



2014-2016

Graduate Handbook

Master of Science

in

Health, Kinesiology, & Sports Studies

Department of Health & Human Performance

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Introduction

The purpose of this handbook is to provide students with guidelines for obtaining a master's degree from the Department of Health and Human Performance. This handbook outlines the procedures for applying to graduate school, obtaining full admission status, as well as receiving financial support for your graduate career. The handbook is updated yearly with any changes to the rules and regulations at Texas A&M University-Commerce.

The Department of Health and Human Performance at Texas A&M University-Commerce offers a Master of Science in Health, Kinesiology, & Sports Studies to anyone seeking a career in athletic administration, exercise science, health promotion, or sport and recreation management. Over 50 percent of the required courses are offered online (in some programs 100% online), which makes this program affordable, convenient and practical for any working professional trying to enrich his or her career.

Students majoring in the Master of Science in Health, Kinesiology, & Sports Studies will:

- Achieve excellence in the classroom and beyond by integrating knowledge, skills, and behaviors in the field of study.
- Acquire the skills necessary to excel in a dynamic and digital society.
- Apply content knowledge, associated skills, and leadership to real-world experiences and grow as professionals in the field.
- Become global citizens by learning about different cultures, interacting with a variety of diverse communities, and engaging with people from around the world.
- Produce and disseminate quality, relevant research in the chosen concentration area during collaborative research projects and action research studies.

Any applicant wanting to apply for the Master's Program in Health, Kinesiology, and Sports Studies must submit the following to the Graduate School:

- Official transcripts documenting a bachelor's degree from an accredited university or college
- A minimum overall undergraduate grade point average of 2.75 on a 4.0 scale
- Acceptable GRE scores on the combined verbal and quantitative parts of the Graduate Record Examination
- Two letters of recommendation (preferably from your former professors).

Contact Information

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Graduate Studies & Research

P. O. Box 3011

Commerce, TX 75429-3011

(903) 886-5163; Fax: (903) 886-5165

graduate.school@tamuc.edu

Mailing Address

Texas A&M University-Commerce

Graduate Studies

P. O. Box 3011

Commerce, TX 75429-3011

Physical Address (overnight delivery)

Texas A&M University-Commerce

Graduate Studies

2600 South Neal

Commerce, TX 75429-3011

Dates to Remember

Fall 2014

First Day of Class
August 25, 2014

**Final Defense Date for
Thesis & Dissertations
for Fall Graduation**
October 26, 2014

**Final Thesis & Dissertation
Submission Deadline**
November 7, 2014

**Master's/Specialist
Comprehensive Exam
Submission Deadline**
November 7, 2014

Commencement
December 13, 2014

Spring 2015

First Day of Class
January 20, 2015

**Final Defense Date for
Thesis & Dissertations
for Fall Graduation**
March 22, 2015

**Final Thesis & Dissertation
Submission Deadline**
April 3, 2015

**Master's/Specialist
Comprehensive Exam
Submission Deadline**
April 3, 2015

Commencement
May 15, 2015

Note: Academic Calendar for 2015 – 2016 will be posted when available.

Academic Calendars:

- [2014-2015 Academic Calendar](#)

Important Academic Deadlines:

- [August Mini/Fall 2014 Drop/Withdrawal Deadlines](#)

Final Exam Schedule:

- [Fall 2014 Final Exam Schedule](#)

Registration Schedule:

- [May Mini, Summer I & II, August Mini and Fall Registration](#)

Admissions

The first step in applying for graduate admission is to complete an application. You can do this online at [Apply Texas](#). Simply complete the online application and click the "Submit" button at the bottom of the form and the application will be e-mailed to the Graduate School for processing. Depending on workload, applications are processed within three working days. Once your application is processed, you will be sent an email with your ID# and PIN. Use these numbers to access the student information system through myLeo to view what documentation is missing from your file.

Admission to the Master of Science in Health, Kinesiology, and Sports Studies graduate degree program requires the GRE. The HHP department admissions committee uses a variety of criteria to determine admission. Although there is no minimum score required on the GRE, the higher the score, the more likely the admission will be accepted.

Application Deadline:

Applications are accepted year-round. A complete application packet (all documents) must be received in advance by the Graduate School to ensure consideration for the semester you select.

Doctoral Applicants:

<http://www.tamuc.edu/academics/graduateSchool/documents/doctoraladmissionpacket.pdf>

Master's/Specialist

Applicants: <http://www.tamuc.edu/academics/graduateSchool/futureGraduateStudents.aspx>

International Applicants:

- To be considered for spring, the deadline is October 1
- To be considered for summer, the deadline is February 15
- To be considered for fall, the deadline is May 15

Application Fee:

Please make your application fee payment online through myLeo, through [Apply Texas](#) during the application process, or in person at the cashier's window in the Business Administration Building, 1st Floor. If you are unable to make your payment online or in person, please contact the Office of Graduate Studies & Research, 903-886-5163 or Graduate.School@tamuc.edu for other options.

