

**GRADUATE AND EXTENDED STUDIES PROPOSAL FORM**  
**Short Form Proposal Template**

**I. WHO - Academic Unit Name: Master of Science in Kinesiology**

WHAT – Proposal Summary:

Proposal I: In the Exercise Science concentration, to replace KIN 626: Sport & Exercise Nutrition for Peak Performance (3) with a **new course**, KIN 656: Clinical Exercise Prescription (3).

Proposal II: In the Sport Management concentration, to replace KIN 650: Research Project Seminar (2) with a **new course**, KIN 651: Seminar in Kinesiology (2).

**II. WHY – Proposal Rationale:**

Both changes result from implementing the first year of the MS-KIN and refining the curriculum through faculty meetings and student feedback.

Proposal I: In meetings between the program director, faculty and students in the Exercise Science concentration, we determined that *KIN 636 – Clinical Exercise Testing and Prescription* needed to be split up into two separate courses (i.e. KIN 636: Clinical exercise testing and KIN 656: Clinical exercise prescription) to allow for expanded content in each area. The separation of KIN 636 into two courses enhances the preparation of students for cardiac rehabilitation and other exercise testing and prescription settings where the majority of Exercise Science students seek employment. We are proposing to replace the current requirement of KIN 626: Sport & Exercise Nutrition for Peak Performance (3) with KIN 656: Clinical Exercise Prescription. Faculty and students determined that content in sport and exercise nutrition (KIN 626) was not as essential for students' future careers as was a separate course in clinical exercise prescription. Most comparator programs in exercise science also separate exercise testing from exercise prescription courses and require both in a two year program of study. We will require both in one accelerated year by continuing to use the KIN 625: Special Topics course designation, so that students who wish to take KIN 626 may still do so as their elective under the requirement: *Special Topics-EKG & Interpretation (3) OR Elective*. Thus, this proposal expands content offering relevant to students' future career direction while maintaining curricular efficiency through the KIN 625 course designation. The new KIN 656 course represents previously approved units by the Deans of Extended Learning and Natural and Social Sciences due to program growth and the addition of a second cohort.

Proposal II: Most Sport Management students do not choose to conduct independent quantitative research to fulfill their requirements for the MS-KIN; they also choose to take an elective rather than KIN 605 (3), Research Methods. Since KIN 650 is a course designed to provide research skills to bridge the gap between KIN 605, Research Methods and the student's thesis or capstone project, the course isn't relevant to most sport management students. Further, the faculty recognized an unmet need for Sport Management students to connect with industry experts in a seminar style course where local leaders discuss broad categories of topics including entrepreneurship, faithful leadership, media and public relations, and other topics of interest to students. We therefore propose that KIN 650: Research Project Seminar in Kinesiology (2) be replaced with KIN 651: Seminar in Kinesiology (2) in the Sport Management concentration.

**III. HOW – Curricular Changes:**

- A. Curriculum - Short Form proposals should include current and proposed course descriptions including title, number, units, and if needed prerequisites, alternate year listing in the catalog and cross-listed courses.
- B. Catalog Copy - All catalog changes required by the adoption of the proposal must be included at this point. Language must be exactly as the Department/ School wants it to appear in the Catalog.

**A. Curriculum – Kinesiology Course Descriptions for Two New Courses**

**KIN 651: Seminar in Kinesiology (2)**

This course will engage students in relevant Kinesiology issues in order to solve current problems and lead future initiatives. Industry experts will be invited to present on a broad range of topics including sport and fitness entrepreneurship, faithful leadership, media and public relations, sport and fitness technology, corporate wellness, behavior change and other topics of interest to students.

**KIN 656 – Clinical Exercise Prescription (3)**

This course prepares students to utilize scientific rationale to design, implement and supervise exercise programming for patients with chronic diseases, conditions and/or physical dysfunctions of the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems. Students will interpret information from pre-exercise screening and exercise testing and will apply this information to appropriate exercise intervention protocols. Students will be prepared to pursue certification as an *ACSM Registered Clinical Exercise Physiologist*. *Note:* 600 hours of preceptor-supervised clinical experience are also required for ACSM certification. *Prerequisite:* KIN 636

## Master of Science in Kinesiology

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The Master of Science in Kinesiology (MS-KIN) is designed to prepare highly knowledgeable and career-focused professionals for the dynamic and rapidly growing fields of exercise science, sport management, sport performance. The MS-KIN program develops graduates who integrate the current best research evidence with professional practice to solve relevant problems in the disciplines related to Kinesiology. Students collaborate with faculty and professional colleagues to improve outcomes in clients, patients, or business systems related to healthcare, sport, and fitness. Student will also gain advanced specialization and/or certification in a discipline of their choice through focused study in a concentration.

The MS-KIN is a 30 unit accelerated graduate program designed especially for young professionals and recent graduates of a four year baccalaureate degree program. The program has a common core of 18 units and a concentration of 12 units. Upon completing the core, all students will choose from one of three areas of concentration: Exercise Science, Sport Performance, or Sport Management. Students who choose the Sport Management concentration may substitute up to 6 units from the Fermanian School of Business MBA courses for core requirements.

