# Master of Science in Kinesiology

**Thesis (30 hours), Non-Thesis (36 hours)**

### CORE (12 hours)
- KIN 545: *Current Trends and Issues in Health and Kinesiology*
- KIN 550: *Introduction to Research in Health and Kinesiology*
- KIN 553: *Physiology of Exercise*
- KIN 585: *Research and Statistical Analysis in Health and Kinesiology*

### SPECIALIZATIONS

#### Behavioral and Preventive Medicine
- An interdisciplinary program highlighting theoretical and behavioral aspects of public health, with focus on the function of lifestyle as medicine.
- Suggested Courses:
  - KIN 540: *Development of Nontraditional Fitness Programs*
  - KIN 543: *Theoretical Applications: Health Promotion & Wellness*
  - KIN 567: *Behavioral Medicine*
  - KIN 569: *Exercise Psychology*

#### Human Performance Studies
- A research-based program highlighting clinical, academic and applied application of performance for the body, mind, and life.
- Suggested Courses:
  - KIN 555: *Lab Techniques*
  - KIN 560: *Psychophysiology of Exercise & Sport*
  - KIN 569: *Exercise Psychology*
  - KIN 575: *Special Topics (Seminar)*

### ADDITIONAL ELECTIVES
- KIN 544: *Supplements/Ergogenic Aids in Society*
- KIN 562: *Motor Learning*
- KIN 565: *Role of Sports in Society*
- KIN 568: *Sport Psychology*
- KIN 580: *Field Experience (approval needed)*
- HMS 529: *Nutrition for Sports*
- HMS 532: *Public Health Nutrition*
- HMS 535: *Advanced Nutrition in Health & Disease*
- KIN 590: *Thesis Writing*
- **Thesis Option:** (30 hours)
  - 12-Hour Core
  - 12-Hour Specialization Track
  - KIN 589: *Thesis Research*
  - KIN 590: *Thesis Writing*
- **Non-Thesis Option:** (36 hours)
  - 12-Hour Core
  - 12-Hour Specialization Track
  - 12-Hours of Approved Electives (or)
  - 12-Hour Minor

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Health & Physical Education Building, Room 204 | 936.468.1850 | www.sfasu.edu/kinesiology

Approved by KHS Department Graduate Faculty – 09/2013
## PROPOSED COURSE PROGRESSIONS

### Human Performance Studies

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**Note.** T=Thesis students (requires 30 hours), NT=Non-Thesis students (requires 36 hours)

### Behavioral and Preventive Medicine

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**Always view the SFA course schedule to confirm availability of courses.**