

KINESIOLOGY, M.S.

The M.S. in Kinesiology offers both a 36 credit hour thesis option and 30-42 credit hour course work only option. Concentrations in Applied Neuromechanics, Community Youth Sport Development, Curriculum and Pedagogy Studies in Physical Education, Exercise Physiology, and Sport and Exercise Psychology are offered in the thesis option. Concentrations in Applied Sport Psychology, Community Youth Sport Development, Curriculum and Pedagogy Studies in Physical Education, Exercise Physiology, Exercise Physiology-Clinical, Motor Behavior, Sport and Exercise Psychology, and Sports Medicine are offered in the course work only option. For both options, a minimum of 24 credits must be completed in the department.

For information regarding deadlines and requirements for admission, please see <https://grs.uncg.edu/programs/>.

In addition to the application materials required by the Graduate School, applicants must submit supplementary application materials required by the department.

Degree Program Requirements

Required: 30-42 credit hours

Breadth Requirement

To enhance their knowledge of the field of Kinesiology, students who do not have an undergraduate major or minor in Kinesiology will consult with their advisor to select appropriate elective courses from at least two of the eight disciplinary areas (Applied Neuromechanics, Applied Sport Psychology, Community Youth Sport Development, Curriculum and Pedagogy Studies in Physical Education, Exercise Physiology, Motor Behavior, Sport and Exercise Psychology, Sports Medicine) outside the student's own concentration area. Credit requirements for the Breadth Requirement are listed in the footnote for the electives requirement of each option or concentration.

Thesis Option

Required: 36 credit hours

Code	Title	Credit Hours
Research Techniques Requirement (3 credits)		
HHS 625	Research Methods in the Health and Human Sciences	3
Electives (27 credits)		
Select 27 credits in courses that constitute a specialized knowledge base relevant to student's academic interest and goals *		27
Research and Thesis (6 credits)		
KIN 699	Thesis	6
Total Credit Hours		36

* With approval of the advisor. For those seeking a concentration in Applied Neuromechanics, Community Youth Sport Development, Curriculum and Pedagogy Studies in Physical Education, Exercise Physiology, or Sport and Exercise Psychology, the electives are designated in the concentration section. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select two elective courses (6 credits) to satisfy the Breadth Requirement.

Course Work Only Option

Required: 30-42 credit hours

Code	Title	Credit Hours
Research Techniques Requirement (3 credits)		
KIN 601	Applying Research to Professional Practice	3
Electives (27-39 credits)		
Select 27-39 credits in courses that constitute a specialized knowledge base relevant to student's academic interests and goals ¹		27-39
Integrative (Capstone) Experience (3 or 0 credits)		
Select one of the following options:		3 or 0
<i>Course Option (3 credits)</i>		
Select 3 credits from the following: ²		
KIN 695	Independent Study	
KIN 713	Internship in Kinesiology	
KIN 714	Field Practicum in Kinesiology	
KIN 746	Practicum in Applied Sport and Exercise Psychology	
<i>Comprehensive Examination Option (0 credits)</i>		
Complete a comprehensive examination ³		
Total Credit Hours		30-42

¹ With approval of the advisor. For those seeking a concentration in Applied Sport Psychology, Community Youth Sport Development, Curriculum and Pedagogy Studies in Physical Education, Exercise Physiology, Exercise Physiology-Clinical, Motor Behavior, Sport and Exercise Psychology, or Sports Medicine, the specific course requirements are designated in the concentration section. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select elective courses up to 6 credits to satisfy the Breadth Requirement.

² With approval of the advisor.

³ The student's advisor and two other graduate faculty members, in consultation with the student, develop one comprehensive examination question that requires integration of various bodies of knowledge related to the student's course of study. The question should also be related to the student's particular professional focus. The student may use the full range of available scholarly resources including discussion with faculty in developing the answer. The completed answer must be submitted within six weeks after receiving the question. All three faculty members evaluate the questions using "pass" and "not pass" standards.