- Domestic students: non-refundable application fee is \$50.00 USD
- International students: non-refundable application fee is \$75.00 USD

Transcripts:

Please request official transcripts be sent to the Office of Graduate Studies & Research, PO Box

3011, Commerce, TX & 75429-3011, from all institutions you have attended, including all undergraduate and graduate coursework.

International students must provide official transcripts or attested individual marksheets along with the diploma or provisional certificate. Consolidated marksheets are not accepted. Your degree must be equivalent to a four-year bachelor's degree issued by a regionally accredited university in the United States. Three year programs and trade schools (such as computer training) will not qualify.

Admission Status:

- **Full Admission Status** is available to applicants seeking a degree program with a complete admission application packet and who meet all Graduate School and Departmental Requirements

- **Conditional Admission Status** is available to applicants with a complete admission application packet who do not qualify for full admission. After completing 12 graduate hours, a conditional student must have a minimum overall graduate grade point average of 3.0. Failure to achieve the minimum 3.0 GPA after completing 12 graduate hours will result in suspension of the student from further graduate study in any degree program at TAMUC for 3 years.

- **Provisional Admission Status** is offered to students to enroll for one semester (initial semester of enrollment in the Graduate School) with any of the following deficiencies:
 - An official bachelor's transcript from a regionally accredited institution is not on file
 - An official GRE or GMAT score is not on file
 - One or more departmental requirements are incomplete
 - Students admitted provisionally must be sure their missing documents are received by the Office of Graduate Studies and Research and all requirements are complete before the end of the first semester of enrollment. Completion of the application packet and all requirements on time is the student's responsibility. International Students (F1 or J1 visa holders) are eligible for full and conditional admissions only.

- **Non-Degree Complete Status** is offered to students who have submitted all admission documents and met all admission requirements for a graduate certificate, educator certification, and personal, professional and career development.

Athletic Administration Admission Requirements

All students applying for the Athletic Administration program are required to be accepted to the:

1. Texas A&M University-Commerce Graduate School
2. Once your application packet to the Graduate School is complete, your application will be reviewed for acceptance into the Health, Kinesiology, and Sport Studies program.

The top 35 applicants will be accepted into the Athletic Administration program, and all other will be recommended for the Sport & Recreation Management program or another cohort. Applicants will be notified of an application decision within two weeks of the enrollment application deadline.

Pre-Recorded Video Requirements:

Once students have been accepted into the graduate program in HKSS, students must submit a pre-recorded interview video that has been posted to YouTube. Web links should be emailed to AthleticAdministration@tamuc.edu prior to the enrollment application deadline.

The pre-recorded video should be no more than 2 minutes in length and applicants should include the following:

- A personal introduction statement including a brief summary of education & work history,
- A statement of purpose for pursuing the Athletic Administration program,
- A statement of future career goals.

Application Deadline:

Athletic Administration applicants will be considered for admission according to the following application deadlines:

- Fall enrollment application deadlines - July 1
- Spring enrollment application deadline - October 1
- Summer enrollment application deadline - April 1

Program Description

The Athletic Administration concentration is a practically based Master's program that was designed specifically for full-time teachers and coaches that are interested in advancing their career within the profession of Athletic Administration.

This degree is offered 100% online so as to be more accessible to the working professional. Students in this program will receive professional training and development in the areas of:

- Program Administration
- Marketing
- Finance
- Law & Governance
- Facilities
- Sport Psychology

Professors and class obligations are more flexible than a traditional classroom environment, giving students an opportunity to earn a master's degree and take the next step in their careers.

The Masters of Science in Health, Kinesiology, & Sport Studies with Concentration in Athletic Administration is a 100% online, 1 year - 30 hour degree program. This includes 9 hours in the Fall and Spring semesters with 6 each summer term.

What is a cohort?

A cohort is a group of 35 adult students who complete the Athletic Administration sequence as a unit. Students enjoy the collaborative learning that takes place within the cohort group, as well as the lasting relationships that develop. Once a cohort begins, Texas A&M University-Commerce

guarantees to run every course in the Athletic Administration sequence. Students in the cohort never have to worry about a course being cancelled due to low registration.

