

Department of Health and Kinesiology

Contact Information

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The mission of the M.S. in Kinesiology program is to promote the study of fitness/ wellness, sport management, and exercise science through teaching, research and service in health and kinesiology. The program seeks to advance the kinesiology disciplines through the discovery and dispersion of human movement-related knowledge. A critical aspect of these efforts is to provide students with the knowledge and skills for advanced study or careers in the health- and kinesiology-related fields, and develop graduates who are strong in character and lifelong learners.

Advanced study in health and kinesiology provides students an opportunity to improve their proficiency as master teachers or as human movement professionals, can prepare them to become administrators in their fields and/or can prepare them for doctoral studies in their kinesiology discipline of interest. The Department of Health and Kinesiology offers course work leading to the M.S. in Kinesiology with a flexible curriculum to meet the specific needs and interest of the student. The degree may be pursued under a 36-credit hour course only option, a 36-credit hour option requiring a research project or internship, or 30-credit hour option requiring a thesis. Students may pursue a general kinesiology degree or they may pursue the degree with a formal concentration in health/exercise science, performance psychology, or sport management. The general kinesiology degree, as well as the formal concentrations in health/exercise science and performance psychology are only offered in a traditional format (i.e., face-to-face courses are required, with the option to take some online courses), while the sport management concentration is only offered online and restricted to students meeting the requirements for entry into the department's online cohort.

The requirements for admission to the M.S. in Kinesiology program are as follows:

- a. Applicants must meet requirements for admission to the College of Graduate Studies, including GPA requirements specific to the College of Education and Human Performance.
- b. For the general kinesiology, health/exercise science, and performance psychology concentrations, a kinesiology (or closely related) major or minor in the undergraduate degree is preferred but not required. However, undergraduate courses in anatomy and physiology (BIOL 2401 and BIOL 2402 or equivalent) and exercise physiology (EDKN 3436 or equivalent) are required for admission to these concentrations. Applicants lacking one or more of these courses, or whose performance in these courses is deemed to be inadequate can be admitted to the program, but will be required to adequately complete the undergraduate courses they are lacking during their first year in the program. In these cases, students will not be allowed to take physiology related graduate level courses until these undergraduate course requirements are adequately met. Applicants for the sport management concentration are exempt from this requirement.
- c. Applicants must demonstrate the ability to communicate in writing at the level required to enable successful progression through the M.S. in Kinesiology program.
- d. Applicants must have demonstrated a high-level of professional and ethical conduct during their academic career to date.
- e. Applicants, especially those whose qualifications are marginal, are encouraged to request letters of recommendation from their undergraduate professors. Letters of recommendation should be forwarded directly to the program coordinator.

Health (EDHL)

EDHL 5318 Cardiovascular Health 3 SCH (3-0)

Examines the physiology of the cardiovascular system and cardiovascular disease, including prevention, medication, and rehabilitation.

EDHL 5319 Drug Education 3 SCH (3-0)

Prescription and non-prescription drugs, their action in the body, their benefits and abuse potential.

EDHL 5320 Curr Issues in Global Health 3 SCH (3-0)

Viruses, antibiotic resistant bacterial diseases, environmental health issues, genetically modified foods, social health issues, and other current global health concerns.

EDHL 5322 Seminar in Selected Topics 3 SCH (0-3)

Contemporary issues are identified and analyzed through intensive investigation. Examples of topics include human sexuality, drug education, family abuse and AIDS. May be repeated for credit as topics change.

Kinesiology (EDKN)

EDKN 5100 Kinesiology Comprehensive Exam 1 SCH (1-0)

Culminating demonstration of Master's level proficiency in kinesiology. Prerequisite: departmental approval. May be repeated once for credit. Credit/no credit course.

EDKN 5305 Graduate Research Project 3 SCH (3)

Designed for project option students and requires completion of research project. Prerequisite: departmental approval. May be repeated for a maximum of 6 semester hours.

