



UNIVERSITY OF
ARKANSAS

MASTER OF SCIENCE DEGREE:

KINESIOLOGY

GRADUATE MANUAL

**DEPARTMENT OF HEALTH, HUMAN
PERFORMANCE & RECREATION**

M.S. in Kinesiology

(Adapted Movement & Exercise Science Concentrations)

University of Arkansas

Introduction

The Master of Science degree in Kinesiology offers program concentrations in two areas of study, Adapted Movement and Exercise Science. The exercise science concentration prepares students with the advanced knowledge and skills needed to become American College of Sports Medicine certified fitness directors (supervisory status). Graduates of the adapted movement science concentration possess the competencies that will enable them to effectively work in either hospital or clinical environments with people who have disabilities.

The Human Performance Laboratory (HPL) located within the HERD department serves both the undergraduate and graduate programs in Kinesiology. The HPL mission is to produce quality research; to provide research opportunities for HHPR faculty and graduate students; to support the department's instructional objectives by providing laboratory experiences, demonstrations, and practical research experiences for graduate and undergraduate students; to serve the University and community with specific "wellness" programs in exercise, nutrition, and stress; and to solicit funding for research activities. The Office for Studies on Aging serves as a resource for students interested in gerontology curriculum and specialties, addressing research needs in the field.

Admission Requirements

For acceptance to the master's degree, the program area requires, in addition to the general requirements for admission to the Graduate School, an undergraduate degree in kinesiology or a related field and the following admission standards: an overall undergraduate GPA of 3.00 or if the overall undergraduate GPA is between 2.70 and 2.99, the student must have a 3.00 GPA on the last 60 hours of undergraduate coursework (excluding student teaching), or a GRE score of 297 or

greater on the verbal and quantitated parts of the general test. NOTE: All applicants are required to submit a GRE score prior to program admission.

Advising

Once admitted to the degree program a student will be assigned an academic advisor typically based upon the student's area of concentration and research interests. Advisors work with the students to develop an academic plan (program of study) and appropriate committees. It is expected that the academic advisor and student meet periodically each semester to discuss degree progress and program expectations. It is the student's responsibility to register for courses that are appropriate for the Master's program in Kinesiology, as well as become familiar with course rotation sequences.

Graduate reviews involving both the academic advisor and student are conducted annually and submitted to the University of Arkansas Graduate School.

Occasionally, a student may select to change an academic advisor. The process of formally changing an advisor requires the completion of the "Change of Advising Form" which can be obtained from the HHPR Department secretary. The signature of both the new and previous advisor is required for the change to take place. Failure to know or follow program guidelines is NOT considered a legitimate reason for not completing program requirements. Students should maintain regular contact with their advisor in order to ensure smooth progress through the degree program.

Program of Study

A minimum of 33 graduate credit hours beyond the baccalaureate is required for the degree. Student's may transfer up to and including 6 credit hours of graduate course work from another degree program into their program of study in order to satisfy the 33 hour minimum requirement if approved by the student's Academic Program Advisor and the University of Arkansas Graduate School. Specific degree program requirements for the Kinesiology concentrations (Adapted Movement Science and Exercise Science) are listed below.

Adapted Movement Science Concentration (33 Credit Hours)

REQUIRED RESEARCH COMPONENT (6 CREDITS):

ESRM 5393 Applied Educational Statistics **or**
ESRM 6403 Elementary Statistics and Data Processing Applied to Education
HHPR 5353 Research in HHPR

REQUIRED CORE COURSES (12 credits):

KINS 5323 Biomechanics I
KINS 5513 Physiology of Exercise I
PHED 5413 Adapted Physical Education
KINS 5423 Assessment and Prescriptive Programming

REQUIRED PROJECT OR THESIS (3-6 CREDITS)

KINS 589V Independent Research – Master’s degree project **or**
KINS 600V Master’s Thesis

APPROVED ELECTIVES (9-12 CREDITS)

The student, in consultation with the Academic Advisor, will identify further coursework (electives) in Kinesiology and consistent with the goals and objectives of the student and institution. Coursework may be selected from several related disciplines or a single discipline.