Course Rotations Per Cohort

	Fall	Spring	Summer I	Summer II	Fall	Spring
Fall Cohort	HHPK 595	HHPS 564	HHPS 521	HHPS 539		
	HHPS 535	HHPS 525	HHPS 520	HHPS 589		
	HHPK 617	HHPS 528		August Graduation		
Spring Cohort		HHPS 564	HHPS 520	HHPS 535	HHPK 617	
		HHPS 525	HHPS 521	HHPS 539	HHPK 595	
		HHPS 528			HHPS 584	
					December Graduation	
Summer Cohort			HHPS 521	HHPS 535	HHPK 617	HHPS 584
			HHPS 520	HHPS 539	HHPS 528	HHPS 525
					HHPK 595	HHPS 564
						May Graduation

Program Courses-30 hours** (100% Online)

- HHPS 520 Governance and Ethics in Sport
- HHPS 521 Finance and Economics in Sport
- HHPS 525 Marketing and Public Relations in Sport
- HHPS 528 Sport Psychology
- HHPS 535 Sociology of Sport and Physical Activity
- HHPS 539 Sport Law
- HHPS 564 Facilities and Equipment in Sport
- HHPS 584 Administration in Sport and Recreation Programs
- HHPK 595 Critiquing and Conducting Research
- HHPK 617 Statistical Procedures

** Specific courses are only offered for certain cohorts. Please visit the Cohort Tabs on the right to view specific course rotations for each Cohort.

Graduation Requirements:

- 3.0 **minimum** GPA
 - Student may not receive a C in more than three courses,
 - A minimum of a B in HHPS 584: Administration in Sport Programs,
- Portfolio assessment will serve as the comprehensive exam in conjunction with HHPS 584: Administration in Sport Programs.

Portfolio Description and Grading Rubric:

The primary purpose of the portfolio is for you to determine and highlight the depth and breadth of your work while completing the HKSS concentration in Athletic Administration. The portfolio serves as a means for you and the faculty to systematically assess your performance throughout the program. To do so, you will align, document, and demonstrate that you have mastered the academic competencies and student learning outcomes as designated by the Health, Kinesiology, and Sport Studies program and the Athletic Administration concentration. This should serve as a cumulative process throughout the graduate program.

In addition to successfully completing assigned coursework, successful completion of the portfolio is required for graduation and should be submitted as assigned in HHPS 584: Administration in Sport Programs which will be taken during your final semester of program enrollment. The portfolio should reflect your superior leadership and scholarship ability and work; therefore, items should be selected carefully in order to accurately reflect your abilities and skills. The portfolio is a representation of your ability to communicate ideas and information clearly, accurately, and professionally. The portfolio must include the following:

Preface

Describe, to the reviewer(s), what they will be viewing and reading in your portfolio. Include a statement of why the assignments/papers you have included were selected for display as well as a rationale or description of design and layout of the portfolio. At the beginning of each section, you should include an introduction that details how you have completed each competency/standard and how you have developed professionally by the completion of the competency/standard.

Background Information

Please tell the reviewer(s) about yourself by including:

- Name
- Picture of yourself
- Location (City, State)
- Program (M.S. in Health, Kinesiology, & Sport Studies, concentration in Athletic Administration)

- Current professional position
- Projected professional position (future career goal)
- Anticipated semester/date for program completion

Professional Vitae/Resume

Insert (do not attach) your vitae/resume into the portfolio. Please be sure it is up to date and is free of grammatical and spelling errors.

Professional Philosophy

The portfolio should include your statement of philosophy with regard for education and sport administration.

Program Documentation

- Letter of acceptance
- Cohort Advising Guide
- Transcripts (undergraduate and graduate, unofficial transcripts are acceptable)
- Degree Plan (signed)

Outcome 1: To plan, implement, and evaluate a program to address issues of health, athletics, or recreation.

Select and attach your artifact(s) to this section of the portfolio. Each competency section should include a written justification/reflection as to why the selected items meet this competency. This justification/reflection should include the following:

- An introduction to the class in which the artifact(s) was completed. Please specify the course number, title, and semester of enrollment.
- An explanation of the artifact(s).
- If it is a group assignment, an explanation of why it was selected to be included in your personal portfolio and detail your specific contribution.
- An explanation of how the artifact meets the competency
- An explanation of what you learned from writing the artifact and how this is applicable to your current/future career.

Outcome 2: To critically analyze research related to health and human performance.

Select and attach your artifact(s) to this section of the portfolio. Each competency section should include a written justification/reflection as to why the selected items meet this competency. This justification/reflection should include the following:

- An introduction to the class in which the artifact(s) was completed. Please specify the course number, title, and semester of enrollment.
- An explanation of the artifact(s).
- If it is a group assignment, an explanation of why it was selected to be included in your personal portfolio and detail your specific contribution.
- An explanation of how the artifact meets the competency
- An explanation of what you learned from writing the artifact and how this is applicable to your current/future career.

Outcome 3: To identify a question, investigate the problem, and draw relevant conclusions about a current issue within their concentration.

Select and attach your artifact(s) to this section of the portfolio. Each competency section should include a written justification/reflection as to why the selected items meet this competency. This justification/reflection should include the following:

- An introduction to the class in which the artifact(s) was completed. Please specify the course number, title, and semester of enrollment.
- An explanation of the artifact(s).
- If it is a group assignment, an explanation of why it was selected to be included in your personal portfolio and detail your specific contribution.
- An explanation of how the artifact meets the competency
- An explanation of what you learned from writing the artifact and how this is applicable to your current/future career.

