

# HEALTH AND KINESIOLOGY, MS

School of Health and Kinesiology, College of Education, Health, and Human Sciences

## Vision Statement

The School of Health and Kinesiology (H&K's) graduate program prepares students for careers in health, physical education, exercise science, athletic training, and physical activity. By fostering the development of evidence-based work, we train students to be lifelong learners who can perform leadership roles as educators, practitioners and researchers.

## Program Contact Information

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Program Website (<https://www.unomaha.edu/college-of-education-health-and-human-sciences/health-kinesiology/graduate/>)

## Fast Track Public Health/Health Behavior Integrated Undergraduate/Graduate Program (IUG)

The School of Health and Kinesiology has developed a Fast Track program for highly qualified and motivated students providing the opportunity to complete a bachelor's degree and a master's degree in an accelerated time frame. With Fast Track, students may count up to 9 graduate hours toward the completion of their undergraduate program as well as the graduate degree program.

Program Specifics:

- This program is available for undergraduate students pursuing a BS in Public Health major desiring to pursue a MS in Health & Kinesiology with a Health Behavior concentration, or those pursuing a BS in Kinesiology major desiring to pursue a MS in Health & Kinesiology with an Exercise Science concentration.
- Students must have completed no less than 60 undergraduate hours.
- Students must have a minimum undergraduate GPA of 3.0.
- Students must complete the Fast Track Approval form and obtain all signatures and submit to the Office of Graduate Studies prior to first enrollment in a graduate course
- Students will work with their undergraduate advisor to register for the graduate courses.
- A minimum cumulative GPA of 3.0 is required to remain in good standing.
- Students remain undergraduates until they meet all the requirements for the undergraduate degree and are eligible for all rights and privileges granted undergraduate status including financial aid.
- Near the end of the undergraduate program, formal application to the graduate program is required. The application fee will be waived, the applicant will need to contact the Office of Graduate Studies for a fee waiver code.

- Admission to Fast Track does NOT guarantee admission to the graduate program.
- The admit term must be after the completion term of the undergraduate degree.

## Admissions

General Application Requirements and Admission Criteria (<http://catalog.unomaha.edu/graduate/admission/>)

## Program-Specific Requirements

### Application Deadlines (Spring 2024, Summer 2024, and Fall 2024)

- Applications for this program are accepted on a rolling basis. All materials must be submitted at least one week prior to the first day of the semester in which the student has elected to begin coursework.

## Other Requirements

- **English Language Proficiency:** Applicants are required to have a command of oral and written English. Those who do not hold a baccalaureate or other advanced degree from the U.S., **OR** a baccalaureate or other advanced degree from a predetermined country on the waiver list (<https://www.unomaha.edu/graduate-studies/prospective-students/Proof%20of%20English%20Proficiency-%20International.pdf>), must meet the minimum language proficiency score requirement in order to be considered for admission.
  - Internet-based TOEFL: 80, IELTS: 6.5, PTE: 53, Duolingo: 110
- **Statement of Purpose:** Please address your main areas of interest and what you plan to do with a degree in Health and Kinesiology. You may also address any issues with your application that you would like the admission committee to consider. Please limit your statement to one page double spaced.
- **Letters of Recommendation:** Two letters of recommendation are required

## Degree Requirements

Code	Title	Credits
<b>Thesis Option</b>		
Required Courses		
HEKI 8030	RESEARCH IN HEALTH & KINESIOLOGY	3
KINS 8700	PSYCHOLOGY OF PHYSICAL ACTIVITY	3
PHHB 8360	COMMUNITY HEALTH	3
HEKI 8990	THESIS	6
Concentrations		
Student must select an area of concentration.		21
<b>Total Credits</b>		<b>36</b>

Code	Title	Credits
<b>Non-Thesis Option</b>		
Required Courses		
HEKI 8030	RESEARCH IN HEALTH & KINESIOLOGY	3
KINS 8700	PSYCHOLOGY OF PHYSICAL ACTIVITY	3
PHHB 8360	COMMUNITY HEALTH	3
Concentrations		
Student must select an area of concentration.		27
<b>Total Credits</b>		<b>36</b>

## Independent Study Note

The Health & Kinesiology, MS allows no more than 6 credits in HEKI 8000 or HEKI 8100 to be taken by students in the program to count toward their

degree requirements. Anything beyond this would require approval by the graduate program committee.

## Exit Requirements

Thesis Option: Thesis 6 hours HEKI 8990. All candidates should carefully review the Graduate College requirements for forming the supervisory committee, and submitting the Supervisory Committee and Thesis/Thesis Equivalent Proposal Approval forms and final approval and submission of the thesis.

Non-Thesis Option: Comprehensive Examination.

## Concentrations

### Exercise Science Concentration

Code	Title	Credits
<b>Undergraduate deficiencies may include:</b>		
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	
KINS 4940	PHYSIOLOGY OF EXERCISE	
<b>Required Concentration Courses</b>		
KINS 8040/9041	ADVANCED STATISTICS	3
KINS 8950/9951	ADVANCED EXERCISE PHYSIOLOGY	3
BMKI 9960	ADVANCED EXERCISE PHYSIOLOGY II	3
<b>Electives</b>		<b>12-18</b>
Select from the following graduate course prefixes: PHHB, HEKI, KINS, or BMCH. (Others upon approval by advisor and GPC).		
<b>Total Credits</b>		<b>21-27</b>

### Health Behavior Concentration

Code	Title	Credits
<b>Required Concentration Courses</b>		
Undergraduate deficiencies may include: an undergraduate statistics course.		
PHHB 8450	EPIDEMIOLOGY & PREVENTION OF DISEASE	3
PHHB 8500	HEALTH PROGRAM DESIGN	3
PHHB 8600	HEALTH BEHAVIOR	3
PHHB 8950	PUBLIC HEALTH LEADERSHIP AND ADVOCACY	3
<b>Electives</b>		<b>9-15</b>
Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).		
<b>Total Credits</b>		<b>21-27</b>

### Physical Activity in Health Promotion Concentration

Code	Title	Credits
<b>Required Concentration Courses</b>		
KINS 8040/9041	ADVANCED STATISTICS	3
KINS 8120	CURRENT TOPICS IN WEIGHT MANAGEMENT	3
KINS 8130/9131	IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS	3
KINS 8140/9141	PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH	3
<b>Electives</b>		<b>9-15</b>

Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).

**Total Credits** **21-27**

### Physical Education Concentration

Code	Title	Credits
<b>Required Concentration Courses</b>		
KINS 8040/9041	ADVANCED STATISTICS	3
PHHB 8500	HEALTH PROGRAM DESIGN	3
KINS 8240	SPORT IN AMERICAN CULTURE	3
<b>Electives</b>		
Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).		12-18
<b>Total Credits</b>		<b>21-27</b>