

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, online live, hybrid, and face-to-face classes for certain courses in the program are offered to allow for some synchronous meetings with the professors and students throughout the semester.

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 classes and/or activity courses. Graduate assistants may also work in the labs and teach the lab class. Graduate assistants must live within Huntsville, TX, or within commuting distance to campus and work 10 – 20 hours per week.

The Department of Kinesiology is now located on the first floor of the Lee Drain Building and has 4 new research labs and 2 teaching labs. 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. Athletic Training Teaching and Research Lab, and
6. Exercise Science Teaching Lab

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 option of completing:

1. a thesis (both on- and off-campus when applicable),
2. a 200 contact-400 hour internship embedded in a 3-SCH course which is to be completed in one semester (Graduate Internship II can also be taken if the student wants an additional 200 contact hours for an additional 3-SCH course), or
3. taking additional elective hours to complete their 30-36 hour degree. These elective hours include any internship courses completed.

We encourage all students to take the research classes in their first and second semesters in the program (KINE 5368 and KINE 5374). Students interested in completing a thesis should start discussing their ideas with the Kinesiology Graduate Coordinator and their professors as they complete the first or second semester. Students can complete their thesis at SHSU using the labs and equipment, or in some cases, 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.

Listed below are the typical rotation of classes offered each semester:

Typical Fall Semester Courses

Code	Title	Hours
KINE 5367	Advanced Physiology of Exercise (Core class - all students must complete) ¹	3
KINE 5368	Research in Sport and Human Performance (Core class - all students must complete) ¹	3
KINE 5372	Youth Fitness	3
KINE 5381	Clinical Exercise Physiology	3
KINE 5385	Biomechanics of Injury	3
KINE 5387	Biomechanical Gait Analysis	3
KINE 5398	Significance of Motor Learning (Core class - all students must complete) ¹	3

Typical Spring Semester Courses

Code	Title	Hours
KINE 5374	Applied Research Methods in Kinesiology (Core class - all students must complete) ¹	3
KINE 5379	Management of Adult Fitness Programs	3
KINE 5386	EKG/Cardiac Conditions	3

2 Master of Science in Kinesiology (Sport and Human Performance)

KINE 5393	Advanced Studies in Psychology of Sport	3
KINE 5395	Advanced Biomechanics (Core class - all students must complete) ¹	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 5334	Sport and Human Performance Internship I	3
KINE 5335	Sport and Human Performance Internship II	3
KINE 5377	Independent Studies	3
KINE 6098	Sport and Human Performance Thesis I	1-3
KINE 6099	Sport and Human Performance Thesis II	1-3

¹ Indicates this is one of the five core courses in the program.

Additional information: Reference the Program Landing Page (<https://www.shsu.edu/programs/graduate/kinesiology-sport-and-human-performance/>) for additional information, such as cost, delivery format, contact information, or to schedule a visit.

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. Contact information for 2-3 potential references. This list should include the full names, emails, phone numbers, professional titles, and relationship to applicant.
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 as it relates to the Sport and Human Performance degree
 - Future plans related to the Sport and Human Performance degree

If unable to submit any of the above documents, prospective students should contact the Kinesiology Graduate Coordinator. Entrance into the program is based on GPA, list of names and contact information for potential references, coursework/certifications in core subject areas, and letter of intent. 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 coursework.

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 academic standing per the Graduate School Academic Policy Statement 910312 (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/academic-policies-procedures/degree-requirements-academic-guidelines/#probation-suspension>).

Per Academic Policy Statement 910312 (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/academic-policies-procedures/degree-requirements-academic-guidelines/#probation-suspension>), a 3.0 overall grade point average is the absolute minimum required for graduation. A graduate student who falls below a 3.0 overall grade point average at the close of any semester during which one or more semester credit hours are attempted will be placed on probation. If an enrolled student on probation fails to achieve a minimum 3.0 overall grade point average at the close of the next semester following the starting of the probation, the student will be academically terminated. Any appeal for a review of the termination of graduate status should be directed in writing through the graduate advisor of the program, then to the chair of the department/school, then to the academic dean of the college, and finally to the Provost and Vice President for Academic Affairs. Refer to Academic Policy Statement 910312 (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/academic-policies-procedures/degree-requirements-academic-guidelines/#probation-suspension>) for further information.

