

Kinesiology & Health Promotion

College of Education

The Department of Kinesiology and Health Promotion offers graduate work leading to the Master of Science, Doctor of Education, and Doctor of Philosophy degrees. The Master of Science degree offers concentrations in biomechanics, exercise physiology, health promotion, physical education and sport leadership. The Ed.D. degree has concentrations in health promotion and in physical education. The Ph.D. degree in Exercise Science offers specializations in biomechanics or exercise physiology. The department also offers a Ph.D. in Interdisciplinary Sciences for both Physical Education and Health Education.

Master of Science

The master's program is designed to provide a high-quality graduate program for students who desire advanced study to enhance their professional knowledge and skills as well as for students who complete the master's degree as an intermediate step toward doctoral work. The objective of the program is to prepare the student to:

- effectively locate, analyze, and use significant elements of the professional literature and research materials,
- permit an in-depth study of a specialized content area within the field, and
- acquire a knowledge of sound research procedures.

The course work and program experiences are designed to enable graduate students in the Department of Kinesiology and Health Promotion to demonstrate:

1. Educational, professional and technological standards.
2. Literacy skills for life-long professional learning
3. Current, factual, and functional content knowledge.
4. Functional skills and dispositions of professionals.
5. Skills for research and reflection for learning and leading.
6. Skills to plan, implement, and evaluate basic and applied research.
7. Skills to analyze and interpret research data.
8. Skills to design, implement and evaluate programs.

The program needed to accomplish these outcomes involves a combination of departmental course offerings, supporting electives, and a required core of statistics and research methods. Inasmuch as the fields of health promotion and kinesiology draw their principles from a variety of disciplines, it is appropriate that certain electives be chosen from the supportive areas of the biological and physical sciences and the behavioral and social sciences. Master's candidates with the approval of the department may select either a thesis (Plan A) or a non-thesis option (Plan B).

Admission Requirements

Applicants must meet the requirements set forth in the first part of this Bulletin. Students are expected to have satisfactorily completed the Graduate Record Examination (GRE). In addition, applicants are expected to have a minimum of 21 undergraduate hours in their respective fields. Specific prerequisites for graduate study at the master's level are determined by a committee of the departmental graduate faculty based upon area of emphasis.

Degree Requirements

Regardless of whether the student concentrates in the kinesiology or health promotion areas, all candidates are required to complete one of the following:

Plan A (Thesis Option)

EDP/EPE 557 Gathering, Analyzing and Using Educational Data (3)

or

STA 570 Basic Statistical Analysis (4)

KHP 644 Research Techniques Applied to Kinesiology and Health Promotion (3)

Supporting Electives (6)

KHP Area of Concentration (12)

KHP 768 Residence Credit for the Master's Degree (6)

TOTAL (30+)

Plan B (Non-Thesis Option)

EDP/EPE 557 Gathering, Analyzing and Using Educational Data (3)

or

STA 570 Basic Statistical Analysis (4)

KHP 644 Research Techniques Applied to Kinesiology and Health Promotion (3)

Supporting Electives (6)

KHP Area of Concentration (18)

TOTAL (30+)

Doctor of Philosophy

The Ph.D. program offers areas of concentration in Biomechanics or Exercise Physiology. The goal of the program is to provide education to qualified students so that they will have a broad understanding of exercise science, as well as an in-depth knowledge of one specific area or discipline. Graduates of this program will be able to conduct exercise science research, teach at the university level, direct discipline specific educational programs, and collaborate with other professionals on various issues related to exercise science.

The Exercise Science Core includes 18+ hours and provides the student with a broad understanding of the various disciplines involved in this field. Each student is also required to take a minimum of 7 hours in research/statistic course work and demonstrate proficiency in computer programming. Beyond this minimum, an advisor and committee in consultation with each student set the structure and content of the doctoral program. The number of formal courses within each area of specialization may vary. It is expected that the depth of knowledge in each area of study comes from independent study and research experiences, in addition to the dissertation, which are all under the direction of the faculty. Each student will demonstrate their depth of knowledge by their qualifying exams. Typically, it will take from 3-5 years for the student to complete the degree requirements including the dissertation.

Course Descriptions

KHP 546 PHYSICAL EDUCATION WORKSHOP. (1-3)

A concentrated study in a specific sport or activity or field of emphasis in physical education. May be repeated to a maximum of six credits.

KHP 547 PSYCHOLOGY OF SPORT AND PHYSICAL ACTIVITY. (3)

An analysis of research findings in the psychology of teaching and coaching with emphasis placed on those factors which influence the acquisition of motor skills as well as on the psychological benefits of exercise and sport. Prereq: Undergraduate psychology course and basic statistics or consent of instructor.

KHP 560 MOTOR DEVELOPMENT IN INFANTS AND YOUNG CHILDREN. (3)

An analysis of the processes of learning to move and moving to learn in infants and young children. Emerging interrelationships among the motor, social, emotional, and cognitive forms of behavior are explored. Laboratory experiences are provided in early childhood education programs. Prereq: PSY 100.

KHP 579 ADAPTED PHYSICAL EDUCATION. (3)

A study of programs of adapted and developmental physical education for individuals with disabilities. Experiences will include the appraisal of psychomotor functioning, design of instructional intervention, and program implementation and evaluation. Lecture, two hours; laboratory, two hours. Prereq: KHP 515 or consent of instructor.

KHP 601 TEACHING EFFECTIVENESS AND LEADERSHIP IN KINESIOLOGY AND HEALTH EDUCATION. (3)

This course will examine the current research relevant to teacher effectiveness. The development and implementation of practical methods for improving teacher effectiveness in Kinesiology constitute the primary emphasis of the course. The Kentucky Teacher Standards will be emphasized and used to guide this course.