Exercise Science Concentration (33 Credit Hours)

REQUIRED RESEARCH COMPONENT (6 CREDITS):

ESRM 5393 Applied Educational Statistics **or**
ESRM 6403 Elementary Statistics and Data Processing Applied to Education
HHPR 5353 Research in HHPR

REQUIRED CORE COURSES (9 CREDITS):

KINS 5513 Physiology of Exercise I
KINS 5323 Biomechanics I
KINS 5593 Practicum in Laboratory Instrumentation

REQUIRED PROJECT OR THESES (3-6 CREDITS)

KINS 589V Independent Research (Master's degree project) **or**
KINS 600V Master's Thesis

APPROVED ELECTIVES (12-15 CREDITS)

The student, in consultation with the Academic Advisor, will identify further coursework (electives) in Kinesiology and consistent with the goals and objectives of the student and institution. Coursework may be selected from several related disciplines or a single discipline.

Satisfactory Grades

Students are expected to receive satisfactory grades in order to continue in the program. The HHPR Department adheres to the University of Arkansas' Graduate School guidelines in regards to probationary status and program dismissal. The official Graduate School policy states, "*Whenever a regularly admitted graduate student earns a cumulative grade-point average below 2.85 on graded course work taken in residence for graduate credit, he/she will be warned of the possibility of academic dismissal. When a graduate student has accumulated a minimum of 15 hours of graded course work taken in residence for graduate credit with a cumulative grade-point average below 2.85, and has received at least one warning he/she will be academically dismissed from the Graduate School.*" (UA Graduate Catalog)

A minimum cumulative grade point average of 3.0 is required for graduation. Grades of either "D" or "F" count toward grade point average but do not satisfy degree requirements and must be either re-taken or another course substituted in place of it with advisor approval.

Comprehensive Assessment (Capstone Experiences)

Students will choose between one of the two following options for their "Capstone Experience".

Option 1 – Master's Thesis Option

Students complete a rigorous research project according to the strict guidelines for thesis research established by the Graduate School. All Graduate School regulations and deadlines must be adhered to in the completion of the thesis.

Those presenting a master's thesis as a part of the requirements for the master's degree must register for a minimum of six semester hours of master's thesis. Registration beyond six hours carries no degree credit. The Master's Thesis Committee consists of a Thesis Director and at least two other members of the graduate faculty. Consult your thesis director regarding registration for thesis credit hours.

Option 2 – Independent Research Project and Comprehensive Examination

Students are required to complete BOTH an Independent Research Project AND a Comprehensive Examination. The Independent Research Project in the Master of Science Degree program in Kinesiology is viewed by the program's graduate faculty as a sophisticated event and is typically completed at the end of a student's program of study. Specifically, this independent research project is the culminating experience that demonstrates a student's ability to coalesce the concepts learned in the degree program. Students select their independent research project in concert with their advisor.

Any student who does not choose the thesis MUST also take a Comprehensive Examination. Students should consult with their advisor concerning the topics to be covered on the exam.

Thesis Chair and Committee (Option I)

The thesis is designed to provide students with a significant research experience. For the M.S., 6 hours of thesis credit is required. Students will complete the majority of their thesis credits after completion of required coursework. Students should familiarize themselves with, and follow all procedures set forth in the Graduate School's *Guide for Preparing Thesis*, available through the Graduate School's web page.

The student should begin the process by selecting a qualified thesis chair. Thesis chairs must be from the student's academic discipline and have either Graduate Faculty I or II level status. It is the student's responsibility to form a Master's Thesis Committee, which serves to give guidance and direction to the student in regards to the thesis. The composition of the thesis committee must include a minimum of three faculty of which two must be from the student's academic program area, including the chair.

After the formation of the Thesis Committee, the next step is the development of a proposal (original research idea). The proposal includes Chapters 1 (Introduction), 2 (Review of the literature) and 3 (Methodology) of the thesis. During the preparation of the proposal, the student may consult with members of the committee for advice and direction. At least two weeks prior to the proposal presentation, and AFTER receiving permission from their Chair, the student submits the proposal to each committee member. The presentation of the proposal is considered a rigorous procedure, because the approved proposal will serve as a contract between the committee and the student. Approval of the proposal indicates that if the students complete the project as described (and appropriately interprets the results), the student will be in favorable standing at time of defense. The proposal presentation will be open to all departmental faculty and students.

