

# MASTER OF SCIENCE IN KINESIOLOGY (SPORT AND HUMAN PERFORMANCE)

The graduate program in Kinesiology focuses on Sport and Human Performance.

This specialization is designed to prepare students for success in their chosen professional careers within a variety of sport, exercise, recreation, and fitness settings by providing the highest quality educational experiences. This graduate degree is also appropriate for students planning to continue their training in doctoral programs at other institutions. This is an online program.

Please submit the following documents to the Office of Graduate Admissions:

1. Graduate Admissions Application (<http://www.shsu.edu/admissions/apply-texas.html>)
2. Application Fee (<http://www.shsu.edu/dept/graduate-studies/application-fee.html>)
3. Official transcript from the baccalaureate degree granting institution
4. Bachelor's degree with a major or minor in Kinesiology or a related field
5. Twelve hours of advanced coursework related to the master's emphasis; must be approved by the Kinesiology graduate coordinator
6. Two Recommendation Letters
7. Statement of Intent/Interest
8. Official GRE (<http://www.ets.org/gre/>) Scores. The GRE score requirement is **waived** for students that have a minimum overall undergraduate GPA of 3.0 or higher **and** at least a 3.25 GPA in three core subject areas: Exercise Physiology, Functional Kinesiology/Biomechanics, and Motor Learning.

Prospective students should contact the Kinesiology Graduate Coordinator for a list of additional materials that may be required for admission consideration. Students who do not meet the entrance requirements may be conditionally admitted for one semester, pending approval from the Kinesiology Graduate Coordinator. Students admitted to the program on a conditional basis are allowed to complete a maximum of 6 graduate hours.

The mission of the Sport and Human Performance specialization is to advance students' understanding of relationships among movement, exercise, and skill that occur in the contexts of development, learning, rehabilitation, and training. The Masters of Science in Kinesiology - Sport and Human Performance (SHP) track is focused on helping students apply exercise science concepts in clinical, commercial, and athletic settings. The SHP program uses foundational classes in biomechanics, exercise physiology, motor learning, and research to support the application of exercise principles to a wide variety of populations in various clinical and applied settings.

## Plan 1 - MS in Kinesiology - Sport and Human Performance (Non-thesis)

Code	Title	Hours
<b>Master of Science in Kinesiology Sport and Human Performance (Non-thesis option)</b>		
<b>Specified Courses</b>		
KINE 5367	Adv Physiology of Exercise	3
KINE 5372	Youth Fitness	3
KINE 5374	Appld Rsrch Mthd-Kin & Spt Mgt	3
KINE 5379	Mgt Adult Fitness Programs	3
KINE 5394	Exercise for Critical Populations	3
KINE 5395	Advanced Biomechanics	3
KINE 5398	Significance of Motor Learning	3
KINE 5396	Aerobic and Anaerobic Training	3
<b>Electives (12 credit hours) <sup>1</sup></b>		
Electives to meet 36 hours to be chosen from this list or as approved by the Kinesiology Graduate Coordinator.		12
KINE 5368	Research in Sport & Human Perf	3
KINE 5377	Independent Studies	3
KINE 5381	Clinical Exercise Physiology	3
KINE 5391	Motor Control in Practice	3
KINE 5390	Exercise Science Lab Practicum	3
KINE 5393	Adv Studies in Psy of Sport	3
KINE 5399	Wksp Kin Recreation & Sport	3

Students may choose to take up to 6 credit hours outside of the department. These outside electives must be approved by the Kinesiology Graduate Coordinator.

Total Hours 36

<sup>1</sup> Must be approved by Kinesiology Graduate Coordinator.

#### Notes

Students must have Graduate Standing for all courses in program.

KINE 5377 has a prerequisite of KINE 5374 and requires submission of a proposal to the faculty sponsor and chair of the Kinesiology Graduate Committee the semester before the student registers for courses.

