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 five (5) areas of concentration: Biomechanics, Clinical Exercise Physiology, Sport Management, Sports Science, or Strength and Conditioning.

The concentration in Sport Management is a fully online track. It 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:

Biomechanics

1. Apply knowledge of the ability to capture, reduce, and analyze biomechanical data to establish key kinematic, kinetic, and muscle-activation indicators of athletic performance and injury risk.
2. Incorporate scientific methods and data-driven outcomes to inform best practices within the context of athletic performance and injury risk.
3. Work with a team of colleagues to perform common laboratory and field assessments to evaluate and employ emerging technologies for gathering biomechanical data that operationally define key performance indicators.

Clinical Exercise Physiology

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.

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.

Sports Science

1. Apply evidence-based principles to design, implement, and evaluate training and competition interventions that enhance performance, reduce injury risk, and promote health and wellness.
2. Employ scientific research methods and athlete monitoring techniques to gather, analyze, and apply performance data to address key challenges in sport science.
3. Effectively communicate sport science concepts to diverse stakeholders and collaborate within interdisciplinary teams to translate research and performance data into actionable strategies.

Strength and Conditioning

1. Apply knowledge of the ability to conduct appropriate needs analysis, injury analysis, and energy system analysis of various sports and tactical occupations toward creating effective strength and conditioning programs to optimize athlete performance and reduce injury potential.
2. Incorporate current best evidence to make effective decisions on appropriate test selection/administration, scoring, and interpretation to optimize programming for sport and tactical athletes.
3. Develop and apply technical knowledge in strength and conditioning through direct athlete interaction that improves health and performance related outcomes and reduces the risk of injury.
4. Work with a team of colleagues to construct and present a critical appraisal of a current topic to enhance professional practice in strength and conditioning.

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:

- Biomechanics concentration- Introductory Statistics, Structural Kinesiology, and Applied Biomechanics or Physics I
- Clinical Exercise Physiology concentration - courses in Human Anatomy and Physiology and Exercise Physiology
- Sport Management concentration (online) - 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.
- Sports Science concentration - Exercise Physiology, Statistics, and Praxis of Strength Training and Conditioning
- Strength and Conditioning concentration - Human Anatomy and Physiology, Exercise Physiology, and Structural Kinesiology; BOC-Certified Athletic Trainers or Certified Strength and Conditioning Specialists (NSCA) will be looked upon favorably for graduate assistantships.

Concentrations

Biomechanics Concentration

Code	Title	Units
Core Courses		
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
Choose one (1) course from the following:		3
KIN 6026	Sport and Exercise Nutrition for Peak Performance	
KIN 6045	Loaded Movement Training	
KIN 6065	Sport and Tactical Strength and Conditioning	
KIN 6070	Advanced Programming for Strength and Conditioning	
Choose one (1) course from the following:		2
KIN 6050	Research Project Seminar in Kinesiology (if choosing Capstone Project or Thesis)	
KIN 6051	Seminar in Kinesiology (if choosing Comprehensive Exam)	
Choose one (1) course from the following:		3
KIN 6095	Comprehensive Examination (+ one Elective) [1]	
KIN 6098	Capstone Project	
KIN 6099	Thesis	
Concentration Courses		
KIN 6015	Biomechanical and Neurological Basis of Human Movement	3
KIN 6016	Advanced Biomechanics	3
KIN 6048	Advanced Practice in Sport Science	3
KIN 6088	Internship or Practicum in Kinesiology	3
Total Units		**30**

[1] Students taking the Comprehensive Examination are required to choose one (1) elective from the following: KIN 6026, KIN 6045, KIN 6065, or KIN 6070.

Clinical Exercise Physiology Concentration

Code	Title	Units
Core Courses		
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	3
Choose one (1) course from the following:		2
KIN 6050	Research Project Seminar in Kinesiology (if choosing Capstone Project or Thesis)	
KIN 6051	Seminar in Kinesiology (if choosing Comprehensive Exam)	
Choose one (1) course from the following:		3
KIN 6095	Comprehensive Examination (+ one Elective) [1]	
KIN 6098	Capstone Project	
KIN 6099	Thesis	
Concentration Courses		
KIN 6036	Clinical Exercise Testing and Interpretation	3
KIN 6046	Clinical Exercise Physiology and Metabolism	3
KIN 6056	Clinical Exercise Prescription	3
KIN 6066	ECG and Interpretation	3
KIN 6076	Behavioral Change Theory and Practice	3
Total Units		**33**

[1] Students taking the Comprehensive Examination are required to choose one (1) elective from the following: KIN 6015, KIN 6026, KIN 6045, or KIN 6070.

