



**TEXAS WOMAN'S**  
UNIVERSITY

School of Health Promotion  
and Kinesiology

**Graduate Student  
Handbook**

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**BOLDLY GO**

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## **PHILOSOPHY STATEMENT**

The School of Health Promotion and Kinesiology faculty believe it is essential to provide opportunities for students to gain a rich and varied philosophical, educational, and scientific background to guide their work as professionals and their contributions as world citizens. Central to this philosophy is assisting students in developing their critical thinking and problem solving capabilities through studies related to the science of health and human movement. The faculty also believe they have the responsibility to provide effective academic advisement to students and facilitate their satisfactory completion of program requirements.

## **VISION**

Improve health. Impact communities. Transform the world.

## **MISSION**

The School of Health Promotion and Kinesiology advances knowledge and promotes wellness through multidisciplinary research, teaching, experiential learning, and community engagement.

## **CORE VALUES**

HOLISTIC

INTEGRITY

INNOVATIVE

COLLABORATIVE

ENGAGEMENT

## INTRODUCTION

Texas Woman's University is a comprehensive public university, primarily for women. As a teaching and research institution, the University emphasizes the liberal arts and specialized or professional studies. TWU is accredited by the Commission in Colleges of the Southern Association of Colleges and Schools Commission on Colleges.

The School of Health Promotion and Kinesiology is within the College of Health Sciences. The College of Health Sciences also consists of the School of Physical Therapy, School of Occupational Therapy, Department of Communication Sciences and Oral Health, Department of Nutrition and Food Sciences, and the Institute for Women's Health.

The mission of the College of Health Sciences is to promote health and well-being. To achieve this mission, the College, acting upon the highest professional standards:

- Offers outstanding transdisciplinary, professional training programs.
- Provides quality services that benefit the University, the community, and the profession.
- Promotes collaboration among faculty, students, and professionals within the community.
- Promotes scholarly activities.
- Models and fosters life-long learning, critical thinking, the acquisition of leadership skills, and the acceptance of social and ethical responsibility.

All SHPK faculty members designated as TWU Graduate Faculty work closely with students in advising, mentoring, teaching, and research roles.

Pioneer Hall, the home of the School of Health Promotion and Kinesiology, contains Kitty Magee Arena, indoor swimming pool, aerobic studios, indoor track, racquetball courts, weight room, training room, classrooms, computer classrooms and labs, faculty offices, and research and teaching laboratories. The major laboratories are the biomechanics laboratory, exercise physiology laboratory, the motor behavior laboratory, and the teacher analysis laboratory. These research and teaching laboratories are state-of-the-art facilities in which graduate students have the opportunity to conduct research.

A limited number of graduate teaching assistantships and scholarships are available for qualified students. Both assistantships and scholarships are awarded for the academic year (fall and spring), and applications must be submitted by March 1 for full consideration. Although students can apply for an assistantship or scholarship at any time, a student must be admitted to the graduate program before any type of assistantship or other financial aid can officially be awarded.

Students admitted to TWU with non-degree seeking status may not apply more than 12 semester credit hours toward a degree. If a non-degree seeking student wishes to pursue a degree, it is advised they apply prior to completing 12 semester credit hours. Under no circumstances will semester credit hours taken after twelve (12) hours be counted toward a degree.

Consistent with the mission of the College of Health Sciences, graduate students in the School of Health Promotion and Kinesiology are expected to act in accordance with ethical standards outlined in Section 5 of the Student Life Handbook. Section 5 – "Student Rights and Responsibilities (Student Code of

Conduct)” – of the Student Life Handbook is located at  
<https://servicecenter.twu.edu/TDClient/KB/?CategoryID=4608>

For more information about graduate studies at TWU, please visit the Graduate Catalog at  
<https://catalog.twu.edu/graduate/>

## **MASTER OF SCIENCE POLICIES**

### **Master's Admissions Policy**

An applicant may be granted UNCONDITIONAL or CONDITIONAL admission to the School of Health Promotion and Kinesiology graduate program.

#### **Unconditional Admission**

Unconditional admission indicates an applicant meets all requirements for admission. However, meeting minimum admission requirements does not guarantee admission.

Unconditional Admission Requirements:

1. A baccalaureate degree in health promotion, public health, kinesiology, or related field from a U.S. college or university accredited by a regional or general accrediting agency, or an equivalent degree from a foreign college or university.
2. Undergraduate GPA of 3.0 or higher for the last 60 semester credit hours (SCH) of bachelor's degree coursework, as evidenced by official transcripts.
3. Ability to express concepts and ideas in writing as evidenced in a Personal Statement Letter. The Personal Statement Letter should indicate if an applicant is interested in conducting a thesis. If an applicant is interested in conducting a thesis, the applicant should also identify a preferred faculty mentor and discuss how their research interests align with the identified faculty mentor's research agenda.
4. Appropriate academic background and relevant experience for graduate study as evidenced by a professional resume/curriculum vitae.
5. Two letters of recommendation submitted by faculty members and/or employers.
6. In the application, specify degree and emphasis area, if applicable.
7. For international students, a test of English proficiency or exemption. Please consult the School of Health Promotion and Kinesiology Graduate Advisor and the Office of International Education prior to applying.

#### **Conditional Admission**

For applicants who submit all required application materials but do not meet the minimum requirements for unconditional admission to the master's degree program, conditional admission will be considered, dependent upon the relative strength of the application materials.

When conditional admission is granted, the admission letter from the Graduate School will specify the prerequisites and/or conditions a student must satisfy to advance to unconditional admission status. It is the student's responsibility to satisfy all requirements to remove the conditional admission status. Once the conditional requirements are complete, the student must inform and provide evidence of requirement completion to their advisor.

#### **Non-Degree Seeking Students**

Students who do not plan to work toward a graduate degree but wish to enroll in coursework for

personal or professional purposes may, with the permission of the School, apply as “non-degree seeking students.” Please refer to the Graduate Catalog for more information.

### **Certification Students**

Certification-only students are classified under the non-degree seeking status and are not required to submit letters of recommendation. (Certification-only students still have to meet all other application requirements.) Certification students are not eligible for Financial Aid.

### **Application Deadlines**

Fall and Summer - March 1

Spring - July 1

### **Emphasis Specific Requirements**

Biomechanics – Submission of GRE scores is highly recommended but not required.



## Master's Program Policy

### Upon Admission

When a student is admitted into a SHPK master's program, the Graduate Advisor will initially serve as the student's academic advisor and be responsible for the student's program of study until a permanent advisor/major professor is selected. The Graduate Advisor's name will be included on the admission letter from the Graduate School.

### Registration for Classes

Master's students are admitted for the fall, spring, or summer. Upon admission to the Graduate School, students may register for classes for the semester to which they were admitted. In no case may students register for classes for a semester prior to the one for which they were admitted. Each semester, class registration begins on the dates specified in the Registrar's academic calendar (<https://twu.edu/registrar/academic-calendars/>).

Classes to be taken each semester should be selected in consultation with the academic advisor. Once classes are selected for a semester, students complete online registration through Student Self-Service. If needed for course registration, the academic advisor will provide students with the proper course codes.

To ensure high standards across programs, the policies for Grade Requirements, Time Limits to Degree, Transfer Credit, Degree Plans, and Program Administration are located in the TWU Graduate Catalog.

### Culminating Experience

After completing 24 semester credit hours of required coursework (including core courses), School of Health Promotion and Kinesiology students are eligible to complete their culminating experience. Students may choose one of four options as a culminating experience as allowed by the emphasis area.

- 350 internship/professional affiliation hours
- National certification exam plus 250 internship/professional affiliation hours
- Publishable manuscript based on an original research study conducted by the student
- Thesis

Not all culminating experience options are available to students in all emphasis areas. Students are responsible for reviewing their emphasis area degree requirements, consulting with emphasis area faculty, and familiarizing themselves with the available options.

### *Internship/Professional Affiliation*

To complete an internship or professional affiliation, a master's student must enroll in a three-hour internship/professional affiliation course. A student may not register for the internship/professional affiliation course if final grade(s) for core course(s) are pending or if the student has an incomplete grade pending for any core course. Each master's student must contact their major professor to confirm eligibility and request approval to enroll in the internship/professional affiliation course.

The internship/professional affiliation site must be approved by the major professor and/or faculty member directing the internship/professional affiliation. The internship/professional affiliation must include at least 350 hours of site work for academic credit; however, the internship/professional affiliation site may require additional hours. Students are required to submit a log or logs of work hours completed, and an evaluation of the internship/professional affiliation site. Students are also required to have the site supervisor submit two evaluations (midterm and final) to the internship/professional affiliation instructor.