Outcome 4: To understand motivational theories that impact health and human performance.

Select and attach your artifact(s) to this section of the portfolio. Each competency section should include a written justification/reflection as to why the selected items meet this competency. This justification/reflection should include the following:

- An introduction to the class in which the artifact(s) was completed. Please specify the course number, title, and semester of enrollment.
- An explanation of the artifact(s).
- If it is a group assignment, an explanation of why it was selected to be included in your personal portfolio and detail your specific contribution.
- An explanation of how the artifact meets the competency
- An explanation of what you learned from writing the artifact and how this is applicable to your current/future career.

Outcome 5: To identify and exhibit the management and administrative skills necessary for athletic programs.

Select and attach your artifact(s) to this section of the portfolio. Each competency section should include a written justification/reflection as to why the selected items meet this competency. This justification/reflection should include the following:

- An introduction to the class in which the artifact(s) was completed. Please specify the course number, title, and semester of enrollment.
- An explanation of the artifact(s).
- If it is a group assignment, an explanation of why it was selected to be included in your personal portfolio and detail your specific contribution.
- An explanation of how the artifact meets the competency.
- An explanation of what you learned from writing the artifact and how this is applicable to your current/future career.

Final Reflection

The portfolio serves as your final requirement to become eligible for graduation. In summation, write a two page final reflection that addresses your experience as a graduate student at Texas A&M-Commerce within the Health, Kinesiology, and Sport Studies program and concentration in Athletic Administration. This should include a reflection of how you will utilize this experience in your professional future.

12-hour rule for non-degree students:

Students may only use 12 graduate semester hours taken in non-degree status for a master's, specialist, or doctoral degree. The graduate school strongly advises you to gain admission to a degree program before completing 12 graduate hours.

Number of courses taken first semester:

Students may enroll in up to 12 graduate hours for the fall/spring semester. If the summer is your first semester, you may enroll in up to 6 hours for summer I and 6 hours for summer II.

Orientation for international graduate students:

A mandatory orientation is provided at the beginning of each semester for new international students. Please view the International Student Services Website for upcoming orientation dates.

Master's/ Specialist Student Forms

Forms for student requests:

Change of Major Form (online document)

- <http://www.tamuc.edu/gradschool/ChangeMajor/index.asp>

Transfer / Substitution Course Request

- <http://www.tamuc.edu/academics/graduateSchool/documents/transfersubstitution.pdf>

Request to use Courses over 6 years old for Master's Degree

- <http://www.tamuc.edu/academics/graduateSchool/documents/oldcourseworkrequestform.pdf>

Graduate credit for 300 or 400 level courses

- <http://www.tamuc.edu/academics/graduateSchool/documents/graduatecredit300400levelcourse.pdf>

Request for scheduling a senior student for a 500 - Level Course

- <http://www.tamuc.edu/academics/graduateSchool/documents/seniorrequestgraduateclass.pdf>

Request for Overload

- <http://www.tamuc.edu/academics/graduateSchool/documents/overloadrquest.pdf>

Comprehensive Exam Forms:

Comprehensive Examination Report (Non - Thesis)

- <http://www.tamuc.edu/academics/graduateSchool/documents/compexamnonthesisform.pdf>

Comprehensive Examination Repot (Thesis)

- <http://www.tamuc.edu/academics/graduateSchool/documents/compexamthesisform.pdf>

Thesis Proposal:

Thesis Proposal Process Packet and Forms

- <http://www.tamuc.edu/academics/graduateSchool/documents/thesisproposalpacket.pdf>

Adviser's Approval Form to Submit Proposal or Thesis

- <http://www.tamuc.edu/academics/graduateSchool/documents/documentsubmissionapproval.pdf>

Human Subjects - Information

- IRB Protocol Form
- IRB Request for Continuation Form

Copyright Information

- <http://www.tamuc.edu/academics/graduateSchool/documents/copyrightInformation.pdf>

Final Thesis:

Thesis Information Sheet for Submission

- <http://www.tamuc.edu/academics/graduateSchool/documents/thesisinfosheet.pdf>

Comprehensive Examination Report (Thesis)

- <http://www.tamuc.edu/academics/graduateSchool/documents/compexamthesisform.pdf>

Financial Assistance

Financial Aid:

Nine to twelve hours is considered to be full-time enrollment by the Graduate School. Financial Aid's requirement for full enrollment may be different than the Graduate School. If you are seeking financial aid, please verify your enrollment requirement with the [Office of Financial Aid & Scholarships](#).

New international students are cleared to register once they have attended orientation for international students and purchased insurance. Returning international students are cleared to register once they have contacted the [International Student Services](#) for insurance clearance.

