

**TEXAS A&M UNIVERSITY-KINGSVILLE**

**COLLEGE OF EDUCATION AND HUMAN PERFORMANCE**

**DEPARTMENT OF HEALTH AND KINESIOLOGY**



# **MASTER OF SCIENCE IN KINESIOLOGY**

## ***PROGRAM GUIDELINES AND PROCEDURES MANUAL***

***(Effective June, 2018)***

*All students are required to familiarize themselves with the policies, guidelines, and procedures set forth within this document. Failure to read this thoroughly does not constitute a valid excuse for missing a deadline or not adhering to a posted guideline or procedure.*

# THE MASTER OF SCIENCE IN KINESIOLOGY

Advanced study in Health and Kinesiology provides students an opportunity to improve their proficiency as master teachers or exercise professionals, can prepare them to become administrators in their field, and/or can prepare them for doctoral studies in their kinesiology discipline of interest. The Department of Health & Kinesiology offers coursework leading to the M.S. in Kinesiology with a flexible curriculum to meet the specific needs and interests of the student. Students may pursue a generalist degree or choose to tailor their major elective, supporting field coursework, and research so that their degree plan emphasizes sport administration/kinesiology pedagogy or health/exercise science.

## PROGRAM MISSION

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

## GUIDELINES AND PROCEDURES

This document is intended to facilitate smooth completion of degree requirements and inform the graduate student of rules and regulations specific to the Department of Health and Kinesiology. This document is meant to supplement the official rules and regulations of the University, the College of Graduate Studies, and the College of Education and Human Performance. Students are encouraged to obtain and become familiar with the TAMUK Student Handbook and the College of Graduate Studies Catalog. **It is ultimately the responsibility of the student to ensure that they meet the degree requirements set forth by the University, the College of Graduate Studies, the College of Education and Human Performance, and the Department of Health & Kinesiology.** Students are encouraged to consult with the M.S. in Kinesiology Program Coordinator with any questions they may have concerning their progression through the degree program.

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# I. ADMISSION REQUIREMENTS

**A. Applicants must meet requirements for admission to the TAMUK College of Graduate Studies as defined by the College of Graduate Studies Catalog, including GPA and GRE/MAT requirements specific to the College of Education and Human Performance: <http://www.tamuk.edu/grad/images/pdf/forms/GRDegProgAdmReqs.pdf>**

1. A student must be admitted to the TAMUK College of Graduate Studies at TAMUK prior to consideration for admission to the M.S. in Kinesiology Program. Applications to the TAMUK College of Graduate Studies should be submitted using the Texas Common Application at [www.applytexas.org](http://www.applytexas.org) for U.S. citizens. International students should contact [GradSchool@tamuk.edu](mailto:GradSchool@tamuk.edu) at the Graduate Admissions site: <http://www.tamuk.edu/grad/admissions/index.html> and for additional information at: <http://www.tamuk.edu/iss/>, and contact [OISS@tamuk.edu](mailto:OISS@tamuk.edu)
2. Admission to the TAMUK College of Graduate Studies does not guarantee admission to the M.S. in Kinesiology Program. The final decision concerning the admission of a student to the Program rests with the Program Coordinator in consultation with the Department of Health & Kinesiology Graduate Faculty (See Section XIII.).

**B. Applicants must demonstrate the ability to communicate in writing at the level required to enable successful progression through the M.S. in Kinesiology Program.**

1. For unconditional admission to the Program, **students who are required by the College of Graduate Studies to take the TOEFL examination for admission** are required to earn a score of at least 4.5 (PBT and CBT) / 18 (IBT) on the writing portion of the TOEFL and a score of at least 3.5 on the analytical writing portion of the GRE.
2. For unconditional admission to the Program, **students who are not required by the College of Graduate Studies to take the TOEFL examination for admission** are required to earn a score of at least 3.5 on the analytical writing portion of the GRE. If a student opts to complete the MAT examination, a writing sample will be required for evaluation by the Department's Graduate Faculty. Please contact the Graduate Coordinator for more information on the procedures for submitting a writing sample.

**C. Applicants must have undergraduate education in health, kinesiology, or a related area.**

1. An applicant who holds a Bachelor's degree in kinesiology or related area from a regionally accredited college or university is eligible for admission into the Program if his/her performance in critical undergraduate coursework<sup>a</sup> is deemed acceptable<sup>b</sup>. An applicant who lacks certain critical coursework or whose performance in certain critical coursework is deemed unacceptable might be required to complete prerequisite undergraduate coursework prior to or early in his/her graduate coursework.

2. An applicant who holds a Bachelor's degree from a regionally accredited college or university in an area unrelated to kinesiology may be considered for admission to the Program if he/she has completed at least 18 credit hours of kinesiology-related undergraduate coursework. Of these 18 credit hours, at least 12 credit hours must be advanced. Additionally, the 18 credit hours must reflect acceptable<sup>b</sup> performance in an adequate number of courses deemed to be critical coursework<sup>a</sup>. An applicant who lacks certain critical coursework or whose performance in certain critical coursework is deemed unacceptable might be required to complete prerequisite undergraduate coursework prior to or early in his/her graduate coursework.

<sup>a</sup>Critical undergraduate coursework may include but is not limited to the following areas:

- i. anatomy/physiology
- ii. motor control, motor learning, motor behavior, or motor development
- iii. sport, exercise or performance psychology
- iv. biomechanics or kinesiology
- v. exercise physiology
- vi. tests, measurements, and evaluation
- vii. kinesiology for special populations (e.g., adapted PE)
- viii. exercise testing and prescription

<sup>b</sup>Acceptable performance is defined as a grade of "C" or above in any particular course, and a "B" average across all critical undergraduate coursework.

**D. Applicants must have a sincere interest in sports administration, kinesiology pedagogy, health/fitness, and/or the exercise sciences.**

**E. Applicants must have demonstrated a high-level of professional and ethical conduct during their academic career to date.**

**F. Applicants, especially those whose qualifications are marginal, are encouraged to request letters of recommendation from their undergraduate professors. Letters of recommendation should be forwarded directly to the Program Coordinator.**

## II. GRADUATE ASSISTANTSHIPS AND SCHOLARSHIPS

**A. Graduate Assistantships:** A limited number of graduate assistantships are available to qualified graduate students. The Chair of the Department of Health & Kinesiology is responsible for filling these positions in consultation with the Program Coordinator. Interested applicants should notify the Program Coordinator for an application. Please note the following concerning graduate assistantships:

