DEPARTMENT OF KINESIOLOGY

College of Health Sciences

206 Sturzebecker Health Sciences Center
West Chester University
West Chester, PA 19383
610-436-2260 or 610-436-2610
Department of Kinesiology (http://www.wcupa.edu/kinesiology/)
Dr. Stevens (cstevens@wcupa.edu), *Chairperson*
Dr. Whidden (mwhidden@wcupa.edu), *Assistant Chairperson - Exercise Science Division*
Dr. Cummiskey (mcummiskey@wcupa.edu), *Assistant Chairperson - Health and Physical Education: Teacher Certification*
Dr. Stearne (dstearne@wcupa.edu), *Graduate Coordinator - M.S. in Exercise and Sport Science Concentrations*
Ross Trachtenberg (rtrachtenberg@wcupa.edu), *Graduate Coordinator - Graduate Certificate in Sport Management and Athletics*
Dr. Foster (efoster@wcupa.edu), *Graduate Coordinator - Adapted Physical Education Certificate*

Programs of Study

The Department of Kinesiology offers a program leading to a master of science degree in exercise and sport science. The M.S. in Exercise and Sport Science offers three concentrations: Applied Sport Performance, Clinical Exercise Physiology, and Exercise and Sport Psychology. This program enriches academic preparation for working in adult fitness and exercise prescription, cardiac rehabilitation, corporate wellness, and professional consulting. This degree offers a thesis track that is designed primarily to meet the individual needs of graduate students who want to pursue graduate work beyond the master's degree or a career in research.

In addition, the department offers a Graduate Certificate in Sport Management and Athletics. This program focuses on the comprehensive career preparation of practicing athletic and sport managers. Designed for individuals aspiring to leadership and management roles in the complex world of interscholastic, intercollegiate, recreational, and professional sports, as well as corporate fitness programs, the curriculum is built on acquiring the experiential understanding of administrative and managerial practices in athletic settings. It will prepare candidates with the knowledge and skill necessary to apply theory, research, and experience to solve academic, athletic, and sport/event management challenges. Culminating internships are an integral part of the program where students are mentored in sport management experiences within their concentration area, including interscholastic (middle and high school), intercollegiate (NCAA Division I, II, or III), professional (major or minor leagues), club or recreational activities (YMCA and other youth sport organizations), and corporate fitness.

Programs

Master's Programs

- M.S. in Exercise and Sport Science (http://catalog.wcupa.edu/graduate/health-sciences/kinesiology/exercise-sport-science-ms/) **(no longer accepting new students)**
- M.S. in Exercise and Sport Science - Applied Sports Performance Concentration (http://catalog.wcupa.edu/graduate/health-sciences/kinesiology/exercise-sport-science-ms-applied-sports-performance-concentration/)
- M.S. in Exercise and Sport Science - Clinical Exercise Physiology Concentration (http://catalog.wcupa.edu/graduate/health-sciences/kinesiology/exercise-sport-science-ms-clinical-exercise-physiology-concentration/)
- M.S. in Exercise and Sport Science - Sport and Exercise Psychology Concentration (http://catalog.wcupa.edu/graduate/health-sciences/kinesiology/exercise-sport-science-ms-sport-exercise-psychology-concentration/)

Certificates

- Sport Management and Athletics (http://catalog.wcupa.edu/graduate/health-sciences/kinesiology/sport-management-athletics-certificate/)

Accelerated Bachelor's to Master's

- B.S. in Exercise Science - Exercise Science Specialist Concentration to M.S. in Exercise and Sport Science (http://catalog.wcupa.edu/undergraduate/health-sciences/kinesiology/exercise-science-bs-exercise-science-specialist-concentration/)

Admissions

All applicants to one of West Chester University's graduate programs will be held to the graduate admissions requirements (http://catalog.wcupa.edu/general-information/admissions-enrollment/graduate-admissions/). When applicable, additional requirements for admission into specific department program(s) may be listed below.

Admission Requirements for the M.S. in Exercise and Sport Science

In addition to meeting the general requirements for admission to a graduate program at West Chester University, applicants must present a bachelor's degree in exercise science or related field and have satisfied the following prerequisites prior to admission:

- Anatomy and Physiology (I and II)
- Exercise Physiology
- Biomechanics or Kinesiology
- Statistics

Students may be accepted provisionally while taking one or more of the prerequisites.