**National Certification Exam plus 250 Internship/Professional Affiliation Hours** The internship/professional affiliation must be completed according to the above internship/professional affiliation policy but only 250 hours of site work are required. The national certification exam must be approved by the major professor prior to sitting for the exam. Students must pass the exam to be eligible for graduation.

### ***Publishable Manuscript***

All School of Health Promotion and Kinesiology master's students who select the manuscript option are required to independently prepare a publishable manuscript reflecting substantial and original research.

Steps to Complete the Manuscript:

1. Consult with the major professor to define and refine the scope of the project.
2. Form a three-person faculty member Manuscript Committee to include the major professor and two additional members. One member must be from outside the major/emphasis area.
3. Register for a 3-hour directed research course with major professor
4. Develop the study proposal.
5. Submit the proposal to the major professor for feedback, edits, and revisions. Repeat this step as necessary until the major professor approves the study.
6. Submit the IRB and/or IACUC application.
7. Upon IRB and/or IACUC approval, data collection and analysis may begin.
8. Submit the full manuscript and all appendices to the major professor for feedback, edits, and revisions. Repeat this step as necessary until the major professor approves the document.
9. Students are expected to continue working on the manuscript to prepare and submit it for journal publication within the three months immediately following graduation. Use and adherence to a formal authorship agreement is highly recommended. Three consecutive months of insufficient progress will result in the major professor assuming authorship responsibilities toward publication.

### ***Thesis***

All School of Health Promotion and Kinesiology master's students who select the thesis option are required to prepare, present, and orally defend a thesis reflecting substantial and independent research.

The School of Health Promotion and Kinesiology stipulates that a 10-class day reading period be granted to every member of the research committee for any thesis-related documents.

No thesis research committee meetings may be scheduled or conducted during the last two weeks (last week of classes and finals week) of any semester.

Steps to Complete the Thesis:

1. Form the Thesis Research Committee according to Graduate School policies. Committees must include a minimum of three faculty members with one faculty member being from outside the major/emphasis area.
2. Consult with the thesis research committee chair (Major Professor) to define and refine the scope of the project.
3. Meet with the entire thesis research committee regarding the project's appropriateness, originality, feasibility, and scope (preliminary meeting).
4. Develop the thesis proposal (Chapters 1-3).
5. Submit the proposal to the committee chair for feedback, edits, and revisions. Repeat this step as necessary until the chair approves the document for full committee review. 6. Submit the

- proposal to the thesis research committee following chair approval. 7. Schedule and publicize the proposal defense meeting.
6. Convene and conduct the proposal defense meeting.
  7. Revise the proposal until the research committee chair and members grant approval of the proposal.
  8. Submit the prospectus document (10 pages) to the committee.
  9. Upon committee approval, the proposal and prospectus should be submitted to the Director of SHPK for approval.
  10. Submit the IRB and/or IACUC application.
  11. File the prospectus document with the Graduate School. Graduate School approval is based upon the receipt of the signed prospectus cover sheet indicating committee approval and IRB/IACUC approval.
  12. Upon Graduate School approval of the prospectus document, the student may begin data collection. Obtaining Graduate School approval is a prerequisite to Thesis II.
  13. Conduct data collection and analysis.
  14. Write Chapters 4 and 5.
  15. Submit the full thesis and all appendices to the committee chair for feedback, edits, and revisions. Repeat this step as necessary until the chair approves the document for full committee review.
  16. Submit the full thesis and all appendices to the thesis research committee following chair approval.
  17. Schedule and publicize the thesis defense meeting.
  18. Convene and conduct the thesis defense meeting.
  19. Thesis document edits and revisions are often required following an oral defense. Revise the thesis document until the thesis research committee chair and committee members' approval is obtained.
  20. Following a satisfactory oral thesis defense and satisfactory revision of the thesis document, the Certification of Completion for Thesis and Dissertation form is signed electronically by the committee chair (Major Professor), committee members, and the Director of SHPK. The major professor will then provide the form to the student for uploading to the Graduate School website.
  21. Submit the thesis according to Graduate School procedure. Thesis preparation and submission guidelines are available on the Graduate School website. Graduate School receipt and acceptance of the thesis prior to a semester's documented deadline is required for graduation.

### ***Thesis Grading***

Refer to the Graduate School policy for Thesis grading options. Any student in SHPK receiving two consecutive enrolled semesters of LP (Lack of Adequate Progress) and/or NP (No Progress) grades or three cumulative semesters of LP and/or NP grades will be dismissed from the program.

### ***Center for Research Design and Analysis***

The Center for Research Design and Analysis (CRDA) is a supplemental resource for assistance with research study design and statistical methods. The CRDA offers workshops, tutorials, and one-on-one consultation. CRDA consultation should be used responsibly for research projects, including projects and proposals associated with manuscripts, thesis, and dissertations. As such, students must consult their mentor regarding the use of CRDA consultation and determine whether such supplemental assistance is needed. Visit the CRDA website for details of their services for students and required procedures: <https://twu.edu/center-for-research-design-and-analysis-crda/>

### **Graduation**

The procedure for graduation can be found on the Graduate School website:

<http://www.twu.edu/gradschool/degree-completion/> and the Registrar's website  
(<http://www.twu.edu/registrar/graduation.asp>).

The application for graduation must be submitted by the 12th class day of the semester of graduation.  
For application deadline dates visit: <http://www.twu.edu/registrar/graduation-application-deadlines.asp>

## MASTER OF PUBLIC HEALTH DEGREE REQUIREMENTS

<u>Public Health Core</u>		<b>18</b>
PUBH 5213	Applied Research Methods	3
PUBH 6163	Epidemiology	3
PUBH 5123	Biostatistics	3
PUBH 5163	Social and Behavioral Health	3
PUBH 5173	Environmental Health	3
PUBH 6223	Health Advocacy and Leadership	3
<u>Health Promotion and Behavior in Rural Communities Concentration</u>		<b>18</b>
PUBH 5113	Racial and Ethnic Disparities	3
PUBH 6143	Assessment, Planning and Evaluation I	3
PUBH 6153	Assessment, Planning and Evaluation II	3
PUBH 6133	Theoretical Foundations of Public Health	3
PUBH 6183	Health Communication	3
HSC 6803	Grant Writing	3
<u>Practicum/Field Experience</u>		<b>3</b>
PUBH 6973	Public Health Practicum	3
<u>Electives</u>		<b>3</b>
HS 5063	Aging and Health	3
HS 5563	Consumer Health	3
KINS 5603	Growth and Perceptual Motor Development	3
KINS 5683	Exercise Evaluation and Prescription	3
KINS 5963	Disability Sport I: Fitness and Exercise	3
HS 6053	Qualitative Research Methods	3
HS 6353	Social Epidemiology	3
HS 6423	Global Health	3
Total SCHs		<b>42</b>

## MASTER OF SCIENCE IN HEALTH STUDIES DEGREE REQUIREMENTS

### *Internship/Professional Affiliation Option*

#### *National Certification Exam plus 250 Internship/Professional Affiliation Hours Option*

<u>Health Studies Core</u>		<b>18</b>
HS 5413	Current Issues in Health Studies	3
HS 5353	Epidemiology	3
HS 6443	Foundations of Health Science	3
HS 5423	Ethnic and Cultural Factors in Health Decisions	3
HS 5383	Program Development and Coordination	3
HS 6453	Strategies in Health Education Delivery	3

Focal Area (Students must select one of the following focal area: Higher Education, **12** Community/Population Health, or Worksite Health).

#### Higher Education

HS 5113	Curriculum Development for Health Professionals	3
HS 5103	Principles and Methods of Teaching Health Professionals	3

Leadership Elective (speak with advisor to select an elective)		3
HS 5003	Internship/Professional Affiliation in Health Education/Promotion	3

#### Community/Population Health

HS 5363	Population Health	3
HS 5053	Psychosocial Aspects of Health	3

Leadership Elective (speak with advisor to select an elective)		3
HS 5003	Internship/Professional Affiliation in Health Education/Promotion	3

#### Worksite Health

HS 5613	Worksite Health Promotion	3
HS 5343	Risk Reduction	3

Leadership Elective (speak with advisor to select an elective)		3
HS 5003	Internship/Professional Affiliation in Health Education/Promotion	3

<u>Research Tools</u>		<b>6</b>
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HS 5013	Data Collection and Analysis	3
HS 5703	Applied Statistics for Health Educators	3

Or select stats course from the following:

- PSY 5304 Advanced Psychological Statistics I
- KINS 5033 Applied Statistical Principles
- MATH 5573 Statistical Methods I

Total SCHs	<b>36</b>
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### **Thesis Option**

<b>Health Studies Core</b>		<b>18</b>
HS 5413	Current Issues in Health Studies	3
HS 5353	Epidemiology	3
HS 6443	Foundations of Health Science	3
HS 5423	Ethnic and Cultural Factors in Health Decisions	3
HS 5383	Program Development and Coordination	3
HS 6453	Strategies in Health Education Delivery	3

Focal Area (Students must select one emphasis area: Higher Education, 9 Population Health, or Worksite Health).

