TEXAS A&M UNIVERSITY-SAN ANTONIO

College of Education & Human Development Counseling, Health & Kinesiology

The Kinesiology Program at Texas A&M University-San Antonio offers undergraduate and graduate degrees that can prepare students for health and/or kinesiology-related careers in either an academic setting or the public and clinical sectors.

The undergraduate program offers a B.S. in Kinesiology for 1) Physical Education, 2) Exercise Science and 3) Pre-Physical Therapy.

The graduate program offers a M.S. in Kinesiology with a 1) Thesis option and 2) Non-Thesis option (gradaute research project).

Kinesiology laboratories are fully-equipped, state-of-the-art research, teaching, and training facilities, specifically designed to measure physiological and biomechanical variable.

The Effects

Texas A&A

Methods and

Age (years) Height (in)

Weight (II

Subjects were asked to maintain their daily activ diet. Subjects wore the Fitbit activity/sleep track

otation (day or night shift depending on start da

nstructions and were worn at all times except whe

pplication provided by subjects via preference of cor or text). Subjects sent screenshots of the information

subjects continued to wear the bands through the se otation (opposite of first shift) and investigators folle

Total time involvement is four weeks, how information twice, once per two weeks

Maricela Martinez, Lorie Ruiz, Gal

=1.2, p=.23. Quality of sleep was

hs to be no significant difference i

terence in the number of steps taken during the day shifts (17,642±5,697 ep) and night shifts (19,367±3,765), t_{at}=1.4, p=.20. Conclusion: Based or

quality during night shift work and day shift w

ck sleep time in dayinight shift workers using a Fitbit Charge. Me bjects (age=23.8±8.6 yrs, ht=69.3±2.9 in, wt=232.5±80.6 lbs) wo bit for two weeks during a day shift and two weeks during a night

preliminary data collection there a

ork a rotating shift schedule

Kyur



Flexible class offerings

Kinesiology Labs in 2018

- Human Performance Lab
- Health and Fitness Lab
- Biomechanics Lab
- Muscle Physiology Lab
- Biochemistry Lab
- Science Teaching lab





Laboratory experiences

Physical Education field-based program with local school districts

Exercise Science field experiences through internships with companies, corporations, medical facilities, health/wellness facilities, etc.



Preparation for success in physical therapy school and related graduate school programs



Use of technology commonly employed in the kinesiology field

Committed faculty



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