

From: [Smith, Randy](#)
To: [Turner, Brian](#)
Cc: [Sutherland, Sue](#); [Reed, Katie](#); [Smith, Randy](#); [Miriti, Maria](#); [Stromberger, Mary](#); [Duffy, Lisa](#); [Hunt, Ryan](#); [Porfeli, Erik J.](#); [Bagent, Aaron](#); [Snyder, Anastasia](#)
Subject: Proposal to revise the MS in Kinesiology
Date: Sunday, September 8, 2024 8:22:29 AM
Attachments: [image001.png](#)

Brian:

The proposal from the Department of Human Sciences to revise the Master of Science in Kinesiology was approved by the Council on Academic Affairs at its meeting on September 4, 2024. Thank you for attending the meeting to respond to questions/comments.

No additional level of internal review/approval is necessary. This action will be included in the Council's next Annual Activities Report to the University Senate (July 2025).

The Office of the University Registrar will work you with any implementation issues.

Please keep a copy of this message for your file on the proposal and I will do the same for the file in the Office of Academic Affairs.

If you have any questions please contact the Chair of the Council, Professor Sue Sutherland (.43), or me.

I wish you success with this important program revision.

Randy



W. Randy Smith, Ph.D.

Vice Provost for Academic Programs

Office of Academic Affairs

University Square South, 15 E. 15th Avenue, Columbus, OH 43201

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Assisted by:

Katie Reed

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TO: Randy Smith, Vice Provost for Academic Programs

FROM: Graduate School Curriculum Services

DATE: **4/25/2024**

RE: Proposal to **Revise the MS in Kinesiology** in **Education and Human Ecology**

The **Department of Human Sciences** in the **College of Education and Human Ecology** is proposing a **Revision to the Master of Science in Kinesiology**.

The proposal was received by the Graduate School on **3/28/2024**. The combined GS/CAA subcommittee first reviewed the proposal on **4/24/2024** and support it for review at CAA.

Memo

March 26, 2024

To: W. Randy Smith, Vice Provost – Council on Academic Affairs

From: Aaron Bagent, Curriculum Specialist

RE: PROGRAM REVISION: MS Kinesiology, Department of Human Sciences

Please find materials included in this proposal related to the revision of the MS Kinesiology program. The department wishes to make several curricular alterations to all specializations within the program, including standardization across all specializations, altering minimum credit hours for individual requirements, and addition and removal of several courses. This proposal was approved by the EHE Curriculum Committee on March 21, 2024.

If there are any questions, please contact me at bagent.14@osu.edu.



March 25, 2024

Dr. W. Randy Smith, PhD
Vice Provost for Academic Programs
203 Bricker Hall
190 N. Oval Mall
Columbus, OH 43210

Dear Vice Provost Smith,

I am writing on behalf of the College of Education and Human Ecology's (EHE) Office of Academic Affairs. EHE supports the recent curricular change that was approved by the EHE Curriculum Committee regarding revisions to the MS program in Kinesiology in the Department of Human Sciences. These changes update the curriculum in the three specialization areas in the KN MS program. The changes include:

- Aligning curriculum across all three specializations with core courses
- Change the name of the Physical Education to Sport Pedagogy
- Make credit hour requirements consistent
- Update the curriculum to industry standards

The proposed changes are expected to improve the MS program in Kinesiology and better meet the changing needs of the students.

Sincerely yours,

Anastasia R. Snyder, PhD
Associate Dean for Faculty Affairs
College of Education and Human Ecology



THE OHIO STATE UNIVERSITY

Curriculum Proposal Checklist

Title of Program: Health and Exercise Science (KINESIO-MS, HEN)

Effective term: Autumn 2024 College: Education and Human Ecology

New/Establish: Secondary Major Eligible: Academic Unit: Department of Human Sciences

Revise: 50% Revision: Mark Up: Program Contact: Brian Turner.409

Terminate: Suspend: Certificate Category*:

Degree/Credential: Master of Science

Program of Study : Graduate Program Title: Health and Exercise Science

Code: KINESIO-MS, H

Program Focus*: Specialization Health and Exercise Science

Credit hours to degree/credential: 33 Is this a change to the current total? Yes No

Program offered only online? Yes No If yes, is there a signed MOU with ODEE? Yes No

Campus(es) where offered: Columbus ATI Lima Mansfield Marion Newark

Rationale: We propose revision to all three specialization areas within our Masters in Kinesiology degree. The curriculum was last revised during quarter to semester conversion and was in need of a closer look at aligning all three specialization areas, updating new courses, and removing courses no longer offered. The proposed curriculum will better serve our students who choose to pursue the Kinesiology degree.

Student Curriculum Sheet Required: ----- The proposed program sheet serves as our curriculum sheet.

Four Year (or appropriate) Plan:

Academic Unit Curriculum Committee approval date: 2/29/24

College Curriculum Committee approval date: 3/21/24

Graduate School Council approval date*:

Regional Campus approval date*:

Council on Academic Affairs approval date:

University Senate approval date*:

Board of Trustees approval date*:

ODHE approval date*:

* If applicable



THE OHIO STATE UNIVERSITY

Curriculum Proposal Checklist

Title of Program: Physical Education (KINESIO-MS, PEN)

Effective term: Autumn 2024 College: Education and Human Ecology

New/Establish: Secondary Major Eligible: Academic Unit: Department of Human Sciences

Revise: 50% Revision: Mark Up: Program Contact: Brian Turner.409

Terminate: Suspend: Certificate Category*:

Degree/Credential: Master of Science

Program of Study : Graduate Program Title: Physical Education, change to Sport Pedagogy

Code: KINESIO-MS, P

Program Focus*: Specialization Physical Education, change to Sport Pedagogy

Credit hours to degree/credential: 33 Is this a change to the current total? Yes No

Program offered only online? Yes No If yes, is there a signed MOU with ODEE? Yes No

Campus(es) where offered: Columbus ATI Lima Mansfield Marion Newark

Rationale: We propose revision to all three specialization areas within our Masters in Kinesiology degree. The curriculum was last revised during quarter to semester conversion and was in need of a closer look at aligning all three specialization areas, updating new courses, and removing courses no longer offered. The proposed curriculum will better serve our students who choose to pursue the Kinesiology degree.

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Graduate School Council approval date*:

Regional Campus approval date*:

Council on Academic Affairs approval date:

University Senate approval date*:

Board of Trustees approval date*:

ODHE approval date*:

* If applicable



THE OHIO STATE UNIVERSITY

Curriculum Proposal Checklist

Title of Program: Sport Management (KINESIO-MS, PSN)

Effective term: Autumn 2024 College: Education and Human Ecology

New/Establish: Secondary Major Eligible: Academic Unit: Department of Human Sciences

Revise: 50% Revision: Mark Up: Program Contact: Brian Turner.409

Terminate: Suspend: Certificate Category*:

Degree/Credential: Master of Science

Program of Study : Graduate Program Title: Sport Management

Code: KINESIO-MS, P

Program Focus*: Specialization Sport Management

Credit hours to degree/credential: 33 Is this a change to the current total? Yes No

Program offered only online? Yes No If yes, is there a signed MOU with ODEE? Yes No

Campus(es) where offered: Columbus ATI Lima Mansfield Marion Newark

Rationale: We propose revision to all three specialization areas within our Masters in Kinesiology degree. The curriculum was last revised during quarter to semester conversion and was in need of a closer look at aligning all three specialization areas, updating new courses, and removing courses no longer offered. The proposed curriculum will better serve our students who choose to pursue the Kinesiology degree.

Student Curriculum Sheet Required: ----- The proposed program sheet serves as our curriculum sheet.

Four Year (or appropriate) Plan:

Academic Unit Curriculum Committee approval date: 2/29/24

College Curriculum Committee approval date: 3/21/24

Graduate School Council approval date*:

Regional Campus approval date*:

Council on Academic Affairs approval date:

University Senate approval date*:

Board of Trustees approval date*:

ODHE approval date*:

* If applicable

Kinesiology, MS. Proposal

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All courses have been approved through the proper curricular channels and are included as a new course requirement or course option for the KINESIO-PH curriculum.

March 14, 2024
Aaron Bagent
Curriculum Specialist
EHE Office of Undergraduate Education

Dear Aaron:

I am writing in support of the following program revision request, **effective Autumn 2024**:

1. KINESIO-MS, align curriculum across all three specializations
 - a. Health and Exercise Science (KINESIO-MS, HEN)
 - b. ~~Physical Education~~ Sport Pedagogy (KINESIO-MS, PEN)
 - c. Sport Management (KINESIO-MS, PSN)

Attached you will find the necessary documentation from Brian Turner. These changes have been approved by the faculty in the Kinesiology program. Review of and approval from members of the Department of Human Sciences Graduate Studies Curriculum Committee has also been obtained.

There are currently no negative budgetary implications and no additional funds or human resources necessary for the execution of this program revision. Thus, I am in support of the proposed changes as outlined by Brian Turner in the attached documents.

If you have any questions or need additional information, do not hesitate to contact me.

Sincerely,



Sue Sutherland, PhD

Pronouns: she/her/hers

Professor, Associate Department Chair

College of Education and Human Ecology

2/26/2024

Dear Sue,

The Kinesiology faculty is seeking approval for revisions to the Master of Science in Kinesiology, MS program which includes three specializations: Health and Exercise Science, Physical Education (request to change specialization title to Sport Pedagogy), and Sport Management. The program has not been revised since it was created during semester conversion (2011). Proposed changes ensure all three specializations within the Kinesiology MS program share a common set of courses that reflect important topics in the field of Kinesiology and breed consistency in total credit hours (i.e., 33). Additional revisions occur in the respective specialization areas to accurately reflect each of our unique identities, remain up to date on industry standards, add in new course developments, and remove courses no longer active in the curriculum.

All necessary documents are attached. The proposed revisions were unanimously approved by the Kinesiology faculty (February 2024). If you have additional questions, please do not hesitate to reach out to me (turner.409@osu.edu).

Thank you for your consideration,



Brian A. Turner, Ph.D.
Professor
Kinesiology Graduate Studies Chair
The Ohio State University
A250 PAES Building
305 Annie & John Glenn Ave.
Columbus, OH 43210
Business Phone: (614) 247-8374
Email: turner.409@osu.edu

Rationale for overall changes to the degree:

- Created standardization in requirements across all three specializations within the degree, e.g., Core, Research, Specialization, Electives, and Exit requirements.
- Currently each specialization area has different courses listed in the required core. Our faculty unanimously voted that KNPE 5795 was the one course that students in each of the specializations needed, to be successful in Kinesiology. The course is broad and covers all three specializations. A change in course title will be forthcoming, to reflect as such.
- Research Methods changes include replacing ESQREM 6641/ESQREM 6661 with KNSISM 6850/KNHES 6891 as research options across all specializations. The two ESQREM classes are more generic research classes. Our Kinesiology faculty wanted research classes specific to our degree program. KNHES is an existing course, while KNSISM 6850 was created (and approved) so that Kinesiology master's students now have a research class that focuses on Kinesiology specific topics and issues.
- Faculty also agreed upon a list of required elective courses to choose from across all three specializations, thereby, giving our students flexibility and choice within their learning, interests, and potential career trajectory.
- Additionally, assigning appropriate course numbers per university guidelines was necessitated to distinguish master's level courses from doctoral level courses. Lastly, our decision to revise course prefixes to reflect each specialization area within the exit requirement makes logical sense.

Additional rationale specific to the Health and Exercise Science Specialization:

- Removed KNHES 5661.02, 5661.03, 5686 as course options offered while on the quarter system. These courses have since been removed from the OSU course catalog and they have not been offered since the semester conversion.
- Removed KNHES 5491, 5492, and 5493 as these courses are no longer offered in our program.
- Added KNHES 5416, 5417, and 5805 to the concentration-specific areas and several KNHES course options to the elective category as a continuous refinement of the curriculum. These courses were designed to meet the skills of students wishing to pursue certifications in their chosen profession (ACSM) (NASM) (CHES), which aligns with what employers are looking for in our KNHES graduates.