#### Higher Education

HS 5113	Curriculum Development for Health Professionals	3
HS 5103	Principles and Methods of Teaching Health Professionals	3
Leadership Elective (speak with advisor)		3

OR

#### Community/Population Health

HS 5363	Population Health	3
HS 5053	Psychosocial Aspects of Health	3
Leadership Elective (speak with advisor)		3

OR

#### Worksite Health

HS 5613	Worksite Health Promotion	3
HS 5343	Risk Reduction	3
Leadership Elective (speak with advisor)		3

#### Research Tools

<b>Research Tools</b>		<b>9</b>
HS 5013	Data Collection and Analysis	3
HS 5023	Methods in Health Education Research	3
HS 5703	Applied Statistics for Health Educators	3

OR

One statistics course from the following:

PSY 5304 Advanced Psychological Statistics I

KINS 5033 Applied Statistical Principles

MATH 5573 Statistical Methods I

#### Thesis

<b>Thesis</b>		<b>6</b>
HS 5983*	Thesis I	3
HS 5993*	Thesis II	3

**Total SCHs 42**

\*Although no more than six semester credit hours can be earned for the writing the thesis, students must re-enroll in thesis coursework until the thesis is complete, successfully defended, and approved by the Graduate School.

***Dental Hygiene Emphasis***

<b>Health Studies Core</b>		<b>18</b>
HS 5413	Current Issues in Health Studies	3
HS 5353	Epidemiology	3
HS 6443	Foundations of Health Science	3
HS 5723	Health Care in a Culture of Poverty	3
HS 5763	Alternative Dental Health Careers	3
HS 5383	Program Development and Coordination	3
<b>Dental Hygiene Emphasis</b>		<b>12</b>
HS 5713	Dental Hygiene Leadership and Advocacy	3
HS 5733	Dental Hygiene Clinical Education	3
HS 5753	Interprofessional Collaboration and Health Promotion	3
HS 5783	Research in Dental Hygiene	3
<b>Research Tools</b>		<b>6</b>
HS 5013	Data Collection and Analysis	3
HS 5703	Applied Statistics for Health Educators	3
Total SCHs		<b>36</b>



## MASTER OF SCIENCE IN KINESIOLOGY DEGREE REQUIREMENTS

The School of Health Promotion and Kinesiology offers a Master of Science in Kinesiology, with emphases available in Adapted Physical Activity, Biomechanics & Motor Behavior, Coaching, Exercise Physiology, and Sport Management.

### Adapted Physical Activity

In addition to a focus in Adapted Physical Education or Adapted Physical Activity, students may select from three program options within the M.S. in Kinesiology with Adapted Physical Activity emphasis.

1. Internship/Professional Affiliation Option (36 semester credit hours)
2. Thesis Option (30 semester credit hours)
3. Publishable Manuscript Option (36 semester credit hours)

### *Internship/Professional Affiliation Option*

<u>Kinesiology Core</u>		<b>6</b>
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
<u>Adapted Physical Activity Emphasis</u>		<b>24</b>
KINS 5603	Growth and Perceptual Motor Development for Individuals with Low Incidence Disabilities	3
KINS 5853	Assessment in Adapted Physical Education	3
KINS 5793	Pedagogy I: Behavior Management in APE Environments	3
KINS 5863	Pedagogy II: Instructional Strategies in APE Environments	3
KINS 5843	Pedagogy III: APA and the APENS Theory to Practice	3
KINS 5963	APA I: Disability Sport and Fitness Populations	3
KINS 5883	APA II: Disability Sport and Fitness	3
KINS 5123	Professional Affiliation	3
<u>Electives</u>		<b>6</b>
With the advice of the faculty, students can select 6 SCH of electives. These courses can be within or outside the major/emphasis. Most students choose to take their courses in Special Education.		
Total SCHs		<b>36</b>

### *Thesis Option*

<u>Kinesiology Core</u>		<b>6</b>
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
<u>Adapted Physical Activity Emphasis (Select 18 SCH in consultation with advisor)</u>		<b>18</b>
KINS 5603	Growth and Perceptual Motor Development for Individuals with Low Incidence Disabilities	3
KINS 5853	Assessment in Adapted Physical Education	3

KINS 5793	Pedagogy I: Behavior Management in APE Environments	3
KINS 5863	Pedagogy II: Instructional Strategies in APE Environments	3
KINS 5843	Pedagogy III: APA and the APENS Theory to Practice	3
KINS 5963	APA I: Disability Sport and Fitness Populations	3
KINS 5883	APA II: Disability Sport and Fitness	3

**Culminating Experience** **6**

KINS 5983	Thesis I	3
KINS 5993	Thesis II	3

Total SCHs **30**

***Publishable Manuscript Option***

**Kinesiology Core** **6**

KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3

**Adapted Physical Activity Emphasis** **24**

KINS 5603	Growth and Perceptual Motor Development for Individuals with Low Incidence Disabilities	3
KINS 5853	Assessment in Adapted Physical Education	3
KINS 5793	Pedagogy I: Behavior Management in APE Environments	3
KINS 5863	Pedagogy II: Instructional Strategies in APE Environments	3
KINS 5843	Pedagogy III: APA and the APENS Theory to Practice	3
KINS 5963	APA I: Disability Sport and Fitness Populations	3
KINS 5883	APA II: Disability Sport and Fitness	3
KINS 5123	Professional Affiliation	3

**Electives** **6**

With the advice of the faculty, students can select 6 SCH of electives. These courses can be within or outside the major/emphasis. Most students choose to take their courses in Special Education.

Total SCHs **36**

## Biomechanics & Motor Behavior

The Biomechanics and Motor Behavior option requires four pre-requisite courses:

1. Anatomy (Functional Anatomy)
2. Kinesiology & Biomechanics
3. Motor Learning & Control
4. Exercise Physiology

Pre-requisite courses may be taken during the program but will not be counted toward the degree.

### ***Publishable Manuscript Option***

<u>Kinesiology Core</u>		<b>6</b>
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
<u>Biomechanics &amp; Motor Behavior Emphasis</u>		<b>15</b>
KINS 5513	Mechanical Analysis of Human Motion	3
KINS 6523	Advanced Biomechanics	3
KINS 6563	Human Motor Control	3
KINS 6623	Biomechanical Analysis I: Motion Analysis	3
KINS 6643	Biomechanical Analysis II: Data Acquisition and Instrumentation	3
<u>Electives</u> (select 12 SCH in consultation with advisor)		<b>12</b>
KINS 5123	Professional Affiliation	3
KINS 5693	Applied Techniques in Biomechanics & Exercise Physiology	3
KINS 5813	Research in Kinesiology	3
KINS 5903	Special Topics	3
KINS 5913	Independent Study	3
KINS 6573	Motor Learning and Performance	3
MATH 5913	Independent Study	3
<u>Culminating Experience</u>		<b>3</b>
KINS 5973	Professional Paper and Project	3
Total SCHs		<b>36</b>

### ***Thesis Option***

<u>Kinesiology Core</u>		<b>6</b>
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
<u>Biomechanics &amp; Motor Behavior Emphasis</u>		<b>12</b>
KINS 5513	Mechanical Analysis of Human Motion	3
KINS 6563	Human Motor Control	3

KINS 6623	Biomechanical Analysis I: Motion Analysis	3
KINS 6643	Biomechanical Analysis II: Data Acquisition and Instrumentation	3
<u>Electives</u> (select 6 SCH in consultation with advisor)		<b>6</b>
KINS 5903	Special Topics	3
KINS 5813	Research in Kinesiology	3
KINS 5913	Independent Study	3
KINS 6523	Advanced Biomechanics	3
KINS 6573	Motor Learning and Performance	3
MATH 5913	Independent Study	3
<u>Culminating Experience</u>		<b>6</b>
KINS 5983	Thesis I	3
KINS 5993	Thesis II	3
Total SCHs		<b>30</b>

Optional Minor (6 Hours)

Students pursuing the Biomechanics & Motor Behavior emphasis typically complete a minor in Math.

