

# KINESIOLOGY, MS

The Master of Science (M.S.) degree in Kinesiology provides students with an understanding of the science of human physical activity, exercise, and sport, and their impact on health promotion, disease prevention, and performance.

This degree prepares students for:

- Continuing their education in a doctoral program
- Continuing their education into a professional program such as physical therapy, rehabilitation, physician assistant or medicine
- Becoming specialists in strength and conditioning, performance, or clinical exercise physiology
- Advanced professional application of Kinesiology concepts

## Degree Options

The M.S. in Kinesiology is offered with different program lengths ranging from 12-24 months with a choice to individually fit your needs.

- **Option A Thesis:** This is typically for those students who want to engage in research and who are considering pursuing a Ph.D. after their M.S. degree. Areas of emphasis include Exercise Physiology, Physical Activity & Health, Neuromechanics (including Biomechanics and Motor Control & Behavior) and the Psychosocial Aspects of Health Behavior.
- **Option B Applied Focus Internship/Project:** This is typically for those students wanting to apply the science of the degree and follow a programmatic focus within the M.S. Program. For instance, this includes a focus dedicated to *Performance Physiology, Strength and Conditioning or Clinical Exercise Physiology*. Different foci prepare students to sit for national certifications such as the National Strength and Conditioning Associations Certified Strength and Conditioning Specialist (NSCA-CSCS) or the American College of Sports Medicines Certified Clinical Exercise Physiologist (ACSM-CEP).
- **Option C Exam:** This option offers students an emphasis M.S. degree choice area with a qualifying exam at the end of their chosen course work without the need to complete a thesis or an applied internship/project. This option can also be completed fully online.

At the time of application you will be asked to choose which option you would like to follow. You may change options during your graduate studies with the approval of the Kinesiology graduate program director.

For additional information, please contact Scott J. Strath (sstrath@uwm.edu), PhD, FACSM - M.S. Kinesiology Program Director or visit the M.S. Kinesiology Program (<https://uwm.edu/healthsciences/academics/ms-kinesiology/>) website.

## Admission Requirements

### Application Deadlines

Application deadlines vary by program, please review the application deadline chart (<http://uwm.edu/graduateschool/program-deadlines/>) for specific programs. Other important dates and deadlines can be found by using the One Stop calendars (<https://uwm.edu/onestop/dates-and-deadlines/>).

## Admission

An applicant must meet Graduate School requirements (<http://uwm.edu/graduateschool/admission/>) plus these departmental requirements to be considered for admission to the program:

**PLEASE NOTE:** The GRE is no longer required for admission to the program.

1. Two letters of recommendation.
2. Narrative/Reasons statement. (Please explain your reasons for pursuing graduate study; Describe specific interests and your background in the field; List any relevant skills or training you have acquired; List relevant academic awards or honors you have received; and indicate preferred choice of Option A, B or C).

Applicants should visit the UWM MS Kinesiology website (<https://uwm.edu/healthsciences/academics/ms-kinesiology/>) for additional information about the program, funding opportunities, and application deadlines.

## Credits and Courses

The minimum degree requirement is 30 graduate credits for Options A (thesis), B (project or internship) and C (comprehensive examination). Option A students must take no fewer than 18 credits of core courses, 6 credits of elective courses, and 6 credits of thesis. Option B students must take no fewer than 18 credits of core courses, 6 to 9 credits of elective courses, and 3 to 6 credits of project or internship courses. Option C students must take no fewer than 18 credits of core courses and 12 credits of elective courses. Students must take elective courses from KIN courses at the 500-level or higher; 3 graduate credits may be taken from outside of KIN.

### Option A: Thesis Option

Code	Title	Credits
<b>Core Competency</b>		
KIN 702	Statistical Analysis in the Health Sciences	3
KIN 703	Research Methods in Kinesiology	3
PH 701	Public Health Principles and Practice	3
<i>Biomechanics and Motor Behavior</i>		
Select one of the following:		3
KIN 520	Introduction to Biomechanics Research	
KIN 522	Biomechanics of Athletic Performance	
KIN 561	Investigating Motor Behavior in Health, Aging, and Disease	
<i>Exercise Physiology</i>		
Select one of the following:		3
KIN 530	Physiology of Performance	
KIN 531	Clinical Exercise Physiology	
KIN 534	Physical Activity, Exercise and Health	
<i>Sociocultural and Behavioral Aspects</i>		
Select one of the following:		3
KIN 556	Multilevel Approaches to Changing Physical Activity and Eating Behaviors	
KIN 574	Obesity and Weight Management	
KIN 580	Sports Nutrition	
<b>Electives <sup>1</sup></b>		<b>6</b>

<b>Thesis</b>	<b>6</b>
KIN 895 Research and Thesis	
<b>Total Credits</b>	<b>30</b>

<sup>1</sup> Elective courses must be 500+.

Students prepare a research thesis, which will earn 6 credits within the required 30 graduate credit minimum. Each student is responsible for initiating contact and dialog with the major professor to identify a thesis committee before completing 12 graduate credits. The thesis committee will consist of a minimum of three members. The major professor from the Kinesiology Program will serve as the committee chair. The remaining members may be UWM Graduate Faculty or individuals from outside the UWM Graduate Faculty that hold a doctorate and are actively engaged in scholarly inquiry in the field, or related field, associated with the thesis topic. An individual who is not a member of the UWM Graduate Faculty will be required to file a curriculum vita with the MS Kinesiology Program Director and be approved by the Kinesiology Graduate Faculty prior to serving as a committee member. The Major Professor approves a program of study designed to lead the student into the thesis research area.

