

DEPARTMENT OF KINESIOLOGY

The Department of Kinesiology offers the Master of Science degree in Kinesiology.

Master of Science Degree in Kinesiology

The Master of Science (M.S.) degree in Kinesiology capitalizes on the strengths and expertise found within the Department of Kinesiology. The M.S. in Kinesiology program will provide students a solid basis in the principles and methods of Kinesiology research along with an essential foundation in the scope and breadth of the discipline. The program will offer four specialization options that will allow students to target their coursework in the areas of exercise physiology, motor behavior, sport and exercise psychology, and strength and human performance. These specializations align with the primary career paths found within the Kinesiology discipline. The program will require a culmination experience with students electing either a Thesis (30 hours) or Non-thesis (36 hours) track. The culmination experience for the non-thesis track will consist of a comprehensive examination.

Program Admission Requirements

Admission to the program is based on the following criteria:

1. Applicants must hold a baccalaureate degree from an accredited college or university in the United States or have proof of equivalent training at a foreign institution.
2. Acceptance to the M.S. program is contingent on having a grade point average (GPA) of at least 3.0 (on a 4.0 scale) in the last 60 semester credit hours of coursework for the baccalaureate degree, as well as in all graduate-level work taken.
3. Individuals who do not meet the University-wide graduate admission grade point average standard may be required to submit Graduate Record Examination (GRE) scores for consideration in admission decisions.
4. Applicants whose native language is not English must have a score of at least 79 on the Test of English as a Foreign Language (TOEFL) iBT or a score of 6.5 on the IELTS.
5. Applicants whose undergraduate major was not in Kinesiology or related discipline may be required to take 6 semester credit hours of undergraduate leveling courses. These courses will be decided by the student's faculty advisor.
6. Applicants are required to submit two professional references to the Graduate Committee.
7. A professional résumé and Statement of Purpose are required of all applicants. The Statement of Purpose cannot be longer than one single-spaced, typed page and must list the specialization of interest (Exercise Physiology, Motor Behavior, Sport and Exercise Psychology, or Strength and Human Performance).

Degree Requirements

The minimum number of semester credit hours required for the degree, exclusive of coursework or other study required to remove deficiencies, is 36 hours for the Non-thesis option and 30 hours for the Thesis option.

Non-Thesis Option

Code	Title	Credit Hours
A. Core Courses		9
KIN 5003	Current Trends in Kinesiology	
KIN 5093	Statistics in Kinesiology	
KIN 5123	Research in Kinesiology	
B. Specialization Courses		9
Select 9 credits of courses from one specialization area listed below.		
Exercise Physiology ¹		
KIN 5053	Principles of Exercise Physiology	
KIN 5403	Applied Cardiovascular Physiology	
KIN 6223	Exercise Nutrition	
Motor Behavior ²		
KIN 5103	Biomechanics	
KIN 6203	Psychological Perspectives of Motor Learning and Control	
KIN 6213	Motor Development	
Sport and Exercise Psychology ³		
KIN 6023	Exercise Psychology	
KIN 6033	Sport Psychology	
KIN 6043	Applied Sport Psychology	
Strength and Human Performance ⁴		
KIN 5173	Measurement and Evaluation in Human Performance	
KIN 6223	Exercise Nutrition	
KIN 6233	Principles of Strength Training and Conditioning	
C. Kinesiology Electives ⁵		12
Students completing the Non-Thesis option must select 12 credits from the courses below. ⁶		
KIN 5053	Principles of Exercise Physiology	
KIN 5103	Biomechanics	
KIN 5173	Measurement and Evaluation in Human Performance	
KIN 5243	Learning and Teaching Styles in Coaching	
KIN 5313	Adapted Physical Activity	
KIN 5403	Applied Cardiovascular Physiology	
KIN 6013	The Role of Sport in Society	
KIN 6023	Exercise Psychology	
KIN 6033	Sport Psychology	
KIN 6043	Applied Sport Psychology	
KIN 6203	Psychological Perspectives of Motor Learning and Control	
KIN 6213	Motor Development	
KIN 6223	Exercise Nutrition	
KIN 6233	Principles of Strength Training and Conditioning	
KIN 6953	Independent Study	
D. Culmination Experience		6
Non-Thesis Option		
Students completing the Non-Thesis Option must complete 6 credits of free graduate electives. ⁷		

