

# SCHOOL OF KINESIOLOGY, APPLIED HEALTH AND RECREATION

## Graduate Programs

### Graduate Program - Applied Exercise Science & Health and Human Performance

Doug Smith, PhD—Professor and Graduate Coordinator

### Graduate Program - Recreation Management and Recreational Therapy; Leisure Studies

Tim Passmore, EdD—Professor and Graduate Coordinator

### Graduate Certificate in Recreation and Leisure Management

Donna Lindenmeier, PhD—Associate Professor and Graduate Certificate Coordinator

## MS in Health and Human Performance

The MS in Health and Human Performance offers two options: Applied Exercise Science and Health Promotion. The option in Applied Exercise Science studies how human movement improves overall physical health and fitness. The 36-hour degree offers a Thesis and Non-thesis (Creative Component) option. Our master's students strive to advance health, physical activity and sport performance through relevant clinical- and performance-based research and instruction. Graduates go on to earn their doctorate degree at reputable institutions across the country or obtain professional employment within the areas of applied health and strength and conditioning.

The health and human performance program also provides preparation at the master's level with an option of Health Promotion. The 36-hour degree offers a Thesis and Non-thesis (Creative Component) option. The program focuses on advancing the students understanding of the proximal and distal determinants of mental and physical health.

## PhD in Health, Leisure and Human Performance, with an option in Health and Human Performance

The PhD in Health, Leisure and Human Performance, option in Health and Human Performance has two emphasis tracks: Exercise Physiology and Health Education and Promotion.

Our doctoral students with an emphasis in Exercise Physiology strive to advance health, prevention, physical activity and sport performance through relevant clinical- and performance-based research and instruction.

Our doctoral students with an emphasis in Health Education and Promotion meet their career needs and goals through (1) community-based, translational research and (2) classroom experiences focusing on social justice and diversity. The purpose and focus of this emphasis is to prepare excellent entry-level research scholars for formal and informal learning organizations

The PhD in Health, Leisure and Human Performance option in Health and Human Performance is designed to permit flexibility within the Health discipline while assuring that all students in the program are provided

the opportunity to develop research skills which facilitate functioning as future faculty members or scholar practitioners.

## Master of Science in Leisure Studies

Beyond the baccalaureate level, the program in leisure studies provides preparation at the master's level across the discipline. Students develop a plan of study, under the advisement of a graduate committee and may focus on various emphasis areas in recreation, parks and leisure services or in recreational therapy. Graduates of the master's degree are typically employed in management and administrative positions in a wide variety of recreation, parks and leisure service settings. Graduates with a master's degree with the focus on Recreational Therapy are typically employed in healthcare settings to include hospitals, physical rehabilitation facilities, behavioral health, facilities, long-term care facilities and other facilities focused on healthcare. Graduates with a master's degree with a focus on Recreation Management are typically employed in areas such as campus recreation, municipal parks and recreation, military recreation, YMCAs, state parks and others. The master's degree is 36 credit hours beyond the bachelor's degree and many graduate assistantships are available for qualified students.

## PhD in Health, Leisure and Human Performance, with an option in Leisure Studies

Students seeking the terminal degree in Leisure Studies engage in the PhD in HLHP. Those completing this program are well prepared for entry-level positions as faculty members in a wide range of colleges and universities. To facilitate student readiness to work in academia, doctoral students work closely with faculty, engage in coursework and examinations, and participate in opportunities for experiences in teaching, scholarship and service. Core learning experiences include an understanding of curriculum, applied ethics and administration, as well as developing an understanding of the common tripartite mission of most universities - scholarship, teaching, and service. The PhD requires 60 hours of coursework beyond the master's degree; many graduate assistantships are available for qualified students.