Sport Management Online Program Concentration

Code	Title	Units
Required Courses		
KIN 6000	Foundations in Kinesiology	3
KIN 6009	Operations Management in Sport	3
KIN 6011	Managing Personnel, Facilities, and Events in Sports	3
KIN 6020	Marketing, Promotion, and Public Relations in Sports	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
Culminating Experience [1,2]		**3**
Choose one (1) course from the following:		
KIN 6095	Comprehensive Examination (+ one Elective) [3]	
KIN 6098	Capstone Project	
KIN 6099	Thesis	
Elective Courses [3]		**6-9**

	BUS 6010	Organizational Behavior
	BUS 6035	Global Business and Leadership
	BUS 6067	Agile Project Management
	KIN 6010	Evidence-Based Practice and Decision Making in Kinesiology
	KIN 6025	Special Topics in Health, Well-Being, Exercise, and Sports Science
	KIN 6026	Sport and Exercise Nutrition for Peak Performance
	KIN 6065	Sport and Tactical Strength and Conditioning
	KIN 6067	Disruptive Health Technologies
	KIN 6088	Internship or Practicum in Kinesiology
	WEL 6068	Wellness Entrepreneurship
Total Units		**30-33**

[1] A minimum of six (6) units required if choosing Capstone Project or Thesis.
[2] A minimum of nine (9) units required if choosing Comprehensive Exam.
[3] Students taking the Comprehensive Examination are required to choose one (1) elective from the following: KIN 6010, KIN 6025, KIN 6026, or other approved GED/SOE or BUS/LDR course.

Sports Science Concentration

Code	Title	Units
Core Courses		
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
Choose one (1) course from the following:		3
KIN 6015	Biomechanical and Neurological Basis of Human Movement	
KIN 6045	Loaded Movement Training	
Choose one (1) course from the following:		2
KIN 6050	Research Project Seminar in Kinesiology (if choosing Capstone Project or Thesis)	
KIN 6051	Seminar in Kinesiology (if choosing Comprehensive Exam)	
Choose one (1) course from the following:		3
KIN 6095	Comprehensive Examination (+ one Elective) [1]	
KIN 6098	Capstone Project	
KIN 6099	Thesis	
Concentration Courses		
KIN 6026	Sport and Exercise Nutrition for Peak Performance	3
KIN 6044	Foundations of Coaching and Testing in Sports Performance	3
KIN 6070	Advanced Programming for Strength and Conditioning	3
KIN 6088	Internship or Practicum in Kinesiology	3
Total Units		**30**

[1] Students taking the Comprehensive Examination are required to choose one (1) elective from the following: KIN 6015, KIN 6026, KIN 6045, or KIN 6070.

Strength and Conditioning Concentration

Code	Title	Units
Core Courses		
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	3
Choose one (1) course from the following:		2
KIN 6050	Research Project Seminar in Kinesiology (if choosing Capstone Project or Thesis)	
KIN 6051	Seminar in Kinesiology (if choosing Comprehensive Exam)	
Choose one (1) course from the following:		3
KIN 6095	Comprehensive Examination (+ one Elective) [1]	
KIN 6098	Capstone Project	
KIN 6099	Thesis	
Concentration Courses		
KIN 6026	Sport and Exercise Nutrition for Peak Performance	3
KIN 6044	Foundations of Coaching and Testing in Sports Performance	3
KIN 6065	Sport and Tactical Strength and Conditioning (or Approved Elective)	3
KIN 6070	Advanced Programming for Strength and Conditioning	3
Total Units		**30**

[1] Students taking the Comprehensive Examination are required to choose one (1) elective from the following: ANA 6002, KIN 6015, KIN 6016, KIN 6030, or KIN 6045.

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.