Requirements for one of the following tracks:

Thesis Track

1. GPA: 2.8 or higher on a 4.0 scale

Research Report Track

1. GPA: 2.8 or higher on a 4.0 scale
2. Approval of application by the department graduate committee

Acceptance recommendations are made by the department graduate committee.

Policies

All graduate students are held to the academic policies and procedures (http://catalog.wcupa.edu/graduate/academic-policies-procedures/) outlined in the graduate catalog. Students are encouraged to review departmental handbooks for program tips, suggested course sequences, and explanations of procedures. When applicable, additional policies for specific department programs may be listed below.

Requirements for the M.S. in Exercise and Sport Science

1. Satisfactory completion of the M.S. curriculum with a GPA of 3.0
2. Satisfactory performance on written and/or oral comprehensive examination (not required for the athletic training concentration)
3. Successful completion of the thesis or research project (EXS 698 Research I/EXS 699 Research II)
4. Oral defense of the thesis (for thesis track only)

Requirements for Admission to Degree Candidacy

During the 12 to 15 hours of precandidacy, students must complete any three of the departmental core courses with a minimum GPA for these and all other courses of 3.0.

Students must apply for candidacy within one semester after completing 12-15 hours of precandidacy course work.

Faculty

Professors

Margaret Ottley (mottley@wcupa.edu) (2001)
B.A., Spelman College; M.Ed., Ph.D., New York University

Melissa A. Reed (mreed3@wcupa.edu) (2011)
B.S., East Stroudsburg University; M.A., Ph.D., East Carolina University

David J. Stearne (dstearne@wcupa.edu) (2005)
Graduate Coordinator, Kinesiology
B.A., Rowan University; M.S., University of Florida; Ph.D., Temple University

W. Craig Stevens (wstevens@wcupa.edu) (1992)
Chairperson, Kinesiology
B.A., Johns Hopkins University; M.S., Springfield College; Ph.D., Temple University

Karin A.e. Volkwein (kvolkwein@wcupa.edu) (1992)
Staatsexamen, University of Marburg (Germany); Ph.D., University of Tennessee

Melissa A. Whidden (mwhidden@wcupa.edu) (2011)
Assistant Chairperson, Kinesiology
B.S., M.S., State University of New York at Buffalo; Ph.D., University of Florida

Associate Professors

Kenneth Clark (kclark@wcupa.edu) (2015)
B.A., Swarthmore College; M.S., West Chester University; Ph.D., Southern Methodist University

Hyunsoo Kim (hkim@wcupa.edu) (2015)
B.A., M.A., Yonsei University; M.S., University of North Carolina, Greensboro; Ph.D., Brigham Young University

Selen Razon (srazon@wcupa.edu) (2016)
B.S. Université Paris 5 René Descartes, France; M.S. University of Miami; Ph.D. Florida State University

Assistant Professors

Rick Howard (rhoward@wcupa.edu) (2018)
B.S., Temple University; M.Ed., Wilmington University; D.Sc., Rocky Mountain University

Ed Kubachka (ekubachka@wcupa.edu) (2016)
B.S., Pennsylvania State University; B.S., M.S., West Chester University

Meghan G Ramick (mramick@wcupa.edu) (2018)
B.S., Ph.D., University of Delaware

Courses

EXS

EXS 500. Graduate Research Seminar. 3 Credits.
This course is designed to build the graduate student's understanding of the research process and to foster development of creative options for research-based connections with current faculty and graduate students. Students will apply concepts introduced in Research Methods and other prior graduate coursework toward building a framework for their graduate thesis. Course content will be centered on small group discussions where invited faculty will introduce their specific line of research and engage students in open discussion on potential for future collaboration.
Typically offered in Spring.

EXS 501. Research Methods in Health, Physical Education, Recreation. 3 Credits.
Techniques of research applied to the field of health, physical education, and recreation.
Distance education offering may be available.
Typically offered in Fall.

EXS 534. Exercise Adherence in Clinical and Non-Clinical Settings. 3 Credits.
This course provides students with an overview of exercise adoption and adherence in clinical and non-clinical settings. Specifically, the course prepares students to work with individuals from diverse backgrounds to adopt and maintain exercise behavior in their daily lives as well within medical and rehab environments.
Distance education offering may be available.
Typically offered in Fall.

