

Utah State University  
 Department of Kinesiology and Health Science  
 Kinesiology: Exercise Science  
 Plan A – 30 credits | Plan B – 30 credits

The program has a minimum of 30 completed credits. Students have 6 calendar years to complete all degree requirements.

Required (13 credits)		Electives (11 credits)	
Core Courses		<input type="checkbox"/> BIOL 4000 – Human Dissection <input type="checkbox"/> HEP 5400 – Prevention Strategies for Obesity & Disordered Eating <input type="checkbox"/> HEP 6000 – Advance Program Planning & Evaluation for Public Health <input type="checkbox"/> HEP 6800 – Health Behavior <input type="checkbox"/> NDFS 3020 – Nutrition and Physical Performance <input type="checkbox"/> NDFS 6200 – Nutritional Epidemiology <input type="checkbox"/> NDFS 6210 – Advanced Public Health Nutrition <input type="checkbox"/> ***KIN 5100 – Fitness Assessment & Exercise Programs <input type="checkbox"/> KIN 5200 – Human Motivation in Physical Activity Contexts <input type="checkbox"/> KIN 6050 – Psychological Aspects of Sports Performance <input type="checkbox"/> KIN 6410 – Bioenergetics and Exercise Metabolism <input type="checkbox"/> KIN 6425 – Exercise in Extreme Environments <input type="checkbox"/> KIN 6440 – Body Composition <input type="checkbox"/> KIN 6460 – Exercise Electrocardiogram Interpretation <input type="checkbox"/> KIN 6480 – Advanced Neuromuscular Exercise Physiology <input type="checkbox"/> KIN 6490 – Advanced Cardiovascular Exercise Physiology <input type="checkbox"/> KIN 6620 – Methods in Biomechanics <input type="checkbox"/> KIN 6840 – Fundamentals of Motor Behavior <input type="checkbox"/> KIN 6850 – Neural Aspects of Rehabilitation <input type="checkbox"/> KIN 6860 – Motor Development <input type="checkbox"/> KIN 6900 – Independent Study <input type="checkbox"/> EDUC/PSY 7610 – Measurement, Design & Analysis II	
Choose <b>one</b> of the following courses			
<input type="checkbox"/> KIN 6300 – Seminar in Human Movement Science <input type="checkbox"/> KIN 6610 – Topics in Biomechanics <input type="checkbox"/> KIN 6810 – Research Methods in Health Sciences <input type="checkbox"/> *EDUC/PSY 6600 – Research Design & Analysis I			
Choose <b>one</b> of the following courses			
<input type="checkbox"/> KIN 6410 – Bioenergetics & Exercise Metabolism <input type="checkbox"/> KIN 6480 – Advanced Neuromuscular Exercise Physiology <input type="checkbox"/> KIN 6490 – Advance Cardiovascular Exercise Physiology			
Choose <b>one</b> of the following courses			
<input type="checkbox"/> KIN 6840 – Fundamentals of Motor Behavior <input type="checkbox"/> KIN 6850 – Neural Aspects of Rehabilitation <input type="checkbox"/> KIN 6860 – Motor Development			
Thesis Requirement			
Plan A (6 credits)	**Plan B (3 credits)		
<input type="checkbox"/> KIN 6970 – Thesis (6 credits Maximum)	<input type="checkbox"/> KIN 6970 – Thesis (3 credits required)		

\*PSY 6600 – Pre-requisites are required for this course

\*\*Plan B Thesis credits requires writing and committee approval of a manuscript with content and format appropriate for submission to a peer-reviewed exercise science journal

\*\*\*KIN 5100 – If you have taken PEP 5100 or its equivalent as part of your undergraduate degree you are not able to take this course for credit for your graduate program of study.

Your program of study is under the direction and approval of your supervisory committee. Your Program of Study (PoS) is the official agreement between you, the USU School of Graduate Studies, and the KHS department that the courses listed therein fulfill the requirements for the specified degree. Our department does not use degree works as a tool to measure the completion of requirements for our graduate programs. We check for the completion of your required courses through your program of study form and your transcript. Upon matriculation to the program the KHS GPC, Department Head, and the program director will help guide you through the coursework until you have selected and formed your committee. The culminating experience will be under the supervision of supervisory committee.

**Notes:**

- The Program of Study for a Master's degree must include at least 15 semester credits at the level of 6000 or above. Coursework that is below the 5000 level should typically be in areas outside the student's graduate degree field, and must be approved by the student's supervisory committee as appropriate for the student's individual degree program.

- Courses that students entering the graduate program are expected to have taken as undergraduates and prerequisites for graduate courses may not be included on a Program of Study.
- No more than 12 semester credits taken at USU or another institution prior to matriculation at USU may be used in a program of study for a graduate program at USU. Credits with P grades may be transferred only with committee approval.
- Credits in the following areas are not acceptable in a graduate degree program: foreign languages, continuing graduate advisement, individual home study, military science, and courses numbered below 3000.
- Coursework that is more than eight years old may not be used for a graduate degree unless it is revalidated.
- To register for an Independent study or research course students must work with a KHS faculty mentor. Students are expected to complete an independents study or research contract with their mentor. A copy of this contract must be submitted to the KHS main office.
- If a faculty member takes sabbatical, the graduate courses that that faculty member teaches will not be taught.

Course Offerings			Cr.	Fa	Spr	Sum	
BIOL	4000	Human Dissection	1		X		
HEP	5400	Prevention Strategies for Obesity and Disordered Eating	3	X	X		
HEP	6000	Advance Program Planning and Evaluation for Public Health	3		X		
HEP	6800	Health Behavior	3	X			
NDFS	3020	Nutrition and Physical Performance	2	X			
NDFS	6200	Nutrition Epidemiology	3	X			
NDFS	6210	Advance Public Health Nutrition	3		X		
KIN	5100	Fitness Assessment and Exercise Programs	4	X	X	X	
KIN	5200	Human Motivation in Physical Activity Contexts	3		X		
KIN	6050	Psychological Aspects of Sports Performance	3	X			Every Other Year
KIN	6300	Seminar in Human Movement Sciences	1	X			
KIN	6410	Bioenergetics and Exercise Metabolism	2	X			
KIN	6425	Exercise in Extreme Environments	2		X		Even Years
KIN	6440	Body Composition	2		X		Odd Years
KIN	6460	Exercise Electrocardiogram Interpretation	2		X		Even Years
KIN	6480	Advance Neuromuscular Exercise Physiology	2	X			
KIN	6490	Advance Cardiovascular Exercise Physiology	2		X		Odd Years
KIN	6610	Topics in Biomechanics	2	X			
KIN	6620	Methods in Biomechanics	1	X			
KIN	6810	Research Methods in Health Sciences	3		X		
KIN	6840	Fundamentals of Motor Behavior	2	X			
KIN	6850	Neural Aspects of Rehabilitation	2		X		
KIN	6860	Motor Development	2		X		Every Other Year
KIN	6900	Independent Study	1-3	X	X	X	
KIN	6970	Thesis	1-9	X	X	X	
PSY	6600	Research Design and Analysis I	3	X	X	X	
PSY	7610	Measurement, Design, & Analysis II	3	X	X	X	