

KINESIOLOGY (M.S.)

Degree: Master of Science

Major: Kinesiology

Program Coordinator

Daniel Chilek, (409) 880-8740, drchilek@lamar.edu, HHPA 106C

Master of Science in Kinesiology

- Thesis Option - 30 Hours
- Non-thesis Option - 36 Hours

The Kinesiology program of study leading to the Master of Science in Kinesiology is designed to accomplish three major objectives:

- To provide students with the academic and research skills needed for doctoral study in kinesiology, exercise science, physiology of exercise, postural control, athletic training or biomechanics.
- To prepare students for exercise and fitness-related professions that place an emphasis on translating research into practice, application of critical thinking and problem-solving skills and application of scientifically sound principles and practices to a variety of environments and diverse clientele.
- To prepare students for employment in clinically-oriented environments that place an emphasis on research-based practice such as cardiac rehabilitation, strength and conditioning or sports medicine, physical therapy, occupational therapy, physician assistant, medicine and law, to mention a few possibilities.

Admission Requirements

Candidates for admission to the Master of Science in Kinesiology must meet all the admission requirements of the College of Graduate Studies.

- Candidates must also have a 2.5 or greater GPA on a 4.0 scale overall or a 2.75 GPA in the last 60 hours of their undergraduate degree program.
- Students are required to complete the Graduate School Record Exam (GRE) and must have a score of ≥ 428 for full admission to the program of study based on the following formula:
 - $(\text{GPA} \times 50) + (\text{GRE verbal} + \text{GRE Quantitative}) \geq 428$
- GRE exemption: Candidates whose transcripts support a 3.0 or greater grade point average (GPA), for the last 60 hours of undergraduate course work completed, may be exempt from taking the GRE.
- Candidates must satisfy the necessary undergraduate prerequisites as prescribed for a particular area of specialization. All students desiring entrance to the Master programs will receive a review of their prior coursework. In some instances, leveling course work may be required before full admittance to the program of study is granted. Leveling courses may be required if undergraduate course transcripts do not provide sufficient evidence for successful mastery of cognitive and/or practical applied skills and abilities as related to the program of study.
- Each prospective student should petition the department for a transcript review early on in the application process to ensure a timely admissions response. Further, students are encouraged to apply early and ensure that all credentials for admission are sent to the graduate school for inclusion in their application packet. The

department only receives applicant notification once all materials are in receipt at the Graduate school.

Degree Requirements

- Candidates for the Master of Science degree in Kinesiology must meet all of the College of Graduate Studies general degree requirements.
- Fifteen semester hours of required curriculum core courses.
- Nine semester hours of Exercise Science or Sport Studies track courses.
- Six semester hours of Thesis or 12 additional hours of research and/or track courses.

Completion of degree option:

- Thesis – (30 hours) to include 24 hours of course work and a minimum of 6 hours of thesis.
- Non-Thesis – (36 hours) to include a minimum of 36 hours of course work.
- Students are encouraged to present their research at state and national meetings of the following organizations: American College of Sports Medicine (ACSM), National Athletic Trainers' Association (NATA), National Strength and Conditioning Association (NSCA). The M.S. degree, combined with supervised clinical experience, will assist students in their preparation for national certification exams.

Non-Thesis Option with Research Paper

Code	Title	Hours
Core Requirements		
KINT 5320	Kinesiology & Sport Pedagogy	3
KINT 5340	Scientific Basis of Exercise	3
KINT 5360	Research Methods	3
KINT 5365	Stats Application Kinesiology	3
KINT 5367	Measurement & Evaluation	3
Tracks		
Complete three courses from one track		9
Crossover Courses		
Complete two of the following:		6
KINT 5336	Physical Activity, Fitness/Hlth	
KINT 5344	Strength & Conditioning	
KINT 5350	Biomechanics	
Additional Courses ¹		
Select six hours from the following:		6
KINT 5312	Independent Study (up to 6 hours)	
KINT Elective		
Total Hours		36

Tracks

Sport Studies

Code	Title	Hours
KINT 5326	Motor Learning	3
KINT 5330	Sport Administration	3
KINT 5334	Coaching: Theory & Practice	3
KINT 5335	Sport Psychology	3

Exercise Science

Code	Title	Hours
KINT 5342	Environmental Exercise Physio	3
KINT 5343	Cardiopulmonary Exe Physiology	3
KINT 5346	Fitness Assessment & Prescript	3
KINT 5348	Lab Techniques	3

Thesis Option

Code	Title	Hours
Core Requirements		
KINT 5320	Kinesiology & Sport Pedagogy	3
KINT 5340	Scientific Basis of Exercise	3
KINT 5360	Research Methods	3
KINT 5365	Stats Application Kinesiology	3
KINT 5367	Measurement & Evaluation	3
Tracks		
Complete nine hours from one track		9
Thesis		
KINT 5390	Thesis	3
KINT 5391	Thesis	3
Total Hours		30

Tracks**Sport Studies**

Code	Title	Hours
KINT 5326	Motor Learning	3
KINT 5330	Sport Administration	3
KINT 5334	Coaching:Theory & Practice	3
KINT 5335	Sport Psychology	3

Exercise Science

Code	Title	Hours
KINT 5336	Physical Activity,Fitness/Hlth	3
KINT 5342	Environmental Exercise Physio	3
KINT 5343	Cardiopulmonary Exe Physiology	3
KINT 5346	Fitness Assessment & Prescript	3
KINT 5348	Lab Techniques	3

¹ Approved nutrition courses with prior authorization from advisor.