DEPARTMENT OF HEALTH AND KINESIOLOGY

Contact Information
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The mission of the M.S. in Kinesiology program is to promote the study of fitness/wellness, sport management, and exercise science through teaching, research and service in health and kinesiology. The program seeks to advance the kinesiology disciplines through the discovery and dispersion of human movement-related knowledge. A critical aspect of these efforts is to provide students with the knowledge and skills for advanced study or careers in the health- and kinesiology-related fields, and develop graduates who are strong in character and lifelong learners.

Advanced study in health and kinesiology provides students an opportunity to improve their proficiency as master teachers or as human movement professionals, can prepare them to become administrators in their fields and/or can prepare them for doctoral studies in their kinesiology discipline of interest. The Department of Health and Kinesiology offers course work leading to the M.S. in Kinesiology with a flexible curriculum to meet the specific needs and interest of the student. The degree may be pursued under a 36-credit hour course only option, a 36-credit hour option requiring a research project or internship, or 30-credit hour option requiring a thesis. Students may pursue a general kinesiology degree or they may pursue the degree with a formal concentration in health/exercise science, performance psychology, or sport management. The general kinesiology degree, as well as the formal concentrations in health/exercise science and performance psychology are only offered in a traditional format (i.e., face-to-face courses are required, with the option to take some online courses), while the sport management concentration is only offered online and restricted to students meeting the requirements for entry into the department's online cohort.

The requirements for admission to the M.S. in Kinesiology program are as follows:

1. Applicants must meet requirements for admission to the College of Graduate Studies, including GPA and GRE/MAT requirements specific to the College of Education and Human Performance.
2. Applicants must demonstrate the ability to communicate in writing at the level required to enable successful progression through the M.S. in Kinesiology Program.
3. Applicants for the general kinesiology, health/exercise science, and performance psychology concentrations must have undergraduate education in kinesiology or related area, while applicants for the sport management concentration are exempt from this requirement. Specifically,
   a. Applicants for the general kinesiology, health/exercise science, and performance psychology concentrations who hold a bachelor's degree in kinesiology or related area are eligible for admission into the program if their performance in critical undergraduate course work is deemed acceptable. An applicant who lacks certain critical course work or whose performance in certain critical course work is deemed unacceptable might be denied admission or required to complete prerequisite undergraduate course work prior to or early in his/her graduate course work.
   b. Applicants for the general kinesiology, health/exercise science, and performance psychology concentrations who hold a bachelor's degree in an area unrelated to kinesiology may be considered for admission to the program if he/she has completed at least 18 credit hours of kinesiology-related undergraduate course work. Of these 18 credit hours, at least 12 credit hours must be advanced. Additionally, the 18 credit hours must reflect acceptable performance in an adequate number of courses deemed to be critical course work. An applicant who lacks certain critical course work or whose performance in certain critical course work is deemed unacceptable might be denied admission or required to complete prerequisite undergraduate course work prior to or early in his/her graduate course work.
4. Applicants must have demonstrated a high-level of professional and ethical conduct during their academic career to date.
5. Applicants, especially those whose qualifications are marginal, are encouraged to request letters of recommendation from their undergraduate professors. Letters of recommendation should be forwarded directly to the program coordinator.

Faculty

Graduate Faculty
Cutton, David Associate Professor, Department of Health and Kinesiology; B.S., University of Florida; Ph.D., Louisiana State University and A&M College.

Hearon, Christopher M Professor, Department of Health and Kinesiology; Chair; B.S., Texas Tech University; M.Ed., Texas Tech University; Ph.D., Louisiana State University and A&M College.

Associate Member
Burt, Daniel Associate Professor, Department of Health and Kinesiology; B.A., Ouachita Baptist University; M.S., Henderson State University; Ph.D., University of Arkansas.
Farney, Tyler Assistant Professor, Department of Health and Kinesiology; B.A., Colorado State University; M.S., University of Memphis; Ph.D., Louisiana State University and A&M College.

Killion, Lorraine Associate Professor, Department of Health and Kinesiology; B.S., Stephen F. Austin State University; M.A., University of Houston at Clear Lake; M.Ed., Prairie View A&M University; Ed.D., University of Houston.