Thesis Option Concentrations

Applied Neuromechanics Concentration

In addition to the Research Techniques Requirement and Research and Thesis requirements listed under the Thesis Option, students in the Applied Neuromechanics Concentration must also complete the following requirements:

Code	Title	Credit Hours
Concentration Core (9 credits)		
Select 9 credits from the following:		9
KIN 643	Mechanical Analysis of Motor Skills	

KIN 702	Research Seminar in Applied Neuromechanics
KIN 719	Muscular Aspects of Exercise Physiology
KIN 729	Learning and Performance of Physical Skills
KIN 730	Neural Aspects of Motor Control

Concentration Electives (18 credits)	
Select 18 credits of electives *	18
Total Credit Hours	27

* With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select two elective courses (6 credits) to satisfy the Breadth Requirement.

Community Youth Sport Development Concentration

In addition to the Research Techniques Requirement and Research and Thesis requirements listed under the Thesis Option, students in the Community and Youth Sport Development Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Courses (8 credits)		
KIN 519	Mentoring in Community Youth Development Programs	2
KIN 520	Physical Activity Programs for Underserved Youth	3
KIN 521	Evaluation of Physical Activity Programs in Youth Development	3
Concentration Electives (19 credits)		
Select 19 credits of electives *		19
Total Credit Hours		27

* With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select two elective courses (6 credits) to satisfy the Breadth Requirement.

Curriculum and Pedagogy Studies in Physical Education Concentration

In addition to the Research Techniques Requirement and Research and Thesis requirements listed under the Thesis Option, students in the Curriculum and Pedagogy Studies in Physical Education Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Course (3 credits)		
KIN 731	Curriculum Development in Kinesiology *	3
Concentration Core (6 credits)		
Select 6 credits from the following:		6
KIN 570	Development and Implementation of Fitness Programs	
KIN 656	Psycho-Social Aspects of Teaching Physical Education and Sport	
KIN 732	Analysis of Teaching and Learning	
KIN 735	Program Evaluation and Evidence-Based Practice in Physical Activity Programs	

Concentration Electives (18 credits)

Select 18 credits of electives **	18
Total Credit Hours	27

* Core Grade Requirement for Curriculum and Pedagogy Studies in Physical Education Concentration: Students must receive a B or better in KIN 731 to satisfy degree requirements. KIN 731 may be taken a maximum of two times to achieve this outcome. Withdrawal from the program will be recommended if the student fails KIN 731 the first time the course is taken. The student may appeal this decision to the graduate faculty in Curriculum and Pedagogy Studies in Physical Education. If a B or better is not earned after taking the course twice, the student will be automatically withdrawn with no opportunity to appeal.

** With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select two elective courses (6 credits) to satisfy the Breadth Requirement.

Exercise Physiology Concentration

In addition to the Research Techniques Requirement and Research and Thesis requirements listed under the Thesis Option, students in the Exercise Physiology Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Course (3 credits)		
KIN 670	Physiology of Exercise *	3
Concentration Core (6 credits)		
Select 6 credits from the following:		6
KIN 570	Development and Implementation of Fitness Programs	
KIN 576	Nutrition and Physical Fitness	
KIN 579	Exercise and Older Adults	
KIN 667	Exercise Electrocardiography and Cardiopulmonary Medications	
KIN 668	Advanced Exercise Assessment	
KIN 669	Advanced Exercise Prescription	
KIN 675	Applied Human Work Physiology	
KIN 718	Cardiovascular Aspects of Exercise Physiology	
KIN 719	Muscular Aspects of Exercise Physiology	
KIN 724	Physical Activity and Health	
Concentration Electives (18 credits)		
Select 18 credits of electives **		18
Total Credit Hours		27

* Students must receive a B or better in KIN 670 to satisfy degree requirements. KIN 670 may be taken a maximum of two times to achieve this outcome. Withdrawal from the program will be recommended if the student fails KIN 670 the first time the course is taken. The student may appeal this decision to the Graduate Faculty in Exercise Physiology. If a B or better is not earned after taking the course twice, the student will be automatically withdrawn with no opportunity to appeal.

** With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their

advisor to select two elective courses (6 credits) to satisfy the Breadth Requirement.