## Coaching

The Coaching emphasis is a 36-hour option emphasizing the development of skills, techniques, and concepts necessary to become a master coach. Most of the program is taught online.

<u>Kinesiology Core</u>		<b>6</b>
KINS 5023	Methods of Research*	3
KINS 5033	Applied Statistical Principles*	3
<u>Coaching Emphasis</u>		<b>21</b>
KINS 5203	Theory of Coaching	3
KINS 5243	Sport Injury Prevention and First Aid	3
KINS 5253	Organization and Administration for Effective Team Management	3
KINS 5263	Sport Psychology	3
KINS 5273	Sport Conditioning and Nutrition	3
KINS 5293	Technical Skills Analysis	3
KINS 5303	Coaching Tactical Skills	3
<u>Electives (with approval of program director)</u>		<b>6</b>
KINS 5463	Legal Issues in Sport	3
KINS 5453	Financing the Sport Enterprise	3
KINS 5403	Leadership in Sport and Health Sciences	3
KINS 5473	Sport Media and Marketing	3
KINS 5493	Sport Venue and Event Management	3
KINS 5683	Exercise Evaluation and Prescription	3
KINS 5723	Sport in American Society	3
KINS 5883	APA II: Disability Sport and Fitness	3
KINS 5903	Special Topics (Low Ropes)	3
<u>Culminating Experience (choose one)</u>		<b>3</b>
KINS 5123	Professional Affiliation	3
KINS 5973	Professional Paper and Project	3
Total SCHs		<b>36</b>

\*Note: KINS 5023 is offered every spring and summer with the summer course being 100% online. During the spring it is a hybrid class and meets six times on campus with the rest online. KINS 5033 is offered every fall, spring, and summer with the summer course being 100% online.

## Exercise Physiology

The Exercise Physiology emphasis requires three undergraduate prerequisite courses:

1. Anatomy & Physiology
2. Exercise Physiology
3. Three hours of upper level Exercise Science

Pre-requisite courses may be taken during the program but will not be counted toward the degree.

### ***Internship/Professional Affiliation Option***

<u>Kinesiology Core</u>		<b>6</b>
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
<u>Exercise Physiology Emphasis</u>		<b>15</b>
KINS 5553	Advanced Exercise Physiology	3
KINS 5573	Graded Exercise Testing	3
KINS 5593	Environmental Exercise Physiology	3
KINS 5613	Cardiovascular Response to Exercise	3
KINS 5683	Exercise Evaluation and Prescription	3
<u>Electives</u> (in consultation with advisor)		<b>12</b>
KINS 5263	Sport Psychology	3
KINS 5273	Sport Conditioning and Nutrition	3
KINS 5503	Physiological Responses During Alternative Modes of Exercise	3
KINS 5513	Mechanical Analysis of Human Motion	3
KINS 5583	Hormonal Responses during Exercise	3
KINS 5693	Applied Techniques in Biomechanics and Exercise Physiology	3
KINS 5813	Research in Kinesiology	3
KINS 5883	APA II: Disability Sport and Fitness	3
KINS 5913	Independent Study	3
KINS 5963	APA I: Disability Sport and Fitness Populations	3
KINS 6223	Neuromuscular Physiology	3
KINS 6563	Human Motor Control	3
KINS 6573	Motor Learning and Performance	3
NFS 5314	Nutrition and Human Metabolism	3
NFS 5363	Human Nutrition and Disease	3
NFS 5423	Nutrition and Gerontology	3
NFS 5443	Nutrition and Women's Health	3
NFS 5473	Advanced Preventive Nutrition	3
NFS 5583	Nutrition and Exercise	3
<u>Culminating Experience</u> (3 hours in consultation with advisor)		3
KINS 5123	Professional Affiliation	3
Total SCHs		<b>36</b>

### ***Thesis Option***

<u>Kinesiology Core</u>		<b>6</b>
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
<u>Exercise Physiology Emphasis</u>		<b>15</b>
KINS 5553	Advanced Exercise Physiology	3
KINS 5573	Graded Exercise Testing	3
KINS 5593	Environmental Exercise Physiology	3
KINS 5613	Cardiovascular Response to Exercise	3
KINS 5683	Exercise Evaluation and Prescription	3
<u>Electives (choose 3 hours in consultation with advisor)</u>		<b>3</b>
KINS 5263	Sport Psychology	3
KINS 5273	Sport Conditioning and Nutrition	3
KINS 5503	Physiological Responses During Alternative Modes of Exercise	3
KINS 5513	Mechanical Analysis of Human Motion	3
KINS 5583	Hormonal Responses during Exercise	3
KINS 5693	Applied Techniques in Biomechanics and Exercise Physiology	3
KINS 5813	Research in Kinesiology	3
KINS 5883	APA II: Disability Sport and Fitness	3
KINS 5913	Independent Study	3
KINS 5963	APA I: Disability Sport and Fitness Populations	3
KINS 6223	Neuromuscular Physiology	3
KINS 6563	Human Motor Control	3
KINS 6573	Motor Learning and Performance	3
NFS 5314	Nutrition and Human Metabolism	3
NFS 5363	Human Nutrition and Disease	3
NFS 5423	Nutrition and Gerontology	3
NFS 5443	Nutrition and Women's Health	3
NFS 5473	Advanced Preventive Nutrition	3
NFS 5583	Nutrition and Exercise	3
<u>Culminating Experience</u>		<b>6</b>
KINS 5983	Thesis I	3
KINS 5993	Thesis II	3
Total SCHs		<b>30</b>

## Sport Management

The Sport Management emphasis is a 36-hour option. The program can be completed online.

<b>Kinesiology Core</b>		<b>6</b>
KINS 5023	Methods of Research*	3
KINS 5033	Applied Statistical Principles*	3
<b>Sport Management Emphasis</b>		<b>27</b>
KINS 5403	Leadership in Sport and Health Sciences	3
KINS 5413	The Sport Industry	3
KINS 5423	Governance, Policy Development, and Ethics in Sport	3
KINS 5443	Sport for Development	3
KINS 5453	Financing the Sport Enterprise	3
KINS 5463	Legal Issues in Sport	3
KINS 5473	Sport Media and Marketing	3
KINS 5483	Sport Sales, Sponsorship, and Fundraising	3
KINS 5493	Sport Venue and Event Management	3
KINS 5723	Sport in American Society	3
<b>Culminating Experience</b>		<b>3</b>
KINS 5113	Professional Internship in Sport Management**	3

Electives to replace courses within the emphasis can be chosen in consultation with your Academic Advisor.

Total SCHs **36**

\*Note: KINS 5023 is offered every spring and summer with the summer course being 100% online. During the spring it is a hybrid class and meets six times on campus with the rest online. KINS 5033 is offered every fall, spring, and summer with the summer course being 100% online.

\*\*KINS 5113 requires the completion of 350 hours of site work within the sports industry.



## CERTIFICATES

The School of Health Promotion & Kinesiology offers two Post-Baccalaureate certificates.

### Post-Baccalaureate Certificate in Leadership in Sport

In the School of Health Promotion & Kinesiology, students may earn a graduate certificate in Leadership and Sport. Upon completion of the certificate, the candidate may apply, with advisor approval, the semester credit hours toward a master's degree.

This certificate is provided entirely online and requires 18 semester credit hours.

Certificate coursework may be used as a minor area of emphasis for the Ph.D. in Special Education program and other TWU academic programs, with program approval.

<b>Required Courses</b>	<b>18</b>	
KINS 5203	Theory of Coaching	3
KINS 5253	Organization and Administration for Effective Team Management	3
KINS 5403	Leadership Theory and Practice in Sport and the Health Sciences	3
KINS 5413	The Sport Industry	3
KINS 5453	Financing the Sport Enterprise	3
KINS 5463	Legal Issues in Sport	3
Total SCHs		<b>18</b>

### Post-Baccalaureate Certificate in Adapted Physical Education

The School of Health Promotion and Kinesiology offers a graduate certificate in Adapted Physical Education, which requires 15 semester credit hours. The certificate program is designed to develop professionals for leadership positions in adapted physical education within the K-12 school setting. The certificate contributes to research and practice in adapted physical education which contributes to active, healthy lifestyles among this population.