1. Admission in the Program does not necessarily qualify a student to receive a graduate assistantship. Successful graduate assistantship applicants typically hold a Bachelor's degree in kinesiology or a related field and demonstrated outstanding performance (i.e., GPA  $\geq$  3.00/4.00) during their undergraduate studies.
2. GAs must be enrolled in at least 9 credit hours each semester (i.e., GAs must be full-time students) unless approved in advanced by the Program Coordinator. All courses must be graduate-level and applicable to the M.S. in Kinesiology degree unless approved in advanced by the Program Coordinator. NOTE: There are situations where the Program Coordinator will approve enrollment below 9 credit hours or approve undergraduate courses to count towards a GA's full-time status. These cases will be considered on an individual basis and must be approved prior to the applicable semester.
3. GAs must be making satisfactory academic progress towards the M.S. in Kinesiology degree in order to retain a graduate assistantship. A GA who is not making satisfactory academic progress (e.g., academic probation, dropping below full-time status during a semester, etc.) will be subject to review by the Program Coordinator in consultation with the Graduate Faculty. In such cases, the Program Coordinator may recommend revocation of a GA's assistantship to the Department Chair.
4. Typical GA duties include assisting faculty with class instruction/labs, assisting faculty with research projects, instruction of activity courses within the Department of Health & Kinesiology (3 courses = 9 contact hours/week), and the maintenance of weekly office hours in the SPEC Computer Lab or Health & Kinesiology department office. In special situations GAs will be assigned to assist the Department Chair. It is strongly recommended that GAs not take on additional responsibilities (e.g., part-time job, other assistantships) outside of their full-time course load and GA duties. Outside activities and responsibilities will not be considered legitimate excuses for a GA's poor performance of his/her assigned duties in the Department of Health & Kinesiology. Poor performance of his/her assigned duties will subject the GA to review by the Program Coordinator in consultation with the Graduate Faculty. In such cases, the Program Coordinator may recommend revocation of a GA's assistantship to the Department Chair.
5. Graduate assistantships may be awarded for a single semester (fall or spring semester) or for an academic year (fall and spring semester). Receiving an assistantship for a particular semester or academic year does not guarantee that a student will be awarded an assistantship in subsequent semesters or academic years. Except in special situations,

students are not eligible for assistantships after they have been in the program for two years (i.e., four long semesters).

6. Graduate assistantships include a monthly stipend and non-resident tuition waiver (i.e., non-resident students qualify for resident tuition rates).

**B. Graduate Scholarships:** A number of \$1000 scholarships are awarded each year by the College of Graduate Studies. The Program Coordinator will notify students (via TAMUK student email) of the application procedures for these scholarships each spring semester. All students are encouraged to apply for these scholarships each spring semester. Please see the Graduate Studies website for scholarship information at:

[http://www.tamuk.edu/grad/scholarship\\_opportunities/index.html](http://www.tamuk.edu/grad/scholarship_opportunities/index.html)

### III. ADVISEMENT

Students are required to make contact with the Graduate Program Coordinator as soon as possible after their admission to the Program. Please make note of the following important information concerning advisement:

- A. Students are responsible for making sure that the Program Coordinator has their current contact information including a current e-mail address, and phone number.
- B. E-mail will be the primary means through which the Program Coordinator will communicate important information to the students. **GRADUATE STUDENTS ARE EXPECTED TO CHECK THEIR TAMUK-ISSUED E-MAIL ON A DAILY BASIS.** Failure to comply with this request will not constitute a valid excuse for not being familiar with critical information that has been disseminated by the Program Coordinator (e.g., policy changes, appointments, deadlines, etc.). Once the student officially starts the program (i.e., the first day of the first semester of enrollment), the Graduate Coordinator will ONLY use the TAMUK issued email address to communicate with students. Students are encouraged to either check their TAMUK issued email daily or have messages from the TAMUK account forwarded to an account that is checked daily.
- C. Important information will be e-mailed to students, posted on the M.S. in Kinesiology Program website, and posted on the Program bulletin board in the SPEC. Students are responsible for checking all of these on a regular basis.
- D. It is ultimately the responsibility of the student to ensure that they meet the degree requirements set forth by the University, the College of Graduate Studies, the College of Education and Human Performance, and the Department of Health & Kinesiology. The student is encouraged to consult with the Program Coordinator with any questions he/she may have concerning their progression through the degree program.
- E. Students are required to file an initial degree plan with the Program Coordinator during their first semester of coursework in the Program.
- F. Students are required to file a final degree plan with the Program Coordinator during the semester prior to their anticipated graduation.
- G. Students should ensure that the requirements for graduation are completed by the appropriate deadlines according to the instructions contained in the forms at the "**Graduate Forms site.**" ([http://www.tamuk.edu/grad/current\\_students/forms/index.html](http://www.tamuk.edu/grad/current_students/forms/index.html)) Students are encouraged to check the Graduate Studies website for up to date information regarding graduation deadlines. Students are responsible for bringing to the attention of the Program Coordinator any problems associated with them meeting the requirements for graduation.



## IV. DEGREE PLANS

Students may choose to complete one of three-degree plans offered by Texas A&M University-Kingsville. The Program Coordinator will advise students on which of the following degree plans is most appropriate for them to meet their educational and career goals.

### **Course Only Option:**

The 36 credit hour requirement is met through major core and major elective courses. Additionally, free elective courses may count towards the credit hour requirement.

#### ***MAJOR CORE COURSES (9 cr hr):***

1. EDKN 5312: Physiology of Exercise
2. EDKN 5317: Research in Kinesiology
3. EDKN 5338: Statistical Analysis of Research Data

#### ***MAJOR ELECTIVE COURSES (15-27 cr hr):***

Select from 5000-level EDHL or EDKN courses except for EDKN 5305, EDKN 5306, EDKN 5312, EDKN 5317, and EDKN 5338.

#### ***FREE ELECTIVE COURSES (0-12 cr hr):***

Select from 5000-level courses outside of EDHL or EDKN, as approved in advance by the Program Coordinator. *NOTE: If the student takes 9 or more credit hours of free electives in a specific discipline, he/she will be required to take a comprehensive examination covering their coursework from that discipline.*

### **Research Project Option:**

The 36 credit hour requirement is met through major core, major research, and major elective courses. Additionally, free elective courses may count towards the credit hour requirement.

#### ***MAJOR CORE COURSES (9 cr hr):***

1. EDKN 5312: Physiology of Exercise
2. EDKN 5317: Research in Kinesiology
3. EDKN 5338: Statistical Analysis of Research Data

#### ***MAJOR RESEARCH COURSES (3 cr hr):***

1. EDKN 5305-Graduate Research Project

#### ***MAJOR ELECTIVE COURSES (12-24 cr hr):***

Select from 5000-level EDHL or EDKN courses except for EDKN 5306, EDKN 5312, EDKN 5317, and EDKN 5338.

#### ***FREE ELECTIVE COURSES (0-12 cr hr):***

Select from 5000-level courses outside of EDHL or EDKN, as approved in advance by the Program Coordinator. *NOTE: If the student takes 9 or more credit hours of free electives in a specific discipline, he/she will be required to take a comprehensive examination covering their coursework from that discipline.*

**Thesis Option:**

The 30 credit hour requirement is met through major core, major research, and major elective courses. Additionally, free elective courses may count towards the credit hour requirement.

**MAJOR CORE COURSES (9 cr hr):**

1. EDKN 5312: Physiology of Exercise
2. EDKN 5317: Research in Kinesiology
3. EDKN 5338: Statistical Analysis of Research Data

**MAJOR RESEARCH COURSES (6 cr hr):**

1. EDKN 5306A-Thesis I
2. EDKN 5306B-Thesis II

**MAJOR ELECTIVE COURSES (3-15 cr hr):**

Select from 5000-level EDHL or EDKN courses except for EDKN 5305, EDKN 5306, EDKN 5312, EDKN 5317, and EDKN 5338.

