

**EFFECTIVE DATE: FALL 2015**

**Program Revision Request: M.S. in Kinesiology and Sports Studies: Exercise Science Field of Study**

**Reason for the Request:**

The curricular changes are designed to increase the rigor and improve the professional preparation of the Exercise Science Field of Study. The proposed changes are also based on recommendations of an external review of the Kinesiology and Sports Studies Graduate Program as well as graduate student feedback. The proposed changes will provide more flexibility in order to meet the individual goals of the students.

**Proposed Courses to Add:**

- KSS 5005: Literature Review in KSS – KSS 5000 (Research Methods) focuses on the development of a research topic, data collection, and data analysis. There is not adequate time in KSS 5000 for students to conduct a thorough review of the literature and write a comprehensive literature review paper. The KSS graduate faculty feel it is important for all KSS graduate students to conduct a thorough review of the literature and then present their findings as part of their comprehensive exam.
- KSS 5130: Exercise Psychology – This course fulfills a need and addresses a gap in the current curriculum for exercise science graduate students stemming from new American College of Sports Medicine (ACSM) guidelines. Practitioners need to provide different types of feedback and social support, apply behavior change theories, utilize psychological strategies to enhance motivation, and apply techniques to reduce barriers and increase exercise adherence and compliance. Additionally, the external reviewers of the KSS graduate programs strongly recommended this course be added to the curriculum.
- KSS 5630: Advanced Biomechanics – This course also fulfills a need and addresses a gap in the current curriculum for Exercise Science graduate students. Biomechanics is an area that graduate students have consistently commented should be included within the Exercise Science field of study. Students that obtain employment in clinical, commercial, or corporate fitness settings need this information to effectively prescribe resistance training exercises.

**Proposed Courses to Drop:**

- KSS 5001: Statistical Analysis in Kinesiology and Sports Studies – A portion of the content will be covered in KSS 5000 and KSS 5005.
- KSS 5901: Seminar in Kinesiology and Sports Studies – The external review team recommended the deletion of this course.
- KSS 5120: Social Psychology and Physical Activity – The KSS 5130 course replaces this course.
- KSS 5125: Stress Management for Exercise and Health Professionals – A portion of the information covered in this course will be addressed in the KSS 5130 course.

**Admission Requirements:**

The KSS Department has required an undergraduate cumulative GPA of 3.0 with a Kinesiology focus. The addition of this statement in the Admission Requirements will reflect current practice. The graduate faculty within the Exercise Science field of study are deleting the prerequisite courses (KSS 2440, 4340, and 4440) upon admission into the program. After careful review of other Exercise Science graduate programs state wide and nationally, the deletion of prerequisite courses aligns EIU with those programs. The graduate coordinator will work closely with students and advise accordingly for successful completion of graduate coursework.

**Total Credits:**

With the intention to increase the rigor of the program and to better prepare our graduate students for their professional careers, these course and program changes are necessary. Because the proposed changes to the Exercise Science concentration include only courses that are 3.0 credit hours, it is logical to require all students to take 33 credit hours since it is no longer possible to earn 32 hours. It is also no longer feasible for students to earn only 30 hours with the proposed changes, due to the need to increase the depth of courses that need to be taken.

**APPROVALS:**

**DATE APPROVED BY DEPARTMENT: 1/23/15**

**DATE APPROVED BY CEPS CURRICULUM COMMITTEE: 2/9/15**

**DATE APPROVED BY CGS:**

# Kinesiology and Sports Studies

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## Current Catalog Copy:

**Program Mission:** The graduate program in kinesiology and sports studies offered by the Department of Kinesiology and Sports Studies provides advanced course work and training in the areas of exercise science, sports administration and pedagogy/coaching. The course of study in exercise science prepares students for employment in clinical settings (e.g. cardiac rehabilitation), corporate fitness, YMCA, YWCA, and the commercial fitness industry. The program aids students in preparation for American College of Sports Medicine (ACSM) and other professional certifications. The program in sports administration is designed to prepare students for leadership and supervisory positions within school, recreation, and commercial sport programs. Pedagogy/coaching students examine, analyze and apply content related to curriculum development, teaching methods, program administration, and behavior management in the school setting.

**Admission Requirements:** To be eligible for degree candidacy, applicants must meet all of the requirements for admission to the Graduate School (see "[Admission to Graduate Degree and Certificate Programs](#)"). Additional requirements include three letters of recommendation, a resume, a statement of purpose, and completion of KSS 2440, KSS 4340, and KSS 4440 for exercise science; KSS 4760, KSS 4325, and KSS 4762 or equivalents for sport administration; and KSS 2440, KSS 4340, and KSS 4470 or equivalents for pedagogy/coaching. Admission is competitive and meeting GPA requirements does not guarantee admission.

