KINESIOLOGY

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

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Director of Graduate Studies: Steven Petruzzello
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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)).

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>KIN 501</td>
<td>Kinesiology Research Methods (or equivalent)</td>
<td>4</td>
</tr>
<tr>
<td>KIN 591</td>
<td>Seminar</td>
<td>4</td>
</tr>
</tbody>
</table>

Major area of study

Secondary area within the dept.

Research/Project Hours (min/max applied toward degree):

| KIN 599 | Thesis Research (min/max applied toward degree)                       | 8     |

Total Hours: 32

### Other Requirements

1. Other requirements may overlap

Minimum Hours Overall Required

Within the Unit:

Minimum 500-level Hours Required

Overall:

Minimum GPA: 3.0

1. 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

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<td>Seminar</td>
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</tr>
</tbody>
</table>

Major area of study

Secondary area within the dept.

Research/Project Hours (min/max applied toward degree):

| KIN 599 | Thesis Research (min/max applied toward degree)                       | 8     |

Total Hours: 32

### Other Requirements

1. Other requirements may overlap

Minimum Hours Overall Required

Within the Unit:

Minimum 500-level Hours Required

Overall:

Minimum GPA: 3.0

1. 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

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<th>Hours</th>
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<td>KIN 591</td>
<td>Seminar</td>
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<tr>
<td>KIN/CHLH/SHS 565/RST 560</td>
<td>Teaching in the Professoriate</td>
<td>4</td>
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</tbody>
</table>

Competency in research methods

Research/Project Hours (8 max applied toward degree)

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

1. Other requirements may overlap

Minimum Hours Required Within the Unit:

Minimum Number of 500-level Hours Required

Hours Required Overall in Program:

Qualifying Exam Required:

Preliminary Exam Required:

Final/Exam Dissertation Defense Required:

Dissertation Deposit Required:

Minimum GPA: 3.0

1. 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

<table>
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<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
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<td>KIN 591</td>
<td>Seminar</td>
<td>12</td>
</tr>
</tbody>
</table>

KIN/CHLH/SHS 565/RST 560 | Teaching in the Professoriate                          | 4     |

Competency in research methods

Research/Project Hours (16 max applied toward degree)

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

1. Other requirements may overlap

Minimum Hours Required Within the Unit:

Minimum Number of 500-level Hours Required

Hours Required Overall in Program:

Qualifying Exam Required:

Preliminary Exam Required:

Final/Exam Dissertation Defense Required:

Dissertation Deposit Required:

Minimum GPA: 3.0

1. 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.
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.
Same as CHLH 530, FSHN 530, HDFS 551, NUTR 530, SOCW 570. See
NUTR 530.

KIN 531  Childhood Obesity II  credit: 4 Hours.
Same as CHLH 531, FSHN 552, HDFS 551, NUTR 531, SOCW 571. See
NUTR 531.

KIN 540  Health Behavior: Theory  credit: 4 Hours.
Same as CHLH 540. See CHLH 540.

KIN 543  Physical Activity & Cognition  credit: 4 Hours.
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.
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.
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.
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.
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.
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.
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.