Scholarships:

[Office of Financial Aid & Scholarships](#)

- Keith & Nancy McFarland Graduate Scholarship
- H.M. Lafferty Doctoral Scholarship
- Jerry & Marilyn Morris Distinguished Scholarships
- Jesse Hawthorne Endowment
- Senior Rollover Scholarship
- Nancy Ruth Lenoir Scholarship
- Senior Rollover Scholarship Application

Other Financial Information / Assistance:

[Emergency Loans](#)

[Payment Plan/Installments](#)

[Tuition & Fees](#)

[Waivers & Deferrals](#)

Jesse J. Hawthorne Graduate Endowment (\$1,000.00)

Dr. Jesse J. Hawthorne joined the faculty of Texas A & M University – Commerce (formerly East Texas State University) in September 1951 and was named the Chair of the Physical Education Department and Director of Athletics in 1953. He served dual capacities for 31 years until his retirement after the 1984 academic year. While in leadership, the Lions won five national titles and won or shared 47 Lone Star Conference titles. This endowment was established with the proceeds from the annual Hawthorne Relays.

Eligibility - Students must:

- Meet all requirements for full admission to the Graduate School and additional departmental entrance requirements.
- Pursue a degree in a graduate program or certificate program offered by the Department of Health and Human Performance.
- Be enrolled for a minimum of nine graduate hours during the semester of the award.
- Make a grade of B or better in all course work attempted and meet specific program requirements as well as remain in good standing with the Department, the Graduate School, and the University.

Scholarship Application Checklist:

- **STEP 1:** Complete the scholarship application for general and departmental scholarships.
- **STEP 2:** Complete the Jesse J. Hawthorne Scholarship Application and other required documents.
- **STEP 3:** Submit all applications and all supplementary documents required by your department to the Office of Financial Aid and Scholarships by the February 15th deadline.

Office of Financial Aid and Scholarship
Student Access and Success Center
2200 Campbell Street, Commerce, Texas 75428
Phone: 903-886-5915
Fax: 903-468-3256

- **STEP 4:** The Office of Financial Aid and Scholarships will notify applicants via myLEO e-mail account, prior to the end of the spring semester, if a scholarship offer has been made.
- **STEP 5:** If you have questions or concerns, please contact 903-886-5915 or e-mail: Scholarships@tamu-commerce.edu.

Assistantships

Graduate research and teaching assistantships are available on a semester-to-semester basis.

[Graduate Assistantship Openings](#)

[Graduate Assistantship Application](#)

[Graduate Assistantship Salaries](#)

[Graduate Assistant Tuition Remission Program](#)

[Fact Sheet – Assistantship Requirements](#)

[Graduate Assistant's Handbook](#)

[Graduate Assistant Research Guidelines](#)

Degree Plan: Health, Kinesiology, and Sports Studies MS

Required Core Courses (18-24 semester hours)

- HHPK 617 - Statistical Procedures for Health and Human Performance
or
- HIED 617 - Statistical Procedures for Education and Research
- HHPK 595 - Critiquing and Conducting Research
- HHPK 516 - Interdisciplinary Topics in Health and Human Performance
- HHPS 535 - Sociology of Sport and Physical Activity
- HHPH 547 - Health Psychology
or
- HHPS 528 - Sport Psychology
- HHPH 660 - Global Health Issues

Required Support Courses (12-18 semester hours)

Choose from one of the following four concentrations:

1. Sport & Recreation Management (Option I: Thesis (6 sh) or Option II: Non-Thesis)

Option I

- HHPK 518 - Thesis and **Choose 4** courses for Option I Thesis or

Option II: Choose 6 courses

- HHPS 537-Internship in Sport & Recreation Management and **Choose 5**
-

- HHPK 530 - Sports Conditioning
- HHPH 531 - Nutrition and Optimal Performance
- HHPS 564 - Facilities and Equipment in Kinesiology and Sport
- HHPH 550 - Health Promotion with Special Populations
- HHPS 525 - Marketing and Public Relations in Sports
- HHPS 584 - Administration in Sport and Recreation Programs
- HHPK 536 - Adapted Kinesiology
- HHPS 520 - Governance and Ethics in Sport

- HHPS 521 - Finance and Economics in Sport
- HHPS 539 - Sport Law

2. Exercise Science (Option 1: Thesis (6 sh))

- HHPK 518 - Thesis and **Choose 4 courses**
-

- HHPK 530 - Sports Conditioning
- HHPH 531 - Nutrition and Optimal Performance
- HHPS 564 - Facilities and Equipment in Kinesiology and Sport
- HHPK 534 - Exercise in Health and Disease
- HHPK 664 - Health-Related Fitness Testing and Exercise Prescriptions
- HHPK 545 - Advanced Exercise Physiology
- HHPK 536 - Adapted Kinesiology
- HHPK 570 - Psychology of Motor Learning
- HHPK 593 - Biomechanics
- HHPK 560 - Motor Development Issues