**FREE ELECTIVE COURSES (0-12 cr hr):**

Select from 5000-level courses outside of EDHL or EDKN, as approved in advance by the Program Coordinator. *NOTE: If the student takes 9 or more credit hours of free electives in a specific discipline, he/she will be required to take a comprehensive examination covering their coursework from that discipline.*

**M.S. in Kinesiology (ONLINE)**

The M.S. in Kinesiology is also offered via an online track, where all courses are offered in an online format. Students pursuing the degree through the online track will follow the Course Only Option outlined above. The Department of Health & Kinesiology tentatively plans to offer the major core courses in an online format following this schedule:

- EDKN 5312 - every other fall (odd years)
- EDKN 5317 - every other fall (even years)
- EDKN 5338 - every spring

Online students may then select from the electives offered each semester to complete the 36-hour requirement. Generally, a total of four electives (two in Summer I-June, two in Summer II-July) are offered online during the summer terms. In the long semesters (Fall and Spring), at least one elective is offered in an online format. A student opting to take a full load (9 hours in Fall and Spring, 12 hours in Summer) could finish the program in 4 semesters (i.e., Fall, Spring, Summer, Fall). Students may work through the program at a pace that is comfortable, noting that courses are offered on a rotational basis (especially see EDKN 5312, above).

## V. Declaration of Cohort

We have two cohorts of students progressing through the program. In order to begin the program, students must declare the cohort in which they intend to complete the program, and a Declaration of Cohort form must be completed and signed by the student and Graduate Coordinator before beginning registration for classes. Stipulations for each cohort appear below:

### **Campus Cohort:**

- Students declaring this cohort reside in Kingsville or the surrounding area OR intend to travel to campus in order to take courses in a face-to-face environment.
- Courses are generally offered in a face-to-face environment, with some electives offered online. Students in the campus cohort may take electives online if they wish, unless they are international students with restrictions (see Graduate Coordinator for more information).
- All core courses (EDKN 5312, EDKN 5317, and EDKN 5338) must be taken on campus in this cohort.

### **Online Cohort:**

- Students declaring this cohort reside outside of Kingsville or the surrounding area (more than 35 miles from campus) OR are employed full-time (e.g., 40 hours per week) off-campus. Students will be required to provide proof of residence and/or employment in order to declare this cohort.
  - Proof of residence is based on the student's local address within the TAMUK system, and/or a utility bill in the student's name.
  - Proof of employment is based on a contract, pay stub, or official letter from an employer. In all cases, the student's average paid hours per week must be indicated.
- All courses are offered in an online environment in this cohort.
- Students may not enroll in on campus courses to satisfy degree plan requirements.
- No students working (paid, volunteer, or compensated via scholarship) for the University, regardless of their residence, may declare this cohort.
- International students may not declare this cohort.

### **Changing Cohorts:**

- Students who begin in the campus cohort may change to the online cohort only when the requirements to declare the online cohort are satisfied. Once a student declares to complete the degree within the online cohort, the remainder of the degree program must be completed online (i.e., they may not enroll in face-to-face courses on campus).
- Students who begin in the online cohort may change to the Campus cohort at any time.
- Students are only allowed one change in cohort across the duration of the degree program.
- Students desiring to change cohorts should complete the Declaration of Cohort Form and submit to the Graduate Coordinator. The Graduate Coordinator, in consultation with the Department Chair and Graduate Faculty, will approve or deny the cohort change.

### **Other Notes:**

- The core courses (EDKN 5312, EDKN 5317, and EDKN 5338) are offered in both campus and online formats.
- Exercise Science electives (see website or handbook for a list) are generally offered only in the campus format.

- Administration/Pedagogy electives (see website or handbook for a list) are generally offered only in the online format.

## VI. THESIS VS. RESEARCH PROJECT (INCLUDING INTERNSHIP)

Learning to read and conduct research is a major student learner outcome associated with a graduate-level education in the Department of Health & Kinesiology. While the decision as to which route to pursue (i.e., which degree plan) is ultimately the student's, the Program Coordinator will help the student decide which of these options are best for the student to meet his/her educational and career goals. While the College of Graduate Studies Catalog details the differences between thesis research and a research project, the following information might also help the student make his/her decision:

- A.** Both the thesis and the research project must be written to conform to thesis manual specifications. This means that the style and formality of writing is similar for both.
- B.** Thesis research requires the formation of a formal Thesis Committee comprised of at least three graduate faculty members, while the research project is supervised by a single graduate faculty member. However, the final written documents for both the thesis and the research project must satisfy the requirements of the Department Chair and College of Graduate Studies Dean. The Thesis Committee includes a Committee Chair who will serve as the primary mentor for the student's research efforts. Under the guidance of the Graduate Coordinator, it is the responsibility of the student to secure a faculty member willing to serve as his/her Committee Chair. Additionally, both the Graduate Coordinator and the Department Chair must approve the student's application to do thesis research as well as the student's choice of Committee Chair. If an acceptable Committee Chair cannot be secured, or the Graduate Coordinator and Department Chair deny the student's application to conduct thesis research, the student will not be allowed to remain on the Thesis Option degree plan (i.e., no student is entitled to conduct thesis level research). All subsequent Thesis Committee appointments are subject to approval by the Graduate Coordinator and Department Chair as well. For those students opting to perform a research project (Research Project Option), the students are required to secure a single faculty member to serve as supervisor of his/her project, and that supervisor must be approved by the Graduate Coordinator. If the student cannot secure a faculty member willing to work with them, they will not be allowed to remain on the Research Option degree plan (i.e., no student is entitled to conduct research or a research project).
- C.** The research project is less "intense" than the thesis. This means that the topic, data collection, and writing of the research project are less involved than that required in thesis research. However, this does not mean that the research project is significantly "easier" than thesis research.
- D.** The course format for completing a thesis is different from that of the research project.
  - 1. Thesis (EDKN 5306A and B):** The 30 credit hour thesis degree plans (Thesis Option) requires two courses in which to complete the research requirements: EDKN 5306A, where the student completes the research proposal and begins data collection, and EDKN 5306B, where the student completes data collection, prepares the written thesis, and defends the thesis research.
    - a.** A student must complete the requirements in EDKN 5306A before taking EDKN 5306B. A student may not register for 5306A and 5306B in the same semester.

b. A student may receive an "S" (Satisfactory) in each course until all requirements have been satisfied. Enrollment must be consecutive (i.e., the student must enroll every semester until completion).

c. A student's Thesis Committee must be available in order for a student to work on a thesis during the summer terms. The graduate student must seek the approval of the involved committee members before enrolling in summer thesis work. This approval must be submitted, in writing, to the Graduate Coordinator prior to the end of the spring semester.

**2. Research Project (EDKN 5305):** The 36 credit hour research project degree plan (Research Project Option) requires one course in which to complete the research requirements: EDKN 5305.