Transition Plan: Current students can pursue the new curriculum (appropriate course substitutions will be applied where applicable, pending where students are in the current program) or, they can resume with their current requirements.

Summary of Percent of Change Calculations:

Exercise Science Concentration 42% (14 credits of 33 credits)

Physical Activity Behavior Concentration 48% (16 credits of 33 credits)

Health and Exercise Science CHANGES IN CREDIT HOURS		
KINESIO-MS, HEN	Exercise Science Concentration	Physical Activity Behavior Concentration
Core Requirement	3	3
Research Requirement	4	4
Specialization Requirement	4	6
Electives Requirement	0	0
Exit Requirement	3	3
Total Changes in Credit Hours	14	16

- **Core Requirement: 3 credit hour change**
 - Currently students choose 3 credit hours from a list of course options, in the proposed curriculum KNPE 5795 is the one required common core course across all specialization areas resulting in a 3-credit hour change.
- **Research Requirement: 4 credit hour change**
 - Decreased from 7 required credit hours to choosing 3 required credit hours from a list of 2 course options, resulting in a 4-credit hour change.
- **Specialization Requirement, Exercise Science Concentration: 4 credit hour change**
 - Within the specialization/concentration requirement, students choose one pathway as they navigate through the program. Currently, there are 9 required credit hours no matter the concentration chosen, and 10 additional required credit hours in the Exercise Science concentration, totaling 19 credit hours.
 - Faculty propose a decrease in the current Specialization/Exercise Science Concentration credit hour requirement from 19 credit hours to 15 credit hours, resulting in a 4-credit hour change.
- **Specialization Requirement, Physical Activity Behavior Concentration: 6 credit hour change**
 - Within the specialization/concentration requirement, students choose one pathway as they navigate through the program. Currently, there are 9 required credit hours no matter the concentration chosen, and 12 additional required credit hours in the Physical Activity Behavior concentration, totaling 21 credit hours.
 - Faculty propose a decrease in the current Specialization/ Physical Activity Behavior Concentration credit hour requirement from 21 credit hours to 15 credit hours, resulting in a 6-credit hour change.
- **Electives Requirement: 0 credit hour change**
 - Currently students choose 6 credit hours from a list of course options and although the list of course options includes different courses, the proposed electives requirement remains to choose 6 credit hours from a list of course options, resulting in a 0-credit hour change.
- **Exit Requirement: 3 credit hour change**
 - Thesis Option, Changing the prefix from KINESIO to KNHES to reflect the appropriate specialization does not result in a percent change calculation.
 - Non-Thesis Option, adding KNHES 6191 as a course option does not change the requirement.
 - The current exit requirement is to choose 3 credit hours and the proposed total credit hours to choose from has increased to 6 credit hours resulting in a 3-credit hour change.

CURRENT:

Health and Exercise Science (KINESIO-MS, HEN)

Specialization leading to Master of Science in Kinesiology

Hours: 38 hours

Core Requirement (Choose one, 3 hours)

KNPE 5544 Introduction to Adapted Physical Activity (3)

KNSISM 6807 Sport Law (3)

KNHES 7726 Changing Physical Activity Behavior (3)

KNSISM 7852 Sport Philosophy and Ethics (3)

Research Requirement (7 hours)

See advisor for alternative courses

ESQREM 6641 Introduction to Educational Statistics (4)

ESQREM 6661 Introduction to Educational Measurement (3)

Specialization Requirement (19-21 hours)

Required Courses (9 hours)

KNHES 5661.01 Beginning Labs in Exercise Physiology (1)

KNHES 5685 Adult Exercise Programming-Implementation (4)

KNHES 7896 Colloquium: Health and Exercise Science (4)

Concentration Specific Courses

Select one of the following concentrations:

Exercise Science Concentration (10 hours)

KNHES 5661.02 Intermediate Labs in Exercise Physiology (1)

KNHES 5661.03 Advanced Labs in Exercise Physiology (1)

KNHES 5686 Advanced Exercise Training and Evaluation for Prevention and Rehabilitation (3)

KNHES 7714 Advanced Physiology of Exercise (3)

Choose two Courses:

KNHES 5491 Body Composition Evaluation (1)

KNHES 5492 Muscular Strength and Anaerobic Power Testing (1)

KNHES 5493 Fitness Program Development and Evaluation: Older Adult Exercise Prescription (1)

Physical Activity Behavior Concentration (12 hours)

KNHES 5703 Health Behavior Theory (3) (HY)

KNHES 5704 Health Program Evaluation (3) (HY)

KNHES 7713 Foundations of Physical Activity Behavior (3)

KNHES 7720 Measurement in Physical Activity Behavior (3)

Elective outside of Kinesiology (6 hours)

A minimum of 6 hours outside of each Concentration is required. Suggested areas of study outside of the Exercise Science Concentration are in Physiology. In the Physical Activity Behavior Concentration, students should take course in the Behavioral Sciences, such as Psychology or Public Health. See your advisor for specific course recommendations.

Thesis or Non-Thesis Requirement (Choose one, 3 hours)

Thesis Option

KINESIO 7999 Research: Thesis (3)

Non-Thesis Option

Students must register for a minimum of three hours during the semester they take the examination or the project.

KINESIO 7999 Research: Thesis (3)

KNHES 8193 Advanced Individual Studies: Health and Exercise Science (3)

Master's Examination

Culminating Project

MARKUP:

Key:

~~Strikethrough~~ = removed from curriculum

*~~Strikethrough~~ = moved to different place within curriculum

Blue = markups

Note: All courses are offered in person. If the course is also approved to be offered in a hybrid and/or distance learning modality, it's indicated to the right of the course number/title/credit hours.

Health and Exercise Science (KINESIO-MS, HEN)

Specialization leading to Master of Science in Kinesiology

Hours: ~~38 hours~~ 33 credit hours

Core Requirement (~~Choose one, 3 hours~~) (3 credit hours)

KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education (3)

~~KNPE 5544 Introduction to Adapted Physical Activity (3)~~

~~KNSISM 6807 Sport Law (3)~~

~~KNHES 7726 Changing Physical Activity Behavior (3)~~

~~KNSISM 7852 Sport Philosophy and Ethics (3)~~

Research Requirement (~~7 hours~~) (Choose 3 credit hours)

KNSISM 6850 Applied Research Methods in Sport (3) (DL)

KNHES 6891 Kinesiology Graduate Core Course I (3)

See advisor for alternative courses

~~ESQREM 6641 Introduction to Educational Statistics (4)~~

~~ESQREM 6661 Introduction to Educational Measurement (3)~~

Specialization Requirement (~~19-21 hours~~) (15 credit hours)

Required Courses (9 hours)

~~KNHES 5661.01 Beginning Labs in Exercise Physiology (1)~~

*~~KNHES 5685 Adult Exercise Programming-Implementation (4)~~ [moved to concentration tracks and elective option]

*~~KNHES 7896 Colloquium: Health and Exercise Science (4)~~ [moved to concentration tracks]

Concentration Specific Courses

Select one of the following concentrations:

Exercise Science Concentration (~~10 hours~~)

KNHES 5416 Theory of Strength and Conditioning (3) (DL)

KNHES 5417 Exercise Techniques and Testing Technology in Strength and Conditioning (3) (HY)

*KNHES 5685 Adult Exercise Programming-Implementation (4)

KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3)

*KNHES 7896 Colloquium: Health and Exercise Science (2)

~~KNHES 5661.02 Intermediate Labs in Exercise Physiology (1)~~

~~KNHES 5661.03 Advanced Labs in Exercise Physiology (1)~~

~~KNHES 5686 Advanced Exercise Training and Evaluation for Prevention and Rehabilitation (3)~~

*~~KNHES 7714 Advanced Physiology of Exercise (3)~~ [moved to electives]

Choose two Courses:

~~KNHES 5491 Body Composition Evaluation (1)~~

~~KNHES 5492 Muscular Strength and Anaerobic Power Testing (1)~~

~~KNHES 5493 Fitness Program Development and Evaluation: Older Adult Exercise Prescription (1)~~

Physical Activity Behavior Concentration (12 hours)

KNHES 5703 Health Behavior Theory (3) (HY)

KNHES 5704 Health Program Evaluation (3) (HY)

*KNHES 5685 Adult Exercise Programming-Implementation (4)

~~KNHES 7713 Foundations of Physical Activity Behavior (3)~~

KNHES 7720 Measurement in Physical Activity Behavior (3)

*KNHES 7896 Colloquium: Health and Exercise Science (2)

~~Elective courses outside of Kinesiology (6 hours)~~ **Elective Courses (Choose 6 credit hours)**

KNHES 5704 Health Program Evaluation (3) (HY)

KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3)

KNHES 5652 Worksite Health Promotion (3) (HY)

*KNHES 5685 Adult Exercise Programming-Implementation (4)

KNHES 6892 Foundations of Scientific Writing in Kinesiology (3)

*KNHES 7714 Advanced Physiology of Exercise (3)

KNHES 8803 Seminar in Exercise Metabolism (3)

KNPE 5655 Perspectives on Coaching (3)

KNPE 6100 Race, Gender and Culture in Sports (3) (HY, DL)

KNPE 8998 Research: Physical Education, Sport & Physical Activity (3)

KNSISM 6189 Practicum: Sport Management (3)

KNSISM 6842 Business of College Sports (3)

KNSISM 7897 Colloquium in Sport Management (3)

KNSISM 7906 Understanding Sport Consumers: Theoretical Perspectives (3)

KNSISM 8951 Theoretical Approaches to Sport Organizations (3)

~~A minimum of 6 hours outside of each Concentration is required. Suggested areas of study outside of the Exercise Science Concentration are in Physiology. In the Physical Activity Behavior Concentration, students should take course in the Behavioral Sciences, such as Psychology or Public Health. See your advisor for specific course recommendations.~~

~~Thesis or Non-Thesis Requirement (Choose one, 3 hours)~~ **Exit Requirement (Choose 6 credit hours)**

Thesis Option

~~*KINESIO~~ KNHES 7999 Research: Thesis (6)

Non-Thesis Option

Students must register for a minimum of three hours during the semester they take the examination or the project.

Master's Examination OR Culminating Project

KNHES 6191 Internship: Health and Exercise Science (1-6)

KNHES ~~8193~~ 7193 Individual Studies: Health and Exercise Science (1-6)

*~~KINESIO~~ 7999 Research: Thesis (3)

PROPOSED:

Health and Exercise Science (KINESIO-MS, HEN)

Specialization leading to Master of Science in Kinesiology

Hours:-33 credit hours

Core Requirement (3 credit hours)

KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education (3)

Research Requirement (Choose 3 credit hours)

KNSISM 6850 Applied Research Methods in Sport (3) (DL)

KNHES 6891 Kinesiology Graduate Core Course I (3)

Specialization Requirement (15 credit hours)

Select one of the following concentrations:

Exercise Science Concentration

KNHES 5416 Theory of Strength and Conditioning (3) (DL)

KNHES 5417 Exercise Techniques and Testing Technology in Strength and Conditioning (3) (HY)

KNHES 5685 Adult Exercise Programming-Implementation (4)

KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3)

KNHES 7896 Colloquium: Health and Exercise Science (2)

Physical Activity Behavior Concentration

KNHES 5703 Health Behavior Theory (3) (HY)

KNHES 5704 Health Program Evaluation (3) (HY)

KNHES 5685 Adult Exercise Programming-Implementation (4)

KNHES 7720 Measurement in Physical Activity Behavior (3)

KNHES 7896 Colloquium: Health and Exercise Science (2)

Elective Courses (Choose 6 credit hours)

KNHES 5704 Health Program Evaluation (3) (HY)

KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3)

KNHES 5652 Worksite Health Promotion (3) (HY)

KNHES 5685 Adult Exercise Programming-Implementation (4)

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KNHES 7714 Advanced Physiology of Exercise (3)

KNHES 8803 Seminar in Exercise Metabolism (3)

KNPE 5655 Perspectives on Coaching (3)

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KNSISM 6189 Practicum: Sport Management (3)

KNSISM 6842 Business of College Sports (3)

KNSISM 7897 Colloquium in Sport Management (3)

KNSISM 7906 Understanding Sport Consumers: Theoretical Perspectives (3)

KNSISM 8951 Theoretical Approaches to Sport Organizations (3)

Exit Requirement (Choose 6 credit hours)

Thesis Option

KNHES 7999 Research: Thesis (6)

Non-Thesis Option

Students must register for a minimum of three hours during the semester they take the examination or the project.

