

# KINESIOLOGY, M.S.

The Master of Science in Kinesiology (MS-KIN) is designed to prepare highly knowledgeable and career-focused professionals for the dynamic and rapidly growing fields of exercise science, integrative wellness, sport management, and sport performance. The MS-KIN program develops graduates who integrate the current best research evidence with professional practice to solve relevant problems in the disciplines related to Kinesiology. Students collaborate with faculty and professional colleagues to improve outcomes in clients, patients, or business systems related to healthcare, sport, and fitness. Students will also gain advanced specialization and/or certification in a discipline of their choice through focused study in a concentration.

The MS-KIN is a 30-unit accelerated graduate program designed especially for professionals and recent graduates of a baccalaureate degree program. The program has a common core and the choice of a concentration. Upon completing the core, all students will choose from one of four areas of concentration: Exercise Science, Integrative Wellness, Sport Management, or Sport Performance.

The concentrations in Integrative Wellness and Sport Management are fully online tracks. The concentration in Integrative Wellness has 19 units of concentration requirements and 11 units of concentration electives. The concentration in Sport Management has 21 units of concentration requirements and 9 units of concentration electives.

## Program Learning Outcomes

*Upon completing the core curriculum of the MS-KIN, students will be able to:*

1. Appraise current research data in Kinesiology and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

*Upon completing an area of concentration, students are expected to attain the following outcomes:*

### Exercise Science

1. Incorporate current best evidence to make effective decisions about the optimal care of patients and clients.
2. Apply knowledge of the metabolic and physiologic benefits of exercise toward creating effective exercise interventions to treat and prevent metabolic diseases.
3. Work with a team of colleagues to perform common laboratory assessments to determine health, fitness, and disease states in a series of patients.

### Integrative Wellness (Online Program)

1. Apply evidence-based coaching skills and behavior change strategies to facilitate meaningful lifestyle changes and improved health outcomes

2. Collaborate with colleagues in a wide variety of settings to provide a whole-person approach to healthcare, health education, and health promotion
3. Evaluate the influence of social determinants on health, healing, and well-being to inform the design and delivery of lifestyle interventions to prevent and treat chronic diseases.

### Sport Management (Online Program)

1. Demonstrate essential knowledge of basic management and prioritization principles in the business of sport.
2. Work with a team of colleagues to construct and present an effective risk management plan and operating budget for a sport, fitness, or physical education setting.
3. Develop technical knowledge, effective leadership, and decision-making skills related to sport management.

### Sport Performance

1. Integrate clinical experience with the use of the current best evidence to make effective decisions about the optimal care of patients and clients.
2. Develop and apply technical knowledge in sports performance and/or sports medicine through direct patient care and client interaction that improves health outcomes.
3. Work with a team of colleagues to construct and present a critical appraisal of a current topic to enhance professional practice in sport performance.

## Program Eligibility

To be reviewed for acceptance into this program, the following must be in place:

- Completed application for admission to the PLNU Graduate programs and Master of Science in Kinesiology program, including a \$50 non-refundable application fee.
- Personal essay that describes why the candidate desires to participate in the Master of Science in Kinesiology and outlines professional goals for the future
- Baccalaureate degree from a regionally-accredited institution, as evidenced on an official transcript with a posted degree.
- Undergraduate GPA of 3.000 or higher.
- Two references (e.g., professors or employers) who have current knowledge of the applicant's character, academic ability, and professional potential.
- Special Undergraduate course prerequisites:
  - Exercise Science concentration - courses in Human Anatomy and Physiology and Exercise Physiology
  - Integrative Wellness (online program) - no prerequisite courses are required. However, a baccalaureate degree from a regionally accredited institution in a health, wellness or fitness related program OR a non-health related baccalaureate degree and a reputable health, fitness, or wellness certification (or equivalent) and a minimum of three years of full-time professional experience in the field of health, wellness, or fitness is required.
  - Sport Management (online program) - no prerequisite courses are required. However, students enrolling in elective courses in the Fermanian School of Business will need to meet any prerequisites for those courses.
  - Sport Performance concentration - Human Anatomy and Physiology; BOC-Certified Athletic Trainers or Certified Strength

and Conditioning Specialists (NSCA) will be looked upon favorably for graduate assistantships.

## Concentrations

- Exercise Science (p. 2)
- Integrative Wellness Online Program (p. 2)
- Sport Management Online Program (p. 2)
- Sport Performance (p. 3)

### Exercise Science Concentration

Code	Title	Units
<b>Core Courses</b>		
KIN 6000	Foundations in Kinesiology	3
KIN 6005	Research Methods	3
KIN 6010	Evidence-Based Practice and Decision Making in Kinesiology	3
KIN 6060	Directed Readings	1
KIN 6088	Internship or Practicum in Kinesiology (or Approved Elective)	1-3
Choose one (1) course from the following:		2
KIN 6050	Research Project Seminar in Kinesiology (if choosing Thesis or Capstone Project)	
KIN 6051	Seminar in Kinesiology (if choosing Comprehensive Exam)	
Choose one (1) course from the following:		0-3
KIN 6095	Comprehensive Examination	
KIN 6098	Capstone Project	
KIN 6099	Thesis	
<b>Concentration Courses</b>		
KIN 6025	Special Topics in Health, Well-Being, Exercise, and Sports Science	3
KIN 6036	Clinical Exercise Testing and Interpretation	3
KIN 6046	Clinical Exercise Physiology and Metabolism	3
KIN 6056	Clinical Exercise Prescription	3
<b>Total Units</b>		<b>25-30</b>