- a. Students are encouraged to finish the research project in one semester, but EDKN 5305 is offered as needed.
- b. If a student does not finish the research project during the semester enrolled, he/she will receive a grade of "S/U" (Satisfactory or Unsatisfactory). The student must then wait until the course is offered again to complete the research requirements for the degree (i.e., the following semester, or whenever the student wants to attempt to complete the project). If a student fails to complete the research requirements during the second semester of enrollment in EDKN 5305, he/she will receive an "F" grade.
- c. A student's research project supervisor must be available in order for a student to work on EDKN 5305 during the summer terms. The course will not be placed on the books without consent from the project supervisor.
- d. Students wishing to perform an internship as a part of their graduate program may do so for graduate credit under the Research Project Option. Students should contact the Graduate Coordinator for more information.

**E.** Those students considering pursuing a terminal degree at any time in the future are strongly encouraged to consider pursuing the Thesis Option degree plan. While some doctoral programs will require applicants to have written a thesis during their Master's work, others won't. However, for those who do not require it, many will require the students to conduct thesis research upon entry to the doctoral program (i.e., the doctoral student will have to perform a make-up thesis). Universities in Texas which currently grant doctoral degrees in kinesiology or related areas include: Baylor University, Texas A&M University-College Station, Texas Tech University, Texas Woman's University, University of Houston, University of North Texas, University of Texas-Austin, and University of Texas-El Paso. Universities in neighboring states which currently grant doctoral degrees in kinesiology or related areas include: University of New Mexico, University of Oklahoma, Oklahoma State University, University of Arkansas, and Louisiana State University.

**F.** Students should enroll in EDKN 5317-Research in Kinesiology early in their progression through the program. This course will help them begin to prepare a problem statement regardless of which research option they choose.

**G.** Students are generally better off selecting a thesis/research topic and following through with that particular topic. It is unwise to change a topic unless absolutely necessary. Changing topics makes the student start over with respect to research design and the accumulation of related literature, which will significantly delay the completion of the research project.

**H.** Regardless of which research option the student selects he/she is encouraged to seek counsel from Graduate Faculty with expertise and interest in the student's area of interest when deciding on a research topic. See Section XIII for a list of Graduate Faculty, their research interests, and their areas of expertise.

**Note:** Students who select the Course Only Option degree plan will not actively engage in the research process as part of their graduate program. Instead, a thorough understanding of the research process will be expected and demonstrated through the student's coursework and comprehensive examinations.

## VII. COMPREHENSIVE EXAMINATIONS (COMPS)

The College of Graduate Studies requires that all graduate students demonstrate proficiency in the major subject by passing comps in that area. Additionally, if the student has a supporting field where at least 9 credit hours of coursework were taken, the student must demonstrate proficiency in the supporting field by passing a comp in that area. For students on Course Only or Research Project plans, comps should be taken during the student's final semester of coursework. For students on the Thesis Plan, comps should be taken before beginning thesis work if possible (i.e., if adequate coursework has been completed).

### A. Comprehensive Examination Declaration:

1. Graduate students are required to declare their intent to take comps no later than four or five months prior to the scheduled comp date; and the Graduate Coordinator will send out a call for comp declarations at least five months prior to each comp date, specifying the exact due date.
2. Graduate students may only take a comp over a course in which a grade of B or higher was earned. NOTE: This means that a grade of B or higher must be earned in those courses where comps are required (EDKN 5312, EDKN 3517, and EDKN 5338).
3. Upon receipt of a student's declaration of intent to take comps in a given semester, the Graduate Coordinator will confirm the courses covered, as well as dates, times, and format of the examination via email with the student.
4. Next, if an online student, you will need to enroll in EDKN 0000, for your online exam semester. The deadline to enroll and the absolute last day to register for any class, is listed on the Academic Calendar, and may require the completion of a drop/add form and Graduate Coordinator permission, if late. The exam will be taken using EDKN 0000 on Blackboard (the course is free), but you will need to also use our online proctoring service (see below) to undertake the exam.

**B. Comprehensive Examination Topics:** Students will be required to take comps and demonstrate proficiency in the following areas:

1. **Research Methods and Statistical Analysis:** This comp will cover material from EDKN 5317 (Research in Kinesiology) and 5338 (Statistical Analysis of Research Data).
2. **Health/Exercise Science:** This comp will cover material from EDKN 5312 (Physiology of Exercise) and another course listed under the Health/Exercise Science classification in Section XI. The student will be allowed to select the second course to be covered on the comp. This selection will be made at the time the comp declaration is made. The second course selected must appear on the student's final degree plan. In the event that the student did not take a



second Health/Exercise Science course, the comp will cover material from EDKN 5312 only, but the exam content will be expanded to cover the entire 180 minute exam period.

**3. Sport Administration/Kinesiology Pedagogy:** This comp will cover material from two courses listed under the Sport Administration/Kinesiology Pedagogy classification in Section XI. The student will be allowed to select the two courses to be covered on the comp. This selection will be made at the time the comp declaration is made. The two courses selected must appear on the student's final degree plan. In the event that a student has taken only one Sport Administration/ Kinesiology Pedagogy course, the comp will cover material from that course only, but the exam content will be expanded to cover the entire 180 minute exam period. In the event that a student has taken no Sport Administration/ Kinesiology Pedagogy courses, the student will take a second comprehensive examination in Health/Exercise Science.

**4. Supporting Field/Resource Area:** If the student has a support field/resource area with at least 9 credit hours of coursework from a specific discipline, he/she will be required to take a fourth comp covering the material from the supporting field/resource area.

Each of the three/four comps will be prepared by, and graded by the faculty member(s) who instructed the student in the applicable courses during their graduate work. This means that for a particular comp more than one faculty member may prepare a portion of the exam, and evaluate a portion of the exam. In the event that the faculty member(s) who instructed the student is no longer at TAMUK, the faculty member(s) currently instructing the applicable courses will be responsible for preparing/grading the comp.

**C. Comprehensive Examination Schedule:** The Program Coordinator will notify all graduate students of the specific dates for comps at least three months before the examination dates. However, the comps are generally given in early November (fall), Late March or early April (spring), and Late June or early July (summer). Comps will be administered over two days (M and W, or T and Th) in the following order\*:

- |       |   |
|-------|---|
| Day 1 | 8:30am – 12:00pm: Research Methods and Statistical Analysis<br>(Two individual exams- 90 minutes each)<br>1:00pm – 4:30pm: Sport Administration/Kinesiology Pedagogy<br>(Two individual exams- 90 minutes each) <ul style="list-style-type: none"><li>• (30 minute break between each exam)</li></ul> |
| Day 2 | 8:30am– 12:00pm: Health/Exercise Science<br>(Two individual exams- 90 minutes each)<br>1:00pm – 4:30pm: Supporting Field/Resource Area (if applicable)<br>(One or Two individual exams- 90 minutes each) <ul style="list-style-type: none"><li>• (30 minute break between exam)</li></ul>             |

**\*The days of the week may be changed depending on circumstances, such as the number of students who are employed and working during the day.**

**D. Online Student Requirements and Policies:** Online students' comprehensive examinations are facilitated through an online proctoring service. Detailed information regarding this service, including how to register for exams, is sent to students (via the student email address) approximately one month prior to the comprehensive examination. Students are required to have a secured space where they are the only person present, reliable internet connection (wired is recommended), and a webcam in order to take comprehensive examinations online. The first attempt at the comprehensive examination is paid for by the Department of Health & Kinesiology. However, if the student fails to pass the comprehensive examination on the first attempt, the student must pay for the subsequent attempt. The cost per section of the exam is \$25.00 (www.ProctorU.com).