KIN 6961	Comprehensive Examination ⁸	
Total Credit Hours		36

Thesis Option

Code	Title	Credit Hours
A. Core Courses 9		
KIN 5003	Current Trends in Kinesiology	
KIN 5093	Statistics in Kinesiology	
KIN 5123	Research in Kinesiology	
B. Specialization Courses 9		
Select 9 credits of courses from one specialization area listed below.		
Exercise Physiology ¹		
KIN 5053	Principles of Exercise Physiology	
KIN 5403	Applied Cardiovascular Physiology	
KIN 6223	Exercise Nutrition	
Motor Behavior ²		
KIN 5103	Biomechanics	
KIN 6203	Psychological Perspectives of Motor Learning and Control	
KIN 6213	Motor Development	
Sport and Exercise Psychology ³		
KIN 6023	Exercise Psychology	
KIN 6033	Sport Psychology	
KIN 6043	Applied Sport Psychology	
Strength and Human Performance ⁴		
KIN 5173	Measurement and Evaluation in Human Performance	
KIN 6223	Exercise Nutrition	
KIN 6233	Principles of Strength Training and Conditioning	
C. Kinesiology Electives ⁵ 6		
Students completing the Thesis Option must select 6 credits from the courses below. ⁶		
KIN 5053	Principles of Exercise Physiology	
KIN 5103	Biomechanics	
KIN 5173	Measurement and Evaluation in Human Performance	
KIN 5243	Learning and Teaching Styles in Coaching	
KIN 5313	Adapted Physical Activity	
KIN 5403	Applied Cardiovascular Physiology	
KIN 6013	The Role of Sport in Society	
KIN 6023	Exercise Psychology	
KIN 6033	Sport Psychology	
KIN 6043	Applied Sport Psychology	
KIN 6203	Psychological Perspectives of Motor Learning and Control	
KIN 6213	Motor Development	
KIN 6223	Exercise Nutrition	
KIN 6233	Principles of Strength Training and Conditioning	
KIN 6953	Independent Study	
D. Culmination Experience 6		
Thesis Option		

KIN 6981	Master's Thesis	
KIN 6983	Master's Thesis	
Total Credit Hours		30

- ¹ Leveling course required for students without an exercise science background: KIN 3433.
- ² Leveling course required for students without a motor behavior background: KIN 3103 or KIN 4403.
- ³ Leveling course required for students without a psychology background: KIN 4023.
- ⁴ Leveling course required for students without a kinesiology background: KIN 4253, KIN 4113, or KIN 3073.
- ⁵ Kinesiology electives can be any KIN graduate-level course that is not required as part of the chosen specialization.
- ⁶ Kinesiology electives from this section must be different courses than those taken in the specialization section.
- ⁷ Free graduate electives can be any graduate-level course offered at UTSA.
- ⁸ KIN 6961 Comprehensive Examination is only required if the student is not enrolled in any classes during the semester in which they complete the exam.

Kinesiology (KIN) Courses

KIN 5003. Current Trends in Kinesiology. (3-0) 3 Credit Hours.
 In this course, students have the opportunity to examine current development in theories and practices of physical education. Recent research and literature are examined for causes and consequences of today's issues, trends, and problems. (Formerly KAH 5003. Credit cannot be earned for both KAH 5003 and KIN 5003.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5053. Principles of Exercise Physiology. (3-0) 3 Credit Hours.
 Prerequisite: KIN 3433 or an equivalent. This course is a survey of exercise physiology, examining muscular, metabolic, and cardiorespiratory adaptations to acute and chronic exercise. (Formerly KAH 5053. Credit cannot be earned for both KAH 5053 and KIN 5053.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5093. Statistics in Kinesiology. (3-0) 3 Credit Hours.
 This course is designed to provide students with knowledge of experimental designs and the statistical tools necessary for analyzing research data in the field of Kinesiology. (Formerly titled "Statistics and Research in Health and Kinesiology." Formerly KAH 5363 and KAH 5093. Credit can only be earned for one of the following: KAH 5363, KAH 5093, and KIN 5093.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5103. Biomechanics. (3-0) 3 Credit Hours.
 Prerequisite: KIN 3323 or an equivalent. This course is a survey of principles and procedures related to mechanical analysis of human motion, with emphases on both kinematic and kinetic analysis. (Formerly KAH 5103. Credit cannot be earned for both KAH 5103 and KIN 5103.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5123. Research in Kinesiology. (3-0) 3 Credit Hours.
 Prerequisite: KIN 5093 or an equivalent. In this course, students have the opportunity to review various quantitative and qualitative research methods as well as conduct a review of the literature for a specific topic of interest. The final project will be a research proposal. (Formerly titled "Research in Health and Kinesiology." Formerly KAH 5353 and KAH 5123. Credit cannot be earned for more than one of the following: KAH 5353, KAH 5123, or KIN 5123.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5173. Measurement and Evaluation in Human Performance. (3-0) 3 Credit Hours.

