

MASTER OF SCIENCE IN KINESIOLOGY (SPORT AND HUMAN PERFORMANCE)

The graduate program in Kinesiology focuses on Sport and Human Performance. The program is **100% online** with the option of on-campus lab days.

This program also offers graduate assistantships for both research and teaching. Research assistants work in the labs listed below. Teaching assistants teach the Exercise Physiology Lab class and/or activity courses. Graduate assistants may also work in the labs and teach the lab class.

The Department of Kinesiology is now located on the first floor of the Lee Drain Building and has 4 brand new research labs and 1 teaching lab. The research labs include:

1. Motor Behavior/Biomechanics Lab,
2. Human Performance Lab,
3. Muscle Physiology/Exercise Biochemistry Lab, and
4. Strength Training Lab.
5. The Exercise Science Teaching Lab is adjacent to a Wellness Center and seats 20 students with access to exercise testing items such as bikes, treadmills, and plyometrics equipment.

This program is designed to prepare students for success in their chosen professional careers within a variety of sport, exercise, recreation, education, 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, and students are highly encouraged to complete a thesis if on this track.

Students complete a core block of four courses and have the options of completing:

1. a thesis (both on- and off-campus when applicable),
2. a 200-400 hour internship, or
3. taking additional elective hours to complete their 30-36 hour degree.

For students interested in completing a thesis, they should start discussing their ideas with the Kinesiology Graduate Coordinator and their professors as they complete the first or second semester. Students are able to complete their thesis at SHSU using the labs and equipment, or in some cases, are able to complete the thesis research project from out of town through remote or external supervision. Each student interested in completing a thesis must communicate with a professor and secure a thesis chair to help them through the process. In consultation with the thesis chair, the student will also build a thesis committee with additional SHSU faculty and, if needed, an outside member.

Below are the typical rotation of classes offered each semester.

Typical Fall Semester Courses

Code	Title	Hours
KINE 5367	Adv Physiology of Exercise (Core class - all students must complete)	3
KINE 5374	Applied Research Methods in Kinesiology (Core class - all students must complete)	3
KINE 5372	Youth Fitness	3
KINE 5381	Clinical Exercise Physiology	3
KINE 5385	Biomechanics of Injury	3

Typical Spring Semester Courses

Code	Title	Hours
KINE 5395	Advanced Biomechanics (Core class - all students must complete)	3
KINE 5398	Significance of Motor Learning (Core class - all students must complete)	3
KINE 5379	Mgt Adult Fitness Programs	3
KINE 5386	EKG/Cardiac Conditions	3
KINE 5393	Adv Studies in Psy of Sport	3

Typical 10- Week Summer Semester Courses

Code	Title	Hours
KINE 5388	Strength Training Principles	3
KINE 5391	Motor Control in Practice	3
KINE 5396	Aerobic and Anaerobic Training	3

Summer Mini-Mester Course (will require both on campus days and online work)

Code	Title	Hours
KINE 5390	Exercise Science Lab Practicum	3

Internship and Independent Study Courses (offered each semester as needed)

Code	Title	Hours
KINE 5377	Independent Studies	3
KINE 6098	SHP Thesis I	1-3
KINE 6099	SHP Thesis II	1-3
KINE 5334	SHP Internship I	3
KINE 5335	Sport and Human Performance Internship II	3

Please submit the following documents to the Office of Graduate Admissions (<https://www.shsu.edu/dept/graduate-admissions/prospective-students.html>):

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. Minimum undergraduate GPA of 3.0
4. Official transcript from the baccalaureate degree granting institution
5. Bachelor's degree with a major or minor in Kinesiology or a related field
6. Applicants should have experience in coursework or related certifications in the following areas: motor learning, exercise physiology, biomechanics, and research, statistics, or technical writing
7. Two recommendation letters
8. Statement of intent/interest - This letter of intent should include the following:
 - Applicant's background
 - Undergraduate degree/classes/emphasis
 - Work experience
 - Research experience and interests
 - Purpose of applying for admittance
 - Future plans related to degree

If unable to submit any of the above documents, prospective students should contact the Kinesiology Graduate Coordinator. 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 must complete a maximum of 6 graduate hours and earn a minimum of 3.0 GPA in completed course work.