Master's Examination OR Culminating Project

KNHES 6191 Internship: Health and Exercise Science (1-6)

KNHES 7193 Individual Studies: Health and Exercise Science (1-6)

2-year Plan

Health and Exercise Science (KINESIO-MS, HEN): THESIS				
	AUTUMN	CREDITS	SPRING	CREDITS
YEAR 1	KNPE 5795	3	Specialization Course	4
	Research Methods	3	Specialization Course	3
	Specialization Course	3	Specialization Course	2
	TOTAL	9	TOTAL	9
YEAR 2	KNHES 7999	3	KNHES 7999	3
	Specialization Course	3	Elective	3
	Elective	3		
	TOTAL	9	TOTAL	6

Health and Exercise Science (KINESIO-MS, HEN): NON-THESIS				
	AUTUMN	CREDITS	SPRING	CREDITS
YEAR 1	KNPE 5795	3	Specialization Course	4
	Research Methods	3	Specialization Course	3
	Specialization Course	3	Specialization Course	2
	TOTAL	9	TOTAL	9
YEAR 2	KNHES 6191 or 7193	3	KNHES 6191 or 7193	3
	Specialization Course	3	Elective	3
	Elective	3		
	TOTAL	9	TOTAL	6

Please note this is a tentative 2-year plan and is not an approved plan for graduation. You, as the student, are responsible for meeting all necessary requirements. Because course availability is subject to change, it is essential that you work with your faculty advisor each semester. Certain requirements such as research hours, concentration course options, elective requirements, independent study hours, etc. remain flexible and therefore, can be taken in different semesters than what is listed above. Utilize your faculty advisor to guide you in your course planning.

Rationale for overall changes to the degree:

- Created standardization in requirements across all three specializations within the degree, e.g., Core, Research, Specialization, Electives, and Exit requirements.
- Currently each specialization area has different courses listed in the required core. Our faculty unanimously voted that KNPE 5795 was the one course that students in each of the specializations needed, to be successful in Kinesiology. The course is broad and covers all three specializations. A change in course title will be forthcoming, to reflect as such.
- Research Methods changes include replacing ESQREM 6641/ESQREM 6661 with KNSISM 6850/KNHES 6891 as research options across all specializations. The two ESQREM classes are more generic research classes. Our Kinesiology faculty wanted research classes specific to our degree program. KNHES is an existing course, while KNSISM 6850 was created (and approved) so that Kinesiology master's students now have a research class that focuses on Kinesiology specific topics and issues.
- Faculty also agreed upon a list of required elective courses to choose from across all three specializations, thereby, giving our students flexibility and choice within their learning, interests, and potential career trajectory.
- Additionally, assigning appropriate course numbers per university guidelines was necessitated to distinguish master's level courses from doctoral level courses. Lastly, our decision to revise course prefixes to reflect each specialization area within the exit requirement makes logical sense.

Additional rationale specific to the ~~Physical Education~~ Sport Pedagogy Specialization:

- Change the name of the specialization from Physical Education to Sport Pedagogy. The specialization title change from Physical Education to Sport Pedagogy aligns with the paradigm shift in the field towards a more comprehensive and inclusive approach to teaching and learning in sport. Some of our students have interests in coaching and not just physical education and adapted physical education. This change encompasses not just physical activities but also the educational, psychological, and sociological dimensions involved in the area of sport coaching, physical education, and adapted physical activity.
- Faculty voted to combine current required courses within the PE specialization as well as both concentration areas, thereby, removing the concentration areas. Due to budget constraints, we were tasked with implementing strategic changes to increase the efficiency of our offerings, while maintaining the integrity and quality of our program. In removing the concentration areas, we are providing students more flexibility in the courses they enroll which enables them to choose courses that best reflect their individualized career goals. The revised specialization better serves the outcomes that employers expect from our graduates.
- Moved KNPE 5544 to the specialization as a course option as it provides a broad overview of working with students with disabilities in physical education, adapted physical activity, and sport coaching and was previously in the required core.
- Added KNPE 5643 as a course option as a number of our students are interested in sports coaching in addition to physical education. This course reflects the broader name change to Sport Pedagogy and an overall broad view of the field.
- Removed courses from the curriculum that no longer meet the needs of students at the master level and are no longer aligned with the goals of the MS in Kinesiology. Also removed courses that are no longer available due to a lack of course offerings over the past few years.

Transition Plan: Current students can pursue the new curriculum (appropriate course substitutions will be applied where applicable, pending where students are in the current program) or, they can resume with their current requirements.

Summary of Percent of Change Calculations:

~~Physical Education Sport Pedagogy~~ 48% (16-33 credits)

Physical Education Sport Pedagogy CHANGES IN CREDIT HOURS	
KINESIO-MS, PEN	
Core Requirement	3
Research Requirement	4
Specialization Requirement	3-6
Electives Requirement	0
Exit Requirement	3
Total Changes in Credit Hours	13-16

- **Core Requirement: 3 credit hour change**
 - Currently students choose 3 credit hours from a list of course options, in the proposed curriculum KNPE 5795 is the one required common core course across all specialization areas resulting in a 3-credit hour change.
- **Research Requirement: 4 credit hour change**
 - Decreased from 7 required credit hours to choosing 3 required credit hours from a list of 2 course options, resulting in a 4-credit hour change.
- **Specialization Requirement, ~~Teacher Education Concentration and Adapted Physical Education Concentration~~: 3-6 cr hr change**
 - Within the specialization/concentration requirement, students choose one pathway as they navigate through the program. Currently, there are 9 required credit hours no matter the concentration chosen, and either 9 or 12 additional required credit hours pending the concentration chosen, totaling 18 or 21 credit hours.
 - Faculty propose to eliminate the specific concentration areas and instead combine the specialization/concentration area coursework, thereby decreasing the credit hour requirement from 18 or 21 credit hours to 15 credit hours, resulting in a 3-6 credit hour change. Since the proposed change in removing concentration-specific courses within the specialization, we've chosen the higher credit hour requirement (6 credits instead of 3) to calculate the overall percent change in the ~~Physical Education Sport Pedagogy~~ Specialization.
- **Electives Requirement: 0 credit hour change**
 - Currently students choose 6 credit hours from a list of course options and although the list of course options include different courses, the proposed electives requirement remains to choose 6 credit hours from a list of course options, resulting in a 0-credit hour change.
- **Exit Requirement: 3 credit hour change**
 - Thesis Option, Changing the prefix from KINESIO to KNPE to reflect the appropriate specialization does not result in a percent change calculation.
 - The current exit requirement is to choose 3 credit hours, the proposed total credit hours to choose from has increased to 6 credit hours resulting in a 3-credit hour change.

CURRENT:

Physical Education (KINESIO-MS, PEN)

Specialization leading to Master of Science in Kinesiology

Hours: 37-40 thesis option

Core Requirement (Choose one, 3 hours)

KNPE 5544 Introduction to Adapted Physical Activity (3)

KNSISM 6807 Sport Law (3)

KNHES 7726 Changing Physical Activity Behavior (3)

KNSISM 7852 Sport Philosophy and Ethics (3)

Research Requirement (7 hours minimum)

See advisor for alternative courses

ESQREM 6641 Introduction to Educational Statistics (4)

ESQREM 6661 Introduction to Educational Measurement (3)

Specialization Requirement (18-21 hours)

Required Courses (9 hours)

ESSPED 5742 Applied Behavior Analysis for Teachers (3)

KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education (3)

KNPE 7754 Advanced Motor Development and Learning (3)

Concentration Specific Courses ~~(12 or 15 hours minimum)~~

Select one of the following concentrations:

Adapted Physical Education Concentration (12 hours)

KNPE 5657 Sport and Disability (3)

KNPE 5676 Programming for Severe Physical Impairments (3)

KINESIO 8189 Planned Field Experience: Physical Education, Sport & Physical Activity (3)

KNPE 8872 Advanced Study in Adapted Physical Education (3)

Teacher Education Concentration (9 hours)

KNPE 5521 Skill Analysis (3)

KINESIO 8189 Practicum in Kinesiology (3)

KNPE 8998 Research: Physical Education, Sport & Physical Activity (3)

Electives (6 hours)

A minimum of 6 hours outside of the Teacher Education Concentration is required. Suggested areas of study outside are: Special Education, Curriculum Development, Recreational Sports. See your advisor for specific course recommendations.

Thesis or Non-Thesis Requirement (Choose one, 3 hours)

Thesis Option

KINESIO 7999 Research: Thesis (3)

Non-Thesis Option

Students must register for a minimum of three hours during the semester they take the examination or the project.

KINESIO 7999 Research: Thesis (3)

KNPE 8193 Advanced Individual Studies: Physical Education & Physical Activity (1)

Master's Examination

Culminating Project

MARKUP:

Key:

~~Strikethrough~~ = removed from curriculum

*~~Strikethrough~~ = moved to different place within curriculum

Blue = markups

Note: All courses are offered in person. If the course is also approved to be offered in a hybrid and/or distance learning modality, it's indicated to the right of the course number/title/credit hours.

~~Physical Education~~ **Sport Pedagogy (KINESIO-MS, PEN)**

Specialization leading to Master of Science in Kinesiology

Hours: ~~37-40 thesis option~~ **33 credit hours**

Core Requirement (~~Choose one, 3 hours~~) (3 credit hours)

*KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education (3)

*KNPE 5544 Introduction to Adapted Physical Activity (3) [moved to specialization]

~~KNSISM 6807 Sport Law (3)~~

~~KNHES 7726 Changing Physical Activity Behavior (3)~~

~~KNSISM 7852 Sport Philosophy and Ethics (3)~~

Research Requirement (~~7 hours~~) (Choose 3 credit hours)

~~KNSISM 6850 Applied Research Methods in Sport (3) (DL)~~

~~KNHES 6891 Kinesiology Graduate Core Course I (3)~~

See advisor for alternative courses

~~ESQREM 6641 Introduction to Educational Statistics (4)~~

~~ESQREM 6661 Introduction to Educational Measurement (3)~~

Specialization Requirement (~~18-21 hours~~) (Choose 15 credit hours)

Required Courses (9 hours)

~~ESSPED 5742 Applied Behavior Analysis for Teachers (3)~~

*KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education (3) [moved to core requirement]

*KNPE 7754 Advanced Motor Development and Learning (3) [moved to specialization]

Concentration Specific Courses

Select one of the following concentrations:

Teacher Education Concentration (9 hours)

~~KNPE 5521 Skill Analysis (3)~~

*KNPE 5544 Introduction to Adapted Physical Activity (3)

KNPE 5643 Coaching Effectiveness (3) (HY)

*KNPE 7754 Advanced Motor Development and Learning (3)

~~KINESIO 8189 Practicum in Kinesiology (3)~~

*KNPE 8998 Research: Physical Education, Sport & Physical Activity (3) [moved to electives]

Adapted Physical Education Concentration (12 hours)

~~KNPE 5657 Sport and Disability (3)~~

~~KNPE 5676 Programming for Severe Physical Impairments (3)~~

~~KINESIO 8189 Planned Field Experience: Physical Education, Sport & Physical Activity (3)~~

~~KNPE 8872 Advanced Study in Adapted Physical Education (3)~~

Electives outside of Kinesiology (6 hours) Elective Courses (Choose 6 credit hours)

KNHES 5704 Health Program Evaluation (3) (HY)

KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3)