**E. Comprehensive Examination Performance Requirement:** To "pass comps" and fulfill this requirement for the degree, students are required to demonstrate satisfactory Master's-level performance (i.e., proficiency) on each of the three/four comps they take. Within a given comp, the student must demonstrate satisfactory Master's-level performance within all areas covered on that examination to pass that particular comp. For example, for a student to demonstrate proficiency in the area of Research Methods and Statistical Analysis, he/she must be proficient in the material from both EDKN 5317 (Research in Kinesiology) and EDKN 5338 (Statistical Analysis of Research Data). It will be up to the faculty member(s) grading each particular comp to determine what is "satisfactory Master's-level performance (i.e., proficiency)."

**F. Preparing for the Comprehensive Examination:** Once a student has declared their intent to take comps, and has designated the specific courses to be tested, they may contact the faculty members responsible for preparing his/her comps to request study guidance. These faculty members may provide the student with direction in how to prepare for his/her comps in the specific areas, including providing the student with study guides if available. The degree of direction provided will be determined by the faculty member. Students will be required to declare their intent, by the deadline set forth by the Graduate Coordinator, in the semester prior to taking comps.

**G. Comprehensive Examination Results:** Each comp section is graded by the faculty member who prepared that section, and that faculty member will determine proficiency. Evaluation of comps usually takes approximately two weeks. The student will be notified as to their pass/fail status. Graded comps papers are NOT given back to students, no matter the result. If the student has failed any portion of the comps, the responsible faculty member will, at the request of the student, counsel the student as to strengths and weaknesses, along with guidance in studying for the re-take.

**H. Comprehensive Examination Re-Takes:** If a student fails to demonstrate proficiency on one or more of the three/four comps (i.e., he/she does not "pass" comps), he/she will be given an opportunity to re-take comps once. The decision as to whether, or not,

the student will be required to re-take all three/four comps, or just the comps on which his/her performance was deemed to be unsatisfactory, will be made by the Graduate Faculty. The student may not change which courses are covered on the comp re-take. The specific items on the examinations for comp re-takes may or may not be the same as the items on the original comps. The student is not assured that he/she will see the same examination as he/she saw during their original attempt to pass comps. Additionally, if an alternative form of examination is available for the comps the student is required to re-take (e.g., if the original comp was a written exam, but it is possible for the exam to be administered orally), the student may opt to take the alternative form of the comp. The determination as to whether, or not, an alternative format is possible for a given comp will be made by the faculty member(s) responsible for preparing the comp.

**I. Preparing for Comprehensive Examination Re-Takes:** Students are encouraged contact the appropriate faculty for direction in preparing for comp re-takes. If possible, the student should consider auditing appropriate coursework or seeking peer tutoring to help him/her prepare.

**J. Comprehensive Examination Re-Take Schedule:** Comp re-takes can only be scheduled during the normally scheduled administration of comps (see VI. C, above.). That is, if the student does not pass comps in a particular semester, he/she must wait at least until the next semester to re-take comps. The student must declare his/her intent to re-take comps according to the guidelines detailed in Section VII.A., above. Additionally, the student must re-take comps prior to when his/her seven year time limit for earning the degree is reached.

**K. Failure to Pass Comprehensive Examinations:** If a student fails to pass comps (i.e., fails to perform in a satisfactory manner on one or more of the three/four comps), then fails the single re-take of comps (i.e., again fails to perform in a satisfactory manner on one or more of the three/four comps), he/she will have failed to meet the requirements for the degree. The student will be withdrawn from the Program.

## VIII. OTHER HELPFUL INFORMATION

**A.** Students must be aware of College of Graduate Studies deadlines for graduation. Paperwork for May graduation typically is typically due in late-November, August graduation in early-May, and December graduation in late-July. The Program Coordinator may post the specific dates and e-mail the graduate students when the Dean releases this information each semester. However, it is the responsibility of the student to be aware of deadlines. Deadlines are generally posted, and updated, on the College of Graduate Studies webpage.

**B.** Students are encouraged to obtain copies and to familiarize themselves with the following documents:

1. College of Graduate Studies catalog (available on-line or from the College).
2. Tentative long-term course offering schedules (may or may not be available from the Program Coordinator and/or Department Chair of the department in which you are interested in taking graduate coursework).
3. College of Graduate Studies Thesis Manual (regardless of which degree plan the student is following, available on-line from the College of Graduate Studies). [http://www.tamuk.edu/grad/images/pdf/forms/ThesisManual\\_16.pdf](http://www.tamuk.edu/grad/images/pdf/forms/ThesisManual_16.pdf)
4. Institutional Review Board (IRB) for the Protection of Human Subjects Manual (regardless of which degree plan the student is following, available on-line from the College of Graduate Studies).

**C.** Students should sharpen their computer skills. Graduate students should have a functional knowledge of basic computer programs such as Microsoft Word, Excel, and Power Point, as well as how to conduct internet and database searches. Workshops are conducted on campus for students whose computer skills may be lacking.