3. Athletic Administration (Option II: Non-Thesis)

- HHPS 564 - Facilities and Equipment in Kinesiology and Sport
- HHPS 525 - Marketing and Public Relations in Sports
- HHPS 584 - Administration in Sport and Recreation Programs
- HHPS 520 - Governance and Ethics in Sport
- HHPS 521 - Finance and Economics in Sport
- HHPS 539 - Sport Law

4. Health Promotion (Option II: Non-Thesis)

- HHPH 537 - Internship in Health Promotion and **Choose 5 courses**
-

- HHPK 530 - Sports Conditioning
- HHPH 531 - Nutrition and Optimal Performance
- HHPH 550 - Health Promotion with Special Populations
- HHPS 564 - Facilities and Equipment in Kinesiology and Sport
- HHPK 534 - Exercise in Health and Disease
- HHPS 525 - Marketing and Public Relations in Sports
- HHPH 544 - Health Promotion Administration and Management
- HHPH 585 - Program Design in Health Promotion
- HHPH 512 - Critical Issues in Environmental Health

Total Semester Hours (30-36)

HHPH Course Descriptions

HHPH 510 - Curriculum Construction in Health and Kinesiology

Hours: Three

A course with particular emphasis upon trends and current practices in curriculum construction and revision in programs of health and kinesiology in secondary and collegiate settings. The total program, as well as grade placement and units of instruction, is studied. Provision is made for the inclusion of knowledge and skills necessary for educating exceptional learners.

Cross Listed/ Same as HHPK 510

HHPH 512 - Critical Issues in Environmental Health

Hours: Three

This course is designed to introduce participants to key environmental health issues and challenges in resource limited settings which are characteristic of many developing nations. Examines principles and methods, risk factors, prevention and control, and policies related to the aspects of human health determined by biological, physical, and chemical factors in the global environment.

HHPH 516 - History, Philosophy, & Current Topics in Human Performance

Hours: Three

A study of current problems and trends in health and human performance. Local, regional, state and national issues will be included in this course.

Cross Listed/ Same as HHPK 516

HHPH 518 - Thesis

Hours: Six

Cross Listed/ Same As HHPK 518

HHPH 529 - Workshop

Hours: Three to Six

Workshops may be held in kinesiology, health education, recreation or sports studies. Prerequisite and/or Corequisite.

Cross Listed/ Same as HHPK 529

HHPH 531 - Nutrition and Optimal Performance

Hours: Three

A study of nutrition as it relates to optimum performance and health. Nutrient need, sources, functions and interactions are reviewed according to the latest scientific findings. Principles of body conditioning are emphasized with attention to diet and lifestyle practices that promote health and decrease risks of nutrition related diseases.

HHPH 537 - Internship in Health Promotion

Hours: Three

Supervised internship at selected community, public or private health agencies.

HHPH 544 - Health Promotion Administration and Management

Hours: Three

A study of managing health/fitness programs at the workplace and in other agencies. Includes budgeting, revenue, personnel, emergency procedures and safety, legal liability, facility management, staff development, marketing, record keeping, policies and procedures, and various management strategies.

HHPH 547 - Health Psychology

Hours: Three

An examination of contributions of psychology to the understanding of health and illness through basic and clinical research, education, and service activities and encourages the integration of biomedical information about health and illness with current psychological knowledge.

HHPH 550 - Health Promotion with Special Populations

Hours: Three

Identification of health care issues relevant to at-risk populations/communities, and the facilitation of health promotion/disease prevention activities.

HHPH 585 - Program Design in Health Promotion

Hours: Three

Provides health educators with the necessary skills for the development, delivery, and evaluation of health programs to targeted populations. Courses of study, workshop planning, and special programs will be developed for appropriate target groups.

HHPH 589 - Independent Study

Hours: One to four

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisites Consent of department head.

Note May be repeated when the topic varies.

HHPH 590 - Health and Kinesiology: Teaching Design, Strategies, and Assessment

Hours: Three

Provides an analysis, comparison, and contrast of various teaching strategies and designs appropriate for the health and kinesiology teaching environment. Additional study will include pedagogical assessment techniques for health and kinesiology.

Cross Listed/ Same as HHPK 590

HHPH 591 - Seminar

Hours: One-Three

Reports and discussions of topics of current interest in health and human performance.

Cross Listed/ Same as HHPK 591

HHPH 595 - Critiquing & Conducting Research

Hours: Three

A study of research methods and designs appropriate for proposing, conducting, reading, reporting, and critiquing research in health, kinesiology, and sports studies. A major emphasis will be on conducting meta-analysis of research literature.

Note: Each student is required to demonstrate systematic research techniques through the investigation and formal reporting of an independent research project using either a meta-analysis, descriptive, or experimental research design.