KNHES 5652 Worksite Health Promotion (3) (HY)
KNHES 5685 Adult Exercise Programming-Implementation (4)
KNHES 6892 Foundations of Scientific Writing in Kinesiology (3)
KNHES 7714 Advanced Physiology of Exercise (3)
KNHES 8803 Seminar in Exercise Metabolism (3)
KNPE 5655 Perspectives on Coaching (3)
KNPE 6100 Race, Gender and Culture in Sports (3) (HY, DL)

*KNPE 8998 Research: Physical Education, Sport & Physical Activity (3)
KNSISM 6189 Practicum: Sport Management (3)
KNSISM 6842 Business of College Sports (3)
KNSISM 7897 Colloquium in Sport Management (3)
KNSISM 7906 Understanding Sport Consumers: Theoretical Perspectives (3)
KNSISM 8951 Theoretical Approaches to Sport Organizations (3)

~~A minimum of 6 hours outside of the Teacher Education Concentration is required. Suggested areas of study outside are: Special Education, Curriculum Development, Recreational Sports. See your advisor for specific course recommendations.~~

~~Thesis or Non-Thesis Requirement (Choose one, 3 hours)~~ Exit Requirement (Choose 6 credit hours)

Thesis Option

*~~KINESIO~~ KNPE 7999 Research: Thesis ~~(3)~~ (6)

Non-Thesis Option

Students must register for a minimum of three hours during the semester they take the examination or the project.
Master's Examination or Culminating Project

~~KNPE 8193~~ 7193: Individual Studies: Physical Education & Physical Activity ~~(1)~~-(6)

*~~KINESIO~~ 7999 Research: Thesis ~~(3)~~

PROPOSED:

Sport Pedagogy (KINESIO-MS, PEN)

Specialization leading to Master of Science in Kinesiology

Hours: 33 credit hours

Core Requirement (3 credit hours)

KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education (3)

Research Requirement (Choose 3 credit hours)

KNSISM 6850 Applied Research Methods in Sport (3) (DL)

KNHES 6891 Kinesiology Graduate Core Course I (3)

Specialization Requirement (Choose 15 credit hours)

KNPE 5521 Skill Analysis (3)

KNPE 5544 Introduction to Adapted Physical Activity (3)

KNPE 5643 Coaching Effectiveness (3) (HY)

KNPE 5676 Programming for Severe Physical Impairments (3)

KNPE 7754 Advanced Motor Development and Learning (3)

KINESIO 8189 Practicum in Kinesiology (3)

KNPE 8872 Advanced Study in Adapted Physical Education (3)

Elective Courses (Choose 6 credit hours)

KNHES 5704 Health Program Evaluation (3) (HY)

KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3)

KNHES 5652 Worksite Health Promotion (3) (HY)

KNHES 5685 Adult Exercise Programming-Implementation (4)

KNHES 6892 Foundations of Scientific Writing in Kinesiology (3)

KNHES 7714 Advanced Physiology of Exercise (3)

KNHES 8803 Seminar in Exercise Metabolism (3)

KNPE 5655 Perspectives on Coaching (3)

KNPE 6100 Race, Gender and Culture in Sports (3) (HY, DL)

KNPE 8998 Research: Physical Education, Sport & Physical Activity (3)

KNSISM 6189 Practicum: Sport Management (3)

KNSISM 6842 Business of College Sports (3)

KNSISM 7897 Colloquium in Sport Management (3)

KNSISM 7906 Understanding Sport Consumers: Theoretical Perspectives (3)

KNSISM 8951 Theoretical Approaches to Sport Organizations (3)

Exit Requirement (Choose 6 credit hours)

Thesis Option

KNPE 7999 Research: Thesis (6)

Non-Thesis Option

Students must register for a minimum of three hours during the semester they take the examination or the project.

Master's Examination or Culminating Project

KNPE 7193 Individual Studies: Physical Education and Physical Activity (6)

2-year Plan

Physical Education-Sport Pedagogy (KINESIO-MS, PEN): THESIS				
	AUTUMN	CREDITS	SPRING	CREDITS
YEAR 1	KNPE 5795	3	Specialization Course	3
	Research Methods	3	Specialization Course	3
	Specialization Course	3	Specialization Course	3
	TOTAL	9	TOTAL	9
YEAR 2	KNPE 7999	3	KNPE 7999	3
	Specialization Course	3	Elective	3
	Elective	3		
	TOTAL	9	TOTAL	6

Physical Education-Sport Pedagogy (KINESIO-MS, PEN): NON-THESIS				
	AUTUMN	CREDITS	SPRING	CREDITS
YEAR 1	KNPE 5795	3	Specialization Course	3
	Research Methods	3	Specialization Course	3
	Specialization Course	3	Specialization Course	3
	TOTAL	9	TOTAL	9
YEAR 2	KNPE 7193	3	KNPE 7193	3
	Specialization Course	3	Elective	3
	Elective	3		
	TOTAL	9	TOTAL	6

Please note this is a tentative 2-year plan and is not an approved plan for graduation. You, as the student, are responsible for meeting all necessary requirements. Because course availability is subject to change, it is essential that you work with your faculty advisor each semester. Certain requirements such as research hours, concentration course options, elective requirements, independent study hours, etc. remain flexible and therefore, can be taken in different semesters than what is listed above. Utilize your faculty advisor to guide you in your course planning.

Rationale for overall changes to the degree:

- Created standardization in requirements across all three specializations within the degree, e.g., Core, Research, Specialization, Electives, and Exit requirements.
- Currently each specialization area has different courses listed in the required core. Our faculty unanimously voted that KNPE 5795 was the one course that students in each of the specializations needed, to be successful in Kinesiology. The course is broad and covers all three specializations. A change in course title will be forthcoming, to reflect as such.
- Research Methods changes include replacing ESQREM 6641/ESQREM 6661 with KNSISM 6850/KNHES 6891 as research options across all specializations. The two ESQREM classes are more generic research classes. Our Kinesiology faculty wanted research classes specific to our degree program. KNHES is an existing course, while KNSISM 6850 was created (and approved) so that Kinesiology master's students now have a research class that focuses on Kinesiology specific topics and issues.
- Faculty also agreed upon a list of required elective courses to choose from across all three specializations, thereby, giving our students flexibility and choice within their learning, interests, and potential career trajectory.
- Additionally, assigning appropriate course numbers per university guidelines was necessitated to distinguish master's level courses from doctoral level courses. Lastly, our decision to revise course prefixes to reflect each specialization area within the exit requirement makes logical sense.

Additional rationale specific to the Sport Management Specialization:

- Added one course to our Specialization requirement, KNSISM 6807: Sport Law, and did not remove any others. Sport Law is currently required the Sport Management core however, in standardizing all three KINESIO areas, our faculty not every student within Kinesiology *needs* to take Sport Law. The course is essential however, to our Sport Management population hence the requirement now being listed in the Sport Management specialization.
- Removed KNSISM 5610, 5614, 5626 as these courses are now offered at the undergraduate level *only*.
- Removed KNSISM 5611, 5690, 6730, 7711, 7744, 7893, and 7850 as course options offered while on the quarter system. These courses have since been removed from the OSU course catalog and they have not been offered since the semester conversion.
- Added a few KNSISM courses to the required elective options in which our Sport Management students have interest and could benefit from pending career trajectory.

Transition Plan: Current students can pursue the new curriculum (appropriate course substitutions will be applied where applicable, pending where students are in the current program) or, they can resume with their current requirements.

Summary of Percent of Change Calculations:

Sport Management 39% (13-33 credits)

Sport Management CHANGES IN CREDIT HOURS	
KINESIO-MS, PSN	
Core Requirement	3
Research Requirement	4
Specialization Requirement	6
Electives Requirement	0
Exit Requirement	0
Total Changes in Credit Hours	13

- **Core Requirement: 3 credit hour change**
 - Currently students choose 3 credit hours from a list of course options, in the proposed curriculum KNPE 5795 is the one required common core course across all specialization areas resulting in a 3-credit hour change.
- **Research Requirement: 4 credit hour change**
 - Decreased from 7 required credit hours to choosing 3 required credit hours from a list of 2 course options, resulting in a 4-credit hour change.
- **Specialization Requirement, 6 credit hour change**
 - Faculty propose to increase the specialization credit hours from 9 credit hours to 15 credit hours, resulting in a 6-credit hour change
- **Electives Requirement: 0 credit hour change**
 - Currently students choose 6 credit hours from a list of course options and although the list of course options include different courses, the proposed electives requirement remains to choose 6 credit hours from a list of course options, resulting in a 0-credit hour change.
- **Exit Requirement: 0 credit hour change**
 - Thesis Option, Changing the prefix from KINESIO to KNSISM to reflect the appropriate specialization does not result in a percent change calculation.
 - Non-Thesis Option, revising the variable credit from 6-8 credit hours to just 6 credit hours in KNSISM 6191, does not result in a percent change calculation, as the current minimum is 6 credit hours.
 - Revising the current exit requirement variable 6-8 credit hours to just 6 credit hours does not result in a percent change calculation, as the current minimum is just 6 credit hours.

CURRENT:**Sport Management (KINESIO-MS, PSN)**

Specialization leading to Master of Science in Kinesiology

Hours: 31-33 hours

Core Requirement (3 hours)

KNSISM 6807 Sport Law (3)

Research Requirement (7 hours)

See advisor for alternative courses

ESQREM 6641 Introduction to Educational Statistics (4)

ESQREM 6661 Introduction to Educational Measurement (3)

Specialization Requirement (9 hours)

KNSISM 6808 Management of Sport Delivery Systems (3)

KNSISM 6809 Sport Marketing (3)

KNSISM 6837 Event and Facility Management for Sport Managers (3)

Elective Courses (Choose two, 6 hours)

KNSISM 5610 Women's Sport History (3)

KNSISM 5611 Premodern Sport (3)

KNSISM 5614 Sport and Sexuality (3)

KNSISM 5626 Sport and Popular Culture (3)

KNSISM 5690 Cultural Theories of Sport (3)

KNSISM 6189 Practicum: Sport Management (3)

KNSISM 6730 Financing Sport Operations (3)

KNSISM 6842 Business of College Sports (3)

KNSISM 8193 Advanced Independent Studies: Sport Management (1-4)

KNSISM 7711 American Sports History (3)

KNSISM 7744 Sexuality and Education (3)

KNSISM 7839 Professional Sport from the Civil War to the Present (3)

KNSISM 7850 Role of Sport in Society (3)

KNSISM 7906 Understanding Sport Consumers: Theoretical Perspectives (3)

Thesis or Internship Requirement (Choose one, 6-8 hours)Thesis Option

KINESIO 7999 Research: Thesis (6)

Internship in Sport Management

KNSISM 6191 Master's Internship/Practicum: Sport Management (8)

MARKUP:

Key:

~~Strikethrough~~ = removed from curriculum

*~~Strikethrough~~ = moved to different place within curriculum

Blue = markups

Note: All courses are offered in person. If the course is also approved to be offered in a hybrid and/or distance learning modality, it's indicated to the right of the course number/title/credit hours.