EXS 570. Concepts of Exercise and Sport Science. 3 Credits.
This course will provide an overview of exercise science from the standpoint of its applied science underpinnings. The biomechanics component of this course will survey orthopedic anatomy with special attention to joint-specific alignment and function. Governing principles of biomechanics applied to lever systems, fluid mechanics, neuromuscular characteristics, and biomaterials will be introduced and performance measurement techniques will be illustrated in kinetic, kinematic and electromyographic terms. The advanced motor learning component is designed for further understanding of motor learning theories, principles, and practice. Behavioral, physiological, and psychological principles underlying the discipline will be covered. Specific topics include classifications and measurement of motor performance, sensory processing, perception, memory, and attention. The exercise physiology component will reinforce neuromuscular function and integrate cardiovascular, respiratory and endocrine system function into sport performance and training. Topics will include bioenergetics, anaerobic and aerobic mechanisms influencing physical conditioning, specificity, energy expenditure, fatigue and performance. Current best practices in performance and body composition enhancement via ergogenic aids, nutrition and supplementation will be introduced. Students will engage in readings and activities aimed at enhancing their ability to both understand and apply concepts to professional practice.
Distance education offering may be available.
Typically offered in Fall.

EXS 572. Advanced Motor Learning. 3 Credits.
An investigation of the theories, research, and practical applications of the processes and conditions involved in the teaching and learning of physical skills.
Typically offered in Fall.

EXS 579. Fitness & Exercise Entrepreneurship. 3 Credits.
This course is designed to introduce the student to basic principles of business development and marketing in the context of the fitness and exercise industry marketplace. Students will learn business and academic skills needed to build and manage a successful 21st century business. This course will focus on the fundamentals of entrepreneurship, recognizing opportunities, determining the feasibility of a business idea, conducting market research, and managing marketing strategies.
Typically offered in Fall.

EXS 582. Pathokinesiology. 3 Credits.
This course is designed to build upon the student's basic knowledge of applied orthopedic anatomy in the context of pathology and related to resistance exercise prescription. Students will apply basic knowledge of structural orthopedic anatomy and biomechanics to movement and positional limitations typically associated with common sport injuries.
Typically offered in Spring.

EXS 585. Biomechanics. 3 Credits.
A review of, or introduction to, the basic principles of biomechanics and the application of those principles to research and teaching.
Typically offered in Fall.

EXS 587. Environmental Physiology. 3 Credits.
A survey course investigating the multidisciplinary nature of environmental physiology. It will explore the impact of different environments on the physiology of humans while at work and play. This course will examine the thermal environments (hot, cold, humidity), baraphysiology (altitude and depth), microgravity and space, air pollution, and chronobiological rhythms. Laboratory experiences, both computer simulation and "hands-on", will be included in the course.
Pre / Co requisites: EXS 587 requires a prerequisite of EXS 380 or BIO 468 or BIO 469. EXS 681 is recommended.
Typically offered in Fall.

EXS 640. Applied Sport and Exercise Psychology. 3 Credits.
A graduate course aimed at covering psychological influences on sport performance and exercise behaviors in a diverse population. Additionally, it will cover how sport and exercise performance and behaviors impact psychological processes. Students will use existing theory in developing best practices for working directly with the population.
Distance education offering may be available.
Typically offered in Spring.

EXS 641. Group Dynamics in Sport and Exercise. 3 Credits.
A graduate course designed to acquaint students with theory, research and practical issues associated with group dynamics and team cohesion. The course will address leadership, group/team processes, and team building. Students will learn about the impact of roles, communication, accountability and diversity on team function and dysfunction.
Distance education offering may be available.
Typically offered in Fall.

EXS 645. Sport & Exercise Psychology Practicum. 3 Credits.
A graduate course designed to acquaint students with the application of theory to practice within sport and exercise psychology settings. Students will critically examine the theoretical foundation of applied sport psychology and explore the nature of sport and exercise psychology practice. Students will also be introduced to ethics of consultancy and practical issues associated with delivering sport and exercise psychology services within diverse settings.
Distance education offering may be available.
Typically offered in Fall & Spring.

EXS 646. Neuroscience Perspectives in Sport & Exercise. 3 Credits.
The purpose of the course is to study specific aspects of the field of neurosciences that relates to the intricate relationship between brain/mind and body function in sport, physical activity and overall. Theoretical reviews of applied and clinical research, meta-analysis and case analysis will widen the depth and scope of student effectiveness in the field of sport and exercise psychology.
Distance education offering may be available.
Typically offered in Spring.