### Program Learning Outcomes

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Upon completing the core curriculum of the MS-KIN, students will be able to:

1. Appraise current research data in Kinesiology and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

Upon completing an area of concentration, students are expected to attain the following outcomes:

#### *Exercise Science*

1. Incorporate current best evidence to make effective decisions about the optimal care of patients and clients.
2. Apply knowledge of the metabolic and physiologic benefits of exercise toward creating effective exercise interventions to treat and prevent metabolic diseases.
3. Work with a team of colleagues to perform common laboratory assessments to determine health, fitness, and disease states in a series of patients.

#### *Sport Performance Concentration*

1. Integrate clinical experience with the use of the current best evidence to make effective decisions about the optimal care of patients and clients.
2. Develop and apply technical knowledge in sports performance and/or sports medicine through

direct patient care and client interaction that improves health outcomes.

3. Work with a team of colleagues to construct and present a critical appraisal of a current topic to enhance professional practice in sport performance.

### *Sport Management*

1. Demonstrate essential knowledge of basic management and prioritization principles in the business of sport.

2. Work with a team of colleagues to construct and present an effective risk management plan and operating budget for a sport, fitness, or physical education setting.

3. Develop technical knowledge, effective leadership, and decision-making skills while performing professional service (at least 100 hours) related to sport management.

## **Program Eligibility**

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To be reviewed for acceptance into this program, the following must be in place:

- Completed application for admission to the PLNU Graduate programs and MS-KIN program, including a \$50 non-refundable application fee.
- Personal essay that describes why the candidate desires to participate in the MS-KIN and outlines professional goals for the future
- Baccalaureate degree from a regionally-accredited institution, as evidenced on an official transcript with a posted degree.
- Undergraduate GPA of 3.0 or higher.
- Two references (e.g., professors or employers) who have current knowledge of the applicant's character, academic ability, and professional potential.
- Special Undergraduate course prerequisites:

Exercise Science concentration - courses in Human Anatomy and Physiology, Structural Kinesiology/Biomechanics, and Exercise Physiology

Sport Performance concentration - courses in Human Anatomy and Physiology, Structural Kinesiology/Biomechanics, and Exercise Physiology; BOC-Certified Athletic Trainers or Certified Strength and Conditioning Specialists (NSCA) will be looked upon favorably for graduate assistantships.

Sport Management - no prerequisite courses are required. However, students enrolling in courses in the Fermanian School of Business will need to meet any prerequisites for those courses.

## **Graduation Requirements**

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- Successful completion of all core requirements, an area of concentration, and the project or thesis,
- A completed application for degree candidacy conveyed to the Office of Records,
- All student accounts paid in full, and
- All requirements completed within five years from the time of initial enrollment.

## Core Courses

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- [KIN 600 - Foundations in Kinesiology](#) (3)
- [KIN 605 - Research Methods](#) (3)
- [KIN 610 - Evidence-Based Practice and Decision Making in Kinesiology](#) (3)
- [KIN 650 Research Project Seminar in Kinesiology](#) (2)
- [KIN 660 - Directed Readings](#) (1)
- [KIN 688 - Internship or Practicum in Kinesiology](#) (3)
- Choose one course from:
  - [KIN 695 - Comprehensive Examination](#) (0)
  - [KIN 698 - Capstone Project](#) (3)
  - [KIN 699 - Thesis Research in Kinesiology](#) (3)

*Choose a Concentration from Exercise Science, Sport Performance or Sport Management:*

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### Exercise Science Concentration (12 units)

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- [KIN 625 - Special Topics in Exercise and Sport Science](#) (3) OR Elective
- [KIN 636 - Clinical Exercise Testing](#) (3)
- [KIN 646 - Clinical Exercise Physiology and Metabolism](#) (3)
- [KIN 656 – Clinical Exercise Prescription](#) (3)

### Sport Performance Concentration (12 units)

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- [KIN 615 - Biomechanical and Neurological Basis of Human Movement](#) (3)
- [KIN 625 - Special Topics in Exercise and Sport Science](#) (3) OR Elective
- [KIN 635 – Advanced Practice in Movement Interventions, Strength Training and Corrective Exercise](#) (3)
- [KIN 675 - Gross Anatomy of the Musculoskeletal System](#) (3)

### Sport Management Concentration (12 units)

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- [KIN 611 - Managing Personnel, Facilities, and Events in Sports](#) (3)
- [KIN 620 - Marketing, Promotion and Public Relations in Sport](#) (3)
- [KIN 630 - Leadership in Sports](#) (3)
- [KIN 640 - Finance and Economics of Sports](#) (3)

Students in the Sport Management concentration may choose up to 6 units of electives in the MBA Program. One elective must be [BUS 650: Operations Management](#), then choose one course from the following:

- BUS 607 - Legal, Ethical and Social Environment of Business

- BUS 610 - Organizational Behavior
- BUS 635 - International Business
- BUS 667 - Project Management & Communications
- EDU 602 - Foundations of Special Education
- GED 672 - Philosophy of Education

*Note: All MBA courses are 15 week courses.*

Required:

- **BUS 650 - Operations Management (3)**

Total course/unit additions: 2 courses (5 units)

Total course/unit deletions: none

Staffing increase/decrease: 3 units, cost covered by program growth. One of three sections of 650 (2 units) will not be offered any longer and instead one section of 651 will be offered.

Library resourcing impact: none

Net Financial impact: Overall, program is still contributing positively to the university.

NOTE: Submit completed Short Form Proposal to the Graduate and Extended Studies Committee Chair not later than **two weeks** prior to Graduate and Extended Studies Committee meeting.