Sport Management (KINESIO-MS, PSN)

Specialization leading to Master of Science in Kinesiology

Hours: ~~31-33 credit hours~~ 33 credit hours

Core Requirement (3 credit hours)

[KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education \(3\)](#)

*~~KNSISM 6807 Sport Law (3)~~ [moved to Sport Management Specialization]

Research Requirement (~~7 credit hours~~) (Choose 3 credit hours)

[KNSISM 6850 Applied Research Methods in Sport \(3\) \(DL\)](#)

[KNHES 6891 Kinesiology Graduate Core Course I \(3\)](#)

See advisor for alternative courses

~~ESQREM 6641 Introduction to Educational Statistics (4)~~

~~ESQREM 6661 Introduction to Educational Measurement (3)~~

Specialization Requirement (15 credit hours)

Required Courses (~~9 hours~~) (12 credit hours)

*~~KNSISM 6807 Sport Law (3)~~

[KNSISM 6808 Management of Sport Delivery Systems \(3\)](#)

[KNSISM 6809 Sport Marketing \(3\)](#)

[KNSISM 6837 Event and Facility Management for Sport Managers \(3\)](#)

[Supporting Courses \(Choose 3 credit hours\) \(Course not chosen *can* count toward elective credit hours\)](#)

[KNSISM 6189 Practicum: Sport Management \(3\)](#)

[KNSISM 6842 Business of College Sports \(3\)](#)

Elective Courses (Choose 6 credit hours)

[KNHES 5704 Health Program Evaluation \(3\) \(HY\)](#)

[KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management \(3\)](#)

[KNHES 5652 Worksite Health Promotion \(3\) \(HY\)](#)

[KNHES 5685 Adult Exercise Programming-Implementation \(4\)](#)

[KNHES 6892 Foundations of Scientific Writing in Kinesiology \(3\)](#)

[KNHES 7714 Advanced Physiology of Exercise \(3\)](#)

[KNHES 8803 Seminar in Exercise Metabolism \(3\)](#)

[KNPE 5655 Perspectives on Coaching \(3\)](#)

[KNPE 6100 Race, Gender and Culture in Sports \(3\) \(HY, DL\)](#)

[KNPE 8998 Research: Physical Education, Sport & Physical Activity \(3\)](#)

[KNSISM 6189 Practicum: Sport Management \(3\)](#)

[KNSISM 6842 Business of College Sports \(3\)](#)

[KNSISM 7897 Colloquium in Sport Management \(3\)](#)

[KNSISM 7906 Understanding Sport Consumers: Theoretical Perspectives \(3\)](#)

[KNSISM 8193 Advanced Independent Studies: Sport Management \(1-4\)](#)

[KNSISM 8951 Theoretical Approaches to Sport Organizations \(3\)](#)

~~KNSISM 5610 Women's Sport History (3)~~

~~KNSISM 5611 Premodern Sport (3) withdrawn~~

~~KNSISM 5614 Sport and Sexuality (3)~~

~~KNSISM 5626 Sport and Popular Culture (3)~~

~~KNSISM 5690 Cultural Theories of Sport (3)~~

~~KNSISM 6730 Financing Sport Operations (3)~~

~~KNSISM 7711 American Sports History (3) withdrawn~~

~~KNSISM 7744 Sexuality and Education (3) withdrawn~~

~~KNSISM 7839 Professional Sport from the Civil War to the Present (3) withdrawn~~

~~KNSISM 7850 Role of Sport in Society (3) withdrawn~~

~~Thesis or Internship Requirement (Choose one, 6-8 hours)~~ Exit Requirement (Choose 6 credit hours)

Thesis Option

KINESIO KNSISM 7999 Research: Thesis (6)

Non-Thesis Option

KNSISM 6191 Master's Internship/Practicum: Sport Management ~~(8)~~ (6)

PROPOSED:

Sport Management (KINESIO-MS, PSN)

Specialization leading to Master of Science in Kinesiology

Hours: 33 credit hours

Core Requirement (3 credit hours)

KNPE 5795 Sociocultural Issues in Sport, Recreation and Physical Education (3)

Research Requirement (Choose 3 credit hours)

KNSISM 6850 Applied Research Methods in Sport (3) (DL)

KNHES 6891 Kinesiology Graduate Core Course I (3)

Specialization Requirement (15 credit hours)

Required Courses (12 credit hours)

KNSISM 6807 Sport Law (3)

KNSISM 6808 Management of Sport Delivery Systems (3)

KNSISM 6809 Sport Marketing (3)

KNSISM 6837 Event and Facility Management for Sport Managers (3)

Supporting Courses (Choose 3 credit hours) (Course not chosen *can* count toward elective credit hours)

KNSISM 6189

KNSISM 6842

Elective Courses (Choose 6 credit hours)

KNHES 5704 Health Program Evaluation (3) (HY)

KNHES 5805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3)

KNHES 5652 Worksite Health Promotion (3) (HY)

KNHES 5685 Adult Exercise Programming-Implementation (4)

KNHES 6892 Foundations of Scientific Writing in Kinesiology (3)

KNHES 7714 Advanced Physiology of Exercise (3)

KNHES 8803 Seminar in Exercise Metabolism (3)

KNPE 5655 Perspectives on Coaching (3)

KNPE 6100 Race, Gender and Culture in Sports (3) (HY, DL)

KNPE 8998 Research: Physical Education, Sport & Physical Activity (3)

KNSISM 6189 Practicum: Sport Management (3)

KNSISM 6842 Business of College Sports (3)

KNSISM 7897 Colloquium in Sport Management (3)

KNSISM 7906 Understanding Sport Consumers: Theoretical Perspectives (3)

KNSISM 8193 Advanced Independent Studies: Sport Management (1-4)

KNSISM 8951 Theoretical Approaches to Sport Organizations (3)

Exit Requirement (Choose 6 credit hours)

Thesis Option

KINESIO 7999 Research: Thesis (6)

Non-Thesis Option

KNSISM 6191 Master's Internship/Practicum: Sport Management (6)

2-year Plan

Sport Management (KINESIO-MS, PSN): THESIS				
	AUTUMN	CREDITS	SPRING	CREDITS
YEAR 1	KNPE 5795 Research Methods KNSISM 6807	3 3 3	KNSISM 6808 KNSISM 6809 Elective	3 3 3
	TOTAL	9	TOTAL	9
YEAR 2	KNSISM 7999 KNSISM 6837 Elective	3 3 3	KNSISM 7999 KNSISM Supporting Course	3 3
	TOTAL	9	TOTAL	6

Sport Management (KINESIO-MS, PSN): NON-THESIS				
	AUTUMN	CREDITS	SPRING	CREDITS
YEAR 1	KNPE 5795 Research Methods KNSISM 6807	3 3 3	KNSISM 6808 KNSISM 6809 KNSISM Supporting Course	3 3 3
	TOTAL	9	TOTAL	9
YEAR 2	KNSISM 6837 Elective Elective	3 3 3	KNSISM 6191	6
	TOTAL	9	TOTAL	6

Please note this is a tentative 2-year plan and is not an approved plan for graduation. You, as the student, are responsible for meeting all necessary requirements. Because course availability is subject to change, it is essential that you work with your faculty advisor each semester. Certain requirements such as research hours, concentration course options, elective requirements, independent study hours, etc. remain flexible and therefore, can be taken in different semesters than what is listed above. Utilize your faculty advisor to guide you in your course planning.

KNHES 5416 - Theory of Strength and Conditioning

3 Credit Hours, UG/G, Approved Modes: In-person, Distance Learning

Course Overview

Description / Rationale

This in-person lecture course will examine the fundamental principles and theories that are the basis of strength and conditioning that allow for workout and training program design. The course is designed to give students the scientific and practical basis for developing, designing, evaluating, and implementing resistance training programs.

Relation to Other Courses

This course expands on the content in KNHES 3415 for exercise prescription and conditioning concepts.

Prerequisites: KNHES 3414 or graduate standing|

Prerequisite Knowledge: Basic understanding of human anatomy and physiology.

Learning Objectives

The content of specific lectures will be addressing the various individuals served by the development and implementation of a strength and conditioning program. Thus, by the end of this course, students should successfully be able to:

1. Understand the basic physiological and biomechanical principles involved with strength and conditioning programs and implementation. (Addressed by content in the Course Schedule - Weeks 1-5)
2. Develop a “needs analysis” for the individual goals for a strength and conditioning program. Understand the different components of workout designs with the manipulation of the acute program variables for the development of workouts in the weight room as well as for speed, power and agility. (Addressed by content in the Course Schedule – Weeks 6 and 7)
3. Identify the interactions of different workout programs for aerobic and anaerobic training and learn to minimize incompatibility of programs in a strength and conditioning programs. (Addressed by content in the Course Schedule – Week 8)
4. Identify the different periodization models and be able to develop optimal periodization schedules for the strength and conditioning programs to meet specific target goals for each training phase. (Addressed by content in the Course Schedule – Weeks 9 and 10)
5. Know the relationship of specific program in strength and conditioning to the basic associated physiological adaptations. (Addressed by content in the Course Schedule – Week 11)
6. Understand the basic issues with ergogenic aids and understand what nutritional supplements are evidenced based as well as allowed for use in various types of fitness and athletic populations. (Addressed by content in the Course Schedule – Week 12)
7. Identify the basics for the psychology of coaching, issues that need professional attention along with and proper methods of motivation and interactions with fitness and athletic populations. (Addressed by content in the Course Schedule – Week 13)
8. Understand the basic principles of athletic rehabilitation and reconditioning and the role of strength and conditioning specialists with the sports medicine health care professionals (Addressed by content in the Course Schedule – Week 14)
9. Identify the professional organizations, certifications, practice and guidelines and ethical roles played by the strength and conditioning specialists. (Addressed by content in the Course Schedule – Week15)
10. 10. Students will evaluate and create abstracts of peer-reviewed literature that will provide insights regarding the quality and applicability of the research (Addressed by content in Course Schedule Weeks 9-14)

11. Graduate students will create a research presentation on a topic related to strength and conditioning research. This project will focus on demonstrating how foundational research has been transformed to the strength and conditioning principles taught in the course (Addressed by content in the Course Schedule Weeks 14-15)

Course Materials

Required Textbooks

National Strength and Conditioning Association's Essentials of Strength Training and Conditioning, 4th Ed. Haff, G.G. and Triplett, N.T. (Editors) Human Kinetics Publishers, Champaign, IL, 2016

Ratamess, N.A. ACSM's Foundations of Strength Training and Conditioning 2nd Edition, Wolters Kluwer. Lippincott, Williams & Wilkins, Philadelphia, PA, 2021.

Course Requirements/Evaluation

Grades

Assignment/Category	Points	Assignment/Category	Points
Literature Review 1	10 (3%)	Quiz 7	10 (3%)
Quiz 1	10 (3%)	Literature Review 5	10 (3%)
Literature Review 2	10 (3%)	Quiz 8	10 (3%)
Quiz 2	10 (3%)	Quiz 9	10 (3%)
Quiz 3	10 (3%)	Research Manuscript	50 (15%)
Literature Review 3	10 (3%)	Quiz 10	10 (3%)
Quiz 4	10 (3%)	Research Presentation	25 (8%)
Midterm	50 (15%)	Final	50 (15%)
Quiz 5	10 (3%)		
Literature Review 4	10 (3%)		
Quiz 6	10 (3%)		
TOTAL 325 (100%)			

Assignment Descriptions

Quizzes will be on the material covered in the lectures and associated readings. In addition to the weekly lectures and required readings, the quizzes shown above represent the major course assignments. The Midterm and Final will be cumulative exams based on the content covered up to that point in the semester.

Students will perform reviews (Abstract) of peer-reviewed literature related to strength and conditioning. For graduate students, the first 3 reviews, the instructor will provide the article for review; for the subsequent 2 reviews, graduate students will find their own peer-reviewed literature related to their research topic. For undergraduate students, the instructor will provide the article for their first review; the student will need to find their own peer-reviewed literature to abstract for the second review. All students are encouraged to check with the instructor to assure the articles they selected are appropriate for the assignment.

By week 9, graduate students will be required to submit a topic for their research manuscript and research presentation that is related to strength and conditioning. The research manuscript will be a 5-page, double spaced document with a minimum of 5 peer-reviewed sources that have been published within the last 10 years. The research presentation will be based on this manuscript and will be presented in the last week of classes. If graduate students are having difficulty identifying a topic to research prior to Week 9, please see the instructor for assistance.

KNHES 5417 - Exercise Techniques and Testing Technology in Strength and Conditioning

3 Credit Hours, U/G, Approved Modes: In-person, Hybrid

Course Overview

Description / Rationale

This course is focused on the practical aspects in the field of strength and conditioning.

