You are applying to the Master of Arts in Kinesiology Graduate Program at California State University, Chico. Students in our graduate program work with a small group of scholars in one of the following areas of emphasis: Adapted Physical Education, Biomechanics, Coaching, Exercise Physiology, Physical Education, or Sport/Exercise Psychology. We would like to get to know your understanding of the area of emphasis you would like to study should you be accepted to our graduate program. Faculty members from the Kinesiology Department have provided articles related to each area of emphasis. Please select and read ONE article from your area of interest. After reading the article, use your own words to answer the following questions about the article you chose in a short essay format. The length of this article analysis should be at least 3 pages long, but no longer than 5 pages, double spaced. It is strongly encouraged that you contact the corresponding faculty in each area (see faculty listed below) if you have any difficulties accessing the article.

1. Identify the article you selected. Provide a general summary of this article that includes the purpose of the study, an overview of the design/methods, and a summary of the results.
2. Why did the author(s) need to conduct this research? What is the importance of the study?
3. What did the author(s) find? What did the author(s) conclude based on the findings?
4. From your perspective, do you think there are any concerns, cautions, or limitations that should be considered when interpreting or applying the results of the study?
5. What have you learned from reading this article?
6. How could these findings apply to your potential professional career? If not applicable, please share with us your potential future career goals based on your area of choice.
7. Why do you wish to pursue a master’s degree in your area of choice?

Articles

- **Adapted Physical Education** - Dr. Josie Blagrave ([ablagrave@csuchico.edu](mailto:ablagrave@csuchico.edu)), Dr. Layne Case ([lcase@csuchico.edu](mailto:lcase@csuchico.edu))

- **Biomechanics** – Dr. Chengtu Hsieh ([cthsieh@csuchico.edu](mailto:cthsieh@csuchico.edu)), Dr. Melissa Mache ([mmache@csuchico.edu](mailto:mmache@csuchico.edu))


Coaching - Dr. Aubrey Newland (anewland1@csuchico.edu), Dr. Traci Ciapponi (tciapponi@csuchico.edu)


Exercise Physiology - Dr. John Azevedo (jazevedo@csuchico.edu), Dr. Feng He (fhe@csuchico.edu), Dr. Ryan Perkins (rperkins2@csuchico.edu), Dr. Andrew D'Lugos (acdlugos@csuchico.edu)


clearance of oxidative and advanced glycation end products in healthy obese humans. 

*Nutrients, 11.*  [http://dx.doi.org/10.3390/nu11030532](http://dx.doi.org/10.3390/nu11030532)

- **Physical Education**  – Dr. Catherine Himberg ([chimberg@csuchico.edu](mailto:chimberg@csuchico.edu)), Dr. Josh Trout ([jtrout@csuchico.edu](mailto:jtrout@csuchico.edu)), Dr. Layne Case ([lcase@csuchico.edu](mailto:lcase@csuchico.edu)), Dr. Kevin Patton ([kpatton@csuchico.edu](mailto:kpatton@csuchico.edu))

- **Sport/Exercise Psychology**  – Dr. Aubrey Newland ([anewland1@csuchico.edu](mailto:anewland1@csuchico.edu))