

Kinesiology and Public Health Education

<http://education.und.edu/kinesiology-and-public-health-education/index.cfm>

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Degree Granted: Master of Science (M.S.)

The Department of Kinesiology and Public Health Education offers individualized programs of study that lead to the Master of Science (thesis or non-thesis option) with a major in Kinesiology. The program provides students with opportunities to study the scientific foundations of kinesiology as well as several of its professional applications. Faculty and students work together to develop programs of study to meet the M.S. degree requirements (see below), to assist with students' academic and professional goals, and to contribute to the Department mission.

Master of Science (M.S.)

Details pertaining to admission requirements, degree requirements, and courses offered can be found in the Degree section.

Mission Statement

Recognizing that the health and wellness of the population depends largely on the lifestyles of its citizens, the **Department of Kinesiology and Public Health Education (KPHE)** strives to play a key role in educating about and promoting lifestyle behaviors (e.g., physical activity and sport) and environmental factors (e.g., advocacy) that facilitate comprehensive health and wellness, and in minimizing modifiable risk behaviors and factors (e.g., tobacco use, alcohol abuse) that may adversely impact health and wellness. With a vision of improving health and wellness across the lifespan, locally and afar, the department goals include

- Preparing future leaders for careers in the health professions, including educational, laboratory, clinical, community, and exercise and sport settings;
- Providing educational opportunities to the University of North Dakota community to learn and apply both knowledge and decision-making skills which relate to healthy lifestyles;
- Engaging in and sharing, through collaborative scholarship, the discovery of new knowledge and applied methods that enable individuals and communities to live healthier lives; and
- Offering expertise and service to both the local and broader community and profession.

Graduates have the opportunity to pursue careers in physical education teaching, public health education, fitness and wellness education, leadership and management, athletic coaching, or to continue their education in graduate or professional studies (See Kinesiology, Master's Program).

Master of Science (M.S.)

Admission Requirements

Applicants who are seeking admission to the School of Graduate Studies must meet all of the minimum general School of Graduate Studies admission requirements identified in the graduate catalog. In addition, the prospective students must fulfill the requirements for admission to the graduate program in Kinesiology.

1. A four-year bachelor's degree from a recognized college or university.
2. A minimum of 20 semester credits of undergraduate academic coursework in kinesiology and related areas. The following undergraduate courses (or equivalents) are required:
3.

KIN 404	Adapted Physical Activity	3
KIN 402	Exercise Physiology	3
or KIN 332	Biomechanics	

KIN 276	Motor Learning	2-3
or KIN 355	Applied Motor Development	
KIN 440	Sport Psychology	3
or KIN 401	Sport Sociology	

4. A cumulative Grade Point Average (GPA) of at least 2.75 for all undergraduate work or a GPA of at least 3.0 for the junior and senior years of undergraduate work (based on A= 4.00).
5. Satisfy the School of Graduate Studies' English Language Proficiency requirements as published in the graduate catalog.
6. Students who have received a bachelor's degree or higher from the United States, or countries where English is the native language, e.g., Australia, New Zealand, England, Canada, are not required to submit the TOEFL.
7. A personal statement of academic and professional goals, which will be used to evaluate the potential for success in the graduate program and the adequacy and appropriateness of undergraduate/professional preparation.
8. Satisfactory scores on the Graduate Record Examination (General Test).

Note: An applicant without satisfactory undergraduate preparation may be admitted to the program, but will be required to remove deficiencies by completing the necessary undergraduate courses without receiving graduate credit for them.

Degree Requirements

Students seeking the Master of Science degree at the University of North Dakota must satisfy all general requirements set forth by the School of Graduate Studies as well as particular requirements set forth by the Kinesiology Graduate Program.

Thesis Option:

1. A major of at least 30 credits.
2. Completion of:
3.

KIN 501	Introduction to Research in Kinesiology	4
KIN 526	Introduction to Kinesiology Statistics	3
KIN 561	Critical Synthesis and Analysis in Kinesiology	2
KIN 998	Thesis	4-9

4. At least one-half of the credits must be at or above the 500-level.
5. A maximum of one-fourth (usually 8-9 semester credits) of the credit hours required for the degree may be transferred from another institution.
6. Establish the Faculty Advisory Committee and submit the Program of Study by the completion of nine graduate credits.
7. Complete thesis.