<b>Required Courses</b>	<b>15</b>	
KINS 5603	Growth and Perceptual Motor Development for Individuals with Low Incidence Disabilities	3
KINS 5793	Pedagogy I: Behavior Management in APE Environments	3
KINS 5853	Assessment in Adapted Physical Education	3
KINS 5863	Pedagogy II: Instructional Strategies in APE Environments	3
KINS 5883	APA II: Disability Sport and Fitness	3
Total SCHs		<b>15</b>

## DOCTOR OF PHILOSOPHY POLICIES

### Ph.D. Admissions Policy

An applicant may be granted UNCONDITIONAL or CONDITIONAL admission to the School of Health Promotion and Kinesiology doctoral program. Interested applicants must contact the School's Graduate Advisor prior to applying and follow the proper steps for applying. As the Ph.D. is a research degree, interested applicants must first identify and contact a potential graduate faculty advisor (mentor; with whom research interests and goals align) before applying. The School of Health Promotion and Kinesiology personnel will review all application materials to select applicants for an interview. Final admission decisions will be determined upon review of all application materials, successful interview completion, program capacity, and availability of graduate faculty mentorship.

#### Unconditional Admission

Unconditional admission indicates an applicant meets all requirements for admission. However, meeting minimum admission requirements does not guarantee admission.

Unconditional Admission Requirements:

1. A baccalaureate and master's degree. The baccalaureate or master's degree must be in health promotion, public health, kinesiology, or a related field from a U.S. college or university accredited by a regional or general accrediting agency, or an equivalent degree from a foreign college or university. Undergraduate GPA of 3.0 or higher for the last 60 semester credit hours (SCH) of bachelor's degree coursework as evidenced by official transcripts and master's GPA of 3.5 or higher as evidenced by official transcripts.
2. For international students, a test of English proficiency or exemption. Please consult the School of Health Promotion and Kinesiology Graduate Advisor and the International Education Office prior to applying.
3. Submit an application for admission specifying the degree and emphasis area, as applicable.
4. Appropriate academic background and relevant experience for graduate study as evidenced by a professional resume/curriculum vita.
5. Submit a Personal Statement that briefly describes: the applicant's academic and professional background, research goals, personal growth and development, future goals, and reasons for applying to the doctoral program. In addition, the student should identify a preferred faculty mentor and discuss how their research interests align with the identified faculty mentor's research agenda.
6. Three letters of recommendation addressing the applicant's ability to successfully complete a doctoral degree submitted by faculty members and/or employers.
7. The applicant will submit one original 500-word integrated summary of three primary research articles relevant to the applicant's research interest with the article PDFs attached.

#### Conditional Admission

For applicants who submit all required application materials but do not meet the minimum requirements for unconditional admission to the doctoral program (including not having a master's degree), conditional admission may be considered dependent upon the composite strength of the application materials.

When conditional admission is granted, the admission letter from the Graduate School will specify the prerequisites and/or conditions a student must satisfy to advance to unconditional admission status. It is the student's responsibility to satisfy all requirements to remove the conditional admission status. Once the conditional requirements are complete, the student must inform and provide evidence of

requirement completion to the Graduate Advisor before proceeding to the comprehensive exam.

**Application Deadlines**

Fall and Summer - March 1

Spring - July 1

**Emphasis Specific Requirements**

Biomechanics & Motor Behavior – Submission of GRE scores is highly recommended but not required.

Exercise Physiology - Submission of GRE scores is required.

## Ph.D. Program Policy

### Registering for Classes

Upon admission to the Graduate School, students may register for classes for the semester to which they were admitted. In no case may students register for classes for a semester prior to the one for which they were admitted. Registration for classes for each semester begins on the dates specified in the Registrar's academic calendar.

Please refer to the TWU Graduate Catalog for Advisory Committee and Degree Program information. In addition to meeting the Graduate School policy for Advisory Committee formation, students must have one faculty member from outside SHPK. Upon formation of the Advisory Committee, the SHPK Advisory Committee Request form must be submitted for approval from the School Director.

Classes to be taken each semester should be selected in consultation with the academic advisor and Advisory Committee. Once classes are selected for each semester, registration is completed online through the student's Pioneer Portal. For help with registration, visit the Registrar's website. The academic advisor will assist Advisory Committees with course selection and, as needed, will provide students with the proper course codes to register.

To ensure high standards across programs, the policies for [Grade Requirements](#), [Time Limits to Degree](#), [Transfer Credit](#), [Degree Plans](#), [Admission to Candidacy](#), and [Research Tools](#) can be found in the TWU Graduate Catalog.

### Comprehensive Exam

The purpose of the qualifying process and comprehensive examination is to ascertain a student's: (1) breadth and depth of knowledge requisite to perform successfully within a profession, (2) understanding and application of a discipline's foundational literature, and (3) readiness to complete a dissertation.

### *Eligibility*

To be eligible to take the comprehensive exam, a student should have submitted at least one manuscript for publication, as lead author, to a reputable peer-reviewed journal and three research presentations to conferences. The research project must be completed with the approval of the major professor, in consultation with the Advisory Committee. Further, after completing all prerequisites (if admitted conditionally), all research tools, and all core courses, a doctoral student is eligible to begin the comprehensive exam process during their final semester of coursework.

### *Comprehensive Examination Course Registration*

To take the comprehensive exam, a doctoral student must enroll in HSC 6831 Integration of Theory and Research in Health Sciences, a one credit hour comprehensive examination course during the semester the exam is attempted.

A student may not register for the comprehensive examination course if final grades for core course(s) are pending or if the student has an incomplete grade pending for any course. Each doctoral student must contact their major professor to confirm exam eligibility and request approval to enroll in the one credit hour comprehensive examination course.

Once the major professor grants approval to enroll in the comprehensive examination course, a student must consult the School's Associate Director for Graduate Programs for the current exam procedures.

### ***Schedule***

The written portion of the exam will occur during the sixth week of the fall and spring semesters within each academic year. Comprehensive exams may occur during the second week of June but only with unanimous approval of a student's Advisory Committee.

For students who successfully complete the written portion of the comprehensive exam, the oral defense will be scheduled to occur before the end of the 10th week of the fall and spring semester or the 8th week of the 10-week summer semester.

### ***Advisory Committee Membership***

A student's Advisory Committee must be requested, appointed, and filed with the SHPK Graduate Advisor and TWU Graduate School prior to completing 18 hours of coursework.

The Advisory Committee must be finalized prior to a student enrolling in the comprehensive examination course. After a student initially enrolls in the comprehensive examination course, the student's Advisory Committee membership may not change.

### ***Content Areas***

Each exam will include the following content areas: research methods, statistics, core coursework, and the emphasis area. Content from the student's minor area may be integrated into emphasis area questions at the discretion of the Advisory Committee.

### ***Written Exam Logistics***

The written portion of the exam will occur during the sixth week of the fall and spring semesters within each academic year. Written comprehensive exams may occur during the second week of June but only with unanimous approval from the Advisory Committee. The exam will occur in-person on the Denton campus over a consecutive two-day period.

Day 1

Block 1 – Statistics

Block 2 - General Discipline/Emphasis Content

Day 2

Block 3 - Specific Discipline/Emphasis Content and Research Design

Block 4 - Minor or Area of Specialization

For all blocks, students will complete their responses without notes or reference materials on a computer without internet access. Responses to all questions must be typed; however, equations, figures, or other specialized responses may be completed by hand as approved by the Advisory Committee. Scratch paper and a basic calculator will be provided.

Student Advisory Committee members are permitted 10-class days to review and score the exam responses. Written comprehensive exams will be scored on a pass/fail basis. Following the 10-class day review period, each student will be notified if they may proceed to the oral exam component.

No shows for a scheduled written or oral exam will be graded as a failed attempt.

Students who fail their initial written exam attempt must re-enroll in the comprehensive examination

course for one additional attempt. The second attempt must be completed during the subsequent semester.

### ***Comprehensive Exam Oral Defense***

During the oral examination, the committee members are expected to question a student to ascertain their knowledge across the discipline, allow a student to expand on written responses, and/or correct any errors made during the written exam.

### ***Comprehensive Exam Scoring***

#### ***Written Exam***

Upon completion and submission of all comprehensive exam written responses, the Advisory Committee Chair will review the responses for academic integrity issues. Following a clear review, the Chair will download, compile, and share all exam materials with all of the Advisory Committee members within two class days of exam completion.

The Advisory Committee members are permitted 10-class days to review and score the exam responses. Written comprehensive exams will be scored on a pass/fail basis. Faculty will use the SHPK Comprehensive Exam rubric to grade the exam.

#### **[Rubric forthcoming]**

All committee members will independently evaluate the student's responses and provide feedback to the Advisory Committee Chair through the SHPK Comprehensive Exam rubric and written feedback.

After submitting the completed rubrics and feedback to the Advisory Committee Chair, the Advisory Committee will meet to discuss the student's written exam performance and reach a consensus on the final pass/fail outcome.