Cross Listed/ Same as HHPK 595

HHPH 597 - Special Topics in Health Education

Hours: One to four

HHPH 660 - Global Health Issues

Hours: Three

This course focuses on current health issues facing the world community. An epidemiological approach will be used in studying the causes and distribution of health related states and events in specified populations and the application of this information to the prevention and/or control of health problems.

HHPK Course Descriptions

HHPK 510 - Curriculum Construction in Health and Kinesiology

Hours: Three

Trends and current practices in curriculum construction and revision in programs of health and kinesiology in secondary and collegiate settings. The total program, as well as grade placement and units of instruction, is studied. Provision is made for the inclusion of knowledge and skills necessary for educating exceptional learners

Cross Listed/ Same as HHPH 510

HHPK 516 - Interdisciplinary Topics in Health and Human Performance

Hours: Three

Current problems and trends in health and human performance. Local, regional, state and national issues will be included.

Cross Listed/ Same as HHPH 516

HHPK 518 - Thesis

Hours: Six

HHPK 519 - Research Methods in Human Performance

Hours: Three

Examinations of the nature and role of applying, interpreting, and utilizing quantitative research methods and appropriate statistical procedures to analyze, measure, and assess human performance. Use and proficiency of statistical and scientific graphing software will be thoroughly addressed.

HHPK 529 - Workshop

Hours: Three or Six

Workshops may be held in kinesiology, health education, recreation, or sports studies.

Cross Listed/ Same as HHPH 529

HHPK 530 - Sports Conditioning

Hours: Three

The scientific basis of conditioning athletes. Focus will be on cardiovascular and resistance conditioning in the off-season, pre-season, and in-season. An introduction and utilization of appropriate equipment for cardiovascular conditioning and resistance training will be examined.

HHPK 532 - Cardiopulmonary Physiology

Hours: Three

Normal physiological mechanisms during rest and during physical work and exercise, with a focus on the mechanisms that affect the heart, systemic circulation, kidney, thermo regulation, blood vessels, internal and external respiration, and the biochemistry of the cardiopulmonary system.

HHPK 533 - Stress Testing and Electrocardiography

Hours: Four

Theoretical and practical experiences to assist in analysis and recognition of normal and abnormal electrocardiography at rest and exercise (ECG). Understanding and interpretation of ECG tracings, exercise prescription, and the mechanisms of cardiac activation in health and exercise will be addressed. Prerequisites HHPK 532.

HHPK 534 - Exercise in Health and Disease

Hours: Three

The analysis of mechanisms responsible for reduction of functional capacity as a result of biological aging and/or loss of health. Use of preventive exercise programs to diminish reduction and/or deterioration of physiological mechanisms as a function of age, health, and disease will also be addressed. Prerequisites HHPK 532 and 535.

HHPK 536 - Adapted Kinesiology

Hours: Three

Principles of adapting physical activities to individual needs. Instructional strategies, screening and testing procedures, and modification of equipment will be emphasized. Patterns of organization and administration of programs will also be addressed.

HHPK 537 - Internship in Human Performance

Hours: Three

Practical experience in a health and/or human performance worksite with instructor approval.

Cross Listed/ Same as HHPH 537

HHPK 538 - Exercise Metabolism

Hours: Three

Metabolic processes, metabolic responses to exercise, regulatory mechanisms, sources, role, and regulation of carbohydrate, lipid, and protein metabolism and potential metabolic bases of central and peripheral fatigue. Prerequisites HHPK 532 and 535.

HHPK 540 - Supervision in Health and Kinesiology

Hours: Three

Philosophy, history, principles, organization, and techniques of supervision and their application to the supervision of health and kinesiology.

HHPK 545 - Advanced Exercise Physiology

Hours: Four

In-depth study of acute and chronic responses to cardiopulmonary, metabolic, biochemical, and cellular adaption to exercise and training with special reference to hydration, thermoregulation, renal and muscular function. Prerequisites: HHPK 532

HHPK 560 - Motor Development Issues

Hours: Three

The influences of heredity and environment upon motor skill development. Theories of motor learning and motor control will be explored as they affect motor skill acquisition, retention, and transfer of motor skills. Techniques for appraising motor development will also be studied.

HHPK 570 - Psychology of Motor Learning

Hours: Three

Physiological principles involved in motor performance. Particular attention will be given to the application of these principles in teaching game and sport skills and in the coaching of athletics.

HHPK 589 - Independent Study

Hours: One to four

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisites: Consent of department head.

Note May be repeated when the topic varies

HHPK 590 - Health and Kinesiology: Teaching Design, Strategies, and Assessment

Hours: Three

Analysis, comparison, and contrast of various teaching strategies and designs appropriate for the health and kinesiology teaching environment. Additional study will include pedagogical assessment techniques for health and kinesiology.