Students will make a formal presentation and will respond to questions from thesis committee members. The thesis committee will then discuss the proposal, recommend how the student should proceed with the thesis, and indicate changes to be made within the proposal. The committee chair and the student prepare a written list of changes, which is attached to the proposal along with the committee approval page. With the approval of the committee, the student should begin data collection.

After the Master's Thesis Committee has approved the thesis, the final step is completion of the study. If necessary, chapters 1-3 are revised according to comments made by the committee at the proposal meeting. Students should follow the procedures approved in the thesis proposal meeting to collect data, analyze data, and prepare the thesis.

Institutional Review Board (IRB) Approval

IRB approval is required PRIOR to collecting data. Students may not begin thesis research until the IRB protocol has been approved by the University. All necessary forms are available online. The *Protocol Form* must be signed by the student's Thesis Chair. Also, the IRB application (protocol) should be submitted after (not before) a committee-approved thesis proposal (first three chapters).

If necessary, during the data collection and analysis process, the student may request a meeting of the Thesis Committee to review procedures, discuss problems, and/or approve modifications. After completing data collection and analysis, the student writes chapter 4 (results) and chapter 5 (discussion, implications, and

suggestions for future study). Any major deviations from the proposal should be presented in writing and approved by the Thesis Committee.

Changing or Revising a Committee

If a committee has been approved and is on file with the Graduate School, any proposed changes or revisions to the committee must be submitted to the Graduate School for approval. Each member leaving or being removed from a committee must submit authorization agreeing to the change. The only exception to this pertains to the chair of the thesis committee. The Graduate School considers the thesis to be based on a mutual agreement between the faculty member and the student to work cooperatively on a research project of shared interest. Either the graduate student or the faculty member may dissolve this relationship by notifying the other party, the departmental chairperson, and the Graduate Dean. However, the student and the advisor should be warned that this may require that all data gathered for the thesis be abandoned and a new research project undertaken, with a new faculty advisor. See the Graduate Student Grievance Policy. NOTE: Leaving the employment of the University does not constitute automatic removal from approved committee assignments. Most faculty members complete their graduate committee responsibilities; therefore, removal from an approved committee must be initiated by the departing faculty member.

Thesis Defense

The defense of the completed thesis should follow the guidelines established at the University of Arkansas, College of Education and Health Professions. At least two weeks prior to the defense, and AFTER receiving approval from their Chair, the student provides a complete thesis draft to the committee that includes all 5 chapters, as well as tables, figures, appendices, and reference notes. The defense presentation will include aspects of chapters 1 and 2, but will primarily focus on the methods, results, and conclusions. Approximately 2 weeks prior to the formal defense, the student will announce the presentation to be open to all departmental faculty and students. The student's Thesis Chair is responsible for notifying the University of Arkansas' Graduate School about the defense so it can be advertising on the graduate school's website. When the thesis is successfully defended, the committee members sign the Record of Progress Form. The student then makes

final changes on the thesis manuscript and submits the final completed copy to the Graduate School.

Independent Research Project and Comprehensive Examination (Option 2)

Successful completion of a Independent Research Project and written comprehensive examination is a degree requirement for Master's students who select option 2 as their capstone experience.

The Independent Research Project is worth 3 hours of graduate credit versus 6 credit hours for a thesis. The Independent Research Project is more flexible in nature and most often is less formalized. Typically, students complete the Independent Research Project under the guidance of their academic advisor. Although, the end product is between the student and their academic advisor, the end goal is to submit either a manuscript for publication or an abstract for presentation at a professional conference. IRB approval is required prior to data collection.

The comprehensive written examination should be taken during the student's last semester of coursework. Comprehensive exam questions will be prepared by members of the student's Master's Advisory Committee. All members of the advisory committee will be provided an opportunity to write exam questions. All advisory committee members may read the student's responses for each item, though each faculty member is only required to read his/her questions. Students in the Adapted Movement Science concentration will receive written examination questions covering three areas: Adapted Movement Science, Exercise Science, and Research. Students in the Exercise Science concentration will be given written examination questions over four areas. Exercise Physiology, Biomechanics, Laboratory Practicum, and Research. Students will be allowed a four hour time limit to complete the examination. Specific dates and times for the written comprehensive exam are to be determined by the student in collaboration with the academic advisor.

Based upon the student's written responses the committee members will determine if the student successfully passed the exam, needs to retake portions of the exam, or failed the examination. Successfully passing the exam requires a majority vote by the advisory committee.