Prerequisite: KIN 4113 or an equivalent. Overview of measurement theory, item analysis, reliability and validity studies, and factor analysis of tests. (Formerly KAH 5173. Credit cannot be earned for both KAH 5173 and KIN 5173.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5243. Learning and Teaching Styles in Coaching. (3-3) 3 Credit Hours.

Prerequisite: KIN 5003 or an equivalent. This course includes techniques for analyzing and enhancing the learning environment to promote and improve physical and sport performance. (Formerly KAH 5243. Credit cannot be earned for both KAH 5243 and KIN 5243.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5313. Adapted Physical Activity. (3-0) 3 Credit Hours.

This course is designed to provide an introduction to adapted physical activity, including sport and leisure, for persons with disabilities across school, community, and clinical based programs. This course will also provide you with information and knowledge on how to teach physical activities to people with disabilities in various settings. Current legislation requires that sport, recreation, and exercise programs provide reasonable access for people with disabilities. Thus, the course is important for future education, recreation, sport, and exercise professionals, as employment in such areas now increasingly involves contact with people with disabilities. (Formerly KAH 5313. Credit cannot be earned for both KAH 5313 and KIN 5313.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 5403. Applied Cardiovascular Physiology. (3-0) 3 Credit Hours.

Prerequisite: KIN 3433, KIN 3443, or an equivalent, or a human physiology course. This course covers the physiology underlying the methods used for obtaining, maintaining, and rehabilitating the health of the cardiovascular system. Recent research findings in the areas of exercise and nutrition, related cardiovascular disease prevention and rehabilitation, weight control, and blood lipids are emphasized. (Formerly titled "Cardiovascular Fitness." Formerly KAH 5403. Credit cannot be earned for both KAH 5403 and KIN 5403.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6013. The Role of Sport in Society. (3-0) 3 Credit Hours.

This course is an examination of sport and physical activity, sport's impact on society, and the affective roles sport takes as part of our social structure and the institution of education. (Formerly KAH 5013, KAH 6013, and COU 6013. Credit cannot be earned for more than one of the following: KAH 6013, KAH 5013, COU 6013, or KIN 6013.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6023. Exercise Psychology. (3-0) 3 Credit Hours.

This course discusses the basic and applied subjects of psychological and behavioral aspects of physical activity (PA) behaviors that are linked to better health. The subjects to be discussed include, but are not limited to: PA correlates, PA behavior change, and psychological consequences of PA. Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6033. Sport Psychology. (3-0) 3 Credit Hours.

This course is a study of cognition and behaviors related to the participation in sport. This course will have a theoretical focus and will include topics such as self-efficacy, performance enhancements, cohesion, arousal, and anxiety. Contemporary research will be discussed. (Formerly KAH 5033, KAH 6033, and COU 6033. Credit cannot be earned for more than one of the following: KAH 6033, KAH 5033, COU 6033, or KIN 6033.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6043. Applied Sport Psychology. (3-0) 3 Credit Hours.

Prerequisite: KIN 6033 or an equivalent. This course will provide a practical and comprehensive introduction to somatic, cognitive, and behavioral interventions used in athletics to improve performance. Theoretical bases of psychological stress and performance will be explored and appropriate interventions discussed. Research findings related to athletics will be applied. (Formerly COU 6043 and KAH 6043. Credit cannot be earned for more than one of the following: KAH 6043, COU 6043, or KIN 6043.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6203. Psychological Perspectives of Motor Learning and Control. (3-0) 3 Credit Hours.

This course is a study of the individual processes of skill acquisition, including the involvement of transfer, timing, feedback, practice, and retention as well as the processes of central and peripheral mechanisms involved in implementing physical and perceptual skills. (Formerly KAH 5203, KAH 6203, and COU 6203. Credit cannot be earned for more than one of the following: KAH 6203, KAH 5203, COU 6203, or KIN 6203.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6213. Motor Development. (3-0) 3 Credit Hours.

Prerequisite: KIN 3103 or an equivalent. The study of motor, physical, and neuromuscular development across the human life span (from prenatal periods to old age), stages of development, motor system, and development of specific movement patterns. (Formerly KAH 6213. Credit cannot be earned for both KAH 6213 and KIN 6213.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6223. Exercise Nutrition. (3-0) 3 Credit Hours.

This course is a scientific evidence-based study of the nutritional aspects of exercise performance and health-related fitness. This course will focus on nutrition-related support of various modes, training, and competition, as well as nutritionally-relevant diseases. Included in the course is an examination of macronutrients, water/hydration, ergogenic aids, and supplements. (Formerly KAH 6223. Credit cannot be earned for both KAH 6223 and KIN 6223.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6233. Principles of Strength Training and Conditioning. (3-0) 3 Credit Hours.

