Kinesiology and Health-
Master of Science in Kinesiology and Health

For information, contact:
Assistant to the Director of Graduate Studies
Department of Kinesiology and Health
106 Phillips Hall, 513-529-2700
www.MiamiOH.edu/knh

Admission Requirements
Undergraduate preparation typically includes coursework in exercise science, psychology, sociology, cultural studies, women’s, gender and sexuality studies, zoology, chemistry, health, and related areas.

Program Requirements
Requirements include at least 15 semester hours in courses 600-level and above and at least 12 semester hours in courses offered by the department.

In the Kinesiology and Health M.S. degree program, students may choose concentrations in kinesiology, health promotion, or sport leadership. Required courses and typical electives are listed and must be approved by your advisor.

Students must complete all KNH requirements for the M.S. in Kinesiology and Health, including a minimum of 30 credits, KNH 621, area of concentration coursework, capstone experience, and successful completion of a final exit examination. The exact program of study is specified in an individual program plan developed with one's academic advisor. Required coursework for each area of concentration is listed below.

Exercise and Health Science Concentration
The graduate program in kinesiology is designed for students interested in physiological, psychological, and motoric functioning in a variety of physical activity environments and conditions. Multidisciplinary coursework emphasizes exercise physiology, motor control, biomechanics, and motivation/behavior change.

The department’s newly equipped human performance and motor behavior laboratories allow students and faculty to administer bioelectrical impedance, exercise stress tests, respiratory, metabolic, blood lipid, blood pressure, electrocardiography, sensory functioning, motor functioning, electromyography, ground reaction force, and motion analysis, and muscle strength and endurance tests. This program can also provide preparation for professional programs such as medicine, and chiropractic, physical therapy, occupational therapy, nursing, and other related fields.

Career opportunities include: clinical exercise physiologist, worksite health promotion, pharmaceutical sales, biomedical research, health and fitness directors, personal training/strength and conditioning specialist, or rehabilitation (e.g., cardiac, physical). This program can also provide preparation for professional programs such as medicine or chiropractic.

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<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>KNH 621</td>
<td>Research Foundations in Kinesiology and Health</td>
<td>3</td>
</tr>
<tr>
<td>EHS 667</td>
<td>Behavior Statistics</td>
<td>3</td>
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<td>EHS 668</td>
<td>Behavior Statistics II</td>
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<tr>
<td>KNH 623</td>
<td>Qualitative Methodological Research Approaches in the Exercise, Health, and Sport Studies Fields</td>
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Exercise and Health Science Core Courses
Select three 600 level courses:

- KNH 583 Advanced Motor Control and Learning
- KNH 654 Physical Activity Motivation
- KNH 668 Advanced Physiology and Biophysics of Human Activity
- KNH 685 Exercise, Age, and Health
- KNH 688 Advanced Biomechanics

Capstone Experience and Exit Options
One of these:

- KNH 700 Thesis, M.A. ⁴
- OR Four Credits of any combination of:
  - KNH 600 Independent Reading
  - KNH 610 Internship in Exercise, Health, and Sport Delivery Systems
  - KNH 620 Research Problems
  - KNH 640 Internship

Electives
8-11

Total Credit Hours 30

⁴ 6 required; 10 towards any degree.

Health Promotion Concentration
The health promotion concentration is designed to provide breadth and depth of knowledge in the psychosocial and behavioral aspects of health across the human lifespan. The curriculum emphasizes both cultural and personal determinants of health and wellness. Coursework prepares students as program planners and coordinators of health promotion programs in community, worksite, clinical, and educational settings.

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Health Promotion Core Courses
KNH 562 Public Health Planning and Evaluation 3
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<tr>
<td>KNH 611</td>
<td>Behavioral Approaches to Health Promotion and Education</td>
<td>3</td>
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<tr>
<td>KNH 612</td>
<td>Theoretical Foundations of Health Promotion and Education</td>
<td>3</td>
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<tr>
<td>KNH 613</td>
<td>Health Communication &amp; Education</td>
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**Capstone Experience and Exit Options**

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OR Four credits of any combination of:

- KNH 600 Independent Reading
- KNH 620 Research Problems
- KNH 640 Internship

**Electives**

| 6-8 |

**Total Credit Hours**

30

1 6 required; 10 towards any degree.

**Sport Leadership Concentration**

This Master's program is focused on the study of leadership in sport, with supporting interdisciplinary knowledge in kinesiology, health, and related cognate areas. Students gain the knowledge and skills needed to become competent, transformative leaders in the fields of sport and education. The program prepares students for leadership roles in higher education, coaching, athletic administration, student-athlete development, and consulting through required coursework, independent experiences in research, teaching, consulting, coaching, and administrative internships.

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Select one of the following:

- EHS 667 Behavior Statistics
- EHS 668 Behavior Statistics II
- KNH 623 Qualitative Methodological Research Approaches in the Exercise, Health, and Sport Studies Fields

**Sport Leadership Core**

Select four courses of the following:

- KNH 632 Psychological Foundations of Sport
- KNH 633 Psychological Interventions in Sport
- KNH 634 Social Psychology of Sport and Exercise
- KNH 635 Strategic Management of Sport Organizations
- KNH 673 Developmental Perspectives on Youth Sport Participation
- KNH 676 Cultural Studies of Sport

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