Sport and Exercise Psychology Concentration

In addition to the Research Techniques Requirement and Research and Thesis requirements listed under the Thesis Option, students in the Sport and Exercise Psychology Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Course (3 credits)		
KIN 644	Psychology of Sport and Exercise *	3
Concentration Core (6 credits)		
Select 6 credits from the following:		6
KIN 645	Exercise Psychology	
KIN 649	Principles of Physical Activity Behavior Change	
KIN 695	Independent Study	
KIN 724	Physical Activity and Health	
KIN 743	Psychological Aspects of Sport Injury	
KIN 744	Applied Sport Psychology	
KIN 745	Social Psychology and Physical Activity	
KIN 748	Advanced Topics in Sport Exercise and Psychology	
Concentration Electives (18 credits)		
Select 18 credits of electives **		18
Total Credit Hours		27

* Core Grade Requirement for Sport and Exercise Psychology Concentration: Students must receive a B or better in KIN 644 to satisfy degree requirements. KIN 644 may be taken a maximum of two times to achieve this outcome. Withdrawal from the program will be recommended if the student fails KIN 644 the first time the course is taken. The student may appeal this decision to the Graduate Faculty in Sport and Exercise Psychology. If a B or better is not earned after taking the course twice, the student will be automatically withdrawn with no opportunity to appeal.

** With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select two elective courses (6 credits) to satisfy the Breadth Requirement.

Course Work Only Option Concentrations Applied Sport Psychology Concentration

In addition to the Research Techniques Requirement (KIN 601 Applying Research to Professional Practice) listed under the Course Work Only Option, students in the Applied Sport Psychology Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Courses (15 credits)		
KIN 644	Psychology of Sport and Exercise ¹	3
KIN 743	Psychological Aspects of Sport Injury	3
KIN 744	Applied Sport Psychology	3
CED 613	Helping Relationships for Non-Majors	3
HHS 654	Ethics in Practice, Teaching, and Research	3

Electives (15 credits)

KIN 645 or KIN 649	Exercise Psychology ² Principles of Physical Activity Behavior Change	3
KIN 746	Practicum in Applied Sport and Exercise Psychology	6
Select an additional 6 credits of electives ³		6
Integrative Experience (Capstone) (3 credits)		
KIN 746	Practicum in Applied Sport and Exercise Psychology	3
Total Credit Hours		33

¹ Core Grade Requirement for Applied Sport Psychology Concentration: Students must receive a B or better in KIN 644 to satisfy degree requirements. KIN 644 may be taken a maximum of two times to achieve this outcome. Withdrawal from the program will be recommended if the student fails KIN 644 the first time the course is taken. The student may appeal this decision to the graduate faculty in Sport and Exercise Psychology. If a B or better is not earned after taking the course twice, the student will be automatically withdrawn with no opportunity to appeal.

² In consultation with your advisor, select KIN 645 or KIN 649 to satisfy the AASP requirement for Psychological Foundations of Behavior (K7).

³ One elective course (3 credits) must be selected to satisfy the AASP requirement for Diversity and Culture (K8). Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select one elective course (3 credits) to satisfy the Breadth Requirement.

Non-Credit Professional Development Requirements

In addition to the 36 credits of course work, students are required to attend weekly professional development meetings and the departmental colloquium during each of the Fall and Spring semesters in the program.

Community Youth Sport Development Concentration

In addition to the Research Techniques Requirement (KIN 601 Applying Research to Professional Practice) listed under the Course Work Only Option, students in the Community Youth Sport Development Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Courses (8 credits)		
KIN 519	Mentoring in Community Youth Development Programs	2
KIN 520	Physical Activity Programs for Underserved Youth	3
KIN 521	Evaluation of Physical Activity Programs in Youth Development	3
Concentration Core (12 credits)		
Select 12 credits from the following:		12
CED 613	Helping Relationships for Non-Majors	
KIN 519	Mentoring in Community Youth Development Programs	
KIN 695	Independent Study	
PSC 520	Urban Political System	
PSC 612	Organizational Behavior and Leadership	
PSC 620	Urban and Regional Development Policy	
SOC 653	Social Control	

SWK 584	Social Services for Children	
TED 545	Human Diversity, Teaching, and Learning	
Concentration Electives (7-13 credits)		
Select 7-13 credits of electives *		7-13
Integrative Experience (Capstone) (3-6 credits)		
Select one course (3-6 credits) from the following:		3-6
KIN 622	Internship in Community Youth Sport Development Programs	
KIN 713	Internship in Kinesiology	
KIN 714	Field Practicum in Kinesiology	
Total Credit Hours		30-39

* With approval of the student's advisor.