EDKN 5306 Thesis 3 SCH (3)

Designed for thesis option students. The course requires completion of thesis research. Prerequisite: departmental approval. May be repeated for maximum of 6 semester hours.

EDKN 5308 Administration of Athletics 3 SCH (3-0)

The problems, basic procedures and current practices involved in the administration of interscholastic, intercollegiate and professional athletics.

EDKN 5312 Physiology of Exercise 3 SCH (3-0)

Investigates the effects of physical exercise on the function of the human body and physiological responses to exercise that are dependent on its intensity, duration and frequency and the physiological status of the individual and environmental circumstances.

EDKN 5316 Hist and Philos of Sport Perfm 3 SCH (3-0)

Examines the historical and philosophical perspectives of kinesiology. Prerequisite: program majors must have 12 advanced hours of kinesiology.

EDKN 5317 Research in Kinesiology 3 SCH (3-0)

Introduction to research in kinesiology.

EDKN 5319 Psychological Aspects of KN 3 SCH (3-0)

Sport and psychological factors related to sport and exercise participation, active living, and injury rehabilitation. Topic include socialization into and through sport and exercise; feedback, reinforcement, and expectation effects; moral development; competition and competitive stress; self-perceptions; motivation; and mental skills training.

EDKN 5320 Motor Learning/Motor Control 3 SCH (3-0)

The course provides instruction in how humans control locomotion and how they learn/re-learn motor skills. Specifically, the course emphasizes the observable behavioral aspects of motor control/learning while detailing the neurophysiological and biomechanical processes that result in the aforementioned motor behaviors.

EDKN 5321 Sport and Athletic Law 3 SCH (3-0)

An examination of a variety of cases that have had a substantial impact on the legal environment of sport. As such this course takes a case study approach in addressing such topics as antitrust law, constitutional law, contract law, employment law, intellectual property law, products liability, statutory law, Title IX, and tort law.

EDKN 5322 Fitness/Nutrition/Weight Ctrl 3 SCH (3-0)

The course provides instruction in macronutrient requirements at rest and during exercise, energy balance for body composition alteration or maintenance (i.e. obesity prevention), fluid and electrolyte balance during exercise, and the vitamin/mineral concerns associated with exercise and performance. Additionally, the course will consider the preventative role of nutrition in various disease states including cardiovascular disease, degenerative bone disease, and diabetes.

EDKN 5323 Perf in Environmental Extremes 3 SCH (3-0)

The effect of heat/humidity, cold/windchill, depth, altitude, microgravity, hypergravity, and air quality on the physiology of the resting and exercising human body.

EDKN 5324 Youth Fitness and Performance 3 SCH (3-0)

Provides instruction in the history, assessment methods, trends, and current issues related to youth fitness and performance facing practitioners in health and kinesiology.

EDKN 5325 Aging and Physical Activity 3 SCH (3-0)

An examination of the physical dimensions of aging, with specific emphasis on the effects of physical activity on the process.

EDKN 5326 Sport Marketing & Technology 3 SCH (3-0)

An examination of the intersection of marketing and technology in sport business management. In addition to defining the elements of marketing, the course examines the impact of technology on the marketing of sport and the reciprocal influence of marketing upon technology.

EDKN 5327 Sport in the Modern World 3 SCH (3-0)

The impact of kinesiology and sport on society and its institutions. The course focuses on sport, physical activity, and play as social and cultural phenomenon in modern societies. Social theory will be utilized to uncover how sport as a social institution interacts with other institutions in world societies.

EDKN 5328 Sport Finance 3 SCH (3-0)

Examines the financial and regulatory issues confronting sport managers through the analysis of the relationship between finance and the sport industry. The roles of budgeting, funding, financial systems, use of bonds, and other financial concepts in sport organizations are presented.

