

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:****DATE APPROVED BY CGS:**