

MASTER OF SCIENCE

KINESIOLOGY



UNIVERSITY OF SAINT KATHERINE

WHY UNIVERSITY OF SAINT KATHERINE?

- Nationally recognized and accredited
- Private university with affordable tuition
- Small class sizes
- Rigorous curriculum

MASTER OF SCIENCE KINESIOLOGY



The Master of Science in Kinesiology at USK uniquely integrates exercise science principles with hands-on laboratory experience preparing students to lead in the areas of human performance, rehabilitation, health, and disease treatment and prevention. Students will be exposed to up-to-date evidence-based research, relevant research methods, and a rigorous curriculum increasing the depth of their knowledge in the field of Kinesiology. Graduates will be prepared to use what they have learned to lead and influence their organizations, their professional associations, and their communities in a positive way

In this program, students will have the opportunity to work closely with their instructors and peers during in-person interactive classes. These courses will equip students to evaluate evidence-based research and apply theories and knowledge to real-world problems within the scope of health and wellness, and sport. USK's committed faculty, small class sizes, and frequent advising sessions will help students achieve a strong self-understanding of life goals, work ethic, and faith.

The culmination of this graduate journey will be a rigorous research-based course leading to an Applied Project in Kinesiology that demonstrates graduates have mastered, internalized, and applied both the intellectual skills and knowledge and the values that inform the program. Graduates with bachelor's degrees in Kinesiology programs such as exercise science, strength and conditioning, athletic training, physical education, sport management, exercise physiology, and pre-allied health are well-situated to pursue this master's program.



M.S. IN KINESIOLOGY AT A GLANCE

The program consists of 30 credits, or ten three-credit courses. Typically, these credits will be taken over a period of 15 months. Tuition for this program is \$24,900.

COURSES

- KIN 500: Biophysical Foundations of Kinesiology
- KIN 505: Statistical Analysis in Kinesiology
- KIN 510: Advanced Motor Control Lab
- KIN 515: Advanced Biomechanics Lab
- KIN 520: Advanced Clinical Exercise Physiology
- KIN 525: Exercise Testing Methodology
- KIN 530: Advanced Exercise Nutrition
- KIN 535: Graduate Research Methodology and Design
- KIN 540: Health Behavior and Exercise Adherence
- KIN 599: Applied Project in Kinesiology



"The Master of Science in Kinesiology offered at the University of Saint Katherine has a robust and unique curriculum that goes beyond athletics and sport to provide an understanding of the impact of exercise on clinical pathologies. Upon completion of this degree, students will be equipped to be leading professions in various areas of the field of Kinesiology." – Jessica Rodriguez, Kinesiology Department Chair and MS Program Director.

“USK’s academic rigor and small class sizes provided me with a base in critical thinking and adaptability that has allowed me to pursue a broad range of professional and academic pursuits. ”

— Liza Kotar '15
BA in Interdisciplinary Studies from USK
MS in Recreational Therapy
Fulbright Scholar in Russia



APPLICATION REQUIREMENTS

Option 1: GPA of at least 3.0 for the final 60 credits of undergraduate work.

Option 2: GPA between 2.8 and 2.9 from the most recent 60 credits of undergraduate work.

Evaluation of the following:

- Academic letter of recommendation or GMAT/GRE exam
- Provide a writing sample
- Interview with Dept. Chair

Option 3: GPA between 2.5-2.7 from the most recent 60 credits of undergraduate work.

Evaluation of the following:

- GMAT/GRE exam
- Provide a writing sample
- Interview with Dept. Chair

Option 4: A previous graduate degree.

PREREQUISITE COURSES

All students are required to have taken one college-level course in Statistics (3 units minimum) as well as Human Anatomy and Human Physiology (6 units minimum). Other prerequisite or concurrent courses may be assigned at the discretion of the Registrar based on past academic performance.

QUESTIONS? CONTACT US!

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