This course covers advanced concepts and theory related to maximizing human performance. Analysis of the conceptual, theoretical, and technical considerations of assessing, designing, and implementing strength training and conditioning programs with particular focus on analyzing and applying contemporary periodization concepts. Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6951. Independent Study. (0-0) 1 Credit Hour.

Prerequisite: Graduate standing and permission in writing (form available) from the instructor and the student's Graduate Advisor of Record. This course includes independent reading, research, discussion, and/or writing under the direction of a faculty member. For students needing specialized work not normally or not often available as part of the regular course offerings. May be repeated for credit, but not more than 6 hours, regardless of discipline, will apply to the Master's degree. (Formerly KAH 6951. Credit cannot be earned for both KAH 6951 and KIN 6951.) Course Fees: GHC1 \$25; LRHC \$10; STHC \$6.

KIN 6953. Independent Study. (0-0) 3 Credit Hours.

Prerequisite: Graduate standing and permission in writing (form available) from the instructor and the student's Graduate Advisor of Record. This course includes independent reading, research, discussion, and/or writing under the direction of a faculty member. For students needing specialized work not normally or not often available as part of the regular course offerings. May be repeated for credit, but not more than 6 hours, regardless of discipline, will apply to the Master's degree. (Formerly KAH 6953. Credit cannot be earned for both KAH 6953 and KIN 6953.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6961. Comprehensive Examination. (0-0) 1 Credit Hour.

Prerequisite: Approval of the appropriate Graduate Program Committee to take the Comprehensive Examination. This is an independent study course for the purpose of taking the Comprehensive Examination. May be repeated as many times as approved by the Graduate Program Committee. Enrollment is required each term in which the Comprehensive Examination is taken if no other courses are being taken that term. The grade report for the course is either "CR" (satisfactory performance on the Comprehensive Examination) or "NC" (unsatisfactory performance on the Comprehensive Examination). (Formerly KAH 6961. Credit cannot be earned for both KAH 6961 and KIN 6961.) Course Fees: GHC1 \$25; LRHC \$10; STHC \$6.

KIN 6973. Special Problems. (3-0) 3 Credit Hours.

Prerequisite: Consent of instructor. An organized course offering the opportunity for specialized study not normally or not often available as part of the regular course offerings. Special Problems courses may be repeated for credit when topics vary, but not more than 6 hours, regardless of discipline, will apply to the Master's degree. (Formerly KAH 6973. Credit cannot be earned for both KAH 6973 and KIN 6973.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 6981. Master's Thesis. (0-0) 1 Credit Hour.

Prerequisite: Permission from the Graduate Advisor of Record and thesis director. Thesis research and preparation. May be repeated for credit, but not more than 6 hours will apply to the Master's degree. Credit will be awarded upon completion of the thesis. Enrollment is required each term in which the thesis is in progress. (Formerly KAH 6981. Credit cannot be earned for both KAH 6981 and KIN 6981.) Course Fees: GHC1 \$25; LRHC \$10; STHC \$6.

KIN 6983. Master's Thesis. (0-0) 3 Credit Hours.

Prerequisite: Permission from the Graduate Advisor of Record and thesis director. Thesis research and preparation. May be repeated for credit, but not more than 6 hours will apply to the Master's degree. Credit will be awarded upon completion of the thesis. Enrollment is required each term in which the thesis is in progress. (Formerly KAH 6983. Credit cannot be earned for both KAH 6983 and KIN 6983.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 7893. Doctoral Research. (0-0) 3 Credit Hours.

Prerequisite: Permission of the Graduate Advisor of Record. Under the direction of a faculty advisor, this course consists of independent and original research skill building, preparation, and writing the dissertation proposal. May be repeated for credit, but not more than 6 hours may be applied toward the Doctoral degree. (Formerly KAH 7893. Credit cannot be earned for both KAH 7893 and KIN 7893.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.

KIN 7991. Doctoral Dissertation. (0-0) 1 Credit Hour.

Prerequisite: Admission to candidacy and consent of student's faculty advisor. Preparation, writing, and successful defense of Doctoral dissertation. May be repeated for credit, but not more than 10 hours may be applied toward the Doctoral degree. (Formerly KAH 7991. Credit cannot be earned for both KAH 7991 and KIN 7991.) Course Fees: GHC1 \$25; STHC \$6; LRHC \$10.

KIN 7993. Doctoral Dissertation. (0-0) 3 Credit Hours.

Prerequisite: Admission to candidacy and consent of student's faculty advisor. Preparation, writing, and successful defense of Doctoral dissertation. May be repeated for credit, but not more than 10 hours may be applied toward the Doctoral degree. (Formerly KAH 7993. Credit cannot be earned for both KAH 7993 and KIN 7993.) Course Fees: GHC1 \$75; LRHC \$10; STHC \$18.