



# KIN Major Advisor Assignments

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**b.** Most faculty, including your main KIN advisor, **may not be available or responsive to email during the Summer and Winter breaks**. Keep in mind is that faculty are busy at beginning and end of each semester, so be sure to plan-ahead and avoid waiting until the last minute to ask questions to your advisor. **Poor planning on your part does not constitute an emergency on your advisor's part.**

**c.** Over the winter and summer, if you do have advising questions, reach out to:

**KIN Undergraduate Advising Manager, Daniel Bohigian: [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu)**

**KIN Administrative Support Assistant, Victoria Duval: [victoria.duval@sjsu.edu](mailto:victoria.duval@sjsu.edu)**

# Suggestions When Communicating via Email

- a. Use your SJSU email address for all communications.** Your SJSU email address will also grant you access to the MLK Jr. Library, DocuSign, Zoom, and other useful resources that will aid in your academic career at SJSU. **Check your SJSU email inbox consistently.**
  
- b. Offer your SJSU ID#** when communicating with advisors for efficiency and ease-of-retrieval and address faculty, lecturers, advisors, and staff appropriately. Avoid overly-casual language.
  
- c. When emailing your advisor or a professor, offer as much information as you can to guide the conversation and to establish context clearly. Ensure you are asking direct questions to receive direct answers.**

# Key Advising-Related Websites

**a. KIN Current Students Website:**

<https://www.sjsu.edu/kinesiology/Students/CurrentStudents.php>

**b. College of Health and Human Sciences Student Success Center (CHHS SSC):**

<https://www.sjsu.edu/chhs-ssc/>

**c. MyProgress Degree Tracking Tool:**

<https://www.sjsu.edu/ue/student-resources/myprogress.php>



# Understanding the KIN Undergraduate Student Handbook

- a.** It is essential to **thoroughly read** the KIN Undergraduate (UG) Student Handbook.
  
- b.** Refer to the most recent **2024-2025 KIN UG Student Handbook** in conjunction with your MyProgress to track your degree requirements moving forward.

The KIN UG Student Handbook is available to view at:

<https://www.sjsu.edu/kinesiology/Students/CurrentStudents.php>

# Understanding the KIN Undergraduate Student Handbook

**When reading the KIN UG Student Handbook, pay close attention to:**

1. GE requirements and the 120-unit SJSU graduation minimum requirement
2. KIN Core curriculum and classes
3. Specialization-specific KIN Sub-core curriculum and classes
4. Activity course requirements and activity course movement areas
5. Internship unit requirements
6. Pre-approved guided electives (contact your main KIN advisor to check if your specialization is pre-approved to pursue a minor outside the department).



# Importance of Completing Listed Prerequisites

- a. Throughout the handbook, there are **active and clickable**



# KIN Majors and KIN Specializations

**The Department of Kinesiology offers two distinct degrees:**

1. Bachelor of Science (B.S.) Kinesiology (with five specializations).
2. Bachelor of Science (B.S.) Kinesiology, Preparation for Teaching (PETE) with the option of pursuing Spartan Accelerated Graduate Education (SAGE) option.

**The Three Major Components in Completing your Degree in Kinesiology:**

1. Complete SJSU general education requirements.
2. Complete KIN major prerequisite courses and the KIN core curriculum.
3. Complete coursework for a selected KIN area of specialization (sub-core).

# KIN Majors and KIN Specializations

**a. For students pursuing a B.S. in Kinesiology, select from one of the below specializations:**

Exercise and Fitness Specialist

Rehabilitation Science

Inclusive Physical Activity in Communities (IPAC)

Sport Management and Culture

Individualized Studies (Advisor approval required)

Transfer Curriculum Studies (Certified AA/ADT degree and advisor approval required)

**b. B.S. Kinesiology, Preparation for Teaching (PETE) is a separate major, not a specialization.**

## KIN Majors and KIN Specializations

**c.** When selecting a KIN specialization, keep in mind your future goals. For instance, if you have plans on attending graduate school, be sure to do **preliminary exploration of the school you are interested in** and select a specialization that aligns with the **desired prerequisites** requested by the institution. The same goes for any post-graduation **certification programs**.

