



Kinesiology, M.S.

The Master of Science in Kinesiology program prepares graduate students for doctoral and professional programs and careers in health, performance, and the promotion of physical activity. The program offers a Thesis or Project Option for students and is designed to strengthen the breadth and depth of the student's academic preparation in Kinesiology and professional fields. The program incorporates theoretical, scientific, and practical knowledge in exercise, health, nutrition, sport, and physical activity as applied in preventative, clinical, educational, recreational, and commercial settings.

Experience Your Learning

Develop skills through practical experiences, which often include collaborating closely with the local community.

The Biomechanics Lab trains students in the performance of high-quality biomechanical research methods and techniques, and provides biomechanics and neurocognitive assessment services to Cal Poly Humboldt and surrounding communities.

The Human Performance Lab examines cardiovascular fitness, body composition assessment, nutritional analysis, and personalized fitness programs for people on campus and in the local community.

The Behavioral Performance Lab brings together Kinesiology knowledge with the fundamentals of human behavior to support individuals and populations establish and maintain health enhancing behaviors.

The North Coast Concussion Program prepares students for careers by providing baseline and post-injury management services for college athletes and thousands of Humboldt and Del Norte County residents each year.

Did you know?

- Students collaborate with community members, through multiple settings as they apply to their focus areas including lab testing, school observations and student teaching, clinical placements, and implementing community based programs.
- With access to three teaching and research labs, students are well-equipped for studying human movement: the Biomechanics Lab; the Human Performance Lab, and the Behavioral Performance Lab.
- Through the Kinesiology 4+1 Program, students can earn a B.S. and M.S. in Kinesiology in 5 years.



Academics & Options

Kinesiology, M.S.

Students complete a minimum of 30 graduate units in Kinesiology or supporting courses approved by the graduate advisor. A minimum of 15 of these units must be at the graduate level (500-600 courses), and upper division courses (300-400) level may be taken in the program with advisor approval. Each semester students should meet with their graduate advisor to discuss degree progress with an appropriate course of study. The upper limit of units supported by financial aid is 45; Teaching Associates have an upper limit of 37.5 units.

Get Involved

Kinesiology Club

Brings classmates together with social, professional, and academic resources, social events, and community involvement.

Pre-Health Professions Club

Focuses on preparing students for their next phase of education and providing community service and observation opportunities.



Careers

Graduates are prepared for a wide range of careers that include worksite health promotion, commercial fitness, public/private or non-profit health agencies, obesity/diabetes and heart disease prevention, sports performance, teaching/coaching, independent research in a field of specialization, or continued graduate study at doctoral-granting institutions.

- **Teacher/coach**
- **Corporate wellness/fitness specialist**
- **Exercise physiologist**
- **Strength and conditioning specialist**
- **Sports program director**
- **Neuromechanist**
- **Biomechanist**
- **Researcher and Grant Writer**

