

Kinesiology and Exercise Science Graduate Program

Course Catalogs

Master of Science in Kinesiology and Exercise Science

This degree prepares graduates to pursue the fields of exercise science, movement behavior, strength and conditioning, and health and human performance. This degree does not provide teacher certification for the degree recipients. Examples of potential students would include all international and domestic college graduates with bachelor's degrees in sports science, education, sport industry, the social sciences, and other areas.

Admission Requirements

Students must hold a bachelor's degree from an accredited university and have a 3.0 GPA for the last 60 hours of upper-division coursework, and include a personal statement addressing career goals and aspirations and three letters of professional recommendation accompanying the application. The published university requirements for admission into the master's degree programs must be met. Students who do not have an undergraduate major in a movement science related area must hold a certification accredited by the National Commission for Certifying Agencies (NCCA; e.g., Certified Personal Training, Strength and Conditioning Certification), other certifications may be approved by program advisor. Students who do not hold appropriate certification or degree are responsible for meeting the prerequisites for any course listed in the program's curriculum, which are listed below. Advisors must approve pre-requisite course competency substitutions.

APK 3110	Exercise Physiology	3
PEP 4102	Applied Concepts of Fitness and Health	3
PET 3310	Kinesiology	3
PET 3325	Kinetic Anatomy	3
PET 4622	Athletic Injuries	3

Degree Requirement: (30)

A program advisor must be consulted regarding completion of degree requirements.

Core requirements (12 credit hours)

PET 5216	Sport and Exercise Psychology	3
PET 5052C	Motor Learning for Sport Performance	3
APK 5111	Advanced Exercise Physiology	3
PET 6597	Research in Kinesiology	3

Kinesiology Courses (select 12 credit hours)

PET 5256	Sociology of Sport	3
PET 6944	Supervised Field Experience	3
PET 5206	Youth Sports	3
PET 5368	Exercise, Diet and Weight Management	3
PET 5693	Athletic Performance Assessment and Exercise Prescription	3
PET 5391C	Comprehensive Conditioning of Elite Athletes	3
PEP 5115	Strength and Conditioning Techniques for Human Performance	3
APK 6090	Professional and Ethical Issues in Kinesiology	3
APK 6411	Exercise Psychophysiology and Neuroscience	3
APK 6713	Applied Sport and Performance Psychology	3
PET 6932	Seminar in Kinesiology	3
PET 5936	Special Topics in Kinesiology & Exercise Science	3

Electives: (6)

Potential electives include additional kinesiology courses and EDF research courses. Please consult with an advisor for appropriate courses.

Course Catalog Descriptions

APK 5111 Advanced Exercise Physiology (3).

This course provides a detailed examination of the acute and chronic responses to exercise and training. Particular attention is given to responses at the systems and cellular levels.

APK 5931 Special Topics in Exercise Physiology (1-3). This course presents contemporary issues and practices in exercise physiology.

APK 6090 Professional and Ethical Issues in Kinesiology (3). This course provides an understanding of ethics and standards for professional practice in Kinesiology. The course applies various ethical, professional, and legal standards to professional practice.

APK 6411 Exercise Psychophysiology and Neuroscience (3). This course provides an introduction to exercise psychophysiology and neuroscience. Emphasis will be on perceptual, psychological, and psychophysiological responses to exercise and sport tasks.

APK 6713 Applied Sport and Performance Psychology (3). This course examines current research and practice in applied sport psychology settings. The course takes a scientist-practitioner approach linking theory, research, measurement, and applications.

PEP 5115 Strength and Conditioning Techniques for Human Performance (3). This course provides the knowledge and skills to evaluate and prescribe health and fitness enhancement programs for healthy adults.

PET 5052C Motor Learning for Sport Performance (3). The emphasis in this course is on current and advanced topics related to motor skill acquisition. Laboratory practices and applied techniques related to teaching are examined.

PET 5206 Youth Sports (3). This course provides insight into the issues surrounding youth sport.

PET 5216 Sport and Exercise Psychology (3).