**Degree Audit:** The graduate plan of study is the EIU Degree Audit, which is generated automatically in the Degree Audit Reporting System (DARS) at the time of degree or certificate candidacy. Modifications of the standard EIU Degree Audit are submitted by the graduate coordinator to the certification officer in the Graduate School at the time modifications are approved. The Degree Audit serves as an unofficial summary of requirements for the program. Degree and certificate candidates are advised to review the comprehensive summary of the Degree Audit process specified on the "Requirements for All Degree and Certificate Candidates" section of the *Graduate Catalog*. Individual programs may require candidates to submit plans of study in addition to the Degree Audit, candidates should consult with the program coordinator.

## Degree Requirements

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Degree requirements include those outlined for the master's degree by the Graduate School (see "[Requirements for the Master's Degree](#)").

## Curriculum for the Master of Science in Kinesiology and Sports Studies

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**Total. Credits: 30-32**

- Major Field Courses Selected from the List Below. Credits: 12 to 18
- Electives (Advisor Approval Required). Credits: 6 to 14

Core Courses:

- [KSS 5000 - Research Methods in Kinesiology and Sports Studies](#) Credits: 3
- [KSS 5001 - Statistical Analysis in Kinesiology and Sports Studies](#) Credits: 2
- [KSS 5901 - Seminar in Kinesiology and Sports Studies](#) Credits: 1

## **Major Fields of Study May be Selected from One of the Three Areas that Follow:**

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### **Exercise Science Field of Study**

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Students have two options: 18 s.h. in either the Clinical Exercise Option or the Non-clinical Exercise Option.

#### **Clinical Exercise Science Option**

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Required courses (18 s.h.)

- [KSS 5225 - Physical Activity and Aging](#). Credits: 3
- [KSS 5260 - Cardiopulmonary Exercise Physiology](#) Credits: 3
- [KSS 5250 - Exercise Electrocardiography](#). Credits: 3
- [KSS 5450 - Supervisory Experiences in Adult Fitness](#). Credits: 3
- [KSS 5640 - Graded Exercise Testing and Exercise Prescription for the Apparently Healthy and the Cardiac Patient](#). Credits: 3
- [KSS 5655 - Supervisory Experience in Cardiac Rehabilitation](#). Credits: 3

#### **Non-clinical Exercise Science Option**

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Required Courses (18 s.h.)

- [KSS 5225 - Physical Activity and Aging](#). Credits: 3
- [KSS 5260 - Cardiopulmonary Exercise Physiology](#) Credits: 3
- [KSS 5270 - Neuromus Exercise Physiology](#) Credits: 3
- [KSS 5280 - Exercise Metabolism Body Composition](#) Credits: 3
- [KSS 5450 - Supervisory Experiences in Adult Fitness](#). Credits: 3
- [KSS 5640 - Graded Exercise Testing and Exercise Prescription for the Apparently Healthy and the Cardiac Patient](#). Credits: 3

# Kinesiology and Sports Studies

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## Proposed Catalog Changes

**Program Mission:** The graduate program in kinesiology and sports studies offered by the Department of Kinesiology and Sports Studies provides advanced course work and training in the areas of exercise science, sports administration and pedagogy/coaching. The course of study in exercise science prepares students for employment in clinical settings (e.g. cardiac rehabilitation), corporate fitness, YMCA, YWCA, and the commercial fitness industry. The program aids students in preparation for American College of Sports Medicine (ACSM) and other professional certifications. The program in sports administration is designed to prepare students for leadership and supervisory positions within school, recreation, and commercial sport programs. Pedagogy/coaching students examine, analyze and apply content related to curriculum development, teaching methods, program administration, and behavior management in the school setting.

**Admission Requirements:** To be eligible for degree candidacy, applicants must meet all of the requirements for admission to the Graduate School (see "[Admission to Graduate Degree and Certificate Programs](#)"). Additional requirements include **an undergraduate GPA of 3.0 with a Kinesiology focus**, three letters of recommendation, a resume, **and a statement of purpose.** ~~and completion of KSS 2440, KSS 4340, and KSS 4440 for exercise science;~~ KSS 4760, ~~KSS 4325,~~ KSS 4764, and KSS ~~4762~~ 4765 or equivalents ~~for sport administration;~~ are required for admission into the sports administration field of study. ~~and~~ KSS 2440, KSS 4340, and KSS 4470 or equivalents **are required for admission into the** ~~for~~ pedagogy/coaching **field of study.** Admission is competitive and meeting GPA requirements does not guarantee admission.

