HEALTH AND KINESIOLOGY, MS

School of Health and Kinesiology, College of Education

Vision Statement
The School of Health and Kinesiology (H&K’s) graduate programs prepare students for careers in health, physical education, exercise science, athletic training, and physical activity. By fostering the development of evidence-based work, we train students to be lifelong learners who can perform leadership roles as educators, practitioners and researchers.

Program Contact Information
Dustin Slivka, PhD, Graduate Program Chair (GPC)
207R Health and Kinesiology (H&K)
402.554.3224
dslivka@unomaha.edu

Ellen Eitzmann, Graduate Programs Office Assistant
207 Health and Kinesiology (H&K)
402.554.2910
eeitzmann@unomaha.edu

Program Email Address (unohk@unomaha.edu)
Program Website (http://coe.unomaha.edu/hper)

Public Health/Health Behavior Integrated Undergraduate/Graduate Program (IUG)
The Department of Health and Kinesiology offers an Integrated Undergraduate/Graduate program which allows outstanding students to complete the BS in Public Health undergraduate degree and the MA or MS in Health and Kinesiology with a concentration in Health Behavior graduate degree with a total of 144 total credit hours. The integrated program is designed for dedicated students who are motivated and willing to take on early the challenges relating to graduate education. Interested students are encouraged to meet with their academic advisor for more information about this program.

Admissions
Application Deadlines (Spring 2020, Summer 2020, and Fall 2020)
• Applications for this program are accepted on a rolling basis. All materials must be submitted prior to the beginning of the semester in which the student has elected to begin coursework.

Program-Specific Requirements
• Two (2) letters of recommendation
• Statement of Purpose
  • Statement of goals and rationale for entering graduate program (maximum of 300 words)
  • Applicants are required to have a command of oral and written English. Those who do not hold a baccalaureate or other advanced degree from the U.S., OR a baccalaureate or other advanced degree from a predetermined country on the waiver list, must meet the minimum language proficiency score requirement in order to be considered for admission.
  • A minimum score of 550 on the TOEFL PBT, 80 if internet-based, 6.5 if IELTS, or 53 if PTE is required.

Degree Requirements

<table>
<thead>
<tr>
<th>Concentrations</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEKI 8990</td>
<td>THESIS</td>
<td>6</td>
</tr>
</tbody>
</table>

Total Credits 36

Exit Requirements
Thesis 6 hours HEKI 8990. All candidates should carefully review the Graduate College requirements for forming the supervisory committee, and submitting the Supervisory Committee and Thesis/Thesis Equivalent Proposal Approval Forms and final approval and submission of the thesis.

Concentrations

Health Behavior Concentration

Required Concentration Courses
Undergraduate deficiencies may include: an undergraduate statistics course.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEKI 8030/9031</td>
<td>RESEARCH IN HEALTH, PHYSICAL EDUCATION AND RECREATION</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8450</td>
<td>EPIDEMIOLOGY &amp; PREVENTION OF DISEASE</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8360</td>
<td>COMMUNITY HEALTH</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8270</td>
<td>INTERVENTIONS IN HEALTH EDUCATION</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8400</td>
<td>HEALTH PROMOTION PROGRAM PLANNING</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8600</td>
<td>HEALTH BEHAVIOR</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8750</td>
<td>PROGRAM EVALUATION AND INSTRUMENTATION</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8950</td>
<td>PUBLIC HEALTH LEADERSHIP AND ADVOCACY</td>
<td>3</td>
</tr>
<tr>
<td>HEKI 8990</td>
<td>THESIS</td>
<td>6</td>
</tr>
</tbody>
</table>

Electives
Health Behavior Electives: Should be determined by the advisor and start with the following graduate course prefixes: COMM, COUN, GERO, PHHB, HEKI, PA, KINS, SOC.