## Plan 2 - MS in Kinesiology-Sport and Human Performance (Non-thesis, Practicum)

Code	Title	Hours
<b>Master of Science in Kinesiology Sport and Human Performance (Non-thesis option, Practicum)</b>		
<b>Specified Courses</b>		
KINE 5367	Adv Physiology of Exercise	3
KINE 5372	Youth Fitness	3
KINE 5374	Appld Rsrch Mthd-Kin & Spt Mgt	3
KINE 5379	Mgt Adult Fitness Programs	3
KINE 5394	Exercise for Critical Populations	3
KINE 5395	Advanced Biomechanics	3
KINE 5398	Significance of Motor Learning	3
KINE 5396	Aerobic and Anaerobic Training	3
<b>Electives (6 - 9 credit hours) <sup>1</sup></b>		
Electives to meet 36 hours to be chosen from this list or as approved by the Kinesiology Graduate Coordinator.		
KINE 5377	Independent Studies	
KINE 5390	Exercise Science Lab Practicum	
KINE 5393	Adv Studies in Psy of Sport	
KINE 5399	Wksp Kin Recreation & Sport	
Students may choose to take up to 6 credit hours outside of the department. These outside electives must be approved by the Kinesiology Graduate Coordinator.		6
<b>Practicum</b>		
KINE 5334	Graduate Internship <sup>2</sup>	3
KINE 5334	Graduate Internship <sup>2</sup>	3
Total Hours		36

<sup>1</sup> Must be approved by Kinesiology Graduate Coordinator.

<sup>2</sup> May take twice, 200 hours of practicum required per 3 credit hours. Practicum must be approved by Kinesiology Graduate Coordinator.

#### Notes

Students must have Graduate Standing for all courses in program.

KINE 5377 has a prerequisite of KINE 5374 and requires submission of a proposal to the faculty sponsor and chair of the Kinesiology Graduate Committee the semester before the student registers for courses.

## Plan 3 - MS in Kinesiology - Sport and Human Performance (Thesis Option)

Code	Title	Hours
<b>Master of Science in Kinesiology Sport and Human Performance (Thesis option)</b>		
<b>Specified Courses</b>		
KINE 5367	Adv Physiology of Exercise	3
KINE 5372	Youth Fitness	3
KINE 5374	Appld Rsrch Mthd-Kin & Spt Mgt	3
KINE 5379	Mgt Adult Fitness Programs	3
KINE 5394	Exercise for Critical Populations	3

KINE 5395	Advanced Biomechanics	3
KINE 5398	Significance of Motor Learning	3
KINE 5396	Aerobic and Anaerobic Training	3
<b>Thesis</b>		
KINE 6098	Thesis I	3
KINE 6399	Thesis <sup>1</sup>	3
Total Hours		30

<sup>1</sup> Once enrolled in KINE 6399, students must continuously enroll in this course until graduation.

#### Notes

Students must have Graduate Standing for all courses in program.

For a 30-hour program, a maximum of 6 hours of coursework can be transferred from another institution, or applied to the graduate program from an area of study outside of Kinesiology. Transferred coursework must be approved by the Kinesiology Graduate Coordinator. For any of the graduate degree options, only one independent study (KINE 5377) may be applied toward the coursework. Consult the graduate catalog for course descriptions. All coursework falling under one of these considerations must have the approval of the graduate coordinator for the program. Application of workshops (KINE 5399) is limited to 6 hours.

At the conclusion of the program, all students are required to pass a comprehensive written examination covering content from select courses, exclusive of the thesis if applicable. Those selecting the thesis option are also required to successfully complete an oral defense of their research study. The comprehensive examination can be taken when the student is within his/her final 6-hours of coursework, and must be completed at least three-weeks prior to the graduation date. Students must be enrolled during the semester in which the comprehensive examinations are taken.

Students should consult the Academic Calendar for the established timeline for thesis defense and submission.

The Texas Higher Education Coordinating Board (THECB) marketable skills initiative is part of the state's **60x30TX plan** and was designed to help students articulate their skills to employers. Marketable skills are those skills valued by employers and/or graduate programs that can be applied in a variety of work or education settings and may include interpersonal, cognitive, and applied skill areas.

The MS in Kinesiology is designed to provide graduates with the following marketable skills:

- Advanced fitness program design.
- Advanced content knowledge in research and areas of study including exercise physiology, biomechanics, and motor learning and control.
- Ability to understand and formulate theories and implement those into fitness and wellness practices.
- A solid research base of knowledge in sport and human performance related topics.
- Ability to implement critical areas of human performance into fitness and wellness occupations.