- This course will teach students the basics on how to teach weight room exercises, plyometrics, and other conditioning drills and exercise protocols.
- This course will give students a basic understanding of how to conduct individual and team workouts in a safe and effective manner with concerns for health and wellbeing the individual as the primary concern.
- Students will learn the key principles in the design and development of a strength and conditioning facility using professional standards and guidelines.
- In this course students will build on what they have learned in other courses and how to develop testing protocols and profiles for individuals and teams to evaluate training effectiveness and eliminate overtraining or sudden death.
- This course will teach students how to evaluate of testing results using basic analytics to evaluate progress in targeted goals.
- Students will learn how to interact with clients and athletes properly to maintain appropriate professional guidelines and standards.
- Graduate students in this course will learn how to find and interpret new research regarding strength and conditioning.
- Graduate students in this course will develop the skills to synthesize a review and present on a modern topic in strength and conditioning.

Relation to Other Courses

This course expands on the concepts and content in KNHES 3416, Theory of Strength and Conditioning.

Prerequisites: KNHES 3414 or equivalent, or graduate student

Prerequisite Knowledge: Basic understanding of human anatomy and exercise physiology.

Learning Objectives

The content of specific lectures will be directed at how to implement strength and conditioning programs using the science and theoretical concepts to implement evidence-based programs. It is the objective of the course to teach students the practical aspects of teaching exercises, conducting workouts, how to work with clients and athletes and develop a basic testing program for determining progress toward training goals over different phases of a program. Thus, by the end of this course, all students should successfully be able to:

1. Understand the overall basics of different strength and conditioning venues and using the needs analysis to determine the exercises to be used in a training cycle. (Addressed by content in the Course Schedule - Weeks 1.
2. Be able to recognize the basic steps in teaching core multi-joint exercises, recognize fundamental errors in technique and understand spotting needs for an exercise. Weeks 2 and 3
3. Be able to demonstrate the proper exercise technique of core multi-joint exercises and their associated spotting requirements. Weeks 2,3 and 4
4. Be able to demonstrate the proper exercise techniques for common single joint exercises and their needed spotting techniques. Week 5
5. Understand the different types of weight training equipment from free-weights to different types of machines and their relationship to exercise choices in a resistance training program design. Week 5
6. Understand basic guidelines for safety and maintenance of weight training equipment. Week 6
7. Understand the guidelines for facility layout and the legal aspects of facility design, layout, and maintenance. Week 7
8. Be able to design, teach and implement flexibility, speed and agility programs. Weeks 8 and 9

9. Learn the basics in the design of weight rooms for strength and conditioning programs. Week
10. Understand the role of the strength and conditioning professional in developing and implementing rehabilitation and reconditioning exercise programs. Week 12
11. Be able to develop client/player testing profile for goal orientated program objectives. Weeks 13 and 14
12. Know about the different professional organizations and opportunities for NSCA and ACSM certifications for the strength and conditioning professionals. Week 15
13. Graduate Students will be able to critically review peer-reviewed literature and assess quality of the research and the conclusions made Weeks 1-6
14. Graduate Students will be able to identify a topic in strength and conditioning research and search for peer-reviewed literature to support a viewpoint Weeks 9-14
15. Graduate Students will be able to communicate, in written and oral form, on a relevant topic in strength and conditioning that is substantiated with peer-reviewed literature Weeks 14-15

Course Materials

Required Textbooks

National Strength and Conditioning Association's Essentials of Strength Training and Conditioning, 4th Ed. Haff, G.G. and Triplett, N.T. (Editors) Human Kinetics Publishers, Champaign, IL, 2016 (NSCA)

Ratamess, N.A. ACSM's Foundations of Strength Training and Conditioning 2nd Edition, Wolters Kluwer. Lippincott, Williams & Wilkins, Philadelphia, PA, 2021. (ACSM)

Strength and Conditioning Professional Standards and Guidelines

https://www.nasca.com/globalassets/education/nsca_strength_and_conditioning_professional_standards_and_guidelines.pdf

Basics of Strength and Conditioning Manual

https://www.nasca.com/contentassets/116c55d64e1343d2b264e05aaf158a91/basics_of_strength_and_conditioning_manual.pdf

NSCA Certification Handbook

<https://www.nasca.com/globalassets/certification/certification-pdfs/certification-handbook.pdf>

Course Requirements/Evaluation

Grades

Assignment/Category	Points (% of grade)
Quiz #1 (Week 2)	10 (10%)
Literature Review #1 (Week 2)	5 (2.5%)
Quiz #2 (Week 4)	10 (10%)
Literature Review #2 (Week 4)	5 (2.5%)
Quiz #3 (Week 5)	10 (10%)
Quiz #4 (Week 6)	10 (10%)
Literature Review #3 (Week 6)	5 (2.5%)
Quiz #5 (Week 7)	10 (10%)
Quiz #6 (Week 8)	10 (10%)
Quiz #7 (Week 9)	10 (10%)
Literature Review #4 (Week 9)	5 (2.5%)
Quiz #8 (Week 12)	10 (10%)
Literature Review #5 (Week 12)	5 (2.5%)
Quiz #9 (Week 13)	10 (10%)
Research Manuscript (Week 14)	50 (25%)
Quiz #10 (Week 15)	10 (10%)
Research Presentation (Week 15)	25 (12.5%)
TOTAL	200 (100%)

KNHES 5652 – Worksite and Health Promotion

3 Credit Hours, UG/G, Approved Modes: In-person, Hybrid

Course Overview**Description / Rationale**

A survey of effective health promotion practice in the workplace. Skills include health program planning, health program implementation, evidence-based practice, organizational planning, group- decision making.

Relation to Other Courses

This is a core course for professional preparation of students in the HPNES program. Together 5703, 5704, 5651 and 5652 target the CHES competencies and serve as the core courses for the HPNES program.

Prerequisites: KNHES 5651 recommended

Prerequisite Knowledge: Principles of community needs assessment and Health Program Planning.

Learning Objectives

By the end of this course students will be able to:

1. Explain the purpose, processes, and potential contributions of worksite health promotion.
2. Use Health Risk Assessments as program planning, motivational and instructional tools.
3. Compose goals/objectives through formal planning approaches and research support.
4. Design evidence based WHP programs which produce health behavior change.
5. Use of instructional technology to enhance Health Promotion program effectiveness.
6. Effectively work in small groups to design, implement, and evaluate health promotion programs.

Course Materials**Required Textbooks**

Text: Health Promotion in The Workplace: 5th Edition by M. P. O'Donnell (www.artsciencehpi.com/books)

Course Requirements/Evaluation**Grades**

Assignment / Category	Points / %
Labs 1-3	150 / 15
Test Quizzes'	200 / 20
Exam	100 / 10
Group Project: Literature review	250 / 25%
Group Project: Design WHP Program	200 / 20%
Presentation of Group Projects	100 / 10%
TOTAL	1,000 / 100%

Course Schedule

WEEK	DATE	TOPIC(S)	LEARNING OBJECTIVE	READING(S)	ASSIGNMENTS & ASSESSMENTS
1	1/11	WHP Rationale	1		
2	1/18	Needs Assessment	1,2	Text 1,2,4	Quiz 1, 2, 4 - Lab 1
3	1/25	Organizational DM	1,3	Test 5,7	Quiz 5, 7
4	2/1	Program Planning	3,4	Text 6,8.	Quiz 6, 8 - Lab 2
5	2/8	Theory of Behavior	3,4	Text 9,10	Quiz 9, 10 – Lab 3
6	2/15	Evidence Based WHP	4	Text 11,12	Quiz 11, 12
7	2/22	Fitness and Exercise	4,5,6	Test 13	Quiz 13 - Lit. Rev 1
8	3/1	Smoking cessation	4,5,6	Text 14,22	Quiz 14 ,22 - Lit. Rev 1
9	3/8	Nutrition programs	4,5,6	Text 15	Quiz 15 - Lit. Rev 1
10	3/15	Obesity programs	5,6	Text 16	Quiz 16 - Lit. Rev 1
11	3/22	EAP Programs	5.6	Text 17	Quiz 17 - Lessons 1
12	3/29	Evaluation of WHP	5,6	Text 18,20	Quiz 18 - Lessons 1
13	4/5	Evaluation of WHP	5,6	Text 19	Quiz 19 - Lessons 2
14	4/12	Small business WHP	5,6	Text 23	Quiz 23 - Lessons 2

KNHES 5704 – Evaluation of Health Programs

3 Credit Hours, UG/G, Approved Modes: In-person, Hybrid

Course Overview

Description / Rationale

Application of methods for evaluating learning processes and programs in health behavior interventions in the school, worksite or community setting. Skills to conduct process, impact and outcome evaluation methods will be developed. Emphasis will be placed on the political, educational, organizational and theoretical aspects of evaluation.

Relation to Other Courses

Evaluation is a companion course of 5651 Program Planning. Together 5703, 5704, 5651 and 5652 target the CHES competencies and serve as the core courses for the HPNES program.

Prerequisites: KNHES 5703 recommended

Prerequisite Knowledge: Principles of community needs assessment and Health Program Planning.

Learning Objectives

By the end of this course students will be able to:

1. Analyze stakeholder influence on the purpose, design, and interpretation of evaluations.
2. Integrate evaluation planning with program planning and implementation processes.
3. Create a process, impact, and outcome evaluation plan.
4. Evaluate factors affecting the internal and external validity of an evaluation design.
5. Evaluate the validity, reliability of relevance of different measurement methods.
6. Create a comprehensive (process, impact, outcome) evaluation report.

Course Materials

Required Textbooks

Measurement and Evaluation in Health Education and Health Promotion by Sharma and Petosa Jones and Bartlett, (2014)

Course Requirements/Evaluation

Grades

Assignment / Category	Points
Labs 1-8	200/20
Test Quizzes	150/15
Exam	150/15
Evaluation Project	500/50
TOTAL	1000/100

KNHES 5805 – Challenging the Conventional Role of Diet and Exercise in Obesity

3 Credit Hours, UG/G, Approved Modes: In-person

Course Overview

Description / Rationale

For decades we have been told to exercise more and eat less (especially fat), but the obesity and diabetes crisis is getting worse. This course will explore potential reasons to explain Why we are getting fatter? and What can be done about it? It will explore why traditional lifestyle treatments (i.e., diet and exercise) have had limited success in curtailing the explosive and continued growth in obesity. The course will be intentionally provocative, challenge accepted dogma, and present controversial viewpoints. For example, we will scrutinize the veracity of fondly held beliefs such as ‘a calorie is a calorie’, ‘you are what you eat’, and ‘exercise speeds metabolic rate’, and explore the biological basis of why nearly everyone fails at long-term weight loss.

Relation to Other Courses

Prerequisites: KNHES 3414 or graduate standing]

Prerequisite Knowledge: Basic understanding of human metabolism and physiology.

Learning Objectives

By the end of this course, all students should successfully be able to:

1. Describe the scope of the obesity problem in various age and ethnic groups, its association with diabetes and other diseases, and its impact on human health and society.
2. Explain various viewpoints on the causes of obesity and the impact of lifestyle treatments on weight loss and weight maintenance.
3. Critically evaluate the evidence supporting a role of exercise in obesity management.
4. Critically evaluate the role of diet, specifically low-fat versus low-carbohydrate eating patterns, in obesity management.
5. Summarize and succinctly communicate key points on obesity-related topics of personal interest.
6. Demonstrate the ability to lead the development of an evidenced-based public policy campaign promoting exercise and/or diet related to the obesity problem.
7. Demonstrate the ability to manage a public policy campaign team that involves creating a slide deck and coordinating a presentation to the class.
8. Demonstrate critical thinking and writing skills relevant to interpreting scientific articles on obesity.

Course Materials

Required Textbooks

There is no required textbook. Materials will include scientific journal articles and/or online video presentations that will be made available through Carmen (see end of syllabus for partial listing of learning materials).