Unrelated field undergraduates choose two elective courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEKI 8100</td>
<td>RESEARCH PROJECT</td>
<td>6</td>
</tr>
<tr>
<td>PHHB/GERO 8556</td>
<td>HEALTH ASPECTS OF AGING</td>
<td>3</td>
</tr>
<tr>
<td>PHHB/SOC 8706</td>
<td>WOMEN’S HEALTH AND ISSUES OF DIVERSITY</td>
<td>3</td>
</tr>
<tr>
<td>PHHB 8980</td>
<td>HEALTH EDUCATION PRACTICUM</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Credits 36

Physical Education Pedagogy Concentration

Required Concentration Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMCH 2400</td>
<td>HUMAN PHYSIOLOGY &amp; ANATOMY I</td>
<td>3</td>
</tr>
<tr>
<td>KINS 2800</td>
<td>MOTOR LEARNING</td>
<td>3</td>
</tr>
<tr>
<td>KINS 4150</td>
<td>ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE</td>
<td>3</td>
</tr>
<tr>
<td>BMCH 4630</td>
<td>BIOMECHANICS</td>
<td>3</td>
</tr>
<tr>
<td>KINS 4940</td>
<td>PHYSIOLOGY OF EXERCISE</td>
<td>3</td>
</tr>
</tbody>
</table>

Undergraduate deficiencies may include:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMCH 2400</td>
<td>HUMAN PHYSIOLOGY &amp; ANATOMY I</td>
<td>3</td>
</tr>
<tr>
<td>KINS 2800</td>
<td>MOTOR LEARNING</td>
<td>3</td>
</tr>
<tr>
<td>KINS 4150</td>
<td>ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE</td>
<td>3</td>
</tr>
</tbody>
</table>
Physical Education Coaching Concentration

Undergraduate deficiencies may include:
- BMCH 2400 HUMAN PHYSIOLOGY & ANATOMY I
- KINS 2800 MOTOR LEARNING
- KINS 4150 ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE
- BMCH 4630 BIOMECHANICS
- KINS 4940 PHYSIOLOGY OF EXERCISE

Required Concentration Courses
- HEKI 8030/9031 RESEARCH IN HEALTH, PHYSICAL EDUCATION AND RECREATION
- KINS 8040/9041 ADVANCED STATISTICS
- KINS 8206 PLANNING WORKSITE WELLNESS PROGRAMS
- KINS 8120 CURRENT TOPICS IN WEIGHT MANAGEMENT
- KINS 8130/9131 IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS
- KINS 8140/9141 PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH
- HEKI 8850/9851 EXERCISE FOR SPECIAL POPULATIONS
- KINS 8700/9701 or PHBB 8600 PSYCHOLOGY OF PHYSICAL ACTIVITY
- HEKI 8990 THESIS

Electives
Select from the following graduate course prefixes: PHBB, HEKI, KINS. (Others upon approval)

Total Credits 36

Exercise Science Concentration

Undergraduate deficiencies may include:
- BMCH 2400 HUMAN PHYSIOLOGY & ANATOMY I
- KINS 4940 PHYSIOLOGY OF EXERCISE

Required Concentration Courses
- HEKI 8030/9031 RESEARCH IN HEALTH, PHYSICAL EDUCATION AND RECREATION
- KINS 8700/9701 PSYCHOLOGY OF PHYSICAL ACTIVITY
- KINS 8040/9041 ADVANCED STATISTICS
- HEKI 8850/9851 EXERCISE FOR SPECIAL POPULATIONS
- KINS 8950/9951 ADVANCED EXERCISE PHYSIOLOGY
- HEKI 8990 THESIS

Electives
Select from the following graduate course prefixes: PHBB, HEKI, KINS. (Others upon approval)

Total Credits 36

Physical Activity in Health Promotion Concentration

Undergraduate deficiencies may include:
- BMCH 2400 HUMAN PHYSIOLOGY & ANATOMY I
- KINS 4940 PHYSIOLOGY OF EXERCISE

Required Concentration Courses
- BMCH 2400 HUMAN PHYSIOLOGY & ANATOMY I
- KINS 4940 PHYSIOLOGY OF EXERCISE

Recommended Electives
Select 6 hours from the following graduate course prefixes: PHBB, HEKI, KINS. (Others upon approval)

Total Credits 36