Curriculum and Pedagogy Studies in Physical Education Concentration

In addition to the Research Techniques Requirement and the Integrative Experience (Capstone) requirement listed under the Course Work Only Option, students in the Curriculum and Pedagogy Studies in Physical Education Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Requirement (3 credits)		
KIN 731	Curriculum Development in Kinesiology *	3
Concentration Core (12 credits)		
Select 12 credits from the following:		12
KIN 570	Development and Implementation of Fitness Programs	
KIN 656	Psycho-Social Aspects of Teaching Physical Education and Sport	
KIN 732	Analysis of Teaching and Learning	
KIN 735	Program Evaluation and Evidence-Based Practice in Physical Activity Programs	
Concentration Electives (15 credits)		
Select a minimum of 15 credits of electives **		15
Total Credit Hours		30

* Core Grade Requirement for Curriculum and Pedagogy Studies in Physical Education Concentration: Students must receive a B or better in KIN 731 to satisfy degree requirements. KIN 731 may be taken a maximum of two times to achieve this outcome. Withdrawal from the program will be recommended if the student fails KIN 731 the first time the course is taken. The student may appeal this decision to the graduate faculty in Curriculum and Pedagogy Studies in Physical Education. If a B or better is not earned after taking the course twice, the student will be automatically withdrawn with no opportunity to appeal.

** With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select up to two elective courses (6 credits) to satisfy the Breadth Requirement.

Exercise Physiology Concentration

In addition to the Research Techniques Requirement and the Integrative Experience (Capstone) requirement listed under the Course Work Only

Option, students in the Exercise Physiology Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Course (3 credits)		
KIN 670	Physiology of Exercise *	3
Concentration Core (12 credits)		
Select a minimum of 12 credits from the following:		12
KIN 570	Development and Implementation of Fitness Programs	
KIN 576	Nutrition and Physical Fitness	
KIN 579	Exercise and Older Adults	
KIN 667	Exercise Electrocardiography and Cardiopulmonary Medications	
KIN 668	Advanced Exercise Assessment	
KIN 669	Advanced Exercise Prescription	
KIN 675	Applied Human Work Physiology	
KIN 718	Cardiovascular Aspects of Exercise Physiology	
KIN 719	Muscular Aspects of Exercise Physiology	
KIN 724	Physical Activity and Health	
Concentration Electives (15 credits)		
Select 15 credits of electives **		15
Total Credit Hours		30

* Students must receive a B or better in KIN 670 to satisfy degree requirements. KIN 670 may be taken a maximum of two times to achieve this outcome. Withdrawal from the program will be recommended if the student fails KIN 670 the first time the course is taken. The student may appeal this decision to the Graduate Faculty in Exercise Physiology. If a B or better is not earned after taking the course twice, the student will be automatically withdrawn with no opportunity to appeal.

** With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select up to two elective courses (6 credits) to satisfy the Breadth Requirement.

Exercise Physiology-Clinical Concentration

Required: 42 credit hours

Code	Title	Credit Hours
Research Techniques Requirement (3 credits)		
KIN 601	Applying Research to Professional Practice	3
Concentration Courses (21 credits)		
KIN 644	Psychology of Sport and Exercise	3
or KIN 649	Principles of Physical Activity Behavior Change	
KIN 667	Exercise Electrocardiography and Cardiopulmonary Medications	3
KIN 668	Advanced Exercise Assessment	3
KIN 669	Advanced Exercise Prescription	3
KIN 670	Physiology of Exercise	3
KIN 720	Pathophysiology and Pharmacology	3
KIN 724	Physical Activity and Health	3
Concentration Electives (6 credits)		

Select two courses (6 credits) of electives from the following: *	6
KIN 643 Mechanical Analysis of Motor Skills	
KIN 645 Exercise Psychology	
HEA 607 Determinants of Health	
NTR 676 Nutrition and Physical Performance	
Integrative (Capstone) Experience (12 credits)	
KIN 713 Internship in Kinesiology **	12
Total Credit Hours	42

* Or other courses as approved by the program director.