Course Requirements/Evaluation

Grades

Assignment / Category	Points
Quizzes	30%
Ignite Obesity Talks (15 min duration)	20%
Develop Public Policy Campaign (assume group leadership role and assign specific roles to UG members)	30%
Scientific Reading Responses	20%
TOTAL	100%

Course Schedule

Week	Dates	Topics	Readings	Quizzes	Ignite Talks
1/2	Class 1 Class 2	Introduction to course, Defining the scope of the obesity crisis, Intro to energy homeostasis, control of body fat stores	1-4		
3/4	Class 1 Class 2	Introduction to course, Defining the scope of the obesity crisis, Intro to energy homeostasis, control of body fat stores	5-8	Quiz 1 Quiz 2	
5	Class 1 Class 2	Overview of treatment approaches – Does anything work?	10-11	Quiz 3	
6	Class 1 Class 2	Is exercise a potent weight loss/maintenance tool?	12-13	Quiz 4	
7	Class 1 Class 2	Does exercise increase metabolic rate?	14-17	Quiz 5	2 Talks
8	Class 1 Class 2	Aerobic vs resistance training in obesity management?	18-19	Quiz 6	2 Talks
9	Class 1 Class 2	Dietary patterns and human variability – Is there a best diet?	20-21	Quiz 7	2 Talks
10	BREAK				
11	Class 1 Class 2	Is a calorie a calorie; metabolic difference among calories	22	Quiz 8	2 Talks
12	Class 1 Class 2	Should we restrict carbs or fat or both?	23-25	Quiz 9	2 Talks
13/14	Class 1 Class 2	Low-carb ketogenic diets, fat-phobia, where do we go from here?	25-28	Quiz 10	4 Talks
15	Class 1 Class 2	Public Policy Campaign			
16	Class 1	Public Policy Campaign			

KNHES 6191 – Internship: Health and Exercise Science

1-12 Credit Hours, Graduate, Approved Modes: In-person

Course Overview

Description / Rationale

Prepares students to assume career-related responsibilities in Health and Exercise Science by providing a practical extended experience under the supervision of an exercise science professional.

Prerequisites: Permission of instructor.

Course Objectives:

The objectives of the internship are to gain experience in any of the following areas:

1. Fitness evaluation including work output determinations, exercise prescription, body composition assessment, heart rate and blood pressure response, and review of results of fitness and related evaluations.
2. Exercise leadership
3. Teaching/consultation opportunities in areas such as cardiovascular fitness, nutrition, smoking cessation, risk factors for cardiovascular disease, etc.
4. Exercise and Fitness-oriented program promotion.
5. Exercise and Fitness-oriented program administration, budgets, facility operation and equipment selection, maintenance, and repair.

Expectations, Course Materials, Course Requirements/Evaluation, Course Schedule, and Approved Internship site:

Determined by faculty on a student-to-student basis.

KNHES 6892 - Foundations of Scientific Writing in Kinesiology

3 Credit Hours, G, Approved Modes: In-person

Course Overview**Description / Rationale**

This course will provide an introduction/overview to fundamental aspects of scientific manuscript and grant writing in the field of Kinesiology. This course will focus on learning the primary components of a scientific research manuscript and grant proposal. All students will write an original research manuscript or a grant proposal. **Prerequisites:** Sport Management and Grad standing; or permission of instructor.

Learning Objectives

After completing the course, students should be able to:

1. Understand and discuss the specific components and content of a standard scientific manuscript and grant proposal.
2. Demonstrate knowledge of fundamental Kinesiology-based research design principles and apply this content knowledge to develop a competitive grant application.
3. Identify and discuss the basic organization of an original research paper and grant proposal.
4. Demonstrate knowledge of the manuscript and grant submission process.
5. Apply knowledge of the specific components/content of grant proposals to facilitate the process of developing a competitive grant application.
6. Understand and discuss various grant funding mechanisms and review processes.
7. Understand and discuss key aspects of the successful revision of manuscripts and grants for re-submission.
8. Demonstrate knowledge of fundamental grant review considerations of journal manuscripts and/or grants and apply this knowledge in conducting peer-review of drafts developed in class.

Course Materials

None.

Course Requirements/Evaluation

Assignments	Percentage
Written Manuscript or Grant Proposal	50%
Oral Presentation or Manuscript or Grant Proposal	20%
Peer Review of Manuscript or Grant Proposal	20%
Class Participation	10%
TOTAL	100%

KNHES 7193 – Individual Study: Health and Exercise Science

1-12 Credit Hours, Graduate, Approved Modes: In-person

Course Overview

Description / Rationale

Independent study in Health and Exercise Science. Topic(s) to be determined through discussion with faculty advisor.

Prerequisites: Permission of instructor

Expectations, Course Materials, Course Requirements/Evaluation, Course Schedule:

Determined by faculty on a student-to-student basis.

KNHES 7999 – Research: Thesis

1-12 Credit Hours, Graduate, Approved Modes: In-person

Course Overview

Description / Rationale

Provides graduate students with the opportunity to develop and conduct basic and applied kinesiology research required for the completion of a thesis. Research topic(s) to be determined through discussion with faculty advisor.

Prerequisites: Permission of instructor

Expectations, Course Materials, Course Requirements/Evaluation, Course Schedule:

Determined by faculty on a student-to-student basis.

KNHES 8803 - Seminar in Exercise Metabolism

3 Credit Hours, G, Approved Modes: In-person

Course Overview

Description / Rationale

This course will provide an introduction/overview to fundamental aspects of scientific manuscript and grant writing in the field of Kinesiology. This course will focus on learning the primary components of a scientific research manuscript and grant proposal. All students will write an original research manuscript or a grant proposal.

Prerequisites: Permission of instructor.

Learning Objectives

After completing the course, students should be able to:

1. Improve ability to synthesize scientific manuscripts into a well-integrated and cohesive review paper
2. Improve ability to present scientific results in a clear concise manner
3. Improve ability to critically analyze scientific manuscripts

Course Materials

Determined by faculty advisor based on student interest.

Course Requirements/Assignments/Evaluation/Assessment

To be determined by faculty advisor and student collaboration.

KNPE 5643 – Coaching Effectiveness

3 Credit Hours, U/G, Approved Modes: In-person, Hybrid

Course Overview

Description / Rationale

Coaching Effectiveness is a course designed to introduce students to effective coaching behaviors and practices to improve coaching effectiveness. It is assumed that students are familiar with specific content, needs, skills, and tactics of a sport(s) of their choosing. Emphasis will be placed on philosophical, psychological, and socio-cultural preparedness; development and teaching of skills and tactics; and principles of management. Please note that students taking this course need to have the desire to coach in one of a variety of settings including youth sports, middle and high school athletics, or collegiate athletics. As we progress through the course topics and readings, every attempt will be made to apply the principles and concepts across the various age groups and athletic levels. Your responsibility will be to make the connections between content and setting, ask the necessary and appropriate questions to meet your specific needs, and then apply the concepts to the level at which you will coach.

Relation to Other Courses

Prerequisites: None

Learning Objectives

Specific student learning outcomes are identified below. Throughout the semester the learner will have the opportunity to develop materials which demonstrate the following outcomes.

1. Articulate a personal coaching philosophy, expectations for athletes, and a coaching style to be reflected in interaction with athletes (assessed through a philosophy paper).
2. Demonstrate knowledge and skill at developing and implementing an appropriate, culturally responsive and effective sport program for individual athletes and the entire team to include communication, motivation, goal setting, dealing with stress, mental imagery, and team building (assessed through a set of learning experiences designed to focus on psychological preparation and via an examination).
3. Demonstrate an understanding of teaching/coaching behaviors, knowledge, and skill necessary to design and implement instruction and learning experiences that are challenging, appropriate, and allow for successful athletic participation across a range of skill levels and includes technical and tactical considerations, delivery decisions, maintaining, improving, and correcting previously learned skills/tactics, and daily and seasonal planning (assessed through a set of learning experiences designed to focus on the teaching of sport skills/tactics; and via an examination).
4. Demonstrate an understanding of behavioral principles to guide development of daily and seasonal management strategies to govern practice to include behavioral coaching, principles of reinforcement, preventive management, proactive management, decreasing behavior problems, and risk management (assessed through a set of learning experiences designed to focus on the management of the sport setting; and an examination).
5. Graduate student additional component: Demonstrate skill at conducting a literature review by accessing relevant empirical evidence (data based research studies) related to various aspects of coaching including but not limited to sport psychology, management, teaching, training, and research studies that were conducted specific to your chosen sport (assessed through a synthesis of the relevant literature for a research paper).

Course Materials

Required Textbooks

Martens, R. (2012). Successful coaching (4th ed.). Champaign, IL: Human Kinetics—hard copy [ISBN-13: 978-1-4504-0051-0] or e-book: [ISBN-10: 1-4504-0051-5]

Vernacchia, R., McGuire, R., & Cook, D. (1996). Coaching mental excellence: It DOES matter whether you win or lose. Portola, CA: Warde Publishers, Inc. [ISBN: 1-886346-02-X]

Required Course Packet: OSU Barnes and Nobles Bookstore—the packet contains the syllabus, rubrics of tasks and assignments, and supplemental readings. To order the packet call: (614) 292-2000 or order at: <uniprint.osu.edu>

PowerPoint presentations and Supplemental Materials posted on OSU Carmen

Optional Text: American Psychological Association. (2010). Publication manual of the American Psychological Association (6th ed.). Washington, DC: Author. [ISBN: 10-4338-0559-6] Order: www.apa.org/books/

Course Requirements/Evaluation

Grades

Table 1. Portfolio of Assignments/Exams	Due Dates	Points
• Philosophy Paper	To be determined	10
• Examination 1 [On-Line]	To be determined	50
• Examination 2 [On-Line]	To be determined	50
• Examination 3 [On-Line]	To be determined	50
• Graduate Student Research Project Paper	To be determined	60
• Graduate Student Research Project Presentation	To be determined	20
1. Learning Task 1. Plagiarism v. Citing Techniques [On-Line]	To be determined	10
2. Learning Task 2. Motivation		12
3. Learning Task 3. Reinforce/Punish [On-Line]		12
4. Learning Task 4. Manage Behavior		12
5. Learning Task 5. Legal Case Studies [On-Line]		12
6. Learning Task 6. Task Analysis		6
7. Learning Task 7. Principles of Training [On-Line]		6
• Class Attendance	To be determined	30
• In-class activities	To be determined	10
• Final Examination [On-Line]	To be determined	50
	Undergraduate Total	320
	Graduate Student Total	400

KNPE 5655 – Perspectives on Coaching

3 Credit Hours, U/G, Approved Modes: In-person

Course Overview

Description / Rationale

The course is designed to provide students with varied perspectives on coaching from youth sports coaching, to high school and club coaching, and to collegiate coaching. The course will examine current trends and issues in sports and coaching drawing on the expertise of coaches in the community and at The Ohio State University.

Relation to Other Courses

Prerequisites: None

Learning Objectives

By the end of this course, students will be able to:

1. identify the complex nature of issues (e.g., gender inequality, salary inequality, violence, drug abuse, philosophy, competition, parental involvement, resources) associated with sports and coaching.
2. analyze and compare problems and issues such as motivation, zero sum competition, parental involvement etc. in coaching at all levels from recreational through professional.
3. analyze and compare coaching beliefs, styles, and practices, and then form their own coaching beliefs, styles, and practices.
4. draw connections between your own coaching experiences and philosophy, and those of the guest speakers.

Course Materials

Required Textbooks

Cassidy, T. G., Jones, R. L., & Potrac, P. (2015). Understanding sports coaching: The social, cultural and pedagogical foundations of coaching practice (Third Edition). Routledge. eBook ISBN 9780203725757

Martens, R. (2012). Successful Coaching (4th edition). ISBN-13: 978-1450400510, ISBN-10: 9781450400510

Ehrmann, J. (2011). Insideout coaching: How sports can transform lives. ISBN-10: 1439182981/ ISBN-13: 9781439182987

Optional Supplemental Material

Bach, G. (2018). Secrets of successful coaching: Winning tips and advice from fifty of America’s most successful coaches. ISBN-10: 0757004687 / ISBN-13: 978-0757004681

Course Requirements/Evaluation

Grades

Undergraduate		Graduate	
Assignment / Category	Points	Assignment / Category	Points
Coach Case Study 1	15	Coach Case Study 1	15
Coach Case Study 2	15	Coach Case Study 2	15
Coach Case Study 3	15	Coach Case Study 3	15
Open paper	35	Open paper	35
		Reflective paper	45
TOTAL	80 Points	TOTAL	125 Points

KNPE 5795 – Sociocultural Issues in Sport, Recreation, and Physical Education

3 Credit Hours, UG/G, Approved Modes: In-person

Course Overview**Description / Rationale**

This course will provide students with knowledge, understanding, and experiences related to the following topics in the field of physical education, sport, physical activity and coaching.

