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 form 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)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>KINE 5367</td>
<td>Adv Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5372</td>
<td>Youth Fitness</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5374</td>
<td>Appld Rsrch Mthd-Kin &amp; Spt Mgt</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5379</td>
<td>Mgt Adult Fitness Programs</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5394</td>
<td>Exercise for Critical Populations</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5395</td>
<td>Advanced Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5398</td>
<td>Significance of Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5396</td>
<td>Aerobic and Anaerobic Training</td>
<td>3</td>
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</tbody>
</table>

Electives (12 credit hours) ¹

Electives to meet 36 hours to be chosen from this list or as approved by the Kinesiology Graduate Coordinator.

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<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>KINE 5368</td>
<td>Research in Sport &amp; Human Perf</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5377</td>
<td>Independent Studies</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5381</td>
<td>Clinical Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5391</td>
<td>Motor Control in Practice</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5390</td>
<td>Exercise Science Lab Practicum</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5393</td>
<td>Adv Studies in Psy of Sport</td>
<td>3</td>
</tr>
<tr>
<td>KINE 5399</td>
<td>Wksp Kin Recreation &amp; Sport</td>
<td>3</td>
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</tbody>
</table>
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.

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

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<td>KINE 5396</td>
<td>Aerobic and Anaerobic Training</td>
<td>3</td>
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<tr>
<td></td>
<td><strong>Electives (6 - 9 credit hours)</strong></td>
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<tr>
<td></td>
<td><em>Electives to meet 36 hours to be chosen from this list or as approved by the Kinesiology Graduate Coordinator.</em></td>
<td></td>
</tr>
<tr>
<td>KINE 5377</td>
<td>Independent Studies</td>
<td></td>
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<tr>
<td>KINE 5390</td>
<td>Exercise Science Lab Practicum</td>
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**Practicum**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>KINE 5334</td>
<td>Graduate Internship</td>
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</tr>
<tr>
<td>KINE 5334</td>
<td>Graduate Internship</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours 36

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.
<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>KINE 5395</td>
<td>Advanced Biomechanics</td>
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<td>3</td>
</tr>
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<td>KINE 5396</td>
<td>Aerobic and Anaerobic Training</td>
<td>3</td>
</tr>
<tr>
<td><strong>Thesis</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINE 6098</td>
<td>Thesis I</td>
<td>3</td>
</tr>
<tr>
<td>KINE 6399</td>
<td>Thesis 1</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td></td>
<td><strong>30</strong></td>
</tr>
</tbody>
</table>

1 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.