This course includes an analysis of psychological variables that influence physical performance. The course is intended for prospective physical educators, coaches, and others interested in motor performance.

PET 5256 Sociology of Sport (3). Students will be introduced to basic principles of the sociological bases of sport and physical activity.

PET 5368 Exercise, Diet and Weight Management (3). The class prepares students to compare the effectiveness of exercise and several popular diets on weight control and body composition.

PET 5391C Comprehensive Conditioning of Elite Athletes (3). The course prepares a student to develop a comprehensive conditioning program including metabolic, speed, flexibility, plyometric and resistance training.

PET 5426 Curriculum in Physical Education (3). The emphasis is on curriculum design and development for Physical Education. Includes examination of objectives, content, methods of teaching and evaluation.

PET 5436 Physical Education Curriculum: K-8 (3). This course examines objectives, content, methods of teaching, and evaluative techniques in physical education. The emphasis is on curriculum design and development.

PET 5447 Curriculum in Physical Education 6-12 (3). The goal of this course is to understand the theoretical and practical aspects of designing, developing, and implementing curriculum for the secondary school.

PET 5521 Exercise Test Technology (3). This course provides the knowledge and skill required to conduct an EKG monitored graded exercise test.

PET 5693 Athletic Performance Assessment and Exercise Prescription (3). The course prepares a student to test and prescribe exercise programs for athletic and human performance.

PET 5906 Directed Study in Kinesiology (1-3).

Students will work independently on a topic concerning some phase of physical education or sport under the guidance of a faculty member. Registration is by permission of advisor.

PET 5925 Practicum in Physical Education (1-3).

This course focuses in the production and/or application of materials and techniques for physical education in a classroom and/or field setting.

PET 5936 Special Topics in Kinesiology (1-3).

This course presents contemporary issues and practices in physical education and sport.

PET 5948 Practicum in Kinesiology (3). This course focuses on the production and/or application of materials and techniques for physical education in a classroom and/or field setting.

PET 6405 Health Fitness Director (3). This course prepares the student for ACSM's Health Fitness Director certification.

PET 6535 Master of Science Research in Exercise and Sports Sciences (1-3). The course is for graduate students performing an independent research project (treatise) or thesis as part of the graduate program of study.

PET 6558 Human Performance in Extreme Environments (3). Maintaining optimal health, fitness, and performance during physical work in stressful environments including heat, altitude, cold and underwater pressure. Prerequisites: Anatomy, Physiology, Exercise Physiology.

PET 6597 Research in Kinesiology (3). This course covers the methods and techniques used in research in Kinesiology and Physical Education. The emphasis is on effective use of resources and writing techniques.

PET 6785 Exercise Program Director (3). This course prepares the student for ACSM's Exercise Program Director certification examination. Prerequisites: APK 3110, PET 5521, and PEP 5115.

PET 6925-27 Practicum in Physical Education (1-3). This course focuses on the production and/or application of materials and techniques for physical education in a classroom and or field setting.

PET 6932 Seminar in Kinesiology (3). Students will participate in the exploration, examination, and discussion of problems, issues, and trends in physical education and sport.

PET 6938 Graduate Research Seminar (1). The seminar is designed to introduce the graduate student to basic science concepts and hands on experience with scholarly inquiry in the sport and leisure science. Corequisite: EDF 5481.

PET 6940 Internship in Exercise Physiology: Graduate (3-6). This is a clinical experience, supervised by physician, designed to provide the student with competence in exercise prescription and leadership in preventive and rehabilitative outpatient exercise programs.

PET 6944 Supervised Field Experience (3-9). Students may use this course to become involved in an in-depth study, research project, or any one of a variety of other activities, under the guidance of a faculty member.

