KINESIOLOGY, M.S.

The M.S. in Kinesiology offers both a 36 credit hour thesis option and 36 credit hour coursework only option. Concentrations in applied neuromechanics, exercise physiology, curriculum and pedagogy studies in physical education, community youth sport development, and sport and exercise psychology are offered in the thesis option. Concentrations in applied sport psychology, community youth sport development, exercise physiology, motor behavior, curriculum and pedagogy studies in physical education, 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 the Guide to Graduate Admissions.

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

Degree Requirements for Both Options

Required: 36 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 2 of the 8 disciplinary areas (Applied Neuromechanics, Community Youth Sport Development, Exercise Physiology, Motor Behavior, Curriculum and Pedagogy Studies in Physical Education, Sport and Exercise Psychology, Sports Medicine, Applied Sport Psychology) 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

Coursework Only Option

Required: 36 credit hours

<table>
<thead>
<tr>
<th>Code</th>
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<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 601</td>
<td>Applying Research to Professional Practice</td>
<td>3</td>
</tr>
</tbody>
</table>

Integrative Experience (Capstone)

Select one (3 credits) from the following:

- KIN 695 Independent Study
- KIN 713 Internship in Kinesiology
- KIN 714 Field Practicum in Kinesiology
- KIN 746 Practicum in Applied Sport and Exercise Psychology

Electives (30 credits)

Select 30 credits of coursework that constitutes a specialized knowledge base relevant to student’s academic interests and goals **

Total Credit Hours

36

* With approval of the advisor. If a course option is selected, the hours are included in electives.

** 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, 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.

Comprehensive Examination

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 above, students in the Applied Neuromechanics concentration must also complete the following requirements:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 643</td>
<td>Mechanical Analysis of Motor Skills</td>
<td>9</td>
</tr>
<tr>
<td>KIN 702</td>
<td>Research Seminar in Applied Neuromechanics</td>
<td></td>
</tr>
<tr>
<td>KIN 719</td>
<td>Muscular Aspects of Exercise Physiology</td>
<td></td>
</tr>
<tr>
<td>KIN 729</td>
<td>Learning and Performance of Physical Skills</td>
<td></td>
</tr>
<tr>
<td>KIN 730</td>
<td>Neural Aspects of Motor Control</td>
<td></td>
</tr>
</tbody>
</table>

Concentration Electives (18 credits)
must also complete the following requirements:

**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 above, students in the Community and Youth Sport Development concentration must also complete the following requirements:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 519</td>
<td>Mentoring in Community Youth Development Programs</td>
<td>2</td>
</tr>
<tr>
<td>KIN 520</td>
<td>Physical Activity Programs for Underserved Youth</td>
<td>3</td>
</tr>
<tr>
<td>KIN 521</td>
<td>Evaluation of Physical Activity Programs in Youth Development</td>
<td>3</td>
</tr>
</tbody>
</table>

**Concentration Electives (19 credits)**
Select 19 credits of elective coursework with the approval of the advisor **

Total Credit Hours 27

* 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 above, students in the Exercise Physiology concentration must also complete the following requirements:

<table>
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<tr>
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<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>KIN 670</td>
<td>Physiology of Exercise *</td>
<td>3</td>
</tr>
</tbody>
</table>

**Concentration Core (6 credits)**
Select 6 credits from the following:

- 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 elective coursework with the approval of the advisor **

Total Credit Hours 27

* Students must receive a B or better in KIN 670 Physiology of Exercise to satisfy degree requirements. KIN 670 may be taken a maximum of 2 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.

** 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 above, students in
the Sport and Exercise Psychology concentration must also complete the following requirements:

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<tr>
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<th>Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>KIN 644</td>
<td>Psychology of Sport and Exercise *</td>
<td>3</td>
</tr>
</tbody>
</table>

Concentration Core (6 credits)

Select 6 credits from the following: 6

- KIN 635
- KIN 645 Exercise Psychology
- KIN 695 Independent Study
- KIN 724 Physical Activity and Health
- KIN 743 Psychological Aspects of Sport Injury
- KIN 744 Applied Sport Psychology
- KIN 745 Seminar: Social Psychology and Physical Activity
- KIN 746 Practicum in Applied Sport and Exercise Psychology
- KIN 748 Advanced Topics in Sport Exercise and Psychology

Concentration Electives (18 credits)

Select 18 credits of elective coursework with the approval of the advisor ** 18

Total Credit Hours 27

* Core Grade Requirement for Sport and Exercise Psychology M.S. students: Students must receive a B or better in KIN 644 Psychology of Sport and Exercise to satisfy degree requirements. KIN 644 may be taken a maximum of 2 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.