Non-Thesis Option:

1. A major of at least 32 credits.
2. Completion of:
3.

KIN 501	Introduction to Research in Kinesiology	4
KIN 526	Introduction to Kinesiology Statistics	3
KIN 561	Critical Synthesis and Analysis in Kinesiology	2
KIN 997	Independent Study	2

4. At least one-half of the credits must be at or above the 500-level.
5. A maximum of one-fourth (usually 8-9 semester credits) of the credit hours required for the degree may be transferred from another institution.
6. Select permanent advisor and submit the Program of Study by the completion of nine graduate credits.
7. Complete independent study.
8. Pass a written and oral final comprehensive examination administered by a committee made up of members from the department's graduate faculty.

Courses

KIN 501. Introduction to Research in Kinesiology. 4 Credits.

The study of quantitative and qualitative research methods used in the field of kinesiology.

KIN 502. Evaluation in Kinesiology. 3 Credits.

The course will deal with the determination of standards for human performance in kinesiology, and the principles to apply these standards for exercise prescription.

KIN 511. Theory and Practice in Administration. 2 Credits.

A study of the knowledge, skills and insights as they relate to planning, management and leadership necessary for effective administration of programs. Prerequisite: KIN 341 or consent of instructor.

KIN 512. Theory and Practice in Sports Administration. 2 Credits.

Problems, policies and facilities in athletic departments with emphasis at the secondary level. Public relations problems met and problems of interrelationships with the general curriculum.

KIN 513. Supervision of Teaching and Coaching in Sports and Fitness Education. 3 Credits.

The study of the knowledge and skills necessary to supervise teaching and coaching in sport and fitness education. Prerequisite: KIN 521 or consent of instructor.

KIN 514. Theory and Practice in Intramural Sports Administration. 2 Credits.

Study of the basic ingredients required to administer a successful intramural program.

KIN 520. Curriculum Development for Physical Education. 3 Credits.

A study of processes for planning, implementing, and evaluating curriculum in physical education.

KIN 521. Analysis of Teaching and Coaching. 3 Credits.

A review of the knowledge and skills for instruction of physical activity and sports, with practical applications to teaching and coaching.

KIN 523. Historical and Philosophical Foundations. 2 Credits.

Educational justification of various phases of the kinesiology based on historical and philosophical evidence.

KIN 524. Adapted Activities. 3 Credits.

Theory and practice of modified activities adapted to needs, capacities and abilities of the atypical child. Prerequisite: KIN 404 or consent of instructor.

KIN 525. Motor Development. 3 Credits.

Study of age-related performance changes across the life span. Emphasis will be on physical and mental change as they affect motor skill acquisition and performance. Prerequisite: KIN 276 or KIN 355 or consent of instructor.

KIN 526. Introduction to Kinesiology Statistics. 3 Credits.

Understanding, interpreting, and reporting results of basic statistical analyses (descriptive and inferential, up to and including factorial and repeated measures ANOVAs) used in kinesiology research. Prerequisite: Kinesiology major or consent of instructor.

KIN 529. Exercise Psychology. 3 Credits.

A research-based study of the psychological aspects that are associated with participation in exercise/physical activity. Prerequisite: KIN 440 or consent of instructor.

KIN 530. Sports Biomechanics. 4 Credits.

The application of principles of mechanics to the study of human motion. Prerequisite: KIN 332 or consent of instructor.

KIN 531. Sport Psychology. 3 Credits.

A research-based study of the psychological aspects associated with participation in sport. Prerequisite: KIN 440 or consent of instructor.

KIN 532. Exercise Physiology Laboratory Techniques. 3 Credits.

This course provides an overview of laboratory and field measurements common to exercise physiology. The course focuses on the use of these measurements for conducting physical fitness and wellness assessments and exercise physiology related research. Prerequisite: KIN 402.