Knight, Melody Professor, Department of Health and Kinesiology; B.S., Southwest Baptist College; M.Ed., Texas Tech University; Ph.D., Texas A&M University.

Kowalsky, Robert Assistant Professor, Department of Health and Kinesiology; B.S., Slippery Rock University; M.S., University of Pittsburgh; Ph.D., University of Pittsburgh.

Menaker, Brian Assistant Professor, Department of Health and Kinesiology; B.A., Grinnell College; M.A., University of Iowa; Ph.D., University of Florida.

Sherman, Nestor W Professor, Department of Health and Kinesiology; Regents Professor; B.S.E., State University of New York at Cortland; M.Ed., University of Houston; Ed.D., University of Houston.

Shipherd, Amber Assistant Professor, Department of Health and Kinesiology; B.S., University of California, Davis; M.S., Florida State University; Ph.D., Texas Tech University.

Stone, Matthew Assistant Professor, Department of Health and Kinesiology; B.S., University of Mary Hardin-Baylor; M.S.Ed., University of Mary Hardin-Baylor; Ph.D., University of Arkansas.

Emeritus

Daniel, Michael Professor; Department of Health and Kinesiology; B.S.E., Southern State College; M.A., University of Missouri-Columbia; Ed.D., University of Arkansas.

Courses

Health (EDHL)

EDHL 5311 Sci Foundations of Health Educ  3 SCH (3-0)
To identify, relate, apply and evaluate scientific materials relevant to scientific foundations of Health Education.

EDHL 5321 Crit Anal of Issues in Hlth Ed  3 SCH (3-0)
Contemporary issues and modern-day problems are identified and thoroughly analyzed through extensive reading and discussion.

EDHL 5322 Seminar in Selected Topics  3 SCH (0-3)
Contemporary issues are identified and analyzed through intensive investigation. Examples of topics include human sexuality, drug education, family abuse and AIDS. May be repeated for credit as topics change.

Kinesiology (EDKN)

EDKN 5100 Kinesiology Comprehensive Exam  1 SCH (1-0)
Culminating demonstration of Master's level proficiency in kinesiology. Prerequisite: departmental approval. May be repeated once for credit. Credit/no credit course.

EDKN 5301 Coaching and Officiating  3 SCH (3-0)
Coaching and coaching strategies, officiating and conducting of sports and athletic programs. Prerequisite: coaching and officiating experience or 4 semester hours of undergraduate coaching and officiating techniques; program majors must have 12 advanced hours in the field.

EDKN 5303 Teach College Phys Educ  3 SCH (3-0)
The basic instructional and co-curricular program of physical education for colleges and universities.

EDKN 5305 Graduate Research Project  3 SCH (3)
Designed for project option students and requires completion of research project. Prerequisite: departmental approval. May be repeated for a maximum of 6 semester hours.

EDKN 5306 Thesis  3 SCH (3)
Designed for thesis option students. The course requires completion of thesis research. Prerequisite: departmental approval. May be repeated for maximum of 6 semester hours.

EDKN 5308 Administration of Athletics  3 SCH (3-0)
The problems, basic procedures and current practices involved in the administration of interscholastic, intercollegiate and professional athletics.

EDKN 5309 Org and Adm of Kinesiology Prg  3 SCH (3-0)
Principles, practices and applied procedures in the organization, administration and supervision of school physical education programs.
EDKN 5312  Physiology of Exercise  3 SCH  (3-0)
Investigates the effects of physical exercise on the function of the human body and physiological responses to exercise that are dependent on its intensity, duration and frequency and the physiological status of the individual and environmental circumstances.

EDKN 5315  Current Issues and Trends  3 SCH  (3-0)
Examines contemporary problems in kinesiology. Prerequisite: program majors must have 12 advanced hours in the field.

EDKN 5316  Hist and Philos of Sport Perform  3 SCH  (3-0)
Examines the historical and philosophical perspectives of kinesiology. Prerequisite: program majors must have 12 advanced hours of kinesiology.

