

Kinesiology, Nutrition, and Health - Master of Science in Kinesiology, Nutrition, and Health

The graduate program in Kinesiology, Nutrition, and Health is designed to prepare students for a wide variety of health-related professional programs and career options, including medicine, nutrition, health promotion, physical/occupational therapy, nursing, chiropractic, clinical exercise physiology, biomedical research, and doctoral programs in Kinesiology and related fields. Multidisciplinary, evidence-based coursework emphasizes exercise physiology, biomechanics, motor control, health promotion, and nutrition for health and performance. Additionally, graduates from this program build the skills, maturity, and competency necessary for the professional world. Students are active in human subjects research and internship experiences. These activities require a significant level of maturity and professionalism. Current laboratory equipment allows students and faculty to assess body composition, physical activity level, cardiorespiratory fitness, dietary intake, biological indices of muscle and cardiometabolic health, motion analysis, ground reaction force, motor control, and muscular strength and endurance.

Program Requirements

Exercise and Health Science Track

Code	Title	Credit Hours
Required Courses		
KNH 621	Research Foundations in Kinesiology and Health	3
Select one of the following:		
EHS 667	Behavior Statistics	
EHS 668	Behavior Statistics II	
KNH 623	Qualitative Research Approaches in Kinesiology, Nutrition, and Health	
Exercise and Health Science Pick-List 9		
KNH 503	Professional Practices in Dietetics	
KNH 509	Nutrition for Sports and Fitness	
KNH 542	Strength Training and Conditioning	
KNH 582	Exercise Prescription: Healthy Individuals & Individuals with Chronic Diseases/Disorders	
KNH 583	Advanced Motor Control and Learning	
KNH 654	Physical Activity Motivation	
KNH 668	Advanced Physiology and Biophysics of Human Activity	
KNH 685	Physical Activity and Nutrition in Aging	
KNH 688	Advanced Biomechanics	
KNH 647	Obesity and Weight Management	
Exit Options 6		
Thesis Exit Option: 6 credit hours		
KNH 700	Thesis, M.A.	
Non-Thesis Exit Option: 6 credit hours from the following:		

KNH 620	Research Problems	
KNH 640	Internship	
Electives		9
Total Credit Hours		30

Public Health Education and Health Promotion Track

Code	Title	Credit Hours
Required Courses		
KNH 621	Research Foundations in Kinesiology and Health	3
Select one of the following:		
EHS 667	Behavior Statistics	
EHS 668	Behavior Statistics II	
KNH 623	Qualitative Research Approaches in Kinesiology, Nutrition, and Health	
Public Health Education and Health Promotion Pick-List		9
KNH 524	Public Health Disparities Past and Current	
KNH 534	Public Health Communication and Marketing	
KNH 541	Environmental Public Health	
KNH 553	Seminar in Kinesiology and Health	
KNH 562	Public Health Planning and Evaluation	
KNH 611	Behavioral Approaches to Health Promotion and Education	
KNH 612	Theoretical Foundations of Health Promotion and Education	
Exit Options		6
Thesis Exit Option: 6 credit hours		
KNH 700	Thesis, M.A.	
Non-Thesis Exit Option: 6 credit hours from the following:		
KNH 620	Research Problems	
KNH 640	Internship	
Electives		9
Total Credit Hours		30