



Health and Exercise Science (KINESIO-MS, HEN)

Specialization leading to Master of Science in Kinesiology

Core Requirements (10 hours)

Foundational Requirement (choose one, 3 hours)

KNPE 5544	Introduction to Adapted Physical Activity (3)
KNSISM 6807	Sport Law (3)
KNHES 7726	Changing Physical Activity Behavior (3) <i>(recommended)</i>
KNSISM 7852	Sport Philosophy and Ethics (3)

Research Requirement (7 hours)

See advisor for alternative courses

ESQREM 6641	Introduction to Educational Statistics (4)
ESQREM 6661	Intro to Educational Measurement (3)

Specialization Requirements (19-20 hours)

Required Courses (8 hours)

KNHES 5661.01	Beginning Labs in Exercise Physiology (1)
KNHES 5685	Adult Exercise Programming- Implementation (3)
KNHES 7896	Colloquium: Health and Exercise Science (4)

Concentration Specific Courses (11 or 12 hours minimum)

Select one of the following concentrations.

Exercise Science Concentration (11 hours)

KNHES 5661.02	Intermediate Labs in Exercise Physiology (1)
KNHES 5661.03	Advanced Labs in Exercise Physiology (1)
KNHES 5686	Advanced Exercise Training and Evaluation for Prevention and Rehabilitation (3)
KNHES 7714	Advanced Physiology of Exercise (4)

Minimum hours: *Choose two from KNHES 5491, 5492, 5493, 2 hours*

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KNHES 5491	Body Composition Analysis (1)
KNHES 5492	Muscular Strength and Anaerobic Power Testing (1)
KNHES 5493	Fitness Program Development and Evaluation: Older Adult Exercise Prescription (1)

Physical Activity Behavior Concentration (12 hours)

KNHES 5703	Health Behavior Theory (3)
KNHES 5704	Health Program Evaluation (3)
KNHES 7713	Foundations of Physical Activity Behavior (3)
KNHES 7720	Measurement in Physical Activity Behavior (3)

For More Information:
[Department of Human Sciences](#)

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Electives outside of Kinesiology (6 hours)

A minimum of six hours outside of each Concentration is required. Suggested areas of study outside of the Exercise Science Concentration are in physiology. In the Physical Activity Behavior Concentration, students should take courses in the behavioral sciences, such as psychology or public health. See your advisor for specific course recommendations.

Thesis or Non-Thesis Requirement (choose one, 3 hours)

Consult with faculty advisor

Thesis Option

KINESIO 7999 Research: Thesis (minimum 3)

Non-thesis Options (choose one)

Students must register for a minimum of three hours during the semester they take the examination or the project.

KINESIO 7999 Research: Thesis (minimum 3)

KNHES 8193 Advanced Individual Studies: Health and Exercise Science (minimum 3)

Master's Examination

Culminating Project

Note: Students exact curriculum may vary depending upon program of study determined by student and advisor, and approved by the Graduate Studies Committee.