Passing the Written Comprehensive Exam component requires that a student receive scores of 80% or higher on all four blocks of the exam.

Following the 10-class day review period and Advisory Committee meeting, the student will be notified by their Advisory Committee Chair in writing if they may proceed to the oral exam component. The student will be notified of the Advisory Committee's decision within 5 class days of the end of the review period.

If a student fails the written exam, the attempt is failed and the oral examination will not be held.

Students who fail their initial written exam attempt must re-enroll in the comprehensive examination course for one additional attempt. The second attempt must be completed during the subsequent semester.

#### ***Oral Exam***

Immediately following the student's oral defense, the Advisory Committee will convene to discuss the student's performance and reach a consensus on the final pass/fail outcome.

The Advisory Committee Chair's responsibility is to notify the student, the student's Advisory Committee

members, the SHPK Graduate Coordinator, and the SHPK Graduate Advisor of the exam results in writing.

Students who fail their initial oral exam attempt must re-enroll in the comprehensive examination course for one additional attempt at the entire exam. The second attempt must be completed during the subsequent semester.

Failing any portion of the written or oral exam is a failed attempt.

A student who fails any portion of a second qualifying examination attempt will be dismissed from the doctoral program.

To request a reevaluation of a failed comprehensive exam attempt, students must follow the Review of Complaints and Appeals procedures outlined on the [Academic Affairs website](#).

### ***Admission to Candidacy***

After a student passes the comprehensive examination, the student's faculty advisor will complete and submit the Request for Admissions to Candidacy form to the Graduate Advisor for processing. Students should refer to the Admission to Candidacy section of the Graduate Catalog for complete requirements.

### ***Dissertation***

Prior to registering for Dissertation I, the student must form a Dissertation Research Committee. Please refer to the Doctoral Degree section of the TWU Graduate Catalog for Dissertation Research Committee formation. In addition to meeting the Graduate School policy for the Dissertation Research Committee, students must have one faculty member from outside SHPK. If the student has a minor area, the outside committee member must be from the minor program area. Upon the formation of the Dissertation Research Committee, the SHPK Dissertation Committee Request form must be submitted for approval from the School Director and the Dean of the Graduate School.

All School of Health Promotion and Kinesiology doctoral students are required to prepare, present, and orally defend a dissertation reflecting substantial, original, and independent research. Doctoral students in the School of Health Promotion and Kinesiology (in consultation with their dissertation committee) may choose one of two options to complete the dissertation requirements: a traditional five-chapter dissertation or a three-manuscript dissertation. Students should select the option optimally aligned with their career goals. Once a dissertation option is selected and approved, a student may only change options with the dissertation committee's written approval.

The School of Health Promotion and Kinesiology stipulates that a 10 class day reading period be granted to every member of the research committee and the Director of SHPK for any dissertation-related documents.

No dissertation research committee meetings may be scheduled or conducted during the last two weeks (last week of classes and finals week) of any semester.

### ***Five Chapter Dissertation Option***

Steps to Complete the Dissertation:

1. Form the dissertation research committee according to Graduate School policies.
2. Consult with the dissertation research committee chair (Major Professor) to define and refine the scope of the project.
3. Meet with the full dissertation research committee regarding the project's appropriateness, originality, feasibility, and scope (preliminary meeting).

4. Develop the dissertation proposal (Chapters 1-3).
5. Submit the proposal to the committee chair for feedback, edits, and revisions. Repeat this step as necessary until the chair approves the document for full committee review.
6. Schedule and publicize the proposal defense meeting at least two weeks in advance.
7. Submit the proposal to the dissertation research committee following committee chair approval.
8. Convene and conduct the proposal defense meeting in person. Students must participate in this meeting in person on the Denton campus.
9. Revise the proposal until the research committee chair and members grant unanimous and unconditional approval of the proposal.
10. Submit the prospectus document (10 pages) to the committee for review. The Committee will approve the proposal prior to IRB submission and will approve the full document after approval has been received from the major professor.
11. Upon committee approval, the proposal and prospectus should be submitted to the Director of SHPK for approval.
12. Submit the IRB and/or IACUC application.
13. File the prospectus document with the Graduate School. Graduate School approval is based upon the receipt of the signed prospectus cover sheet indicating committee approval and IRB/IACUC approval.
14. Upon Graduate School approval of the prospectus document, the student may begin data collection. Obtaining Graduate School approval is a prerequisite to Dissertation II.
15. Conduct data collection and analysis.
16. Write Chapters 4 and 5.
17. Develop manuscript(s) for submission as a separate document.
18. Submit the full dissertation, all appendices, and manuscript(s) to the committee chair for feedback, edits, and revisions. Repeat this step as necessary until the chair approves the document for full committee review.
19. Submit the full dissertation, all appendices, and manuscript(s) to the dissertation research committee following chair approval.
20. Upon receiving committee approval, the full dissertation, all appendices, and manuscript(s) must be submitted to the Director of SHPK.
21. Schedule and publicize the dissertation defense meeting.
22. Convene and conduct the dissertation defense meeting in person. Students must participate in this meeting in person on the Denton campus. Refer to the Graduate Catalog for procedures for conducting the oral defense.
23. Dissertation document edits and revisions are often required following an oral defense. Revise the dissertation document until the dissertation research committee chair and committee members' approval is obtained.
24. Following a satisfactory oral defense and satisfactory revision of the dissertation document, the Certification of Completion for Thesis and Dissertation form is signed electronically and processed by the Graduate Advisor. Upon completion of signatures, the Graduate Advisor will place in the student's file and submit to the Graduate School.
25. Submit the dissertation according to Graduate School procedure. Dissertation preparation and submission guidelines are available on the Graduate School website. Graduate School receipt and acceptance of the dissertation prior to a semester's documented deadline is required for graduation.
26. Students are expected to continue working with the dissertation research committee to prepare and submit the dissertation manuscript(s) for journal publication within the three months immediately following graduation. Use and adherence to a formal authorship agreement is highly recommended. Three consecutive months of insufficient progress will result in the dissertation



research committee assuming authorship responsibilities toward publication.

### ***Three-Manuscript Dissertation Option***

The three-manuscript dissertation shall be comprised of a minimum of three publishable quality manuscripts. The manuscripts must form a cohesive body of work that supports a theme or themes as clearly expressed in Chapter 1 of the dissertation. The justification for each manuscript must be clear and approved by the dissertation committee at or before the proposal defense. The manuscripts may not reflect fragmented or piecemeal publications derived from one experiment that produces multiple related outcome variables.

At least two of the manuscripts must be full-length research manuscripts based on data analyzed by the student. The other manuscript (e.g., systematic literature review, conceptual manuscript) must be clearly connected to the theme or themes of the dissertation without extensively overlapping with the content of the two research manuscripts. Each manuscript must be an original, standalone contribution to the literature [or knowledge base]. The student's dissertation committee will determine the amount of acceptable content overlap.

Student-authored or co-authored articles published prior to doctoral program enrollment are not eligible for inclusion as one or more of the manuscripts. Student-authored or co-authored articles published during SHPK doctoral program enrollment are eligible for inclusion as one or more of the manuscripts at the discretion of the dissertation committee. Conference proceedings, commentaries, research briefs, letters to the editor, resource reviews, and non-peer reviewed writing of any kind may not be included as one or more of the three dissertation manuscripts but may be included as one or more additional manuscript(s) at the discretion of the dissertation committee.

For the proposal meeting, three chapters must be completed and presented: Chapter 1, Introduction, Chapter 2, Systematic Literature Review, and Chapter 3, Methods (not included in the final dissertation document). Chapter 3 will be a comprehensive, detailed description of the methods of the dissertation.

The final dissertation must include: an abstract that synthesizes the manuscripts, Chapter 1 – Introduction, Chapter 2 – Systematic Literature Review, Chapter 3 – Manuscripts, and Chapter 4 - Discussion.

Chapter 1 should function as the cord that weaves the manuscripts together and describes their collective meaning and combined contribution to the field. Chapter 1 should include:

- A definition or statement of the problem
- The importance of the problem, i.e., why it is worth researching, and why it matters to the field
- The theoretical foundation (s) supporting the problem/issue
- An overview of the important literature
- The research questions and research or null hypotheses

Chapter 2 (a potential manuscript) is a systematic literature review that will follow PRISMA (<http://www.prisma-statement.org/>) or other committee approved guidelines. The review must include a clearly formulated research question. The student must use systematic and replicable methods to identify, select, and critically evaluate the research included in the review. The systematic review may include a meta-analysis, if appropriate.