This course is designed to provide an introduction to socio-cultural issues associated with physical education, health and exercise and sport management within the United States of America. This course will also provide you with an understanding of how issues such as gender, race, body image, and homophobia affect K-12 students within physical education and or physical activity settings. In addition, this course will provide you with pedagogical strategies to help break the reproduction of these socio-cultural norms.

Prerequisites: PE Major, Grad Standing, Permission of Instructor

Learning Objectives

Upon successful completion of this course, you should be able to:

1. Discuss research in sport, recreation and physical education that addresses the issues of ethnicity, gender, culture, religion, language, body image, sexual orientation and homophobia.
2. Demonstrate an understanding of the issues of gender, ethnicity, culture, body image, and homophobia that affect K-12 student participation in sport, recreation and physical education settings.
3. Demonstrate an understanding of the use of critical and social justice pedagogies to address socio-cultural issues in sport, recreation and physical education settings.
4. Demonstrate an understanding of the hidden curriculum in sport, recreation and physical education settings.
5. Professionally critique examples of teaching and coaching in relation to socio-cultural issues and to provide concrete strategies to address these issues.
6. Critically reflect on the impact of societal norms on teaching/coaching and participating in physical education and physical activity settings.

Course Requirements/Evaluation**Grades**

Assignment / Category	Points
Personal Biography	40
In-Class Experiences	50
Weekly Reflections	60
Article Reflections	25
Review of Literature	75
Final Reflective Essay	40
TOTAL	300

Assignment Descriptions

Personal Biography (40 points): You will complete a personal biography at the beginning of this course as a means to reflect on who you are and what/who influenced your values and beliefs system. A rubric for this assignment will be posted on Carmen. Due September 11, 2017

In-Class Experiences (50 points): During certain class sessions particular experiences will be provided to allow you to demonstrate your understanding of the class readings. These experiences may take the form of group discussions and debates, activity sessions, and small in-class presentations.

Article Reflection (25 points): Over the course of the semester you will complete a reflection of two research articles related to one of the socio-cultural issues covered in this class. You can determine the articles that you choose to review to allow you to tailor the assignments to meet your area of interest.

Review of Literature (75 points): Graduate students will conduct a review of literature on an specific socio-cultural issue in physical activity or physical education.

Final Reflective Essay (40 points): Each week, you will complete a personal reflective journal responding to questions posted on Carmen. This journal (worth 10 points) and your personal biography will be the basis for your final reflective essay that will provide a thoughtful reflection on the influence of this course on your understanding of and position on the various sociocultural issues covered in class.

Bonus Opportunities (10 pts each up to a maximum of 3): You may complete 3 of the activities below to receive additional bonus points. You will need to provide evidence of completing the task through a short paper (1-2 pages) which outlines what the event was and a reflection on what you learned from attending, and how you can use this experience to inform your teaching.

- Attend a cultural event on or off campus
- Attend/volunteer at a sport or physical activity event for individuals from a different sociocultural group than yourself
- Attend a meeting (on or off campus) for individuals from a different sociocultural group than yourself

KNPE 6100 – Race, Gender, and Culture in Sport

3 Credit Hours, G, Approved Modes: In-person, Hybrid, Distance Learning

Course Overview

Description / Rationale

This course, KINESIO 6100 | Race, Gender and Culture in Sport, will provide students with knowledge, understanding, and experiences related to the following topics in sport.

- Ethnicity and Race
- Gender
- Culture and Athletic Experiences
- Critical Race and Social Justice Theories

This course is designed to provide an introduction to issues associated with race, gender and culture in American sport. This course will also provide you with an understanding of how the intersections of issues such as ethnicity, race, gender, sexuality, and culture affect sport participation in America. In addition, this course will provide you with theoretical lens useful in challenging the reproduction of social injustices in sport.

Relation to Other Courses

This course is part of an important sequence of courses offered for in the Department of Human Sciences' Masters of Sports Coaching (MSPC) program in Kinesiology. This course will provide you with knowledge and strategies to help you become more aware of how societal norms can influence participation in sport.

Prerequisites: Enrolled in Masters of Sports Coaching program

Learning Objectives

Upon successful completion of this course, the student will be able to:

1. Discuss research that addresses issues of ethnicity and race, gender, and culture in sport.
2. Demonstrate an understanding of issues of ethnicity and race, gender, and culture that affect athletes' participation in sport.
3. Demonstrate an understanding of racial and gender ideologies in sport.
4. Demonstrate an understanding of theoretical frameworks as such critical race and social justice theories to address social injustices in sport.
5. Provide concrete strategies to address social injustices in sport.

Course Requirements/Evaluation

Grades

Assignment Dates Grading	Date	Points
• Class Attendance and In-Class Experiences	Weekly	50
• Reading <u>Quiz</u> 1 [On-Line—OSU Carmen]	September 5	25
• Reading <u>Quiz</u> 2 [On-Line—OSU Carmen]	September 19	25
• Reading <u>Quiz</u> 3 [On-Line—OSU Carmen]	October 10	25
• Reading <u>Quiz</u> 4 [On-Line—OSU Carmen]	November 7	25
• Article Critique 1—Sherry and Zeller (2014) [Quiz-on-Line]	September 5	25
• Article Critique 2—Hodge, Kozub et al. (2008) [Quiz-on-Line]	October 3	25
• Article Critique 3—Wiggins, D. K. (2016) [Quiz-on-Line]	November 28	25
• In the News 1: Issues associated with Gender in Sports	September 12	25
• In the News 2: Issues associated with Race and Ethnicity in Sports	October 17	25
• In the News 3: Issues associated with Sport and American Culture	December 5	25
• Mid-Term Examination [On-Line—OSU Carmen]	October 24	50
• Final Examination [On-Line—OSU Carmen]	December 12	50
Total Points		375

KNPE 7193 – Individual Studies: Sport Pedagogy, Physical Education, and Physical Activity

1-12 Credit Hours, Graduate, Approved Modes: In-person

Course Overview

Description / Rationale

Independent study in Sport Pedagogy, Physical Education, and Physical Activity. Topic(s) to be determined through discussion with faculty advisor.

Prerequisites: Permission of instructor

Expectations, Course Materials, Course Requirements/Evaluation, Course Schedule:

Determined by faculty on a student-to-student basis.

KNPE 7999 – Research: Thesis

1-12 Credit Hours, Graduate, Approved Modes: In-person

Course Overview

Description / Rationale

Provides graduate students with the opportunity to develop and conduct basic and applied kinesiology research required for the completion of a thesis. Research topic(s) to be determined through discussion with faculty advisor.

Prerequisites: Permission of instructor

Expectations, Course Materials, Course Requirements/Evaluation, Course Schedule:

Determined by faculty on a student-to-student basis.

KNSISM 6850 – Applied Research Methods in Sport

3 Credit Hours, G, Approved Modes: In-person, Distance Learning

Course Overview

Description / Rationale

The purpose of this course is to equip graduate students with the knowledge, skills, and ethics to critically evaluate research, apply research to solve real-world problems, and communicate research to lay audiences. Emphasis will be placed on the use of research as a tool to inform decision-making in sport and the value of generating new knowledge to advance the sport industry. Throughout the course, students will be exposed to a variety of research approaches, explore research questions relevant to the sport industry, gain experience applying research techniques, and develop knowledge translation competencies.

Relation to Other Courses

This is a graduate course that focuses on how to apply research to the sport industry. It is the only course in the graduate Sport Management program that addresses research methodology. The course is intended for master’s degree-seeking students in Kinesiology or related disciplines; doctoral students without intensive research methods training may also find the course beneficial.

Prerequisites: Kinesiology graduate major or permission of instructor

Prerequisite Knowledge: None

Learning Objectives

At the conclusion of this course, students will be able to:

1. Value ethical research
 - a. Explain the importance of research and how it is utilized in the sport industry.
 - b. Distinguish ethical treatment of research participants.
2. Understand the research process
 - a. Locate, interpret, and evaluate published research.
 - b. Describe the fundamental concepts of research methodology.
 - c. Identify appropriate research methods to answer different types of research questions.
3. Practice applied research
 - a. Employ basic research techniques (e.g., instrument development, data analysis) to solve real-world problems.
 - b. Identify a real-world problem and conceptualize a research plan to solve the problem.
4. Translate research to practice
 - a. Synthesize and apply research findings to real-world problems.
 - b. Communicate research with non-experts in verbal, written, and visual forms.

Course Materials

There is no required textbook. All course materials (e.g., research articles, book chapters, podcasts, videos) corresponding with the weekly module topic will be posted on Carmen. Each week, graduate students should review the required course materials prior to completing the rest of the module [e.g., video lecture(s), practical application(s), course assignment(s)] in order to successfully apply the concepts learned. A complete list of all the course materials is provided in the appendix at the end of the syllabus.

Course Requirements/Evaluation

Grades

Assignment / Category	Points
Practical Applications	150
Research Highlight – Reflection	50
Current Research 0 Discussion	100
Case Study Project: 1. Case study project idea 2. Instructor consultation 3. Project artifact for review 4. Peer feedback 5. Final papa / technical report / recorded presentation	200
TOTAL	500

KNHES 6891 – Kinesiology Graduate Core Course I

3 Credit Hours, G, Approved Modes: In-person

Course Overview**Description / Rationale**

This graduate course will provide an introduction and overview to the fundamental principles of research design and methodology in the field of Kinesiology. In addition to the traditional didactic lecture of the primary faculty instructor, faculty members and graduate students from other disciplines represented in Kinesiology at OSU will discuss their respective research areas in order to provide students with a basic understanding and overview of research design and method considerations across the field of Kinesiology. Due to the ongoing COVID-19 pandemic, the class will be delivered in a hybrid format combining both in-person and virtual instruction. However, the course may shift to all virtual delivery if public health conditions require it. Basic and advanced concepts involved in the scientific problem solving process will be introduced. Specific topics to be addressed include research design and methods consideration, measurement issues, IRB application process, interpretation and analysis of scientific research, basic considerations in analytical procedures, and fundamental principles of scientific writing.

Prerequisites: Grad standing in Kinesiology, or permission of instructor.

Learning Objectives

Following the completion of KNHES 6891, the student will be able to:

1. Identify, evaluate, and apply basic terminology and principles of experimental research methods and design;
2. Identify and discuss fundamental concepts of research design and apply this content knowledge to analyze and evaluate Kinesiology research;
3. Apply the knowledge of research principles in order to be able to design methodologically sound Kinesiology research;
4. Recognize and evaluate appropriate selection of basic analytical procedures
5. Apply the knowledge of research principles, methodology, and design in order to be able to review and critically evaluate Kinesiology research;
6. Apply knowledge of research principles in order to have fundamental skills to write research proposals and manuscripts;
7. Understand the fundamental concepts of the OSU IRB submission process and apply these concepts to successfully develop/submit IRB protocols;
8. Apply knowledge of research principles, methodology, and design in order to have fundamental skills to effectively present a research proposal/protocol

Course Materials

No textbook and/or readings are required for KNHES 6891.

Course Requirements/Evaluation**Grades**

Assignment / Category	Percent
CITI Training	10%
Journal Article Critique	20%
Research Methods Protocol	25%
Research Presentation	25%
Pre/Final Exam	20%
TOTAL	100%

KNSISM 7999 – Research: Thesis

1-12 Credit Hours, Graduate, Approved Modes: In-person

Course Overview

Description / Rationale

Provides graduate students with the opportunity to develop and conduct basic and applied kinesiology research required for the completion of a thesis. Research topic(s) to be determined through discussion with faculty advisor.

Prerequisites: Permission of instructor

Expectations, Course Materials, Course Requirements/Evaluation, Course Schedule:

Determined by faculty on a student-to-student basis.