EXS 680. Scientific Principles Of Coaching. 3 Credits.
Recent trends in theories and techniques of teaching sports. Mechanical principles of efficient movement. Research related to competitive performance. Specialists serve as guest panelists.

EXS 681. Metabolic, Endocrine, and Digestive Physiology. 3 Credits.
Clinical and laboratory use of exercise in evaluating, maintaining, and modifying human physiological processes: specifically metabolism, and weight control; endocrine functions in health and disease; and digestive function pertaining to exercise and disease.
Typically offered in Fall.

EXS 687. Neuromuscular Physiology. 3 Credits.
This course is designed to provide an in-depth understanding of the structure and function of the nervous system related to skeletal muscle and its responses and adaptations to exercise.
Typically offered in Spring.

EXS 688. Cardiopulmonary Physiology. 3 Credits.
This course is designed to provide an in-depth understanding of the mechanisms underlying cardiopulmonary function and the effects of acute and chronic exercise on these mechanisms.
Typically offered in Spring.

EXS 690. Exercise and Older Adults. 3 Credits.
A course designed to prepare professionals to assess fitness levels of persons over the age of 50 and scientifically design exercise and fitness programs to meet the specific needs of the older participant.
Distance education offering may be available.

EXS 691. Adv Clinical Exercise Testing & Prescrip. 3 Credits.
An in-depth study of how exercise is used in clinical settings for diagnostic, rehabilitative, and preventive purposes. ACSM guidelines will be emphasized. Designed to prepare the student for the ACSM certification exam (exercise specialist).
Typically offered in Fall.

EXS 692. Clinical Practicum in Exercise Science. 3 Credits.
The course provides experience in a clinical setting under the supervision of qualified medical staff. Experience will include exercise prescription and supervision of exercise of patients in settings such as hospitals and outpatient clinics.
Consent: Permission of the Department required to add.
Typically offered in Fall & Spring.

EXS 698. Research I. 3 Credits.
This course along with the subsequent EXS 699, is the culminating experience in the program curriculum. It includes development of hypothesis and methods under the direction of a faculty advisor. If taken to theses, this course should culminate in the acceptance of the thesis proposal by an appropriate committee of faculty. If taken as either a report or theses, the course results in the writing of the first three chapters (Introduction, Review of Literature and Methods) and IRB approval. If taken as a clinical capstone experience, this course will be taken under the direction of the graduate student's clinical research advisor.
Consent: Permission of the Department required to add.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.

EXS 699. Research II. 3 Credits.
This course includes data collection, statistical analysis, and the writing of the last three chapters of the report/thesis. Reports are submitted to the faculty research advisor for grade. Thesis must be defended and approved by the committee. After approval by the examining committee, thesis must be typed in accordance with specifications contained in the "Guide to the Preparation of the Master's Thesis", a copy of which may be obtained from departmental offices or online. After the Dean of The Graduate School has approved the thesis, the student is responsible for transmitting all required copies to the library for binding.
Pre / Co requisites: EXS 699 requires a prerequisite of EXS 698.
Consent: Permission of the Department required to add.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.

KIN

KIN 500. Contemp Probs In Phys Ed, Recreat & Athl. 3 Credits.
Problems in teaching health, physical education, and recreation; in-service aspects; factors and variables that influence solutions of these problems.

KIN 513. Theories and Principles of Sport Management. 3 Credits.
This course is designed to provide an overview of the management responsibility of the sport administrator, including planning, organizing, staffing, directing, and controlling the sport enterprise. Emphasis will be placed on personnel, financial concerns, facility management, and public relations.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.

KIN 514. Problems and Issues in Sport Management. 3 Credits.
This course is designed to provide an overview of contemporary problems and issues in sport management, including an analysis of sport trends with a review of sport-governing agencies and organizations and their affect on sports organizations.
Distance education offering may be available.
Typically offered in Fall & Spring.

KIN 521. Adventure Based Education. 3 Credits.
The introduction of Adventure Education as a stand-alone component of the K-12 Physical Education curriculum will be introduced. The developmentally appropriate modification of activities from "Icebreakers" through "Initiatives Problem Solving" will be presented, analyzed and practiced in the class.

KIN 522. Foundations for Experiential Education. 3 Credits.
Adventure Education has rapidly become one of the fastest growing areas in the K-12 Physical Education curriculum. This course will examine the specific aspects of the concept known as the 'Adventure Wave' and its' relevance to the overall K-12 Physical Education curriculum. The historical underpinnings of Experiential Education as it relates to Adventure Education will be researched and discussed.

