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 (EKS 698 Research I/EKS 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 Ortley (mortley@wcupa.edu) (2001)
B.A., Spelman College; M.Ed., Ph.D., New York University
Melissa A. Reed (mreed36@wcupa.edu) (2011)
B.S., East Stroudsburg University; M.A., Ph.D., East Carolina University
David J. Stearns (dstearns@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
Karim 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 graden courses 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 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 relate 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. Distance education offering may be available. Typically offered in Fall & Spring.

KIN 514. Problems and Issues in Sport Management. 3 Credits.
A graduate course designed to acquaint students with theory, research and practical issues associated with 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 & Summer.

KIN 521. Adventure Based Education. 3 Credits.
The introduction of Adventure Education as a stand-alone component of the K-12 Physical Education curriculum. This course will examine the specific aspects of the concept known as Adventure Education 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 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 Adventure Education 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 gain an appropriate understanding of the Adventure Education concept as a guide to planning and conducting experiential learning opportunities. 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 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.

KIN 687. Neuromuscular 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 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. Typically offered in Fall.

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.
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.