced Statistical Analysis) or KINE 502 (Research Methods) with a grade of "B" or higher in each.

FAILURE TO MEET ALL CLASSIFICATION REQUIREMENTS RESULTS IN AN INABILITY TO REGISTER FOR THESIS UNITS, AND POTENTIAL DISMISSAL FROM THE PROGRAM.

MASTER'S DEGREE PROGRESS

Entering the Program

(completed during the first semester)

	Complete?
1. Receive admission to the University from the Office of Admissions and Records.	
2. Receive classified or conditionally classified status from the department and be assigned to a Faculty Advisor (if applicable).	
3. When conditions for classified status are met, notify the Graduate Coordinator to change status. Only 12 units may be accumulated toward the degree prior to classification (if applicable).	
4. Obtain appropriate human or vertebrate animal certifications.	

Thesis Proposal

(completed during second semester -- no later than the third semester).

	Complete?
1. Request that your Faculty Mentor serve as thesis advisor (Thesis advisor assumes thesis advising responsibilities.)	
2. With advisor's assistance, determine specific thesis topic.	
3. Constitute thesis committee (3 member minimum, including Thesis Advisor)	
4. Develop proposal outline.	
5. Send out completed and approved proposal outline to committee members.	
6. Based on feedback from Committee, develop narrative thesis proposal.	
7. Schedule committee meeting for proposal defense.	
8. Send out completed and approved proposal to committee members.	
9. Successfully defend thesis proposal.	
10. Revise thesis proposal based on feedback during defense.	
11. As appropriate, submit proposed research to the Office of Graduate and Research Studies for Institutional Review Board approval, or Institutional Animal Care and Use Committee approval.	

Thesis

(completed during year 2).

	Complete?
1. Collect and analyze data	
2. Complete first draft of thesis	
3. Submit first draft of thesis to Thesis Advisor	
4. Revise thesis with Thesis Advisor	
5. Send out completed thesis to committee members.	
6. Based on feedback from Committee, revise thesis.	
7. Schedule thesis defense (see Office of Graduate Studies and Research for specific deadlines).	
8. Send out completed and approved thesis to committee members.	
9. Successfully defend thesis proposal.	
10. Revise thesis proposal based on feedback during defense.	
12. Obtain committee signatures on thesis approval page and complete the CSUSM Graduate Studies signature process.	
13. Schedule appointment with Graduate Studies Office to obtain approval of thesis. (Check CSUSM catalog for deadline). Submit thesis online to Graduate Studies and Library.	

* Enrollment in KINE 698 is normally in blocks of 3 units and shall not exceed 6 units total. Students must take KINE 502/503 and complete thesis proposal prior to enrolling in KINE 698.



CSUSM KINESIOLOGY MASTERS PROGRAM

SELECTION OF THESIS ADVISOR

I, _____, agree to serve as Thesis Advisor for the MS
program of _____.

Signature

date



CSUSM KINESIOLOGY MASTERS PROGRAM

THESIS COMMITTEE MEMBERSHIP

I agree to serve as a thesis committee member for _____.

Committee Member Name	Signature	Date
Thesis Advisor:		

I agree to a thesis committee composed of the individuals listed above.

Student Signature _____

Print Name _____ **Date** _____



CSUSM KINESIOLOGY MASTERS PROGRAM

THESIS APPROVAL FORM

KINESIOLOGY DEPARTMENT

Date of Thesis Defense: [] _____

The Thesis Guidance Committee has reviewed the Thesis entitled:

Written by: _____

The undersigned members of the Thesis Guidance Committee agree to the following recommendation(s):

Approved

Approved with changes and/or additions (see comments below or attached)

Delayed Approval (see comments below or attached)

Comments:

Changes and/or additions to be submitted by (date or N/A): _____

Thesis Chair:	_____	_____	_____
	<i>Print</i>	<i>Sign</i>	<i>Date</i>
Committee Member:	_____	_____	_____
	<i>Print</i>	<i>Sign</i>	<i>Date</i>
Committee Member:	_____	_____	_____
	<i>Print</i>	<i>Sign</i>	<i>Date</i>
Committee Member:	_____	_____	_____
	<i>Print</i>	<i>Sign</i>	<i>Date</i>

AFTER THE FINAL DEFENSE:

All required revisions have been made.

Thesis Chair:	_____	_____	_____
	<i>Print</i>	<i>Sign</i>	<i>Date</i>
Graduate Coordinator:	_____	_____	_____
	<i>Print</i>	<i>Sign</i>	<i>Date</i>
Department Chair:	_____	_____	_____
	<i>Print</i>	<i>Sign</i>	<i>Date</i>



CSUSM KINESIOLOGY MASTERS PROGRAM

FORMAT GUIDELINES FOR THE THESIS

Signature Page

The first page after the extra blank page of the thesis is the Signature Page. This page also functions as the title page of the thesis.