** Students will take no more than 6 credits during a single term; at least 3 credits must be taken in the final semester as the capstone experience.

Motor Behavior Concentration

In addition to the Research Techniques Requirement and the Integrative Experience (Capstone) requirement listed under the Course Work Only Option, students in the Motor Behavior Concentration must also complete the following requirements:

Code	Title	Credit Hours
Concentration Core (12 credits)		
Select 12 credits from the following:		12
KIN 643	Mechanical Analysis of Motor Skills	
KIN 695	Independent Study	
KIN 719	Muscular Aspects of Exercise Physiology	
KIN 729	Learning and Performance of Physical Skills	
KIN 730	Neural Aspects of Motor Control	
Concentration Electives (18 credits)		
Select 18 credits of electives *		18
Total Credit Hours		30

* With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select up to two elective courses (6 credits) to satisfy the Breadth Requirement.

Sport and Exercise Psychology Concentration

In addition to the Research Techniques Requirement and the Integrative Experience requirement listed under the Course Work Only Option above, students in the Sport and Exercise Psychology Concentration must also complete the following requirements:

Code	Title	Credit Hours
Core Required Course (3 credits)		
Select one course (3 credits) from the following:		3
KIN 644	Psychology of Sport and Exercise ¹	
KIN 745	Social Psychology and Physical Activity	
Concentration Core (6 credits)		
Select a minimum of 6 credits from the following:		6
KIN 645	Exercise Psychology	
KIN 649	Principles of Physical Activity Behavior Change	
KIN 680	Mental Skills for Coaching Athletes	

KIN 682	Working with Diverse Populations in Sport and Performance Psychology	
KIN 695	Independent Study ²	
KIN 743	Psychological Aspects of Sport Injury	
KIN 744	Applied Sport Psychology	
KIN 748	Advanced Topics in Sport Exercise and Psychology	
Concentration Electives (18 credits)		
Select 18 credits of electives ³		18
Total Credit Hours		27

¹ Core Grade Requirement for Sport and Exercise Psychology Concentration: Students must receive a B or better in KIN 644 to satisfy degree requirements. KIN 644 may be taken a maximum of two times to achieve this outcome. Withdrawal from the program will be recommended if the student fails KIN 644 the first time the course is taken. The student may appeal this decision to the Graduate Faculty in Sport and Exercise Psychology. If a B or better is not earned after taking the course twice, the student will be automatically withdrawn with no opportunity to appeal.

² The required integrated experience will consist of passing a comprehensive exam. In some instances, an exception to complete KIN 695 or another course option to satisfy the integrated experience requirement may be approved by the student's advisor; if approved, the selected course may also count towards the concentration core or concentration electives requirements.

³ With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their advisor to select one elective course (3 credits) to satisfy the Breadth Requirement.

Sports Medicine Concentration

In addition to the Research Techniques Requirement and the Integrative Experience (Capstone) requirement listed under the Course Work Only Option, students in the Sports Medicine Concentration must also complete the following requirements:

Code	Title	Credit Hours
Concentration Core (12 credits)		
Select a minimum of 12 credits from the following:		12
KIN 576	Nutrition and Physical Fitness	
KIN 638	Assessment and Treatment of the Upper Extremity	
KIN 640	Rehabilitation Techniques for Athletic Injuries	
KIN 643	Mechanical Analysis of Motor Skills	
KIN 670	Physiology of Exercise	
KIN 709	Mentored Teaching in Kinesiology	
KIN 720	Pathophysiology and Pharmacology	
KIN 725	Management and Professional Issues in Athletic Training	
KIN 730	Neural Aspects of Motor Control	
KIN 743	Psychological Aspects of Sport Injury	
Concentration Electives (18 credits)		
Select 18 credits of electives *		18
Total Credit Hours		30

* With approval of the student's advisor. Students who do not have an undergraduate major or minor in Kinesiology must consult with their

advisor to select up to two elective courses (6 credits) to satisfy the Breadth Requirement.