### Integrative Wellness Online Program Concentration

Code	Title	Units
<b>Required Courses</b>		
KIN 6007	Research Methods and Statistics for Health Professionals	3
KIN 6010	Evidence-Based Practice and Decision Making in Kinesiology	3
KIN 6017	Lifestyle Medicine and Integrative Health	3
KIN 6027	Behavior Change Models, Methods, and Theories	3
KIN 6037	Exercise and Nutrition for Health and Healing	3
KIN 6047	Integrative Health and Wellness Coaching	3
KIN 6077	Advanced Health and Wellness Coaching	1
KIN 6087	Mind-Body Medicine	3
KIN 6096	Lifestyle Medicine Board Review	0
<b>Elective Courses</b> <sup>1,2</sup>		<b>3-6</b>
KIN 6019	Health Equity and Social Justice	
KIN 6025	Special Topics in Health, Well-Being, Exercise, and Sports Science	

KIN 6026	Sport and Exercise Nutrition for Peak Performance	
KIN 6051	Seminar in Kinesiology	
KIN 6056	Clinical Exercise Prescription	
KIN 6057	Wellness Entrepreneurship	
KIN 6088	Internship or Practicum in Kinesiology	
<b>Culminating Experience</b>		<b>2-5</b>
Choose one (1) of the following:		
<i>Research Project</i>		
KIN 6050	Research Project Seminar in Kinesiology	
KIN 6098	Capstone Project	
<i>Applied Project</i>		
KIN 6097	Applied Project in Integrative Wellness	
<b>Total Units</b>		<b>27-33</b>

<sup>1</sup> A minimum of three (3) units required if choosing Research Project for the Culminating Experience.

<sup>2</sup> A minimum of six (6) units required if choosing Applied Project for the Culminating Experience.

### Sport Management Online Program Concentration

Code	Title	Units
<b>Required Courses</b>		
KIN 6000	Foundations in Kinesiology	3
KIN 6011	Managing Personnel, Facilities, and Events in Sports	3
KIN 6020	Marketing, Promotion, and Public Relations in Sports	3
KIN 6025	Special Topics in Health, Well-Being, Exercise, and Sports Science	3
KIN 6030	Leadership in Sports	3
KIN 6040	Finance and Economics of Sports	3
KIN 6051	Seminar in Kinesiology	2
KIN 6060	Directed Readings	1
<b>Elective Courses</b> <sup>1,2</sup>		<b>6-9</b>
BUS 6010	Organizational Behavior	
BUS 6035	International Business	
BUS 6067	Project Management and Communications	
KIN 6010	Evidence-Based Practice and Decision Making in Kinesiology	
KIN 6025	Special Topics in Health, Well-Being, Exercise, and Sports Science	
KIN 6057	Wellness Entrepreneurship	
KIN 6065	Sport and Tactical Strength and Conditioning	
KIN 6067	Disruptive Health Technologies	
KIN 6088	Internship or Practicum in Kinesiology	
LDR 6021	Strategic Leadership	
<b>Culminating Experience</b>		<b>3</b>
Choose one (1) course from the following:		
KIN 6095	Comprehensive Examination (+ Elective)	
KIN 6098	Capstone Project	
<b>Total Units</b>		<b>30-33</b>

<sup>1</sup> A minimum of six (6) units required if choosing Capstone Project.

<sup>2</sup> A minimum of nine (9) units required if choosing Comprehensive Exam.

## Sport Performance Concentration

Code	Title	Units
<b>Core Courses</b>		
KIN 6000	Foundations in Kinesiology	3
KIN 6005	Research Methods	3
KIN 6010	Evidence-Based Practice and Decision Making in Kinesiology	3
KIN 6060	Directed Readings	1
KIN 6088	Internship or Practicum in Kinesiology (or Approved Elective)	1-3
Choose one (1) course from the following:		2
KIN 6050	Research Project Seminar in Kinesiology (if choosing Thesis or Capstone Project)	
KIN 6051	Seminar in Kinesiology (if choosing Comprehensive Exam)	
Choose one (1) course from the following:		0-3
KIN 6095	Comprehensive Examination	
KIN 6098	Capstone Project	
KIN 6099	Thesis	
<b>Concentration Courses</b>		
ANA 6002	Gross Anatomy of the Musculoskeletal System (or Approved Elective)	3
KIN 6015	Biomechanical and Neurological Basis of Human Movement	3
KIN 6035	Advanced Practice in Movement Interventions and Corrective Exercise	3
KIN 6065	Sport and Tactical Strength and Conditioning (or Approved Elective)	3
<b>Total Units</b>		<b>25-30</b>

## Graduation Requirements

In order to earn and receive a Master of Science in Kinesiology degree, a student must satisfy all of the following:

1. Successful completion of all core requirements, an area of concentration, and the project or thesis.
2. A completed application for degree candidacy conveyed to the Office of Records.
3. Payment in full of all tuition, fees, and other financial obligations owed to the university, including a degree processing fee, and
4. All requirements completed within five years from the time of initial enrollment.