Chapter 3 will include two to three manuscripts for publication. These manuscripts could be an independent yet related secondary analysis of nationally representative data followed by a study that

represents primary analysis of data collected by the student. The manuscripts could also be from two studies which are both from primary analysis of data collected by the student. If appropriate, one manuscript could be from a pilot study conducted prior to the start of the dissertation. Regardless of the research design for each of the studies used for the dissertation, the student must adhere to the mandate that the manuscripts used must first be approved by the dissertation committee and represent distinct but interrelated studies.

Chapter 4 will briefly summarize the dissertation's major findings. The student should then present and discuss linkages (i.e., similarities and differences) between the separate manuscripts included in the dissertation and ensure the document reflects a coherent body of work. Chapter 4 ties everything together and helps the reader see how the various manuscripts, taken together, make a contribution to the knowledge base regarding the problem. Chapter 4 should present and discuss research imperatives or knowledge gaps that may not be apparent within each individual manuscript. Chapter 4 should also articulate an agenda for future research and practice concerning the key issues addressed in the dissertation.

### Manuscript Publication

For dissertation approval, one manuscript must have been accepted or received a "revise and resubmit" request from a journal. The remaining two manuscripts must be of publishable quality and submitted to an academic journal within three months after graduation.

Journals to which manuscripts are submitted must be approved by the dissertation committee. Serving as an "editorial board" for the student, the dissertation committee will help select journals that will challenge the student and offer a reasonable chance of publication success. Students must be first author on all manuscripts. Co-authors must be identified at the student's proposal defense. For each manuscript, the role of the co-authors must be presented and approved by all members of the dissertation committee. In the case of co-authorship on any manuscripts within the dissertation, the student must indicate the percentage of effort and description of the role played by each co author in the appendix of the dissertation.

Copyright ownership of theses and dissertations is retained by the student, but the student must grant TWU royalty-free permission to reproduce and publicly distribute copies of the dissertation. In circumstances where the research for the dissertation was conducted in conjunction with other policies discussed in the Texas Woman's University Policy on Intellectual Property, those policies will apply to the student. All dissertations are uploaded to Texas Digital Library (TDL) and dissertation abstracts are included in Dissertation Abstracts International. This information should be revealed to any person or entity who publishes all or part of the dissertation or to whom a student signed over copyrights.

### ***Dissertation Grading***

Refer to the Graduate School policy for Dissertation grading options. Any student in SHPK receiving two consecutive enrolled semesters of LP (Lack of Adequate Progress) and/or NP (No Progress) OR three cumulative semesters of LP/NP in Dissertation I and/or Dissertation II will be dismissed from the program.

### ***Center for Research Design and Analysis***

The Center for Research Design and Analysis (CRDA) is a supplemental resource for assistance with research study design and statistical methods. The CRDA offers workshops, tutorials, and one-on-one consultation. CRDA consultation should be used responsibly for research projects, including projects and proposals associated with

manuscripts, thesis, and dissertations. As such, students must consult their mentor regarding the use of CRDA consultation and determine whether such supplemental assistance is needed. Visit the CRDA website for details of their services for students and required procedures: <https://twu.edu/center-for-research-design-and-analysis-crda/>

### ***Graduation***

The procedure for graduation can be found on the Graduate School website:

<http://www.twu.edu/gradschool/degree-completion/> and the Registrar's office website:

<http://www.twu.edu/registrar/graduation.asp>.

The application for graduation must be submitted by the 12th class day of the semester of graduation.

For application deadline dates see:

<http://www.twu.edu/registrar/graduation-application-deadlines.asp>

### **Minors**

#### ***Health Studies***

The hour and course requirements for a minor in Health Studies are flexible and are determined by major and minor committee members and the student's background and interests. Students should consult with their Advisory Committee for information on minors outside of Health Studies. Minors typically include 12 to 18 hours of coursework.

#### ***Kinesiology***

A minor is offered to doctoral students within each of the four emphases in the doctoral program in Kinesiology: Adapted Physical Education, Sport Management, Biomechanics, and Exercise Physiology. Students wishing to pursue a minor in Kinesiology should meet with a faculty member from the chosen area of emphasis to determine the appropriate coursework. Undergraduate prerequisites may be necessary depending on the emphasis chosen. A minimum of 12 semester credit hours is required for the minor.

### DOCTOR OF PHILOSOPHY IN HEALTH STUDIES DEGREE REQUIREMENTS

The School of Health Promotion and Kinesiology offers a Ph.D. in Health Studies designed to prepare students to conduct research in health promotion and health education. All Health Studies doctoral students are expected to work with faculty to acquire and develop the skills required to become independent, ethical, and skilled researchers.

The Ph.D. requires a minimum total of 96 hours in which students must select one focal area: Higher Education, Population Health, or Communication Sciences. Credit hours from the master's degree can be applied to the required 96 hours, as deemed appropriate by the Advisory Committee.

Leveling Requirement: Earned degree in Health Education, Health Promotion, Health Behavior, Community Health or Public Health OR HS 5413 Current Issues in Health Studies.

<b>Health Studies Core</b>		<b>25</b>
HS 6353	Social Epidemiology	3
HS 6443	Foundations of Health Science	3
HS 5423	Ethnic and Cultural Factors in Health Decisions	3
HS 6563	Health Advocacy and Leadership	3
HS 5383	Program Development and Coordination	3
HS 6453	Strategies in Health Education Delivery	3
HS 6483	Evaluation in Health Education	3
HS 6073	Seminar in Health Education	3
HSC 6831	Integration of Theory and Research in Health Sciences	1
<b>Focal Area</b>		<b>15</b>
Higher Education		
HS 6433	History of Health and Medicine	3

HS 5103	Principles and Methods of Teaching Health Professionals	3
HS 5113	Curriculum Development for Health Professionals	3
Select two Health Studies electives in consultation with Advisory Committee		6
OR		
Population Health		
HS 6423	Global Health	3
HS 5053	Psychosocial Aspects of Health	3
HS 5363	Population Health	3
Select two Health Studies electives in consultation with Advisory Committee Chair		6
OR		
Communication Sciences		
COMS 5113	Seminar in Communication Sciences (taken twice)	6
COMS 5253	Research Application in Communication Sciences (taken twice)	6
COMS 5383	Seminar in Pedagogy	3
<u>Research Tools I</u>		<b>6-8</b>
Select one of the following courses:		3-4
HS 5703	Applied Statistics for Health Educators	
PSY 5304	Advanced Psychological Statistics I	
KINS 5033	Applied Statistical Principles	
AND one of the following courses:		3-4
FS 6893	Multivariate Statistics	
PSY 6204	Advanced Psychological Statistics II	
KINS 6043	Statistical Inference	
<u>Research Tools II</u>		<b>6</b>
HS 5013	Data Collection and Analysis	3
HS 6043	Methods in Health Education Research	3
<u>Practical Experience Requirement</u>		
HS 5003	Internship/Professional Affiliation in Health Education/Promotion	3
<u>Appropriate and Related Work from Master's Degree</u>		<b>36</b>
<u>Dissertation</u>		<b>6</b>
HS 6983	Dissertation I	3
HS 6993	Dissertation II	3
Total SCHs		<b>96-98</b>

## DOCTOR OF PHILOSOPHY IN KINESIOLOGY DEGREE REQUIREMENTS

The School of Health Promotion and Kinesiology offers a Ph.D. in Kinesiology, with emphasis in Adapted Physical Activity, Biomechanics & Motor Behavior, Exercise Physiology, and Sport Management. The Ph.D. requires a minimum total of 96 hours including transfer credits from the master's degree.

