

# HEALTH AND KINESIOLOGY, MS

School of Health and Kinesiology, College of Education

## Vision Statement

The School of Health and Kinesiology (H&K's) graduate program prepares 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

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## 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 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 2021, Summer 2021, and Fall 2021)

- Applications for this program are accepted on a rolling basis. All materials must be submitted at least one week prior to the first day 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

| Code  | Title                            | Credits |
|---|----------------------------------|---------|
| <b>Thesis Option</b>                          |                                  |         |
| Required Courses                              |                                  |         |
| HEKI 8030                                     | RESEARCH IN HEALTH & KINESIOLOGY | 3       |
| HEKI 8990                                     | THESIS                           | 6       |
| Concentrations                                |                                  |         |
| Student must select an area of concentration. |                                  | 27      |
| Total Credits                                 |                                  | 36      |

| Code  | Title                            | Credits |
|---|----------------------------------|---------|
| <b>Non-Thesis Option</b>                      |                                  |         |
| Required Courses                              |                                  |         |
| HEKI 8030                                     | RESEARCH IN HEALTH & KINESIOLOGY | 3       |
| Concentrations                                |                                  |         |
| Student must select an area of concentration. |                                  | 33      |
| Total Credits                                 |                                  | 36      |

## Exit Requirements

Thesis Option: 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.

Non-Thesis Option: Comprehensive Examination.

## Concentrations

### Health Behavior Concentration

| Code  | Title                                  | Credits |
|---|--|---------|
| <b>Required Concentration Courses</b>                                       |  |         |
| Undergraduate deficiencies may include: an undergraduate statistics course. |  |         |
| HEKI 8030/9031  | RESEARCH IN HEALTH & KINESIOLOGY       | 3       |
| PHHB 8450   | EPIDEMIOLOGY & PREVENTION OF DISEASE   | 3       |
| PHHB 8360   | COMMUNITY HEALTH                       | 3       |
| PHHB 8270   | INTERVENTIONS IN HEALTH EDUCATION      | 3       |
| PHHB 8400   | HEALTH PROMOTION PROGRAM PLANNING      | 3       |
| PHHB 8600   | HEALTH BEHAVIOR                        | 3       |
| PHHB 8750   | PROGRAM EVALUATION AND INSTRUMENTATION | 3       |
| PHHB 8950   | PUBLIC HEALTH LEADERSHIP AND ADVOCACY  | 3       |

### 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. If completing a Thesis, six hours of HEKI 8990 is required.

Unrelated field undergraduates choose two elective courses:

|                |  |    |
|----------------|--|----|
| HEKI 8100      | RESEARCH PROJECT                       |    |
| PHHB/GERO 8556 | HEALTH ASPECTS OF AGING                |    |
| PHHB/SOC 8706  | WOMEN'S HEALTH AND ISSUES OF DIVERSITY |    |
| PHHB 8980      | HEALTH EDUCATION PRACTICUM             |    |
| Total Credits  |  | 36 |

## Physical Education Pedagogy Concentration

| Code   | Title   | Credits |
|--|---|---------|
| <b>Undergraduate deficiencies may include:</b>   |   |         |
| 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                                    |         |
| <b>Required Concentration Courses</b>  |   |         |
| HEKI 8030/9031   | RESEARCH IN HEALTH & KINESIOLOGY                          | 3       |
| KINS 8040/9041   | ADVANCED STATISTICS                                       | 3       |
| KINS 8240  | SPORT IN AMERICAN CULTURE                                 | 3       |
| KINS 8280  | CURRICULUM IN PHYSICAL EDUCATION                          | 3       |
| KINS 8370  | ANALYZING PHYSICAL EDUCATION TEACHING & SPORT INSTRUCTION | 3       |
| BMCH 8400/9401   | MOTOR LEARNING I  | 3       |
| <b>Electives</b>   |   |         |
| Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval). If completing a Thesis, 6 hours of HEKI 8990 are required. |   | 18      |
| Total Credits  |   | 36      |

## Physical Education Coaching Concentration

| Code   | Title   | Credits |
|--|---|---------|
| <b>Undergraduate deficiencies may include:</b>   |   |         |
| 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                                    |         |
| <b>Required Concentration Courses</b>  |   |         |
| HEKI 8030/9031   | RESEARCH IN HEALTH & KINESIOLOGY                          | 3       |
| KINS 8040/9041   | ADVANCED STATISTICS                                       | 3       |
| KINS 8076  | OPTIMIZING SPORTS PERFORMANCE                             | 3       |
| KINS 8370  | ANALYZING PHYSICAL EDUCATION TEACHING & SPORT INSTRUCTION | 3       |
| BMCH 8400/9401   | MOTOR LEARNING I  | 3       |
| KINS 8506  | BEHAVIORAL ASPECTS OF COACHING                            | 3       |
| KINS 8950/9951   | ADVANCED EXERCISE PHYSIOLOGY                              | 3       |
| <b>Electives</b>   |   |         |
| Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval). If completing a Thesis, 6 hours of HEKI 8990 are required. |   | 15      |
| Total Credits  |   | 36      |

## Exercise Science Concentration

| Code   | Title                            | Credits |
|--|----------------------------------|---------|
| <b>Undergraduate deficiencies may include:</b> |                                  |         |
| BMCH 2400                                      | HUMAN PHYSIOLOGY & ANATOMY I     |         |
| KINS 4940                                      | PHYSIOLOGY OF EXERCISE           |         |
| <b>Required Concentration Courses</b>          |                                  |         |
| HEKI 8030/9031                                 | RESEARCH IN HEALTH & KINESIOLOGY | 3       |
| KINS 8700/9701                                 | PSYCHOLOGY OF PHYSICAL ACTIVITY  | 3       |
| KINS 8040/9041                                 | ADVANCED STATISTICS              | 3       |
| HEKI 8850/9851                                 | EXERCISE FOR SPECIAL POPULATIONS | 3       |
| KINS 8950/9951                                 | ADVANCED EXERCISE PHYSIOLOGY     | 3       |

| Electives  | Credits |
|--|---------|
| Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval). If completing a Thesis, 6 hours of HEKI 8990 are required. | 21      |
| Total Credits  | 36      |

## Physical Activity in Health Promotion Concentration

| Code  | Title  | Credits |
|---|--|---------|
| <b>Undergraduate deficiencies may include:</b>  |  |         |
| BMCH 2400   | HUMAN PHYSIOLOGY & ANATOMY I                             |         |
| KINS 4940   | PHYSIOLOGY OF EXERCISE                                   |         |
| <b>Required Concentration Courses</b>   |  |         |
| HEKI 8030/9031  | RESEARCH IN HEALTH & KINESIOLOGY                         | 3       |
| KINS 8040/9041  | ADVANCED STATISTICS                                      | 3       |
| KINS 8206   | PLANNING WORKSITE WELLNESS PROGRAMS                      | 3       |
| KINS 8120   | CURRENT TOPICS IN WEIGHT MANAGEMENT                      | 3       |
| KINS 8130/9131  | IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS    | 3       |
| KINS 8140/9141  | PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH | 3       |
| HEKI 8850/9851  | EXERCISE FOR SPECIAL POPULATIONS                         | 3       |
| KINS 8700/9701<br>or PHHB 8600  | PSYCHOLOGY OF PHYSICAL ACTIVITY<br>HEALTH BEHAVIOR       | 3       |
| <b>Recommended Electives</b>  |  |         |
| Select 12 hours from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval). If completing a Thesis, 6 hours of HEKI 8990 are required. |  | 12      |
| Total Credits   |  | 36      |