

# KINESIOLOGY

Department of Kinesiology & Community Health (<http://kch.illinois.edu>)

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**Major:** Kinesiology

Degrees Offered: M.S., Ph.D.

## Graduate Degree Programs

The Kinesiology Program in the Department of Kinesiology and Community Health offers graduate programs leading to the Master of Science and the Doctor of Philosophy degrees. Major areas of specialization at both the master's and doctoral degree levels include:

- Biobehavioral Kinesiology (the study of biomechanics, exercise and sport psychology, kinesmetrics, motor control and learning, and motor development)
- Cultural Pedagogical & Interpretive Studies (the study of the interaction between physical activity and the individual from a variety of cultural, sociological and pedagogical perspectives)
- Exercise Physiology (the study of exercise stress on body systems).

## Admission

Students may apply to either the M.S. or the Ph.D. program. Applications for Fall admission are due on **January 15**. Applications for Spring semester are due on **October 1**.

Admission 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, Graduate Record Examination (GRE) test scores, a statement of interest, and three letters of recommendation.

Admission to the Ph.D. degree program requires a minimum of a baccalaureate degree from an accredited institution of higher education with a minimum grade point average of 3.5 (A = 4.0) for the last two years of undergraduate study. Applicants who have a master's degree should have a grade point average of 3.5 for previous graduate-level work. All applicants are required to submit Graduate Record Examination (GRE) test scores, a statement of interest, and three letters of recommendation.

International students whose native language is not English, must also score a minimum of 580 on the paper-based TOEFL test, 237 on the computer-based test, or 92 on the internet-based test (iBT). Applicants whose native language is not English and who are seeking a teaching assistantship must provide evidence of spoken English language proficiency by meeting minimum score requirements specified by the University (see [www.grad.illinois.edu/admissions/taengprof.htm](http://www.grad.illinois.edu/admissions/taengprof.htm) (<http://www.grad.illinois.edu/admissions/taengprof.htm>)).

## Medical Scholars Program

**Please note the Medical Scholars program is not accepting applications at this time.**

The Medical Scholars Program permits highly qualified students to integrate the study of medicine with study for a graduate degree in a second discipline, including Kinesiology. Students may apply to the Medical Scholars Program prior to beginning graduate school or while in the graduate program. Applicants to the Medical Scholars Program must meet the admissions standards for and be accepted into both the doctoral graduate program and the College of Medicine. Students in the dual degree program must meet the specific requirements for both the medical and graduate degrees. On average, students take eight years to complete both degrees. Further information on this program is available by contacting the Medical Scholars Program, 125 Medical Sciences Building, (217) 333-8146 or at <https://www.med.illinois.edu/mdphd/>.

## Graduate Teaching Experience

Although teaching is not a general Graduate College requirement, experience in teaching is considered an important part of the graduate experience in this program.

## Faculty Research Interests

Kinesiology faculty conduct research and supervise graduate research in the following areas:

- Physical activity and aging
- immune function
- psychological, physical and cognitive function
- fitness and health
- psychophysiology
- motor development
- teacher education
- teacher effectiveness
- sport in society and culture
- motor control

## Facilities and Resources

The department facilities include laboratories for research in biomechanics, bone and body composition, cardiovascular function, exercise immunology, exercise psychology, exercise neuroscience, neurocognitive kinesiology, motor control, gait and balance, kinesmetrics, motor behavior, muscle physiology and pedagogical technology.

## Financial Aid

A number of teaching assistantships are available in the department's instructional programs. A limited number of research assistantships are available to support the departmental research activities. Assistantships usually provide a stipend for services performed as well as a tuition and partial fee waiver.

## Master of Science in Kinesiology

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

**Thesis Option**

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

**Other Requirements**<sup>1</sup>

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

<sup>1</sup> 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>).

**Non-Thesis Option**

Code	Title	Hours
KIN 501	Kinesiology Research Methods (or equivalent)	4
KIN 591	Seminar	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**<sup>1</sup>

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

<sup>1</sup> 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>).