** 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.

Coursework Only Option Concentrations

Applied Sport Psychology Concentration

In addition to the Research Techniques Requirement, KIN 601 Applying Research to Professional Practice, listed under the Coursework Only Option above, students in the Applied Sport Psychology concentration must also complete the following requirements:

<table>
<thead>
<tr>
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<th>Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>KIN 644</td>
<td>Psychology of Sport and Exercise 1</td>
<td>3</td>
</tr>
<tr>
<td>KIN 743</td>
<td>Psychological Aspects of Sport Injury</td>
<td>3</td>
</tr>
<tr>
<td>KIN 744</td>
<td>Applied Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>CED 610</td>
<td>Helping Relationships</td>
<td></td>
</tr>
<tr>
<td>HHS 654</td>
<td>Ethics Practice, Teaching/Resrch</td>
<td>3</td>
</tr>
</tbody>
</table>

Electives (15 credits)

- KIN 645 Exercise Psychology 2
- or KIN 649 Principles of Physical Activity Behavior Change

KIN 746 Practicum in Applied Sport and Exercise Psychology 6

Select an additional 6 credits of electives 3

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 M.S. students: Students must receive a B or better in KIN 644 Psychology of Sport and Exercise 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 coursework, 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 Coursework Only Option above, students in the Community Youth Sport Development concentration must also complete the following requirements:

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<td>KIN 520</td>
<td>Physical Activity Programs for Underserved Youth</td>
<td>3</td>
</tr>
<tr>
<td>KIN 521</td>
<td>Evaluation of Physical Activity Programs in Youth Development</td>
<td>3</td>
</tr>
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</table>

Concentration Core (12 credits)

Select 12 credits from the following: 12

- CED 610 Helping Relationships
- 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 Diverse Learners

Concentration Electives (7-13 credits)
Select 7-13 credits of elective coursework with the approval of the advisor.

**Integrative Experience (Capstone) (3-6 credits)**
Select one of the following:
- 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

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

**Core Requirement (3 credits)**
KIN 731 Curriculum Development in Kinesiology

**Concentration Core (12 credits)**
Select 12 credits from the following:
- 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 elective coursework with the approval of the advisor.

Total Credit Hours: 30

*Core Grade Requirement for Curriculum and Pedagogy Studies in Physical Education M.S. students: Students must receive a B or better in KIN 731 Curriculum Development in Kinesiology to satisfy degree requirements. KIN 731 may be taken a maximum of 2 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.

**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.**

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

**Concentration Core (12 credits)**
Select 12 credits from the following:
- 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 elective coursework with the approval of the advisor.

Total Credit Hours: 30

* Students must receive a B or better in KIN 670 Physiology of Exercise to satisfy degree requirements. KIN 670 may be taken a maximum of 2 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.

**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 Coursework Only Option above, students in the Exercise Physiology concentration must also complete the following requirements:

**Concentration Core (12 credits)**
Select 12 credits from the following:
- 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 elective coursework with the approval of the advisor.

Total Credit Hours: 30
* 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 (Capstone) requirement listed under the Coursework Only Option above, students in the Sport and Exercise Psychology concentration must also complete the following requirements:

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<tr>
<td>KIN 644</td>
<td>Psychology of Sport and Exercise *</td>
<td>3</td>
</tr>
</tbody>
</table>

**Concentration Core (6 credits)**

Select a minimum of 6 credits from the following:

- KIN 635
- KIN 645 Exercise Psychology
- KIN 695 Independent Study
- KIN 724 Physical Activity and Health
- KIN 743 Psychological Aspects of Sport Injury
- KIN 744 Applied Sport Psychology
- KIN 745 Seminar: Social Psychology and Physical Activity
- KIN 746 Practicum in Applied Sport and Exercise Psychology
- KIN 748 Advanced Topics in Sport Exercise and Psychology

**Concentration Electives (18 credits)**

Select 18 credits of elective coursework with the approval of the advisor *

Total Credit Hours 30

* Core Grade Requirement for Sport and Exercise Psychology M.S. students: Students must receive a B or better in KIN 644 Psychology of Sport and Exercise to satisfy degree requirements. KIN 644 may be taken a maximum of 2 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.

** 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.

**Sports Medicine Concentration**

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 576</td>
<td>Nutrition and Physical Fitness</td>
<td></td>
</tr>
<tr>
<td>KIN 638</td>
<td>Theoretical Modalities</td>
<td></td>
</tr>
<tr>
<td>KIN 640</td>
<td>Rehabilitation Techniques for Athletic Injuries</td>
<td></td>
</tr>
</tbody>
</table>

**Concentration Core (12 credits)**

Select a minimum of 12 credits from the following:

- KIN 576 Nutrition and Physical Fitness
- KIN 638 Theoretical Modalities
- KIN 640 Rehabilitation Techniques for Athletic Injuries

Total Credit Hours 30

* 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.