EDKN 5329 Applied Sprt, Ex, & Perf Psych 3 SCH (3-0)

The application of psychosocial factors related to sport and exercise participation, and performance enhancement. Topics include: goal-setting, imagery, self-talk, arousal regulation, confidence, injury, motivation, leadership, group development, and cohesion. Prerequisite: EDKN 5319.

EDKN 5330 Managing Athletic Fac & Events 3 SCH (3-0)

Overview of designs for sport of physical activity facilities for use by multiple stakeholders, principles of event management, and processes involved in even planning.

EDKN 5331 Public Relations in Sport 3 SCH (3-0)

Crisis management, stakeholder communications, strategic communication, social media, organizational media, and other public relations tactics are applied to sport organizations and the sport industry setting.

EDKN 5332 Legis, Gov, & Comp in Col Athl 3 SCH (3-0)

Overview of the different governance structures involved in intercollegiate athletics, including organizational bylaws and administrative procedures implemented by the various governing bodies involved in collegiate sport.

EDKN 5333 Seminar in Selected Topics 3 SCH (0-3)

Special problems in kinesiology, recreation or athletics are identified and researched. May be repeated for credit as topics change. Prerequisite: program majors must have 12 advanced hours in the field.

EDKN 5334 International Sport Governance 3 SCH (3-0)

Explores the role of the IOC, international federations, national governing bodies, and national sport federations, including the discussion and comparisons of the elite sport development structures in multiple countries.

EDKN 5338 Statistical Analy of Res Data 3 SCH (3-0)

The statistical analysis and interpretation of research data in health, kinesiology and recreation. Concentration is on the concepts underlying the various statistical tests.

Graduate Programs

- Kinesiology, M.S.
- Kinesiology - Health/Exercise Science, M.S.
- Kinesiology - Performance Psychology, M.S.
- Kinesiology - Sport Management, M.S.

Planned Course Offerings

This section provides a comprehensive list of graduate courses offered by the Department of Health and Kinesiology, along with a two-year schedule indicating when each course is expected to be available. Please note that course offerings and scheduling are subject to change based on faculty availability and student demand. To ensure steady progress toward degree completion, students are strongly encouraged to work closely with their advisor to develop a personalized academic plan.

Health (EDHL)

Course	Fall 2026	Spring 2027	Fall 2027	Spring 2028
EDHL 5318				X
EDHL 5319	X			
EDHL 5320		X		

Kinesiology (EDKN)

Course	Fall 2026	Spring 2027	Fall 2027	Spring 2028
EDKN 5100	X	X	X	X
EDKN 5305	X	X	X	X
EDKN 5306	X	X	X	X
EDKN 5308	X		X	
EDKN 5312	X		X	
EDKN 5316		X		
EDKN 5317	X		X	
EDKN 5319	X		X	
EDKN 5320				X
EDKN 5321		X		
EDKN 5322	X			
EDKN 5323				X
EDKN 5324		X		

EDKN 5325	X		
EDKN 5326	X	X	
EDKN 5327			X
EDKN 5328		X	X
EDKN 5329			X
EDKN 5330	X		
EDKN 5331		X	
EDKN 5332			X
EDKN 5333	X	X	
EDKN 5334 ¹			
EDKN 5338		X	X

¹ This course is available during the summer term only.

Marketable Skills

Texas A&M University-Kingsville is dedicated to equipping graduate and doctoral students with the advanced marketable skills necessary for professional and academic excellence beyond the university setting. These skills encompass a range of high-level interpersonal, analytical, and applied competencies that are sought after in today's competitive workforce.

Our graduate programs are structured to cultivate these capabilities through rigorous academic inquiry, experiential learning, faculty-mentored research, professional internships, and opportunities for scholarly and community engagement.

Below are the marketable skills cultivated through the department's graduate academic program.

Kinesiology, M.S.

- Data management, collection, and evaluation for performance effectiveness
- Risk assessment, legal concerns and considerations
- Program planning
- Effective communication and delivery