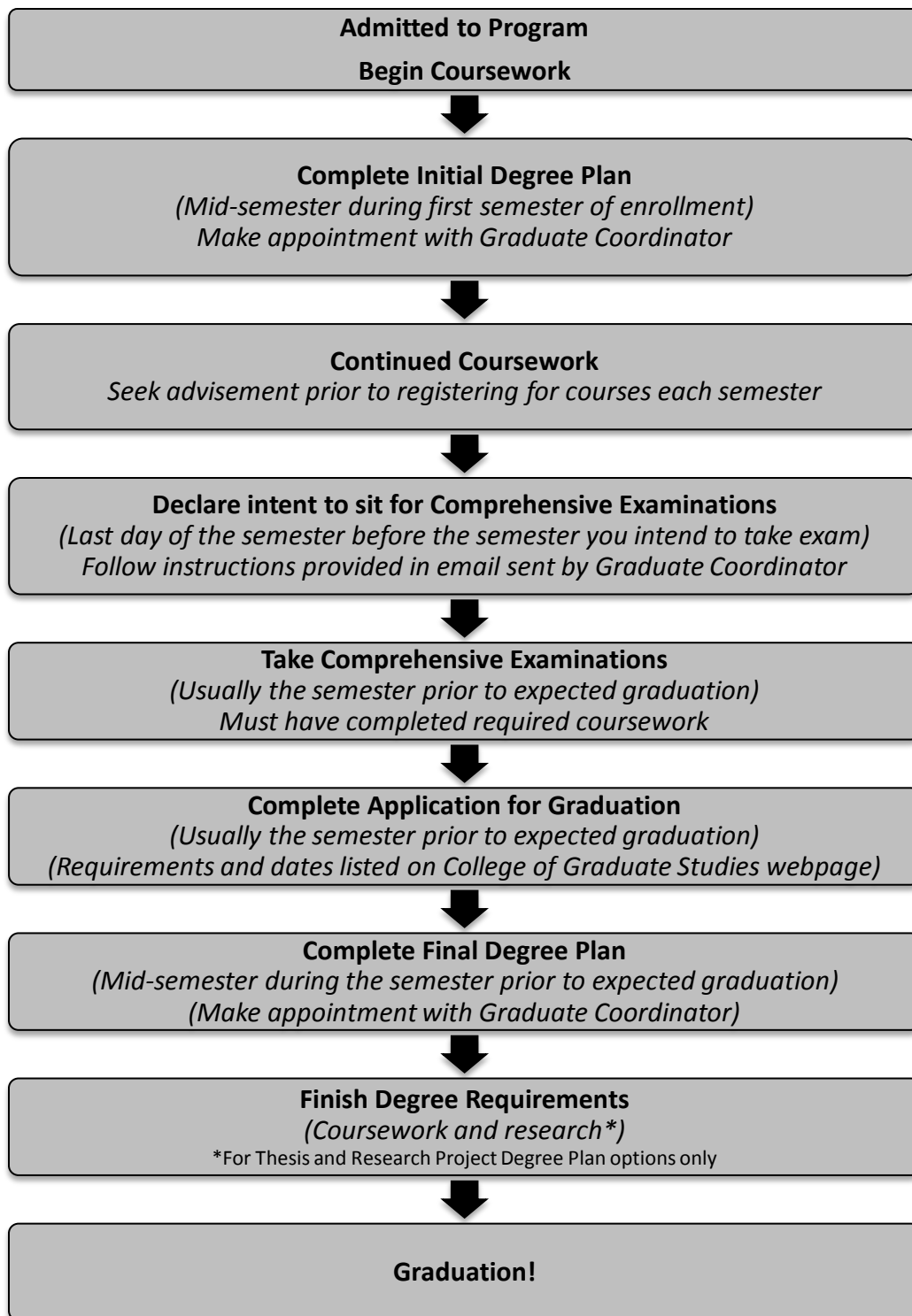
**D.** Grades of “D” and “F” do not count towards the degree but will count towards the student’s GPA. (Reminder: Grades of C do not allow a student to take a comp in that course)

**E.** Students are encouraged to take the major core courses (EDKN 5312, 5317, 5338) as soon as possible during their progression through the Program. These courses are required for the degree and in the event that a student earns a “C”, “D” or “F” in one of these courses, they may not be replaced on his/her degree plan with any other course. That is, they must be re-taken the next time they are offered, which could be up to two years from when the course was originally taken.

**F.** Students should enroll in courses as soon as possible once registration opens. If this is not possible, they should notify the Program Coordinator of their intent to enroll in courses. This will reduce the likelihood of a graduate class for an upcoming term being cancelled due to projected low enrollment.

**G.** Students should contact the Program Coordinator early in the semester for advisement concerning coursework for the following semester.

**H.** Students should expect to complete the following throughout enrollment in the program:



## IX. TECHNOLOGY-RELATED INFORMATION

The following information is provided as a guideline to help students navigate various offices and resources on the Texas A&M University-Kingsville campus. While online students are not physically on campus, these resources are still available for you to use, and you will be expected to utilize them throughout your enrollment in the program.

All students (on campus or online) are required to have a computer, internet capabilities, and webcam capabilities.

### A. Obtaining Email Access

All students are issued an email address by the university. You will find a step-by-step guide for accessing and activating this email address at the following webpage:

[http://www.tamuk.edu/itech/student\\_resources/Quick\\_Ref\\_Docs/Access%20and%20Activate%20your%20Student%20Email.pdf](http://www.tamuk.edu/itech/student_resources/Quick_Ref_Docs/Access%20and%20Activate%20your%20Student%20Email.pdf)

### B. Banner ID vs. User ID

Upon admission, the university issues each student a Banner ID and a User ID. These IDs are necessary for logging into every campus resource. The Banner ID is an 8-digit number preceded by a capital K (K#####). The User ID is generally 4-letter, 4 number identifier (kuxxx####).

### C. Jernigan Library

All students have access to the Texas A&M University-Kingsville library, Jernigan Library. The library can be accessed off campus by logging on to: lib.tamuk.edu. In order to utilize the online databases or the interlibrary loan system, students will be asked to provide a name (first and last name) and University ID (your Banner ID – K#####). Students requiring assistance in utilizing library resources should contact the library staff.

### D. Blackboard Course Management System

Every course offered through Texas A&M University-Kingsville is assigned a course shell on the Blackboard Course Management System. While on-campus courses may utilize Blackboard to supplement in class material, online courses will be completely administered within the Blackboard system. Students can log onto the Blackboard system using their User ID (kuxxx####) and password (the same password used for email access). Students experiencing troubles logging into the Blackboard system should contact the iTech Help Desk (see Section X) immediately. Students are encouraged to log into the Blackboard system several days prior to the start of a semester to ensure all problems can be resolved prior to the first day of class. Additional information on the Blackboard system, including video tutorials, can be found at:

[https://www.youtube.com/watch?v=L\\_kVQuvxdIk](https://www.youtube.com/watch?v=L_kVQuvxdIk) OR

<http://www.tamuk.edu/itech/> and by logging into JNET and going to the ITECH or Blackboard section

**E. Blue & Gold Connection**

Blue and Gold Connection is the main portal for the Texas A&M University-Kingsville community. Students can log onto the Blue & Gold Connection at: [www.tamuk.edu/bluegold](http://www.tamuk.edu/bluegold). This portal is utilized for processes such as class registration, course schedules, checking grades, and paying university bills online. Users should log in using their Banner ID (K#####) and pin number (6-digit birthday in MMDDYY format).

**F. Additional information and tutorials regarding technology resources can be accessed at:**

<http://www.tamuk.edu/itech/> and

**By logging into JNET and going to the ITECH section**

**G. Textbooks**

Students are responsible for purchasing or renting textbooks for all courses. While some instructors will email a class in the weeks prior to the first day of class with this information, it is ultimately the student's responsibility to obtain this information. The Texas A&M University-Kingsville bookstore generally has this information (<http://tamukingsville.bncollege.com/webapp/wcs/stores/servlet/BNCBHomePage?storeId=16558&catalogId=10001&langId=-1>)

Students may also contact individual instructors for textbook information. Students are encouraged to purchase textbooks well in advance of the first day of class to be certain the textbook is in hand by that date.

## X. HELPFUL CONTACTS

The following list of contacts are resources on campus that may be necessary as you navigate the degree program at Texas A&M University-Kingsville.