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.

Students must maintain a 3.0 GPA to remain in good standing.

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

Code	Title	Hours
Master of Science in Kinesiology Sport and Human Performance (Non-thesis option)		
Specified Courses		
KINE 5367	Adv Physiology of Exercise	3
KINE 5374	Applied Research Methods in Kinesiology	3

KINE 5395	Advanced Biomechanics	3
KINE 5398	Significance of Motor Learning	3
Electives (24 credit hours) ¹		24
Electives to meet 36 hours to be chosen from this list or as approved by the Kinesiology Graduate Coordinator.		
KINE 5334	SHP Internship I ²	3
KINE 5335	Sport and Human Performance Internship II	3
KINE 5368	Research in Sport & Human Perf	3
KINE 5372	Youth Fitness	3
KINE 5375	Statistical Design in KINE	3
KINE 5377	Independent Studies	3
KINE 5379	Mgt Adult Fitness Programs	3
KINE 5381	Clinical Exercise Physiology	3
KINE 5385	Biomechanics of Injury	3
KINE 5386	EKG/Cardiac Conditions	3
KINE 5388	Strength Training Principles	3
KINE 5390	Exercise Science Lab Practicum	3
KINE 5391	Motor Control in Practice	3
KINE 5393	Adv Studies in Psy of Sport	3
KINE 5396	Aerobic and Anaerobic Training	3
KINE 5399	Workshop in Kinesiology	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**

¹ Must be approved by the Kinesiology Graduate Coordinator.

² This course includes 200 contact hours during the internship. This course may be taken twice to complete a 400 hour internship. Please discuss options with the Kinesiology Graduate Coordinator.

Notes

Students must have Graduate Standing for all courses in the program.

At the conclusion of the program, non-thesis students are required to pass a comprehensive examination covering content from select courses. 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.

Plan 2 - MS in Kinesiology - Sport and Human Performance (Thesis Option)

Code	Title	Hours
Master of Science in Kinesiology Sport and Human Performance (Thesis option)		
Specified Courses		
KINE 5367	Adv Physiology of Exercise	3
KINE 5374	Applied Research Methods in Kinesiology	3
KINE 5395	Advanced Biomechanics	3
KINE 5398	Significance of Motor Learning	3
Thesis		
KINE 6098	SHP Thesis I ¹	3
KINE 6099	SHP Thesis II ¹	3
Electives (12 hours)		12
KINE 5368	Research in Sport & Human Perf	3
KINE 5372	Youth Fitness	3
KINE 5375	Statistical Design in KINE	3
KINE 5377	Independent Studies	3
KINE 5379	Mgt Adult Fitness Programs	3
KINE 5381	Clinical Exercise Physiology	3

KINE 5385	Biomechanics of Injury	3
KINE 5386	EKG/Cardiac Conditions	3
KINE 5388	Strength Training Principles	3
KINE 5390	Exercise Science Lab Practicum	3
KINE 5391	Motor Control in Practice	3
KINE 5393	Adv Studies in Psy of Sport	3
KINE 5396	Aerobic and Anaerobic Training	3
KINE 5399	Workshop in Kinesiology	3
Total Hours		30

¹ Once enrolled in KINE 6098 and/or KINE 6099, students must continuously enroll in this course until graduation. Please visit with Kinesiology Graduate Coordinator for more details regarding continuous enrollment requirements.

Notes

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.

Those selecting the thesis option are required to successfully complete an oral defense of their research study. A successful thesis defense and approval for publication fulfill the comprehensive exams requirement for thesis students. Students must also maintain continuous enrollment in thesis courses until the thesis has been successfully completed. Please consult the Graduate Catalog for more details. Those selecting the non-thesis option must successfully pass all portions of the Comprehensive Exams for graduation. If a student does not pass the Comprehensive Exams, then they must maintain continuous enrollment until they pass.

Students should consult the Academic Calendar (<https://www.shsu.edu/dept/registrar/calendars/academic-calendar.html>) 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.
- 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.
- Advanced ability to apply knowledge to sport and human performance settings.