**Doctor of Philosophy in Kinesiology****Entering with approved M.S. degree**

Code	Title	Hours
KIN 591	Seminar	8
KIN/CHLH/ SHS 565/ RST 560	Teaching in the Professoriate	4
	Competency in research methods	12
	Research/Project Hours (8 max applied toward degree)	0-8
Elective hours to bring total course work hours to 32		

KIN 599	Thesis Research (min/max applied toward degree)	32
Total Hours		64

**Other Requirements**<sup>1</sup>

Other requirements may overlap

Minimum Hours Required Within 24 (not including 599)  
the Unit:Minimum Number of 500-level 8  
Hours Required Overall in Program:

Qualifying Exam Required: No

Preliminary Exam Required: Yes

Final/Exam Dissertation Defense 24  
Required: Yes

Dissertation Deposit Required: Yes

Minimum GPA: 3.0

<sup>1</sup> 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>).

**Entering with approved B.S. degree**

Code	Title	Hours
KIN 591	Seminar	12
KIN/CHLH/ SHS 565/ RST 560	Teaching in the Professoriate	4
	Competency in research methods	12
	Research/Project Hours (16 max applied toward degree)	0-16
	Elective hours to bring total course work hours to 64	
KIN 599	Thesis Research (min/max applied toward degree)	32
Total Hours		96

**Other Requirements**<sup>1</sup>

Other requirements may overlap

Minimum Hours Required Within 40 (not including 599)  
the Unit:Minimum Number of 500-level 12  
Hours Required Overall in Program:

Qualifying Exam Required: No

Preliminary Exam Required: Yes

Final/Exam Dissertation Defense 24  
Required: Yes

Dissertation Deposit Required: Yes

Minimum GPA: 3.0

<sup>1</sup> 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>).

## Public Health, M.P.H. and Kinesiology, Ph.D.

The M.P.H. can be earned jointly with the Kinesiology, Ph.D. In the joint program up to 12 hours of coursework may be applied to both degrees, and the degrees are conferred simultaneously at the completion of the program.

Code	Title	Hours
CHLH 410	Public Health Practice	4
CHLH 469	Environmental Health or ENVS 46 Environmental Health	4
CHLH 540 or KIN 540	Health Behavior: Theory Health Behavior: Theory	4
CHLH 550	Health Policy: United States	4
CHLH 572	Principles of Epidemiology	4
CHLH 573	Biostatistics in Public Health	4
CHLH 575	Chronic Disease Prevention	4
CHLH 577	Health Program Evaluation	4
CHLH 587	MPH Applied Practice Experience	4
CHLH 589	MPH Integrative Learning Experience	2
Area of concentration coursework from approved list, min 3 (may be met by Ph.D. core courses)		
Electives and seminars, min 3 (may be met by Ph.D. core courses)		
CHLH 594	Special Topics	4
KIN 591	Seminar	8
KIN 565	Teaching in the Professoriate	4
Competency in Ph.D. research methods		12
Kinesiology Research/Project Hours (8 max applied toward degree)		0-8
KIN 599	Thesis Research	32
<b>Total Hours</b>		<b>100</b>

### Other Requirements <sup>1</sup>

Other requirements may overlap

Minimum Number of 500-level Hours Required Overall in Program:	12 (8 within M.P.H.)
Minimum Hours Required Within Kinesiology (not including 599)	24
Approved Masters Degree Required for Admission?	No
Qualifying Exam Required:	No
Preliminary Exam Required:	Yes
Final/Exam Dissertation Defense Required:	Yes
Dissertation Deposit Required:	Yes
Minimum GPA:	3.0

<sup>1</sup> 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>).

KIN Class Schedule (<https://courses.illinois.edu/schedule/DEFAULT/DEFAULT/KIN>)

## Courses

**KIN 501 Kinesiology Research Methods credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/501>)

Review and appraisal of common research procedures; application of statistical procedures, library methods, evaluation procedures, and experimental methods.

