

# KINESIOLOGY (M.S.)

<https://chhs.unh.edu/kinesiology/program/ms/kinesiology>

## Description

The Department of Kinesiology offers a degree with the following areas of concentration: exercise science, outdoor education, and sport studies. In addition, the Departments of Kinesiology and Social Work offer a dual degree program, which consists of a master of science in kinesiology with a concentration in outdoor education, as well as a master in social work (M.S.W.).

## Exercise Science Concentration:

The MS in Kinesiology: Exercise Science prepares individuals for advanced careers in health and fitness promotion and education programs in hospitals, sports medicine centers, wellness clinics, universities, and rehabilitation facilities. Students are also prepared for terminal degree programs in the health professions, basic biology fields, medicine, or other health-related fields. Students must earn a grade of B- or better in every required course and must complete a capstone requirement to finish the degree.

## Outdoor Education Concentration:

The University of New Hampshire is a leader in graduate education in the field of outdoor experiential education. Our graduates have gone on to run collegiate outdoor programs, pursue Ph.D.'s and join college faculty, design executive leadership programs, direct outdoor education centers, work in non-profit management, administer state and federal projects, lead international programs, and teach in K-12 schools in both the public and private sectors.

The goal of the Master of Science program is to prepare outdoor experiential educators with the skills necessary to become managers and directors of outdoor/experiential education programs, conduct advanced practice, and/or pursue a related degree at the Doctoral level. In addition to core courses, students focus on one of three areas: higher education outdoor programming, youth development outdoor programming, or adventure therapy (through the combined MS/MSW dual degree with Social Work).

Students focusing on higher education outdoor programming gain an understanding of college-level policies, practices, and program structures common to outdoor programs in institutions of higher education, particularly those with outdoor orientation programs (OOPs). Students focusing on youth development outdoor programs learn about contemporary perspectives on youth development, especially related to participation in non-formal educational programs in a variety of outdoor settings and activities. Students focusing on adventure therapy become eligible for licensure and clinical social work practice in wilderness, community-based, or other settings.

## Sport Studies Concentration:

The Kinesiology Sport Studies graduate program focuses on preparing professionals in youth, interscholastic, intercollegiate programs and elite sport agencies to provide extraordinary sport experiences. Providing an understanding of the theoretical and practical knowledge and skills within the context of sport is essential in developing sport professionals at UNH. Our curriculum provides a framework of coursework, and the

flexibility to focus preparation on careers in coaching or administration or additional graduate study in sport psychology. In addition, students have opportunities for applied experience and research with faculty. The graduate program in Kinesiology: Sport Studies engages students in learning experiences in the classroom, in applied settings, and in research. The focus on a theory-to-practice approach is infused throughout the curriculum with the goal that our students will be well prepared professionals as they enter the workforce or further graduate study.

## Requirements

### Degree Requirements

All degree candidates will be required to complete courses listed in the Masters Degree Core, the designated concentration core, and electives as required in order to meet the 30-credit minimum necessary for graduation. In addition to coursework, students follow either the thesis, the non-thesis, or the advanced research plan as described below.

### MASTERS DEGREE CORE

Code	Title	Credits
Select one of the following graduate statistics courses or equivalent:		
EDUC 881	Introduction to Statistics: Inquiry, Analysis, and Decision Making	4
SW 962	Data Analysis and Statistics	3

### Exercise Science Concentration

Code	Title	Credits
KIN 896	Advanced Research in Exercise Science	6
KIN 901	Analysis of Professional Literature	4
KIN 902	Colloquium (may be repeated once for a total of 4 credits)	1-2
Additional elective courses are selected in consultation with academic advisor to meet the 30-credit minimum necessary for graduation. <sup>1</sup>		

### Sport Studies Concentration

Code	Title	Credits
KIN 880	Psychological Factors in Sport	4
KIN 840	Athletic Administration	4
Select one advisor-approved KIN elective at the 800 or 900 levels		3-4
KIN 901	Analysis of Professional Literature	4
Additional elective courses are selected in consultation with academic advisor to meet the 30-credit minimum necessary for graduation		