KHP 644 RESEARCH TECHNIQUES APPLIED TO KINESIOLOGY AND HEALTH PROMOTION. (3)

This course is intended to provide graduate students with an introduction to the diverse ways of reading, designing, conducting and communicating research in the various areas that comprise kinesiology and health promotion. Specific topics are detailed in the provisional program below. The course will follow a hybrid format in which interactive lectures and online content will be interspersed throughout the semester. This course should be preceded or accompanied by basic statistics. Prereq: This course should be preceded or accompanied by basic statistics.

KHP 676 CURRENT ISSUES AND PROBLEMS IN SPORT MANAGEMENT. (3)

An in-depth analysis of pertinent issues and problems affecting the management of sport and fitness programs. Prereq: Admission to the program or consent from the instructor.

KHP 680 SPORT AND FITNESS MARKETING. (3)

An introduction to the broad area of sport and fitness marketing to include a focus on marketing management as it applies to sport, the general nature of the sport and fitness consumer, pricing strategies and promotions, licensing, and the role of research in sport marketing.

KHP 681 FINANCIAL ASPECTS OF SPORT. (3)

Course focuses on principles, practices and theories associated with financial planning and management of enterprises engaged in the provision of sport related services and/or products. Topics include budget planning and preparation, preparing and analyzing financial statements, revenue sources, money management,

preparation of business plans and feasibility studies. Prereq: ACC 201 and 202 and HPER, KHPR majors or consent of instructor.

KHP 682 CONTEMPORARY SPORT LEADERS. (1-3)

Using a team approach, students will engage in a variety of experiential learning projects with sport management and innovation as contextual themes. Special emphasis will be placed on self-reflection within sport leadership as well as real-life application in case studies, semi-structured interviews, and participant observation. Prereq: Consent of instructor.

KHP 684 DIVERSITY IN SPORT AND FITNESS ORGANIZATIONS. (3)

This course offers an examination of the increasingly prominent diversity-related issues in sport organizations. With references to policy, theoretical frameworks, and a growing body of social science literature, students will explore such issues as, but are not limited to, race/ethnicity, gender, religion, sexual orientation, and disability and the various challenges that have emerged in sport organizations. These information exchanges will ultimately lead us to consider the role of key sport leaders and their strategies (or lack thereof) to promote and effectively maximize the benefits of a diverse workforce. Prereq: Admission to the program or consent of the instructor.

KHP 685 SUPERVISION OF SPORT AND FITNESS PERSONNEL. (3)

A study of the three major functions of the supervisor: planning, directing and controlling and their application to the area of organized sport. Prereq: Admission to the program or consent of the instructor.

KHP 686 SPORT MANAGER'S LABORATORY. (3)

A combination of lectures, laboratory experiences, and discussions which enable the student to demonstrate competence in application of various applied management skills learned in other KHP courses. Prereq: Admission to the program or consent of the instructor.

KHP 687 PRACTICUM IN SPORT MANAGEMENT. (3-9)

Extensive work experiences under the immediate supervision of qualified managers and sport management faculty coordinator. May be repeated to a maximum of nine credits. Prereq: HPER, KHPR majors (Sport Management) or consent of advisor.

KHP 690 APPLIED FOUNDATIONS OF HIGH PERFORMANCE. (3)

This course evaluates physiological responses to exercise stimuli including a detailed examination of neuromuscular, metabolic and morphological skeletal muscle adaptations. In addition, factors that affect force production, advanced periodization, concurrent training, and recovery strategies are examined. Prereq: Graduate course in Exercise Physiology or consent of instructor.

KHP 691 ANALYTICS IN HIGH PERFORMANCE. (3)

This course examines the use of athlete monitoring systems and other metrics to evaluate the stress-response relationship and performance outcomes. An emphasis is placed on data analysis and visualization. Prereq: An undergraduate or graduate statistics course or consent of instructor.

KHP 695 INDEPENDENT STUDY IN KINESIOLOGY AND HEALTH PROMOTION. (1-6)

A specific topic in kinesiology and health promotion related to the student's interests and program needs is selected for intensive study. Work to be supervised by a graduate faculty member proficient in the area under investigation. May be repeated to a maximum of 18 credits. Prereq: Consent of instructor.

KHP 748 MASTER'S THESIS RESEARCH. (0)

Half-time to full-time work on thesis. May be repeated to a maximum of six semesters. Prereq: All course

work toward the degree must be completed.

KHP 749 DISSERTATION RESEARCH. (0)

Half-time to full-time work on dissertation. May be repeated to a maximum of six semesters. Prereq: Registration for two full-time semesters of 769 residence credit following the successful completion of the qualifying exams.

KHP 767 DISSERTATION RESIDENCY CREDIT. (2)

Residency credit for dissertation research after the qualifying examination. Students may register for this course in the semester of the qualifying examination. A minimum of two semesters are required as well as continuous enrollment (Fall and Spring) until the dissertation is completed and defended.

KHP 768 RESIDENCE CREDIT FOR THE MASTER'S DEGREE. (1-6)

May be repeated to a maximum of 12 hours.

KHP 769 RESIDENCE CREDIT FOR THE DOCTORAL DEGREE. (0-12)

May be repeated indefinitely.

***KHP 782 INDEPENDENT RESEARCH IN KINESIOLOGY AND HEALTH PROMOTION. (1-6)**

Systematic investigation of a problem selected from the areas of kinesiology and health promotion. May be repeated to a maximum of 18 credits. Prereq: Instructor Approval.