

KINESIOLOGY, MS

for the degree of Master of Science in Kinesiology

Major areas of specialization at both the master's and doctoral degree levels include:

- Cultural, Interpretive and Science Studies
- Exercise Physiology
- Exercise Psychology
- Motor Control / Biomechanics
- Pedagogy & Physical Activity

Admissions

Students may apply to either the M.S. or the PhD program. Applications are due on **January 15** for Fall admissions. Applications are due on **October 1** for Spring admissions.

Admissions to the M.S. degree program requires a baccalaureate degree from an accredited institution of higher education, a minimum grade point average of 3.0 (A = 4.0) for the last two years of undergraduate study and any graduate work completed.

All applicants are required to submit three letters of recommendation, resume, official transcripts and a personal statement that addresses the following prompts:

- What developed your interest for graduate study.
- Who, from the designated faculty, would you like to work with.
- Why do you believe you would be a good fit with aforementioned faculty.
- What do you expect to gain from a graduate experience and how will this experience prepare you for your intended career.

Although the GRE scores are not required, the scores may provide helpful supporting information in some cases. Applicants who have taken the GRE and feel their scores would benefit their application are encouraged to submit the scores. If you would like to submit scores, we recommend you scan your official score report as a PDF file and attach it to your application. You do not need to submit official scores through ETS, but if you decide to, please use our University code of 1836.

- International and some domestic students may be required to show proof of English Proficiency (<https://grad.illinois.edu/admissions/instructions/04c/>).
- Students for whom English is not their native language and who wish to be considered for a teaching assistantship must achieve a score on the speaking sub-section of (TOEFL or IELTS) (<https://grad.illinois.edu/admissions/taengprof.htm>).

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It is possible for a full-time student to complete this degree program in one academic year plus one summer session.

For additional details and requirements refer to the department's graduate programs (<http://www.kch.illinois.edu/>)

[kines-grad-overview/](#)) and the Graduate College Handbook (<http://www.grad.illinois.edu/gradhandbook/>).

Thesis Option

Code	Title	Hours
KIN 501	(or equivalent)	4
KIN 591		4
Major area of study		8
Secondary area within the dept.		4
Research/Project Hours (min/max applied toward degree):		0-8
KIN 599	(min/max applied toward degree)	8
Total Hours		32

Other Requirements

Requirement	Description
Other requirements may overlap	
Minimum Hours Overall Required	20 (not including 599)
Within the Unit:	
Minimum 500-level Hours Required	12
Overall:	
Minimum GPA:	3.0

Non-Thesis Option

Code	Title	Hours
KIN 501	(or equivalent)	4
KIN 591		4
Major area of study		8
Secondary area within the dept.		4
Research/Project Hours (min/max applied toward degree):		4-8
Total Hours		32

Other Requirements

Requirement	Description
Other requirements may overlap	
Minimum Hours Overall Required	20 (not including 599)
Within the Unit:	
Minimum 500-level Hours Required	12
Overall:	
Minimum GPA:	3.0

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1. **Content Knowledge:** Students will demonstrate an advanced understanding of current and historically significant theories, models, themes, and ideas in the biomechanical, physiological, psychological, behavioral, pedagogical, biological, socioeconomic, and sociocultural correlates of Kinesiology.
2. **Critical Thinking and Discovery:** Students will demonstrate ethical practices while applying advanced quantitative and/or qualitative methods in collecting, analyzing, and interpreting data which will then be disseminated through publications and/or oral presentations.
3. **Awareness and Understanding:** Students will understand and appreciate the diverse biological, psychological, socioeconomic, sociocultural, philosophical, and historical factors that influence health, physical activity, rehabilitation, and human movement.

4. **Programming and Assessment:** Students will apply best practices in developing, implementing, assessing, and evaluating programs and interventions related to health promotion, physical activity adoption and adherence, and the prevention and treatment of diseases in culturally diverse populations.
5. **Leadership and Engagement:** Students will demonstrate leadership and effective communication skills, showcasing an appreciation and commitment to health and physical activity as they develop and sustain productive relationships and work for the common good at local, national, and global levels.

Graduate Degree Programs

- Kinesiology, MS (p. 1)
- Kinesiology, PhD (<http://catalog.illinois.edu/graduate/ahs/kinesiology-phd/>)
- Joint Degree Program: Kinesiology, PhD and Master of Public Health, MPH (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mph-kinesiology-phd/>)

for the degree of Master of Science in Kinesiology

Department of Health and Kinesiology

Department Head: Kim Graber

Director of Graduate Studies: Laura Rice

Department of Health and Kinesiology website (<https://ahs.illinois.edu/community-health/>)

Health and Kinesiology faculty (<https://ahs.illinois.edu/kch-directory-update/>)

Graduate Office: Julie Jenkins

906 South Goodwin Ave, 112 Freer Hall MC-052, Urbana, IL 61801

(217) 333-1083

Graduate email: HK-GRAD-OFFICE@illinois.edu

College of Applied Health Sciences

College of Applied Health Sciences (<https://www.ahs.illinois.edu/>)

Admissions

Graduate College Admissions & Requirements (<https://grad.illinois.edu/admissions/apply/>)