**Degree Audit:** The graduate plan of study is the EIU Degree Audit, which is generated automatically in the Degree Audit Reporting System (DARS) at the time of degree or certificate candidacy. Modifications of the standard EIU Degree Audit are submitted by the graduate coordinator to the certification officer in the Graduate School at the time modifications are approved. The Degree Audit serves as an unofficial summary of requirements for the program. Degree and certificate candidates are advised to review the comprehensive summary of the Degree Audit process specified on the "Requirements for All Degree and Certificate Candidates" section of the *Graduate Catalog*. Individual programs may require candidates to submit plans of study in addition to the Degree Audit, candidates should consult with the program coordinator.

## Degree Requirements

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Degree requirements include those outlined for the master's degree by the Graduate School (see "[Requirements for the Master's Degree](#)").

## Curriculum for the Master of Science in Kinesiology and Sports Studies

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Total. Credits: 30-~~32~~ 33

• ~~Major Field Courses Selected from the List Below. Credits: 12 to 18~~

- ~~• Electives (Advisor Approval Required). Credits: 6 to 14~~

Core Courses. Credits: 6

- [KSS 5000 - Research Methods in Kinesiology and Sports Studies](#) Credits: 3
- ~~• KSS 5001 - Statistical Analysis in Kinesiology and Sports Studies Credits: 2~~
- ~~• KSS 5901 - Seminar in Kinesiology and Sports Studies Credits: 1~~
- KSS 5005 - Literature Review in Kinesiology and Sports Studies Credits: 3

## Major Fields of Study May be Selected from One of the Three Areas that Follow:

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### Exercise Science Field of Study

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~~Students have two options: 18 s.h. in either the Clinical Exercise Option or the Non-clinical Exercise Option.~~

#### ~~Clinical Exercise Science Option~~

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~~Required courses (18 s.h.)~~

- ~~• KSS 5225 - Physical Activity and Aging. Credits: 3~~
- ~~• KSS 5260 - Cardiopulmonary Exercise Physiology Credits: 3~~
- ~~• KSS 5250 - Exercise Electrocardiography. Credits: 3~~
- ~~• KSS 5450 - Supervisory Experiences in Adult Fitness. Credits: 3~~
- ~~• KSS 5640 - Graded Exercise Testing and Exercise Prescription for the Apparently Healthy and the Cardiac Patient. Credits: 3~~
- ~~• KSS 5655 - Supervisory Experience in Cardiac Rehabilitation. Credits: 3~~

#### ~~Non-clinical Exercise Science Option~~

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~~Required Courses (18 s.h.)~~

- ~~• KSS 5225 - Physical Activity and Aging. Credits: 3~~
- ~~• KSS 5260 - Cardiopulmonary Exercise Physiology Credits: 3~~
- ~~• KSS 5270 - Neuromus Exercise Physiology Credits: 3~~
- ~~• KSS 5280 - Exercise Metabolism Body Composition Credits: 3~~
- ~~• KSS 5450 - Supervisory Experiences in Adult Fitness. Credits: 3~~
- ~~• KSS 5640 - Graded Exercise Testing and Exercise Prescription for the Apparently Healthy and the Cardiac Patient. Credits: 3~~

#### Required Courses. Credits: 18

- [KSS 5130 – Exercise Psychology. Credits: 3.](#)
- [KSS 5225 - Physical Activity and Aging. Credits: 3](#)
- [KSS 5260 – Cardiopulmonary Exercise Physiology. Credits: 3](#)
- [KSS 5270 – Neuromuscular Exercise Physiology. Credits: 3](#)
- [KSS 5280 – Exercise Metabolism and Body Composition. Credits: 3](#)
- [KSS 5450 - Supervisory Experiences in Adult Fitness. Credits: 3](#)

**Electives. Credits: 9**

- KSS 5170 – Sport Physiology for Coaches. Credits: 3
- KSS 5250 – Exercise Electrocardiography. Credits: 3
- KSS 5630 – Advanced Biomechanics of Resistance Training. Credits: 3
- KSS 5640 - Graded Exercise Testing and Exercise Prescription for the Apparently Healthy and the Cardiac Patient. Credits: 3
- KSS 5655 - Supervisory Experience in Cardiac Rehabilitation. Credits: 3
- KSS 5950 – Thesis. Credits: 6
- KSS 5990 – Independent Study. Credits: 1-3