## Option B: Project or Internship Option

Code	Title	Credits
<b>Core Competency</b>		
KIN 702	Statistical Analysis in the Health Sciences	3
KIN 703	Research Methods in Kinesiology	3
PH 701	Public Health Principles and Practice	3
<i>Biomechanics and Motor Behavior</i>		
Select one of the following:		3
KIN 520	Introduction to Biomechanics Research	
KIN 522	Biomechanics of Athletic Performance	
KIN 561	Investigating Motor Behavior in Health, Aging, and Disease	
<i>Exercise Physiology</i>		
Select one of the following:		3
KIN 530	Physiology of Performance	
KIN 531	Clinical Exercise Physiology	
KIN 534	Physical Activity, Exercise and Health	
<i>Sociocultural and Behavioral Aspects</i>		
Select one of the following:		3
KIN 556	Multilevel Approaches to Changing Physical Activity and Eating Behaviors	
KIN 574	Obesity and Weight Management	
KIN 580	Sports Nutrition	
<b>Electives <sup>1</sup></b>		<b>6-9</b>
<b>Project or Internship</b>		<b>3-6</b>
<i>Capstone Project</i>		
KIN 890	Capstone Project	
<b>Total Credits</b>		<b>30</b>

<sup>1</sup> Elective courses must be 500+.

Students prepare a capstone project or an internship, which will earn up to 3 or 6 credits, within the required 30 graduate credit minimum

for graduation. Each student, with assistance from the MS Kinesiology Graduate Program Director, will be responsible for initiating contact and dialog with an identified major professor about their capstone project or internship before completing 12 graduate credits.

## Option C: Comprehensive Examination Option

Code	Title	Credits
<b>Core Competency</b>		
KIN 702	Statistical Analysis in the Health Sciences	3
KIN 703	Research Methods in Kinesiology	3
PH 701	Public Health Principles and Practice	3
<i>Biomechanics and Motor Behavior</i>		
Select one of the following:		3
KIN 520	Introduction to Biomechanics Research	
KIN 522	Biomechanics of Athletic Performance	
KIN 561	Investigating Motor Behavior in Health, Aging, and Disease	
<i>Exercise Physiology</i>		
Select one of the following:		3
KIN 530	Physiology of Performance	
KIN 531	Clinical Exercise Physiology	
KIN 534	Physical Activity, Exercise and Health	
<i>Sociocultural and Behavioral Aspects</i>		
Select one of the following:		3
KIN 556	Multilevel Approaches to Changing Physical Activity and Eating Behaviors	
KIN 574	Obesity and Weight Management	
KIN 580	Sports Nutrition	
<b>Electives <sup>1</sup></b>		<b>12</b>
<b>Total Credits</b>		<b>30</b>

<sup>1</sup> Elective courses must be 500+.

Students will take a comprehensive examination in the semester in which they apply for graduation. The comprehensive examination will be a 100 question multiple-choice exam with 25 items from the Core Competency and 25 items each from Biomechanics and Motor Behavior, Exercise Physiology, and Sociocultural and Behavioral Aspects of Kinesiology. Each student is responsible for requesting to take, and setting a date, for the comprehensive examination by notifying the MS Kinesiology graduate program director by the end of the first week of the semester in which they will apply for graduation. The MS Kinesiology graduate program director approves a program of study designed to lead the student into the comprehensive examination.

## Additional Requirements

### Major Professor or MS Kinesiology Program Director as Advisor

The Graduate School requires that each student have a major professor to advise, supervise and approve the program of study before registering for courses. Each student in Option A will be assigned an advisor upon admission. Students in Option B will be initially advised by the MS Kinesiology Graduate Program Director, and before the completion of 12

graduate credits will be assigned to a major professor. Students in Option C will be advised by the MS Kinesiology Graduate Program Director.

### **Thesis, Project, or Comprehensive Examination**

The student in Option A (thesis) or in Option B (project) must pass a comprehensive oral defense of the completed project. The student in Option B (internship) must write a paper on a related question for the internship and give an oral presentation. The student in Option C (comprehensive examination) must pass the exam.

### **Time Limit**

The student must complete all degree requirements within five years of initial enrollment.

## **Kinesiology MS Learning Outcomes**

Upon successful completion of the MS Kinesiology program, students will be able to:

1. Demonstrate extensive knowledge of foundational sciences related to the study of Kinesiology with particular emerging expertise in a selected area.
2. Generate and apply findings from primary research to advance the understanding of Kinesiology.
3. Develop research and/or clinical questions grounded in previous literature and justified by the scientific or practical need for such knowledge.
4. Communicate (oral and written) effectively to a variety of populations.

## **Accelerated Program Option**

This program is offered as part of an accelerated graduate program. For more information, see Accelerated Graduate Degrees (<https://catalog.uwm.edu/opportunities-resources/accelerated-graduate-degrees/>).