**d.** Check with your **main KIN advisor to discuss potential course substitutions for guided electives** that align with your present and future academic goals. Check with your KIN advisor about the applicability of these substitutions to your program.

# **KIN Majors and KIN Specializations**









# KIN Majors and KIN Specializations

For transfer students with unique educational and career goals that do not align with one of the pre-existing KIN specializations, the **Individualized Studies specialization** is an option.

Prior to selecting and pursuing the Individualized Studies specialization, you must receive approval from the KIN Advising Manager, Daniel Bohigian, and the KIN UG Coordinator, Dr. Erin Siebert, a **minimum of 30 units prior to your anticipated graduation date.**

A **formal curriculum proposal with a complete written justification** for each of the courses listed in the curriculum proposal will be required. Contact KIN Advising Manager [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu) for further information.

# KIN Majors and KIN Specializations

For transfer students with a previously-completed, **certified and posted ADT/AAT degree in Kinesiology**, the **Transfer Curriculum Studies** option may be applicable to pursue.

Prior to selecting and pursuing the **Transfer Curriculum** specialization, you must receive approval from the KIN Advising Manager, Daniel Bohigian, and the KIN UG Coordinator, Dr. Erin Siebert, a **minimum of 30 units** prior to your anticipated graduation date.

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# Note Regarding Course Substitutions for the KIN Major

**Substitutions will not be accepted for the following requirements:**

1. KIN Core Curriculum
2. KIN Activity Courses
3. KIN Specialization Sub-core Curriculum
4. Internship Requirement

**Substitutions may only be accepted for guided elective courses** not listed on the pre-approved list within the KIN UG Student Handbook and as listed on your MyProgress. A **documented agreement from a KIN major advisor** will be required to process any course substitution form.

# MyProgress Basics

Your **MyProgress** will look different depending on the specialization you choose. You will notice differences for the following categories:

1. KIN Specialization Sub-core Curriculum
2. Internship unit requirements
3. Guided elective unit requirements

**NOTE:** the “**Expected Grad Term**” listed toward the top of your MyProgress page is **not official and is not a guarantee**. The semester and year is solely a prediction based on the number of units to be completed for your KIN degree.

## Course History and Transfer Credits

- a.** The **course history tab on your MySJSU page** will offer an easy-to-read list and breakdown of your completed courses, including courses that have successfully articulated and transferred to SJSU from community colleges and junior colleges.
  
- b.** For transfer students, the **transfer credit** tab on your MySJSU page will offer a course-by-course list of the classes that appear on your transcripts from community college and junior college.
  
- c.** It is important to check the **articulation agreements** between your previous institution and SJSU to ensure transfer courses are being properly credited. Check the following link for a list of course-to-course articulations from other institutions: <http://info.sjsu.edu/web-dbgen/artic/all-school>

# Notes Regarding Applying for Graduation

- a.** When you have completed **85 or more units in total** **eligible**  
**to apply for graduation** MySJSU account.

In the future, if you believe you are eligible to apply for graduation, but have **not received clear communication from the Registrar's office**, please reach out to Advising Manager, Daniel Bohigian - [daniel.bohigian@sjsu.edu](mailto:daniel.bohigian@sjsu.edu)

- b.** Prior to applying for graduation, **even if you have been made eligible, you must meet with your advisor** to determine if you are going to be able to complete your remaining requirements in the time frame in which you apply for graduation.

## Notes Regarding Applying for Graduation

- c.** Applying for graduation **too early** will result in the need to fill out a change of graduation date form which will **negatively impact your priority registration status.**
  
- d.** Keep in mind the Registrar's office makes all students with 85+ units completed eligible to apply, but the **unit count does not necessarily take into consideration remaining KIN core, sub**