**A. College of Graduate Studies**

<http://www.tamuk.edu/grad>

(361) 593-2808

gradschool@tamuk.edu

**B. Office of International Student & Scholar Services**

<http://www.tamuk.edu/iss/index.html>

(361) 593-3317

international.services@tamuk.edu

**C. Jernigan Library**

<http://lib.tamuk.edu>

(361) 593-3408

**D. iTech Help Desk** (any issues related with email, logging in, Blackboard, etc.)

<http://www.tamuk.edu/itech>

(361) 593-HELP (4357)

helpdesk@tamuk.edu

**E. Financial Aid**

<http://www.tamuk.edu/finaid>

(361) 593-3911

financial.aid@tamuk.edu

**F. Registrar**

<http://www.tamuk.edu/registrar>

(361) 593-2811

registrar@tamuk.edu



## **XI. HEALTH & KINESIOLOGY GRADUATE COURSES**

### **CORE COURSES / RESEARCH COURSES (REQUIRED)**

EDKN 5305:	Graduate Research Project (for Research Project Plan)
EDKN 5306A & B:	Thesis (2 semesters) (for Thesis Plan)
EDKN 5312:	Physiology of Exercise (all plans)
EDKN 5317:	Research Methods in Kinesiology (all plans)
EDKN 5338:	Statistical Analysis of Research Data (all plans)

### **SPORT ADMINISTRATION/KINESIOLOGY PEDAGOGY ELECTIVES**

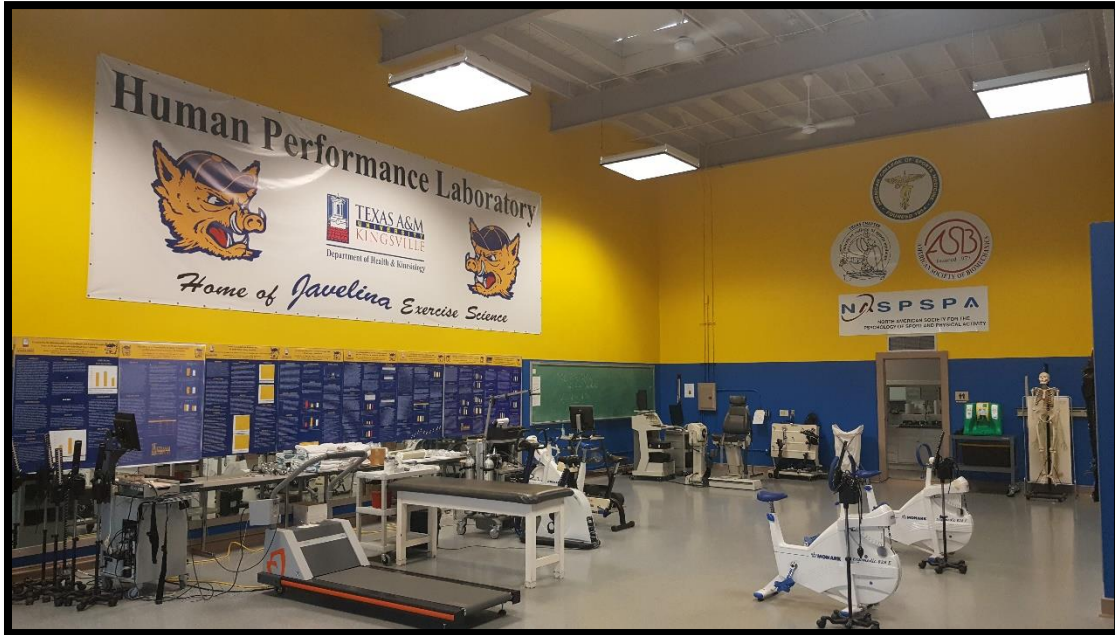
EDKN 5301:	Sports Coaching and Officiating
EDKN 5303:	Teaching College Physical Education
EDKN 5308:	Administration of Athletics
EDKN 5309:	Organization and Administration of Kinesiology Programs
EDKN 5315:	Current Issues in Kinesiology Programs
EDKN 5316:	History and Philosophy of Sport and Human Performance
EDKN 5319:	Psychological Aspects of Kinesiology
EDKN 5320:	Motor Learning/Motor Control
EDKN 5321:	Sport and Athletic Law
EDKN 5326:	Sport Marketing and Technology
EDKN 5327:	Sport in the Modern World
EDKN 5333/11:	Sport Finance
EDKN 5333/12:	Managing Athletic Facilities and Events
EDKN 5333/13:	Public Relations in Sport
EDKN 5333/14:	Legislation, Governance, and Compliance in College Athletics
EDKN 5333/15:	International Sport Governance
EDKN 5333/17:	Psychology of Physical Activity: Interventions and Applications

### **HEALTH/EXERCISE SCIENCE ELECTIVES**

EDHL 5311:	Scientific Foundations of Health Education
EDHL 5321:	Critical Analysis of Current Issues in Health Education
EDHL 5322/4:	Drug Education
EDHL 5322/8:	Healthy Aging
EDHL 5322/10:	Cardiovascular Health
EDHL 5322/11:	Current Issues in Global Health
EDHL 5322/12:	Health Program Planning and Evaluation
EDHL 5322/13:	Current Issues in Global Health
EDKN 5319:	Psychological Aspects of Kinesiology
EDKN 5320:	Motor Learning/Motor Control
EDKN 5322:	Fitness, Nutrition, and Weight Control
EDKN 5323:	Performance in Environmental Extremes
EDKN 5324:	Youth Fitness and Performance
EDKN 5325:	Aging and Physical Activity
EDKN 5327:	Sport in the Modern World
EDKN 5333/3:	Exercise Testing and Prescription
EDKN 5333/16:	Inclusive Fitness, Disability and Disease
EDKN 5333/17:	Psychology of Physical Activity: Interventions and Applications

## XII. THE HUMAN PERFORMANCE LABORATORY (HPL)

For those students interested in the exercise sciences or the testing, measurement, and evaluation of fitness and/or human performance variables, the Department of Health & Kinesiology's Human Performance Laboratory (HPL) is located in the Health & Recreation Building. The HPL is comprised of the main lab (HREC 203) and five sub-labs [Exercise Biochemistry (HREC 106a), Body Composition Assessment I (HREC 106b), Body Composition Assessment II/Pulmonary Function (HREC 210), Motor Behavior (HREC 102), and Heat Stress (HREC 103A)].



Equipment housed in the HPL includes:

**-Ergometers:** treadmills, stationary cycles (pendulum, basket drop, and rate independent), high-load stationary cycle with computer interface (for anaerobic power testing), arm crank, Jackson isometric dynamometer (load cell), hand grip dynamometers, Biodex single chair isokinetic dynamometer, accelerometers.

**-Neuromusculoskeletal:** sit-and-reach boxes (standard and modified), torso rotation devices, shoulder rotation devices, goniometers, fleximeters, electromyograph, electroencephalograph.

**-Body Composition:** skinfold calipers (Lange), anthropometers, anthropometric measuring tape, bioelectric impedance analyzer (multi-frequency), hydrostatic chamber, air displacement plethysmograph (Bod Pod), physician's platform scales, stadiometers.