**KIN 530 Childhood Obesity I credit: 3 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/530>)

Same as CHLH 530, FSHN 530, HDFS 551, NUTR 530, SOCW 570. See NUTR 530.

**KIN 531 Childhood Obesity II credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/531>)

Same as CHLH 531, FSHN 531, HDFS 552, NUTR 531, SOCW 571. See NUTR 531.

**KIN 540 Health Behavior: Theory credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/540>)

Same as CHLH 540. See CHLH 540.

**KIN 543 Physical Activity & Cognition credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/543>)

Examines the relationship between physical activity and fitness on brain and cognition across the lifespan. The psychobiology of physical activity effects on cognition is emphasized. Other areas of study include aging, development, and psychosocial factors. Methodological issues as well as human and animal models of research will be studied.

**KIN 551 Sci Basis of Phys Performance credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/551>)

Contemporary trends in the study of human performance and exercise stress; analysis of the research literature, experimental strategies, and research instrumentation. Lecture-discussion and laboratory.

**KIN 552 Adv Skeletal Muscle Physiology credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/552>)

Course provides an in-depth understanding of skeletal muscle anatomy, cell biology, and physiology. Classroom discussions of primary literature and other activities will focus on muscle structure and function. Information will also be provided on the molecular and cellular basis for adaptations that occur with increased use, such as endurance or strength training, or periods of disuse, such as injury and disease.

**KIN 553 Circulorespiratory Physiology credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/553>)

Aerobic performance responses to short-term, intermittent, and prolonged physical activity; special consideration given to endurance training methods and assessment techniques, ergogenic aids, and problems associated with growth, environmental influences, and competitive sport. Prerequisite: KIN 551 or consent of instructor.

**KIN 557 Stress Immunology credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/557>)

This course will examine the role of stress in modulating immune function and the pathobiological mechanisms resulting in disease. An emphasis will be placed upon the reciprocal communication pathways that exist between the central nervous, endocrine and immune systems. Prerequisite: Consent of the instructor. It will be assumed that students will have introductory knowledge in biochemistry, endocrinology, and immunology.

**KIN 560 Research on Teacher Education credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/560>)

Critically examines advanced theories, trends, problems, and implications of research on teacher education in Kinesiology. Students will complete a series of written assignments that are grounded in theory, illustrate critical thinking skills, and demonstrate extensive knowledge of the literature. Prerequisite: Graduate standing.

**KIN 564 Qualitative Research Methods credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/564>)

Introduces students to qualitative methodology in the educational and health-related professions settings. Students will learn to interpret qualitative research, understand its theoretical underpinnings, acquire interviewing and observation skills, design and evaluate a community-based group research project, learn to collaborate with others, and critically assess the contributions to the project of self and peers.

**KIN 565 Teaching in the Professoriate credit: 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/565>)

Provides scholarly knowledge and practical experience necessary for effectively assuming the roles of teaching, mentoring, and presenting in the professoriate. Students will team teach an undergraduate course with an assigned faculty mentor, give a scholarly research presentation, and attend a series of theoretically grounded lectures focusing on instructional design, learner characteristics, and successfully conveying information to others. Same as CHLH 565, RST 560, and SHS 565.

Prerequisite: Must be a PhD student in the College of Applied Health Sciences.

**KIN 590 Independent Study credit: 2 or 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/590>)

Independent research on special projects. May be repeated.

**KIN 591 Seminar credit: 1 Hour.** (<https://courses.illinois.edu/schedule/terms/KIN/591>)

Lectures, discussions, and critiques on kinesiology and community health related subjects by faculty members and visiting professional leaders; presentation and criticism of student research. Approved for S/U grading only. May be repeated in subsequent terms as topics vary.

**KIN 594 Special Topics credit: 1 to 4 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/594>)

Lecture course in topics of current interest; specific subject matter announced in the Schedule. May be repeated.

**KIN 599 Thesis Research credit: 0 to 16 Hours.** (<https://courses.illinois.edu/schedule/terms/KIN/599>)

Preparation of theses in kinesiology. Approved for S/U grading only. May be repeated.