### Outdoor Education Concentration

Code	Title	Credits
KIN 883	Psych Factors of Adventure Ed	4
KIN 884	Historical Foundations of Outdoor Experiential Education	4
KIN 885	Program Models and Evaluation in Outdoor Education	4
KIN 886	Organization and Administration of Outdoor Education Programs	4
KIN 897	Advanced Topics in Outdoor Education	2-6
KIN 993	Teaching Practicum	2
<b>Students pursuing the Higher Education Outdoor Programming focus also must take the following:</b>		
KIN 950	Internship	2-4
and		
RMP 872	Law and Public Policy in Leisure Services	3
or EDUC 897	Special Topics in Education	
One Approved Elective <sup>2</sup>		3-4
<b>Students pursuing the Youth Development Outdoor Programming focus must take the following:</b>		
HDFS 950	Contemporary Issues in Adolescent Development	4
One Approved Elective <sup>3</sup>		3-4
<b>Students pursuing the Adventure Therapy focus must be dually enrolled in the MSW program and also take the following:</b>		
KIN 882	Therapeutic Applications of Adventure Programming	4

For additional information on the dual MS/MSW degree, see Program Description above.

## Thesis Plan

A minimum of 30 approved graduate credits, including a thesis (24 graduate course credits plus 6 thesis credits), as well as an oral defense of the thesis, are required in the thesis plan.

## Non-Thesis Plan

A minimum of eight approved graduate courses (with a minimum of 30 credits) are required in the non-thesis plan. Four credits of KIN 895 Advanced Studies are required. A student may begin taking KIN 895 Advanced Studies only after completing at least three approved graduate courses.

## Advanced Research Plan

Exercise science students who elect this plan must take a total of 6 credits of KIN 896 Advanced Research in Exercise Science. Outdoor education students who elect this plan must take a total of 6 credits of KIN 897 Advanced Topics in Outdoor Education. In addition, exercise science and outdoor education students must orally present their research to faculty and peers.

- <sup>1</sup> KIN 804 Electrocardiography  
KIN 805 Topics in Applied Physiology  
KIN 806 Neurology  
KIN 820 Science and Practice of Strength Training  
KIN 822 Applied Biomechanics  
KIN 824 Exercise Metabolism: Acute and Chronic Adaptations  
KIN 836 Fitness and Graded Exercise Test and Prescription  
KIN 837 Exercise Prescription and Leadership in Healthy and Special Populations  
KIN 894 Cardiopulmonary Pathologies
- <sup>2</sup> Higher Education Outdoor Programming Electives:  
EDUC 976 Policy and Governance in Higher Education  
RMP #870 Management and Design of Recreation and Park Facilities  
RMP 924 Fund Development and Grantwriting  
POLT #802 Grant-writing for Public and Non-profit Sectors  
GRAD 950 Issues in College Teaching
- <sup>3</sup> Youth Development Outdoor Programming Electives:  
HDFS 846 Human Sexuality  
HDFS 876 Children, Adolescents and the Law  
HDFS 995 Seminar and Special Problems  
EDUC 801 Human Development & Learning: Cultural Perspectives  
EDUC 805 Contemporary Educational Perspectives  
SW 805 Child and Adolescent Risks and Resiliency: Program, Policy and Practice  
SW 815 Practice with Gay, Lesbian, Bisexual, and Transgender People

- Displays professionally appropriate behaviors, ethical standards, sensitivity, compassion, tolerance of individual differences, and demonstrates the ability to work in a diverse and interprofessional work environment.

## Student Learning Outcomes

- Demonstrates mastery of major theories, approaches, concepts, and both current and classical theoretical findings within their selected field of study.
- Compiles and critiques current peer-reviewed research, practice of industry standards, and theoretical foundations to produce a paper or project of publishable quality that enhances existing knowledge or creates new knowledge in a specific area within the option.
- Demonstrates proficiency and mastery of specific skills within the profession, which is grounded in evidence-based practice.