

# Kinesiology and Sports Studies

---

## 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

---

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

---

#### 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:**

---

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

---

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

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

---

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**

---

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

### **Sports Administration Field of Study**

---

Required courses

Credits: 12-15

- [KSS 5211 - Promotions in Sports Administration.](#) Credits: 3
- [KSS 5120 - Social Psychology and Physical Activity.](#) Credits: 3
- OR
- [KSS 5710 - Sociological Bases of Sport in America.](#) Credits: 3
- [KSS 5212 - Finance in Sport](#) Credits: 3
- [KSS 5213 - Sport Facilities and Event Management](#) Credits: 3
- Is not required for 2-year graduate assistants
- [KSS 5980 - Internship in Sports Administration.](#) Credits: 3

#### **Electives**

---

Total credits: 9-14 hours

- [KSS 5010 - Ethical Issues in Sport](#) Credits: 3
- [KSS 5120 - Social Psychology and Physical Activity.](#) Credits: 3
- OR
- [KSS 5710 - Sociological Bases of Sport in America.](#) Credits: 3
- [KSS 5210 - Administration of Interschool Athletics.](#) Credits: 2
- [KSS 5214 - Governance in Sport](#) Credits: 3
- [KSS 5950 - Thesis.](#) Credits: 3 or 6
- [KSS 5980 - Internship in Sports Administration.](#) Credits: 3

## **Pedagogy/Coaching Field of Study**

---

Required courses

Total Credits: 15

- [KSS 4880 - Theory of Motor Behavior.](#) Credits: 3
- [KSS 5140 - Current Trends in the Teaching of Physical Education in the Elementary and Junior High School.](#) Credits: 3
- [KSS 5200 - Curriculum Development in Physical Education.](#) Credits: 3
- [KSS 5600 - Analysis of Teaching](#) Credits: 3
- [KSS 5610 - Assessment in Physical Education](#) Credits: 3

## **Electives**

---

Electives

Total Credits: 9-11

- [KSS 4760 - Sport Law.](#) Credits: 3
- [KSS 4980 - Advanced Coaching/ "Name of Sport"](#) Credits: 1
- up to 3 credits total
- [KSS 5120 - Social Psychology and Physical Activity.](#) Credits: 3
- [KSS 5170 - Sport Physiology for Coaches](#) Credits: 3
- [KSS 5210 - Administration of Interschool Athletics.](#) Credits: 2
- [KSS 5950 - Thesis.](#) Credits: 3 or 6

## **Graduate Assistantships**

---

Information on graduate assistantships may be obtained at [www.eiu.edu/kss/Graduate\\_Overview.php](http://www.eiu.edu/kss/Graduate_Overview.php) or by contacting the Coordinator of Graduate Studies or Chair, Department of Kinesiology and Sports Studies, 2504 Lantz, EIU.

# Kinesiology and Sports Studies

---

## 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

---

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

---

**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:

---

### Exercise Science Field of Study

---

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

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

---

~~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~~

---

~~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](#)

## Sports Administration Field of Study

---

Required courses

Credits: ~~12-15~~ 15

- [KSS 5211 - Promotions in Sports Administration. Credits: 3](#)
- ~~[KSS 5120 – Social Psychology and Physical Activity. Credits: 3](#)~~
- ~~OR~~
- ~~[KSS 5710 – Sociological Bases of Sport in America. Credits: 3](#)~~
- [KSS 5212 - Finance in Sport Credits: 3](#)
- [KSS 5213 - Sport Facilities and Event Management Credits: 3](#)
- ~~Is not required for 2-year graduate assistants~~
- [KSS 5215 - Legal Aspects of Sport. Credits 3](#)
- [KSS 5980 - Internship in Sports Administration. Credits: 3](#)

## Electives

---

Total credits: 9-~~14~~ 11 hours

- [KSS 5010 - Ethical Issues in Sport Credits: 3](#)
- ~~[KSS 5120 – Social Psychology and Physical Activity. Credits: 3](#)~~
- ~~OR~~
- [KSS 5130 – Exercise Psychology. Credits: 3](#)
- [KSS 5210 - Administration of Interscholar Athletics. Credits: 2](#)
- [KSS 5214 - Governance in Sport Credits: 3](#)
- ~~[KSS 5710 - Sociological Bases of Sport in America. Credits: 3](#)~~
- ~~[KSS 5950 - Thesis. Credits: 3 or 6](#)~~
- [KSS 5980 - Internship in Sports Administration. Credits: 3](#)
- [STA 5970 – The Sport Industry in the United Kingdom. Credits: 3](#)

## Pedagogy/Coaching Field of Study

---

Required courses

Total Credits: 15

- [KSS 4880 - Theory of Motor Behavior](#). Credits: 3
- [KSS 5140 - Current Trends in the Teaching of Physical Education in the Elementary and Junior High School](#). Credits: 3
- [KSS 5200 - Curriculum Development in Physical Education](#). Credits: 3
- [KSS 5600 - Analysis of Teaching](#) Credits: 3
- [KSS 5610 - Assessment in Physical Education](#) Credits: 3

## Electives

---

Electives

Total Credits: 9-11

- [KSS 4760 - Sport Law](#). Credits: 3
- [KSS 4980 - Advanced Coaching/ "Name of Sport"](#) Credits: 1
- up to 3 credits total
- [KSS 5120 - Social Psychology and Physical Activity](#). Credits: 3
- [KSS 5170 - Sport Physiology for Coaches](#) Credits: 3
- [KSS 5210 - Administration of Interschool Athletics](#). Credits: 2
- [KSS 5950 - Thesis](#). Credits: 3 or 6

## Graduate Assistantships

---

Information on graduate assistantships may be obtained at [www.eiu.edu/kss/Graduate\\_Overview.php](http://www.eiu.edu/kss/Graduate_Overview.php) or by contacting the Coordinator of Graduate Studies or Chair, Department of Kinesiology and Sports Studies, 2504 Lantz, EIU.