### Adapted Physical Activity

<b>Kinesiology Core</b>		<b>13</b>
KINS 5033	Applied Statistical Principles or equivalent	3
KINS 6043	Statistical Inference or equivalent	3
KINS 6143	Research Design in Kinesiology	3
KINS 6113	Doctoral Seminar on Academic Life	3
HSC 6831	Integration of Theory and Research in Health Sciences	1
<b>Adapted Physical Activity Emphasis</b>		<b>30</b>
KINS 5603	Growth and Perceptual Motor Development for Individuals with Low Incidence Disabilities	3
KINS 5853	Assessment in Adapted Physical Education	3
KINS 5793	Pedagogy I: Behavior Management in APE Environments	3
KINS 5863	Pedagogy II: Instructional Strategies in APE Environments	3
KINS 5843	Pedagogy III: APA and the APENS Theory to Practice	3
KINS 5963	APA I: Disability Sport and Fitness Populations	3
KINS 5883	APA II: Disability Sport and Fitness	3
KINS 6611	College Level Instructional Design and Delivery in Kinesiology (taken a minimum of three times for a total of 3 credit hours)	3
KINS 6711	Advanced Research in Adapted Physical Activity Doctoral Seminar (taken a minimum of three times for a total of 3 credit hours)	3
KINS 6813	Advanced Research in Kinesiology	3

<u>Elective Courses</u> (consult with Advisory Committee)		<b>23</b>
FS 6343	Effective College Teaching Methods	3
HSC 6803	Grant Writing	3
KINS 6133	Professional Internship	3
KINS 6853	Practicum: Advanced Assessment in Adapted Physical Education	3
<u>Minor or Related Area</u>		<b>15</b>
<u>Research Tools</u>		<b>9</b>
EDSP 6603	Social Constructs of Disabilities	3
FS 6793	Advanced Qualitative Research Methods in Family Science	3
PSY 6863	Qualitative Research Methods and Program Evaluation	3
<u>Dissertation</u>		<b>6</b>
KINS 6983	Dissertation I	3
KINS 6993	Dissertation II	3
Total SCHs		<b>96</b>

Recommendations:

1. It is highly recommended that all students entering this emphasis have a minimum of two years teaching experience in PreK-12 or higher education.
2. Minor or related area coursework should be based on professional interest and/or proposed dissertation topic in consultation with and approval of the student's Advisory Committee.
3. The Adapted Physical Activity program consists of 96 hours of coursework: (a) KINS Core (13 hours), (b) Adapted Physical Activity Emphasis (30 hours), (c) Minor and Related Studies (minimum 15 hours), (d) Research Tools (9 hours), and (e) Dissertation (6 hours). The remaining hours (approximately 23 hours) can be electives or research hours as determined by the Advisory Committee in consultation with the student. Credit hours from the master's degree can be applied to the required 96 hours, as deemed appropriate by the Advisory Committee.

### **Biomechanics & Motor Behavior**

<u>Kinesiology Core</u>		<b>13</b>
KINS 5033	Applied Statistical Principles or equivalent	3
KINS 6043	Statistical Inference or equivalent	3
KINS 6143	Research Design in Kinesiology (or a research design course approved by the student's Advisory Committee)	3
KINS 6113	Doctoral Seminar on Academic Life	3
HSC 6831	Integration of Theory and Research in Health Sciences	1
<u>Biomechanics &amp; Motor Behavior Emphasis</u>		<b>30</b>
KINS 5513	Mechanical Analysis of Human Movement	3
KINS 6523	Advanced Biomechanics	3
KINS 6563	Human Motor Control	3
KINS 6573	Motor Learning and Performance	3
KINS 6623	Biomechanical Analysis I: Motion Analysis	3
KINS 6643	Biomechanical Analysis II: Data Acquisition and Instrumentation	3
KINS 6813	Advanced Research in Kinesiology (Taken 4 times for a total of 12 credit hours)	12
<u>Electives</u>		<b>20</b>
Gross Human Anatomy (cadaver based)		
Related Kinesiology and Health Sciences courses: Exercise Physiology, Special Population, Teaching Styles, Grant Writing, Engineering		
<u>Minor or Related Studies</u>		<b>15</b>
Mathematics		
Computer Science		



## Engineering (Mechanics)

<u>Research Tools</u>		<b>12</b>
Computer programming		
Statistical packages		
<u>Dissertation</u>		<b>6</b>
KINS 6983	Dissertation I	3
KINS 6993	Dissertation II	3
Total SCHs		<b>96</b>

Doctoral students specializing in Biomechanics & Motor Behavior are required to have the following undergraduate courses on their transcript or complete these courses while enrolled in the program at Texas Woman's University:

Anatomy (Functional Anatomy) Kinesiology & Biomechanics  
Exercise Physiology College Physics  
Calculus I & II Motor Learning & Control

### Exercise Physiology

<u>Kinesiology Core</u>		<b>13</b>
KINS 5033	Applied Statistical Principles or equivalent	3
KINS 6043	Statistical Inference or equivalent	3
KINS 6143	Research Designs in Kinesiology (or a Research Design course approved by the student's Advisory Committee)	3
KINS 6113	Doctoral Seminar on Academic Life	3
HSC 6831	Integration of Theory and Research in Health Sciences	1
<u>Exercise Physiology Emphasis</u>		<b>27</b>
KINS 5553	Advanced Exercise Physiology	3
KINS 5573	Graded Exercise Testing	3
KINS 5583	Hormonal Responses During Exercise	3
KINS 5613	Cardiovascular Response to Exercise	3
KINS 5683	Exercise Evaluation and Prescription	3
KINS 6821	Research in Exercise Physiology (1sch x 3 times for a total of 3sch)	3
KINS 6813	Advanced Research in Kinesiology	9

To be taken three times for a total of 9 hours credit. A student may take the course additional times at the discretion of the Advisory Committee. In consultation with a faculty advisor, students must conduct and complete an IRB-approved research study. A student can conduct the study on their own or in cooperation with other students. However, at least one time when the class is taken, each student must be the primary researcher. The study must be presented at a conference.

### Minor or Related Studies

Students must declare a minor area or related area outside of the major/emphasis area consisting of a minimum of 15 hours of coursework approved by the Advisory Committee. The minor or related area is intended to support the major area of emphasis, and it is recommended that it should be in chemistry, biology, or nutrition. The remaining hours in statistics and/or computer science may be taken if they are not previously included.

### Research Tools

**12**

Students must select four, 3-hour graduate courses to fulfill the research tools requirement. There must be two separate research tools indicated on a student's degree plan.

<u>Dissertation</u>		<b>6</b>
KINS 6983	Dissertation I	3
KINS 6993	Dissertation II	3
Total SCHs		<b>96</b>

### Doctoral Requirements and Information

Doctoral students specializing in Exercise Physiology are expected to have completed coursework in biochemistry. The course (or courses) in biochemistry can be completed prior to enrollment at TWU or can be completed while enrolled at TWU. Biochemistry may be completed at the graduate level for credit if approved by the Advisory Committee. A background in general and organic chemistry may be necessary to successfully complete biochemistry, especially if it is taken at the graduate level. In the first semester of enrollment, doctoral students in Exercise Physiology must take a preliminary exam. The purpose of the exam is to identify students' strengths and weaknesses so that the best course of study may be identified.

The Exercise Physiology program consists of 96 hours of coursework: (a) KINS Core (13 hours), (b) Exercise Physiology Emphasis (27 hours), (c) Minor and Related Studies (minimum 15 hours), (d) Research Tools (12 hours), and (e) Dissertation (6 hours). The remaining hours (approximately 23) can be electives or research hours as determined by the Advisory Committee in consultation with the student. Credit hours from the master's degree can be applied to the required 96 hours, as deemed appropriate by the Advisory Committee.

Credit hours that may be transferred (including those for the Master's degree) may not be more than one-half of the total (48 maximum). Courses completed at other institutions may be substituted for required courses at the discretion of the Advisory Committee as long as the substitutions do not conflict with Graduate School requirements.

### **Sport Management**

<b><u>Kinesiology Core</u></b>		<b>13</b>
KINS 5033	Applied Statistical Principles or equivalent	3
KINS 6043	Statistical Inference or equivalent	3
KINS 6143	Research Design in Kinesiology	3
KINS 6113	Doctoral Seminar on Academic Life	3
HSC 6831	Integration of Theory and Research in Health Sciences	1
<b><u>Sport Management Emphasis</u></b>		<b>36</b>
KINS 5403	Leadership in Sport and Health Sciences	3
KINS 5413	The Sport Industry	3
KINS 5423	Governance, Policy Development, and Ethics in Sport	3
KINS 5443	Sport for Development	3
KINS 5453	Financing the Sport Enterprise	3
KINS 5463	Legal Issues in Sport	3
KINS 5473	Sport Media and Marketing	3
KINS 5493	Sport Venue and Event Management	3
KINS 6413	Research Seminar in Sport Management (Taken 3 times for a total of 9 sch)	9
KINS 6813	Advanced Research in Kinesiology	3
<b><u>Minor or Related Area</u></b>		<b>9</b>
At least nine semester credit hours of coursework must be taken outside the major/emphasis.		
<b><u>Research Tools</u></b>		<b>12</b>
HSC 6903	Grant Writing	3

The student, in consultation with the advisory committee, will determine the remaining 9 semester

hours of research tools.

<u>Elective or Appropriate Work from Master's Degree</u>		<b>23</b>
<u>Dissertation</u>		<b>6</b>
KINS 6983	Dissertation I	3
KINS 6993	Dissertation II	3
Total SCHs		<b>96</b>