



**SCHOOL OF HEALTH, PHYSICAL  
EDUCATION, AND RECREATION**

**INDIANA UNIVERSITY**

**Physical Activity, Fitness and Wellness**

**M.S. in Kinesiology degree (36 credit hours required for non-**

**thesis option. 44 credit hours required for thesis option)**

**3.0 GPA for required for graduation, C- required in each course**

**Effective for students matriculating fall 2008**

**Department of Kinesiology – HPER 112 – (812) 855-5523**

**Core Courses – Twenty-four (24) credit hours required**

CODE	COURSE TITLE	SEMESTER	CREDITS	REQUIRED		FILE UPDATE	GRADE
				YES	NO		
K500	Administration of Fitness Programs	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
R544	Legal Aspects of Recreation Admin	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K527	Adherence to Physical Activity	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
C589	Models & Theories of Health Behavior	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K615/ T594	Financial Analysis of Sport/Finance and Budgeting	Fall/Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K553	Physical Activity and Health	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K524	Exercise and Physical Activity for People with Disabilities	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K554	Seminar in Physical Activity, Fitness and Wellness	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		

**Program Concentrations**

Program concentrations must be chosen in consultation with the student's major advisor.

**A. Physical Activity, Fitness and Wellness Specialist Track - Twelve (12) credit hours**

CODE	COURSE TITLE	SEMESTER	CREDITS	REQUIRED		FILE UPDATE	GRADE
				YES	NO		
K535	Physiological Basis of Human Performance	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K560	Exercise in Corporate Fitness and Wellness	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K525	Psychological Foundations of Exercise and Sport	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K599	Cognitive Ergonomics	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K625	Physical Activity and Mental Health		3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K598	Ergonomics	Summer II	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
T590	Introduction to Research in Health, Kinesiology and Recreation	Fall, Spring, Summer II	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
C535	Contemporary Issues in Aging and Health		3.0	<input type="checkbox"/>	<input type="checkbox"/>		
H617	Health, Technology, and Aging	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
H594	Health Program Evaluation	Spring					

**B. Physical Activity, Fitness and Wellness Management Track - Twelve (12) credit hours**

CODE	COURSE TITLE	SEMESTER	CREDITS	REQUIRED		FILE UPDATE	GRADE
				YES	NO		
K614	Sport Sponsorship and Retention	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K514	Sport Marketing and Sponsorship	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K516	The Sport Industry	Sum II	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
R565	Leisure and Aging		3.0	<input type="checkbox"/>	<input type="checkbox"/>		
R570/K510	Recreational Sport Administration / Administrative Theory of Competitive Sports Programs	Fall/Sum II	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K580	Sport Communication	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
K581	Sales & Service Mgmt in Sport	Sum I	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
T590	Introduction to Research in Health, Kinesiology and Recreation	Fall, Spring, Summer II	3.0	<input type="checkbox"/>	<input type="checkbox"/>		

**C. Physical Activity and Public Health Track - Twelve (12) credit hours**

CODE	COURSE TITLE	SEMESTER	CREDITS	REQUIRED		FILE UPDATE	GRADE
				YES	NO		
C510	Organization and Administration of Public Health Programs	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
C501	Assessment and Planning in Public Health	Fall	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
T591	Interpretation of Data in HPER	Fall/Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		
C611	Epidemiology	Spring	3.0	<input type="checkbox"/>	<input type="checkbox"/>		

**Thesis and Non-Thesis Options**

Option	Course Requirements	Exit Criteria
Non-thesis: 36 hours total	24 hour core 12 hour program track	Passing comprehensive examination after course requirement completion
Thesis option: 44 hours total	24 hour core 12 hour program track 5.0 thesis credit hours Tracks A & B T591 Statistical Techniques of Research 3.0 credits Track C T590 Introduction to Research in Health, Kinesiology and Recreation 3.0 credits	Successful defense of Master's thesis

NOTE: Students in Tracks A & B who choose the thesis option will take T590 as part of their elective program track.

The following materials are required before consideration of admittance to the thesis option:

1. A formal letter stating research interests and justification for admittance to the option.
2. Written verification that a tenure line faculty member in the Physical Activity, Fitness and Wellness degree program will serve as major advisor for the project.

Materials must be received by the end of classes of the second semester of full-time enrollment in the Physical Activity, Fitness and Wellness major. Faculty will meet and render judgment if the candidate is acceptable for admission to the thesis-option by May 30 of that calendar year.

**Admissions Competencies**

Students must meet the following competency requirements by showing coursework equivalents prior to entering the program.

CODE	COURSE TITLE	SEMESTER	CREDITS	REQUIRED		FILE UPDATE	GRADE
				YES	NO		
P205	Structural Kinesiology OR A215 Basic Human Anatomy		3.0-5.0	<input type="checkbox"/>	<input type="checkbox"/>		
P215	Basic Human Physiology		5.0				
P409	Basic Physiology of Exercise (P: ANAT A215 or HPER P205 & PHSL P215)		3.0	<input type="checkbox"/>	<input type="checkbox"/>		
P419	Fitness Testing & Interpretation (P: P409)		3.0	<input type="checkbox"/>	<input type="checkbox"/>		
P420	Exercise Leadership & Program Design for Apparently Healthy & Special Populations (P: P409)		3.0	<input type="checkbox"/>	<input type="checkbox"/>		

Students must also possess current certification as a health/fitness instructor or equivalent from one of the following agencies: American College of Sports Medicine; American Council on Exercise; National Strength and Conditioning Association; or National Academy of Sport Medicine.

Students will not be admitted without evidence that the competencies have been met.