EDKN 5317  Research in Kinesiology  3 SCH  (3-0)
Introduction to research in kinesiology.

EDKN 5319  Psychological Aspects of KN  3 SCH  (3-0)
Sport and psychological factors related to sport and exercise participation, active living, and injury rehabilitation. Topic include socialization into and through sport and exercise; feedback, reinforcement, and expectation effects; moral development; competition and competitive stress; self-perceptions; motivation; and mental skills training.

EDKN 5320  Motor Learning/Motor Control  3 SCH  (3-0)
The course provides instruction in how humans control locomotion and how they learn/re-learn motor skills. Specifically, the course emphasizes the observable behavioral aspects of motor control/learning while detailing the neurophysiological and biomechanical processes that result in the aforementioned behaviors.

EDKN 5321  Sport and Athletic Law  3 SCH  (3-0)
An examination of a variety of cases that have had a substantial impact on the legal environment of sport. As such this course takes a case study approach in addressing such topics as antitrust law, constitutional law, contract law, employment law, intellectual property law, products liability, statutory law, Title IX, and tort law.

EDKN 5322  Fitness/Nutrition/Weight Ctrl  3 SCH  (3-0)
The course provides instruction in macronutrient requirements at rest and during exercise, energy balance for body composition alteration or maintenance (i.e. obesity prevention), fluid and electrolyte balance during exercise, and the vitamin/mineral concerns associated with exercise and performance. Additionally, the course will consider the preventative role of nutrition in various disease states including cardiovascular disease, degenerative bone disease, and diabetes.

EDKN 5323  Perf in Environmental Extremes  3 SCH  (3-0)
The effect of heat/humidity, cold/windchill, depth, altitude, microgravity, hypergravity, and air quality on the physiology of the resting and exercising human body.

EDKN 5324  Youth Fitness and Performance  3 SCH  (3-0)
Provides instruction in the history, assessment methods, trends, and current issues related to youth fitness and performance facing practitioners in health and kinesiology.

EDKN 5325  Aging and Physical Activity  3 SCH  (3-0)
An examination of the physical dimensions of aging, with specific emphasis on the effects of physical activity on the process.

EDKN 5326  Sport Marketing & Technology  3 SCH  (3-0)
An examination of the intersection of marketing and technology in sport business management. In addition to defining the elements of marketing, the course examines the impact of technology on the marketing of sport and the reciprocal influence of marketing upon technology.

EDKN 5327  Sport in the Modern World  3 SCH  (3-0)
The impact of kinesiology and sport on society and its institutions. The course focuses on sport, physical activity, and play as social and cultural phenomenon in modern societies. Social theory will be utilized to uncover how sport as a social institution interacts with other institutions in world societies.

EDKN 5329  Applied Sprt, Ex, & Perf Psych  3 SCH  (3-0)
The application of psychosocial factors related to sport and exercise participation, and performance enhancement. Topics include: goal-setting, imagery, self-talk, arousal regulation, confidence, injury, motivation, leadership, group development, and cohesion. Prerequisite: EDKN 5319.

EDKN 5333  Seminar in Selected Topics  3 SCH  (0-3)
Special problems in kinesiology, recreation or athletics are identified and researched. May be repeated for credit as topics change. Prerequisite: program majors must have 12 advanced hours in the field.

EDKN 5338  Statistical Analy of Res Data  3 SCH  (3-0)
The statistical analysis and interpretation of research data in health, kinesiology and recreation. Concentration is on the concepts underlying the various statistical tests.

Degree Requirements

• Kinesiology - Performance Psychology Concentration, M.S. (https://catalog.tamuk.edu/graduate/graduate-studies/masters-education-human-performance/health-kinesiology/kinesiology-performance-psychology-ms)
• Kinesiology - Sport Management Concentration, M.S. (https://catalog.tamuk.edu/graduate/graduate-studies/masters-education-human-performance/health-kinesiology/kinesiology-sport-management-ms)
• Kinesiology, M.S. (https://catalog.tamuk.edu/graduate/graduate-studies/masters-education-human-performance/health-kinesiology/kinesiology-ms)