If the student responses on any portion of the written comprehensive exam are deemed to be weak or questionable as judged by the advisory committee, the student will be asked to either rewrite parts of the examination and/or orally defend his/her answers to the full committee. If after the rewrite and/or oral defense the student responses to the question or questions are still determined to be either weak or questionable the student will fail the exam. Students will be recommended for program dismissal by the advisor if they fail the comprehensive exam a total of three times. Students who completely fail the exam will be required to rewrite the entire examination. The content of the questions will be decided upon by the student's advisor and/or the advisory committee.

Required Forms to Graduate

For the Master's degree, the graduate school requires that the following forms be completed by the student: IRB approval form if the student selects option II and is collecting data. Required graduate forms for a Master's student who complete a thesis include: Master's Program Advisory Committee form, Master's Thesis Committee form, Master's Thesis Title form, and IRB approval form. Faculty must send a note to the UA Graduate School announcing the defense at least two weeks prior to the defense so it can be posted on the graduate school website. Note - Faculty must submit after comps a Record of Progress form to the University of Arkansas Graduate School signed by at least 3 faculty members for both options.

Master's Program Completion Guidelines

REQUIREMENT	DEADLINE	HANDLING	PROCEDURE
Plan a Program of Study	Immediately following admission to program.	Major Advisor Student	First advising session
Comprehensive Exam	Last semester of coursework	Major Advisor Student	Schedule time and date for examination
Comp Pass/Fail	Following examination	Major Advisor and Advisory Committee	Form available in HPER 308. Sign form and return to Graduate Coordinator
Record of Progress	Following the completed examination process	Student Major Advisor	Form available in HPER 308. Signed by all Advisory Committee Members.
Graduation application card/Graduation fee payment	Deadline date is typically early in the semester. Check the Graduate School dates.	Student	Card available at Grad School, pay fee at Registrar's Office, Silas Hunt Hall 146.

Additional Guidelines For Thesis Option

REQUIREMENT	DEADLINE	HANDLING	PROCEDURE
Program Advisory Committee	Start of program	Student Major Advisor	Form available in HPER 308. Obtain signature of committee members. Return form to Graduate Coordinator
Selection of Thesis Committee	6 months prior to the date of the defense	Student Thesis Director Committee Members	Form available in HPER 308. Obtain signature of committee members. Return form to Graduate Coordinator
Thesis Title Approval	After Thesis Proposal meeting	Student Thesis Director Committee Members	Form available in HPER 308. Obtain signature of committee members. Return form to Graduate Coordinator
IRB approval if human subjects are involved in research/intellectual property disclosure if anything was created or invented for research	After Thesis Proposal meeting and before data collection	Student Thesis Director	Form available in HPER 308

HHPR Department Policies

1. Faculty agreed that the two week (10 working days) reading time requirement of thesis be enforced among all graduate students.
2. Two formats have been approved for thesis. Both use APA style and one conforms to journal format. The journal format requires multiple articles be completed and suitable for journal submission.
3. Thirty three credit hours is the minimum number of hours required to complete a Master of Science degree in the HHPR Department. A maximum of six credit hours from Masters coursework may be transferred into the program if approved by the student's advisor and the University of Arkansas Graduate School.
4. A minimum cumulative G.P.A. of 3.0 is required for graduation. "D" or "F" grades count towards grade point average, but do not satisfy degree

requirements and must be either taken again or another course substituted in place of it with advisor approval.

5. HHPR Department policy regarding walking at graduation ceremonies: masters students are only allowed to walk at graduation ceremonies if they have signed up for all final coursework during the semester that they are planning to graduate and either have passed their written and or oral comprehensive exam or successfully defended their thesis. Note – a successful defense of the thesis implies that all committee members have agreed that the student has passed the defense even though the student may have to make minor corrections/changes to the document. Also, all committee members may not have completely signed off on either the student's thesis or record or progress.
6. Students need to be sure to follow all Graduate School procedures, timelines, and deadlines to successfully matriculate through the degree program. This includes deadlines for thesis submission and graduation. Lastly, Master's students must apply for graduation at the UA Graduate School Office early in the semester in which they plan on graduation and must meet the official thesis deadline date established by the graduate school each semester.