KIN 533. Motor Learning and Control. 3 Credits.

Study of the acquisition and control of human motor skill. Prerequisite: KIN 276 or equivalent or consent of instructor.

KIN 534. Sport Sociology. 3 Credits.

This course is designed to examine various sociological factors in American society and their relationship to the sport experience. Prerequisite: KIN 401 or consent of instructor.

KIN 535. Advanced Exercise Physiology I. 3 Credits.

The focus of this course is on the mechanisms which affect the cardiovascular and pulmonary system responses at rest, during and after exercise. Prerequisites: KIN 402 or equivalent and consent of instructor.

KIN 536. Advanced Exercise Physiology II. 3 Credits.

Acute and chronic muscle function, energy metabolism, and regulatory process of skeletal muscle and muscle cell function during rest, during exercise and during recovery will be the focus of this lecture course. Prerequisites: KIN 402 or equivalent, and consent of instructor.

KIN 537. Applied Sport Psychology. 3 Credits.

A study of psychological skill training programs for use with team and individual sports athletes. Prerequisite: KIN 440 or consent of instructor.

KIN 538. Exercise in Health and Disease. 3 Credits.

The role of exercise in the prevention and rehabilitation of individuals in various disease states (e.g., atherosclerosis, chronic obstructive lung disease, hypertension, diabetes, osteoporosis, obesity, and others) and health states (e.g., aging and pregnancy). This is a lecture course. Prerequisite: KIN 535 or consent of the instructor.

KIN 539. Theory and Practice of Exercise Testing. 3 Credits.

The focus of this lecture course is on the electrophysiology of myocardial function and exercise prescription for symptomatic and asymptomatic populations. Students will learn to interpret resting and exercise electrocardiogram recordings. Prerequisite: Consent of instructor.

KIN 540. Teaching Lifetime Fitness. 3 Credits.

A study of the philosophical, disciplinary, and professional considerations that are necessary for the optimal planning and execution of lifetime fitness/wellness education programs in public schools and allied settings.

KIN 541. Adult Fitness Programming. 3 Credits.

A study of adult fitness and wellness programs in different settings and for a variety of adult subpopulations and special groups.

KIN 555. Special Topics in Kinesiology. 1-4 Credits.

Investigation of special topics in the study of kinesiology not included in current departmental course offerings. Repeatable when topics differ. Repeatable.

KIN 560. Seminar in Kinesiology. 1 Credit.

Presentations of current topics based on reviews of literature. Repeatable to 4 credits. Prerequisite: Consent of instructor. Repeatable to 4 credits. S/U grading.

KIN 561. Critical Synthesis and Analysis in Kinesiology. 2 Credits.

This course is designed to provide the student with the opportunity to critically analyze and synthesize selected topics in kinesiology. Prerequisite: 20 hours of graduate credit.

KIN 585. Internship in Kinesiology. 3-6 Credits.

Professional experience and skill development through supervised placement at an approved work site (or other program) relevant to the course of study. Repeatable to 6 credits. Prerequisites: Appropriate foundational and major area coursework and consent of advisor and on-site supervisor. Repeatable to 6 credits.

KIN 590. Individual Research in Kinesiology. 1-4 Credits.

Library, laboratory or field research of an approved project in Kinesiology. Repeatable to 4 credits. Prerequisites: KIN 501 and consent of the student's faculty advisor. Repeatable to 4 credits.

KIN 592. Directed Readings in Kinesiology. 2-3 Credits.

Extensive readings to cover a student's area of specialization and interest; written reports are required (may be repeated to a total of six credits). Prerequisites: KIN 501 and consent of the student's faculty advisor. Repeatable to 6 credits.

KIN 996. Continuing Enrollment. 1-12 Credits.

Repeatable. S/U grading.

KIN 997. Independent Study. 2 Credits.**KIN 998. Thesis. 1-9 Credits.**

Minimum of 4 credits for thesis option. Repeatable to 9 credits. F,S,SS.