Ph.D. Program in Teaching and Learning

The Department of Teaching and Learning offers the Ph.D. program in Teaching and Learning with concentration in Curriculum, Cultural and Social Studies; Elementary Education and Early Childhood Education; Kinesiology; Language, Literacy, and Culture; Science, Technology, Engineering, and Mathematics (STEM) Education; and Special Education. The program is offered to prospective students who will become scholars engaged in studies within broad historical, social, political, economic, linguistic, and intellectual contexts in the country and abroad. The program seeks to produce research scholars who are well-equipped for empirical and systematic examinations of educational theories, strategies, principles, and practices related to the content and organization of teaching and learning and to the process and outcome of instruction. The Ph.D. program in Teaching and Learning enables highly select students of demonstrated ability, industry, and motivation to serve as apprentices to mentors who are established scholars in their fields of study. Under the supervision of a faculty mentor, the students engage in a period of extensive study and investigation that culminates in the demonstrations of expertise, creativity and originality by means of independent research.

Admission Requirements

Minimum admissions requirements for the Ph.D. Program in Teaching and Learning are as follows:

1. A Bachelor's Degree from an accredited institution in an appropriate area with a 3.0 GPA on a 4.0 scale on the last 60 hours of undergraduate work or a 3.25 GPA in a completed Master's Degree from an accredited program.
2. Official GRE scores.
3. International graduate student applicants whose native language is not English are required to submit a score for the Test of English as a Foreign Language (TOEFL) or for the International English Language Testing System (IELTS). A total score of 80 on the iBT TOEFL or 6.5 overall on the IELTS is required.
4. Three letters of recommendation addressing the applicant's academic abilities. Letters and any other supporting documents are to be sent to Graduate Admissions Office at Florida International University, PO Box 659004, Miami, Florida, 33265 to complete the application for admissions.
5. A letter of intent.
6. An admissions interview by the Teaching and Learning Admissions Committee.

The Teaching and Learning Admissions Committee will review, interview, and make admissions recommendation for each applicant. The GPA and GRE scores stated above are minimum requirements. Meeting the minimum requirements does not guarantee admission.

The Ph.D. Degree requires 75 semester hours beyond the bachelor's degree. Students with a master's degree directly related to the area of concentration must complete a minimum of 51 semester hours at FIU beyond their master's degree; this includes 15 hours of Dissertation credits, directed by a qualified graduate faculty dissertation chair in the appropriate area of: Curriculum, Cultural, and Social Studies; Elementary Education and Early Childhood Education; Kinesiology; Language, Literature, Literacy, and Culture, Science, Technology, Engineering, and Mathematics (STEM) Education; or Special Education.

A maximum of 24 credits from a completed Master's degree in Teaching and Learning or related field from an accredited institution may be applied toward the Ph.D. with advisor's approval.

The Ph.D. program of study includes four required components:

1. Teaching and Learning Core (9 semester hours)
2. Research Inquiry and Analysis (12 semester hours)
3. Major Area of Specialization (39 semester hours)
4. Independent Research and Dissertation (15 semester hours minimum)

1. The Teaching and Learning Core includes a coherent sequence of courses and experiences required of all students.

Teaching and Learning Core: (9 semester hours)

EDG 7923C	Doctoral Seminar in Curriculum Studies	3
EDG 7362	Instruction: Theory and Research	3
EDG 7692	Theory, Organization, and Policy in Teaching and Learning	3

2. Research Inquiry and Analysis: (12 semester hours)

(Select at least 12 semester hours with approval of Major Professor/Committee on appropriate course selection)

At least 12 semester hours of advanced coursework to include at least one quantitative and one qualitative methods course related to dissertation and the comprehensive exam component on research.

3. Major Area of Specialization: (39 semester hours)

(Select at least 39 semester hours with approval of Major Professor/Committee on appropriate course selection.)

All courses must be at the 5000 or higher level.

4. Independent Research and Dissertation: (15 Semester Hours)

The dissertation will demonstrate the student's ability to conduct research of substantial rigor and contribute to advancing the knowledge base and scholarship in an area within the field of Teaching and Learning

EDG 7980	Doctoral Dissertation	15
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Candidacy Examination and Admission to Candidacy

To be admitted to candidacy, a student must complete all coursework. The student must also successfully pass the candidacy examinations covering course work approved by the Program of Study Committee. Candidates then submit copies of a dissertation proposal, which has been approved by the research committee, to the Dean of the School of Education and Human Development and to the Dean of the University Graduate School.