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	Advanced Physiology of Exercise ¹	3
KINE 5368	Research in Sport and Human Performance ¹	3
KINE 5374	Applied Research Methods in Kinesiology ¹	3
KINE 5395	Advanced Biomechanics ¹	3
KINE 5398	Significance of Motor Learning ¹	3
Electives (24 credit hours) ²		24
Electives to meet 36 hours to be chosen from this list or as approved by the Kinesiology Graduate Coordinator.		
KINE 5097	Special Topics in Kinesiology ³	
KINE 5334	Sport and Human Performance Internship I ⁴	
KINE 5335	Sport and Human Performance Internship II ⁴	
KINE 5372	Youth Fitness	
KINE 5375	Statistical Design in Kinesiology	
KINE 5377	Independent Studies	
KINE 5379	Management of Adult Fitness Programs	
KINE 5381	Clinical Exercise Physiology	
KINE 5385	Biomechanics of Injury	
KINE 5386	EKG/Cardiac Conditions	
KINE 5387	Biomechanical Gait Analysis	
KINE 5388	Strength Training Principles	
KINE 5390	Exercise Science Lab Practicum	
KINE 5391	Motor Control in Practice	
KINE 5393	Advanced Studies in Psychology of Sport	
KINE 5396	Aerobic and Anaerobic Training	
KINE 5399	Workshop in Kinesiology ⁴	

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 **39**

¹ Indicates this is a core course.

² Must be approved by the Kinesiology Graduate Coordinator.

³ Course can be repeated for credit.

4 Master of Science in Kinesiology (Sport and Human Performance)

4 Includes 200 contact hours per course (KINE 5334 and KINE 5335) to fulfill the requirements of an internship. These courses may be taken concurrently if a student is interested in pursuing 400 contact hours in one semester. 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. The comprehensive examination will include questions from KINE 5368 and KINE 5374 for all students, students then select from 2 of the 3 remaining core classes (KINE 5398, KINE 5395, and KINE 5367) for the 2nd and 3rd question areas. The 4th question area will come from any approved class (communicate with the program coordinator) completed prior to the final semester. Students who fail one or more subject areas of the comprehensive exam must enroll in an additional semester (minimum of 1 credit hour) and retake the comprehensive exam during the additional semester.

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	Advanced Physiology of Exercise	3
KINE 5368	Research in Sport and Human Performance	3
KINE 5374	Applied Research Methods in Kinesiology	3
KINE 5395	Advanced Biomechanics	3
KINE 5398	Significance of Motor Learning	3
Thesis		
KINE 6098	Sport and Human Performance Thesis I ¹	3
KINE 6099	Sport and Human Performance Thesis II ¹	3
Electives (12 hours)		12
KINE 5097	Special Topics in Kinesiology ²	
KINE 5372	Youth Fitness	
KINE 5375	Statistical Design in Kinesiology	
KINE 5377	Independent Studies ³	
KINE 5379	Management of Adult Fitness Programs	
KINE 5381	Clinical Exercise Physiology	
KINE 5385	Biomechanics of Injury	
KINE 5386	EKG/Cardiac Conditions	
KINE 5387	Biomechanical Gait Analysis	
KINE 5388	Strength Training Principles	
KINE 5390	Exercise Science Lab Practicum	
KINE 5391	Motor Control in Practice	
KINE 5393	Advanced Studies in Psychology of Sport	
KINE 5396	Aerobic and Anaerobic Training	
KINE 5399	Workshop in Kinesiology	
Total Hours		33

¹ Once enrolled in KINE 6098 and/or KINE 6099, students must continuously enroll (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/academic-policies-procedures/degree-requirements-academic-guidelines/#enrollment-thesis-dissertation-courses>) in this course until graduation. Please visit with Kinesiology Graduate Coordinator for more details regarding continuous enrollment requirements (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/academic-policies-procedures/degree-requirements-academic-guidelines/#enrollment-thesis-dissertation-courses>).

² Students completing the thesis option are highly encouraged to take KINE 5377 the semester prior to starting thesis work to establish the research project, write the literature review and methods and start completing the IRB documents.

³ Course can be repeated for credit.

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 to 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 exam 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.