KIN 523. Essential Components for Adventure Education. 3 Credits.
The Adventure Education Model, as developed from Outward Bound and Project Adventure philosophies, and the concept of Experiential Education will be investigated as a content component within a K-12 Physical Education curriculum. Students will attempt to garner the overall concept behind the use of Adventure Education as a curricular component in programming.

KIN 524. Facilitation & Reflection in Adventure Education. 3 Credits.
Reflection is an integral component of Experiential Education and the Adventure Wave. The development of a variety of techniques, methods or 'tools' by an individual who 'leads' or facilitates experiential or adventure programming can enhance the overall educational experience for the participants as well as promote a more lasting effect. This course will introduce, investigate and provide 'practice opportunities' in a variety of techniques, methods and 'tools' for facilitators in programming.

KIN 534. Exploring The Art Of Dance. 3 Credits.
The purpose of this course shall be to provide the graduate student an opportunity to explore dance as an art form, as well as relate, to their core of study, information regarding various aspects of dance in both art and education. Topics shall include a brief history of dance, a study of dance genres, the role of dance in education, and today's trends in dance.

KIN 545. Educational Foundations of Adventure. 3 Credits.
This course will examine the specific aspects of the concept known as the "Adventure Wave" and it's relevance to the overall K-12 Physical Education curriculum.

KIN 551. Elem Phys Educ/Recreation Music Workshop. 2 Credits.
Leading and teaching rhythmic activities and singing in elementary physical education and recreation. Fundamental level. Instruction programmed music textbook; piano and guitar chords. Creating and teaching recreational and singing games.

KIN 553. Facility, Event and Risk Management in Sport. 3 Credits.
This course is designed to provide an overview of planning and management of sport facilities and events. The student will study the elements of planning and designing sport facilities while investigating the inherent risk management issues associated while operating sport venues and managing sport events. Additionally, the student will learn how to plan, execute, and manage various sporting events while addressing safety and risk management issues.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.

KIN 554. Gender Equity & Sport Law. 3 Credits.
The course entails the study and discussion of gender equity issues in sport that affect both females and males. In depth case studies on Title IX and analysis of Title IX regulations and compliance are explored. Research is conducted on various Equity in Athletics Disclosure Act (EADA) reports. General principles of sport law are reviewed and paramount cases in sport law are analyzed.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.

KIN 570. Ldrshp In Outdoor Adventure Education. 3 Credits.
Contact department for more information about this course.

KIN 580. Sociol & Psychol Aspects Sport & Phys Ed. 3 Credits.
Social, psychological, and cultural factors influencing sport and physical education. Discussion of pertinent issues and research applications.

KIN 604. Adm/Supervision Practices for Health, Physical Education, Recreation and Athletics. 3 Credits.
Nature of the positions of directors or supervisors of physical education, recreation, and athletics. Job specifications; operational principles and procedures.

KIN 605. Curricular Trends in Physical Education. 3 Credits.
Analysis and design of contemporary curriculum models of instruction in K-12 physical education.

KIN 609. Independent Study & Special Projects. 1-3 Credits.
Students select independent study projects and develop proposals. These projects may be in support of students' research or related to their vocations. The proposals must be accepted and approved by the coordinator of graduate studies in the semester prior to registration for independent study.
Consent: Permission of the Department required to add.

KIN 611. Intern Study I. 3 Credits.
For the MPA student in athletic administration who needs or desires practical experience in administering athletic programs. (The student may elect 3-6 credits of internship experience.)

KIN 612. Intern Study II. 3 Credits.
For the MPA student in athletic administration who needs or desires practical experience in administering athletic programs. (The student may elect 3-6 credits of internship experience.)

KIN 614. Positive Behavioral Support in Physical Education. 3 Credits.
This course examines practical psychological and sociological information for teaching physical education in today's society with an emphasis on creating a positive classroom environment, promoting positive conduct, preventing student misbehavior and effectively managing misbehavior when it arises.

KIN 615. Special Topics. 1-3 Credits.
In depth study of selected topics current to the interests and needs of professionals serving in the field of Kinesiology.
Repeatable for Credit.

KIN 650. The Child & Physical Education. 3 Credits.
Contributions of physical education to a child's physical, social, emotional, and intellectual growth and to developmental needs and interests. The influences of various activities on growth and development.