Thesis Abstract

Abstracts must be double-spaced and are limited to a single page with margins as described below. This page bears the heading "Thesis Abstract."

Margins

The following (minimum) margins must be used throughout the manuscript:

Left margin: 1.5" Right margin: 1.25" Top margin:

- Page numbers: 1" FROM TOP-RIGHT CORNER

- Text: 1.25" minimum, 1.5" maximum Bottom margin: 1.25" minimum, 1.5" maximum.

Every effort should be made to use a reduced version (copy reduction) of oversized material. Letters and numbers, however, must be legible. Some material may fit within the required oversized margins by turning the material 90 degrees.

Material that cannot fit feasibly within regular or oversized margin requirements may be placed on 11" x 17" paper. Page numbers must be placed in the upper right corner in the same position as the rest of the text. These pages are NOT to be folded prior to submittal. The bindery will fold them as appropriate.

Style and Fonts

Recognizing that there are variations of acceptable styles and fonts used by different academic disciplines, the University allows discretion in the use of styles and fonts according to the professional standards of the discipline. Master's candidates must check with their thesis chairs or their graduate program directors/coordinators for further information regarding thesis formatting and the citing of sources.

THESIS REVIEW AND SUBMISSION

After a successful thesis defense, the student must prepare two official copies of the

manuscript. The student should check with the library to make certain that the paper has the correct size, weight and cotton content, and that the printing process produces sufficiently clean copy. To do this, the student must make an appointment with either the Collections Librarian or the Lead Library Assistant in Library Acquisitions. Either person will pre-review the thesis to ensure that it meets the standards as described above. Other library staff will not be able to conduct this pre-review.

1. The student obtains signatures of the thesis committee on the signature page of each official copy of the thesis. □
2. The thesis committee chair and the graduate program director/coordinator sign the Master's Thesis Certification Form. □
3. The student makes an appointment with either the Collections Librarian or the Lead Library Assistant in Library Acquisitions—and is notified of the fee, and method of payment. □
4. The student brings to this appointment the two official copies of the thesis (with signature pages completed), the Master's Thesis Certification Form (signed by the thesis committee chair and the graduate program director/coordinator), and the binding fee. If the thesis is acceptable and the student has the binding fee, the Librarian will take the two copies of the thesis, the binding fee and the Master's Thesis Certification Form. A copy of the Master's Thesis Certification Form (with the Librarian's signature) is given to the student as a receipt, certifying that the Library has accepted the submission of the thesis. □
5. The Library sends the Master's Thesis Certification Form to the Office of Registration and Records who will, in turn, notify the chair of the thesis committee, the director/coordinator of the graduate program, and the Office of Graduate Studies that the student has completed all thesis requirements. □

GRADUATE COMMITTEE

Purpose

The purpose of the department Graduate Committee is to govern policies and procedures of the graduate program and to serve as the first line of approval for all changes in graduate curriculum.

Committee Structure

The committee shall consist of the department Graduate Coordinator, who shall serve as committee chair, and all faculty actively engaged in graduate-level teaching and/or thesis supervision. The Department Chair shall serve as an *ex officio* member of the committee.

Responsibilities

1. Develop and implement strategies for maintaining and improving the quality of the graduate program.
2. Set departmental policies for graduate student admission and retention.
3. Approve all proposed changes or modifications of existing policy pertaining to graduate students.
4. Promote quality control of theses.
5. Screen and make recommendations for the selection of Graduate Assistants.
6. Assist the Graduate Coordinator with preparations for external reviews of the graduate program.
7. Serve as consultants to the Graduate Coordinator regarding processing and retention of graduate students when circumstances are atypical.
8. Periodically review the graduate level course offerings.
9. Develop strategies to promote scholarship among graduate students.
10. Review scheduling procedures for graduate courses and make recommendations to the department scheduling coordinator.

GRADUATE COORDINATOR

Appointment

The department Graduate Coordinator is appointed by the Department Chair to direct and oversee the department's Graduate Program.

Responsibilities

1. Coordinates all graduate course scheduling.
2. Assists with preliminary advising for students entering the Master's Program.
3. Assists with advising graduate students on appropriate procedures for filing required University paperwork and running Degree Progress Reports.
4. Assists with responding to written and telephone inquiries regarding the Graduate Program.
5. Coordinates the implementation of department and University policies related to graduate education.
6. Serves as department liaison to the school and University on issues related to the graduate program.
7. Serves as chair of the department Graduate Committee.
8. Assumes the primary responsibility for compilation of graduate program review materials.
9. Assumes the primary responsibility for updating graduate program literature and advertising materials and for their appropriate distribution to students and others.
10. Makes recommendations to the chair on all Teaching Assistant appointments in consultation with the Graduate Committee.
11. Maintains all appropriate records on graduate students.