Cross Listed/ Same as HHPH 590

HHPK 591 - Seminar

Hours: One to Three

Reports and discussions of topics of current interest in health and human performance.

Cross Listed/ Same as HHPH 591

HHPK 593 - Biomechanics

Hours: Three

Basic mechanical principles and physical laws which govern human movement. Intensive study will be devoted to analysis of fundamental motor skills and to the use of these skills in dance and sports activities.

HHPK 595 - Critiquing and Conducting Research

Hours: Three

Research methods and designs appropriate for proposing, conducting, reading, reporting and critiquing research in health and kinesiology. A major emphasis will be on conducting meta-analysis of research literature.

Note: Each student is required to demonstrate systematic research techniques through the investigation and formal reporting of an independent research project using meta-analysis, descriptive or experimental research design.

Cross Listed/ Same as HHPH 595

HHPK 617 - Statistical Procedures for Health and Human Performance

Hours: Three

Introduction to statistical methods and their implications for education and research. Populations and samples; organizing, displaying, and summarizing data; probability; normal distribution; tests of significance; correlation and simple regression; Z and T tests; and the chi square test will be the focus of this course. Appropriate computer applications will be integrated into the course.

Note: Meets requirements for a Level II research tool course.

Cross Listed/ Same as HIED/HHPH 617

HHPK 664 - Health-Related Fitness Testing and Exercise Prescriptions

Hours: Three

Field-based fitness testing and exercise prescriptions related to the American College of Sports Medicine guidelines for fitness testing and exercise prescriptions. The health-related fitness parameters of cardio respiratory endurance, joint flexibility, muscular strength, muscular endurance, and body fatness will be studied in the course.

Note: Students will be given opportunities to participate in both classroom and laboratory experiences related to health-related physical fitness.

HHPS Course Descriptions

HHPS 520 - Governance and Ethics in Sport

Hours: Three

A study focusing on ethical problems in the contemporary sport industry and the theoretical

models available for analyzing these problems. Various governing agencies in sport, including those at the high school, collegiate, and professional levels will be studied, emphasizing investigation of the organizational structure, authority, membership, and influence of these sport governing bodies.

Note Students will be given opportunity to participate in both classroom and laboratory experiences related to health-related physical fitness

HHPS 521 - Finance and Economics in Sport

Hours: Three

This course will focus on the study of financial theories and practical application as they impact sport revenues and expenditures; familiarization with current issues and trends in financing sport organizations.

HHPS 525 - Marketing and Public Relations in Sports

Hours: Three

Covers the revenue sources available to sport organizations and sport marketing plans utilizing the concepts of product, price, promotion, sales, and advertising. The course will further examine aspects of external and internal communication in sport pertaining to community, customer, employee, and media relations.

HHPS 528 - Sport Psychology

Hours: Three

Focuses on the relationship of psychology to sport; topics include history of sport psychology, application of learning principles, social psychology, personality variables, psychological assessment, youth sport, women in sport, the psychology of coaching, and performance enhancement.

HHPS 535 - Sociology of Sport and Physical Activity

Hours: Three

This course will focus on the social institution of sport and physical activity and consequences for American society, including social organization from play to professional sport; violence, discrimination, special populations; and socialization implications from participation in sports and physical activity.

HHPS 537 - Internship in Sport Studies

Hours: Three

Supervised internship with corporate fitness centers, rehabilitation centers, hospitals, recreation centers, and similar agencies and organizations

HHPS 539 - Sport Law

Hours: Three

This course will focus on the legal aspects of the professional sports industry, including the ways in which contract, labor, tort and antitrust law influence, impact and direct the development of relationships between leagues, teams, athletes, agents, television, internet, advertisers, and fans. There will also be a critical analysis of law as it impacts sport in educational institutions and communities.

HHPS 541 - Outdoor Education for Teachers in Secondary Schools

Hours: Three

Organizations for school camping and outdoor education. Topics include water safety, scouting, gunman ship, crafts, campfire activities, and other camp recreational activities.

HHPS 564 - Facilities and Equipment in Kinesiology and Sport

Hours: Three

A study of acquisition, planning, and construction of physical education and sport facilities. Additionally, studies will be made of appropriate selection and use of physical education and sport equipment.

HHPS 584 - Administration in Sport and Recreation Programs

Hours: Three

This course is an overview of the nature and scope of administrative issues in the sport industry and recreational agencies and will expand the students' understanding of management theories and their application to sport and recreation administration.

HHPS 589 - Independent Study

Hours: One to four

Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisites Consent of department head.

Note: May be repeated when the topic varies.

HHPS 594 - Leadership in Sport and Recreation

Hours: Three

A study of the leadership theories and practices in recreational, collegiate, and professional sport and in recreational programs for youth organizations, institutions, industry, and public agencies

Note: Please ask for the most updated version of this handbook. Revisions are ongoing.