**-Metabolic/Pulmonary:** metabolic cart, dry (bellows) spirometer, computer interfaced spirometer (Fleisch pneumotachograph), peak expiratory flow meters, Scholander chemical gas analyzer.

**-Cardiovascular:** sphygmomanometers (aneroid and mercury column), electrocardiograph, stethoscopes (single and dual), heart rate monitors.

**-Biochemistry:** ultra-low (-80) freezer, microplate reader, microplate washer, spectrophotometer, refrigerated centrifuge, flake ice maker, water purification system, biosafety cabinet, miscellaneous blood collection/analysis equipment.

**-Environmental:** The HPL is currently equipped to measure wind speed, barometric pressure, ambient air temperature, globe temperature, and wet bulb globe temperature in-house and in the field. Additionally, the HPL is equipped to measure core (rectal and ingestible probe) and multi-site skin temperature. The Heat Stress Sub-lab allows for controlled exposure to heat/humidity during rest or exercise.

**-Motor Behavior:** HUMAC balance/tilt system, reaction/movement/response timers, bimanual coordination tester, grooved pegboard tester, kinesthesiometer, card sorting box, automatic tally maze, Minnesota manual dexterity test battery, cutaneous sensitivity kit, Bassin anticipation timer, steadiness tester (groove and hole), multi-sensory fitness trainer (SMARTfit).

**-Other:** Biopac physiological data acquisition system, pedometers, curl-up templates (for abdominal endurance), stopwatches, metronomes, refrigerator/freezer (3), computer stations, athletic training tables, anatomical models, power rack.

### **XIII. GRADUATE FACULTY**

**Contact information for all faculty members can be found at:**

<http://www.tamuk.edu/cehp/hkn/faculty.html>

#### ***M.S. in Kinesiology Program Coordinator:***

**Dr. Daniel J. Burt**, Associate Professor and Associate Chair, Department of Health & Kinesiology

- **Education:** B.A., Ouachita Baptist University (AR); M.S., Henderson State University (AR); Ph.D., University of Arkansas-Fayetteville.
- **Areas of Expertise:** kinesiology pedagogy, sport management, adapted physical education
- **Research Interests:** increasing physical activity beyond the classroom, academic success in athletics, research methodology, Physical Education Teacher Education intern support

#### ***Graduate Faculty Members***

**Dr. David Cutton**, Associate Professor

- **Education:** B.S., University of Florida; Ph.D., Louisiana State University
- **Areas of Expertise:** sport pedagogy, motor learning, applied sport psychology
- **Research Interests:** sport and exercise-related self-talk, motivation, attention and performance

**Dr. Mike Daniel**, Professor Emeritus

- **Education:** B.S.Ed., Southern State College (AR); M.A., University of Missouri-Columbia; Ed.D., University of Arkansas-Fayetteville.
- **Areas of Expertise:** exercise physiology, sport psychology, sport administration, biomechanics.
- **Research Interests:** ethics, moral reasoning, cardiovascular health

**Dr. Tyler Farney**, Assistant Professor

- **Education:** B.S., Colorado State University; M.S., University of Memphis; Ph.D., Louisiana State University
- **Areas of Expertise:** exercise/sport physiology, applied biomechanics, strength and conditioning
- **Research Interests:** human performance within sport and exercise, biochemical and physiological adaptations to skeletal muscle, fatigue and recovery within muscle and nervous system

**Dr. Christopher M. Hearon, FACSM**, Professor and Chair, Department of Health & Kinesiology

- **Education:** B.S., M.Ed., Texas Tech University; Ph.D., Louisiana State University.
- **Areas of Expertise:** exercise physiology, applied statistical design and analyses, exercise testing and prescription.
- **Research Interests:** human performance in environmental extremes, body composition estimation practices

**Dr. Lorraine Killion, Associate Professor**

- **Education:** B.S., Stephen F. Austin University (TX); M.A., University of Houston-Clear Lake; Ed.D., University of Houston.
- **Areas of Expertise:** kinesiology pedagogy, psychosocial aspects of body image, childhood obesity
- **Research Interests:** psychosocial aspects of childhood obesity; relationship between body image, physical activity levels, and eating behaviors, cultural aspects of exercise behavior in relation to physical activity and body image, socio-environmental correlates of physical activity

**Dr. Melody Knight, RN, CHES, Professor**

- **Education:** B.S., Southwest Baptist University (MO); M.Ed., Texas Tech University; Ph.D., Texas A&M University-College Station
- **Areas of Expertise:** school health, asthma, osteoporosis, HIV/AIDS, human sexuality, obesity, diabetes
- **Research Interests:** Hispanic health issues, health issues in South Texas, cardiovascular health, sexuality and obesity

**Dr. Robert Kowalsky, Assistant Professor**

- **Education:** B.S., Slippery Rock University (PA); M.S., Ph.D., University of Pittsburgh University of Pittsburgh.
- **Areas of Expertise:** exercise physiology, exercise prescription, cardiometabolic health
- **Research Interests:** sedentary behavior, physical activity adherence, and weight management

**Dr. Brian Menaker, Assistant Professor**

- **Education:** B.A., Grinnell College (IA); M.A., University of Iowa; Ph.D., University of Florida
- **Areas of Expertise:** risk management, event management, operations, and planning, sport policy
- **Research Interests:** law enforcement policy and planning at sporting events, effect of sporting events on community and public health, relationship between sport and deviance

**Dr. Alberto Ruiz, Professor and Dean, College of Education & Human Performance**

- **Education:** B.A., M.S., Texas A&M University-Kingsville; Ed.D., University of Houston
- **Areas of Expertise:** kinesiology pedagogy, sport coaching, sport officiating, athletic administration
- **Research Interests:** youth fitness, children's attitudes toward physical activity, sport coaching, sport officiating

**Dr. Nestor W. Sherman, FACSM, Regents Professor**

- **Education:** B.S.E., State University of New York-Cortland; M.Ed., Ed.D., University of Houston
- **Areas of Expertise:** measurement and evaluation, statistical analyses, research methods
- **Research Interests:** statistical modeling, energy expenditure, test development

**Dr. Amber Shipherd, CMPC, Assistant Professor**

- **Education:** B.S., University of California - Davis; M.S., Florida State University; Ph.D., Texas Tech University
- **Areas of Expertise:** applied sport, exercise, and performance psychology (SEPP), coaching psychology
- **Research Interests:** effective applied SEPP practices, techniques, and interventions (namely athlete leadership development, sport injury prevention and rehabilitation, and self-efficacy in sport and exercise), effective practices for online learning and instruction in SEPP

**Dr. Matthew S. Stone, Assistant Professor**

- **Education:** B.S., University of Mary Hardin-Baylor (TX); M.S.Ed., University of Mary Hardin-Baylor (TX); Ph.D., University of Arkansas
- **Areas of Expertise:** exercise physiology, sports and nutritional supplementation, strength & conditioning
- **Research Interests:** effects of exercise and sports supplementation on body composition, muscular performance, and metabolism



# HK NATION

Revised June, 2018  
Effective June 1, 2018

