DIVISION: Kinesiology, Health and Sport Studies (KHS)
DEGREE SOUGHT: Masters of Education (M.Ed.)
MAJOR: Kinesiology
SPECIALIZATION: Exercise and Sport Science (ESS)

This degree is a discipline encompassing several distinct areas including: biomechanics, exercise physiology, motor control/development and learning, and sport and exercise psychology. Competency in one of these areas requires that the student be able to remain current in the field, demonstrate the ability to use and produce research results, and to apply these results in practical situations. A M.Ed. degree in ESS will enable the student to function in a variety of professional positions including college/junior college teaching, community service, or entry into a doctoral program.

Admission Requirements
Prospective students need to meet University requirements and should apply to the Wayne State University Office of Graduate Admissions, see Admission to the Graduate School website at http://gradschool.wayne.edu/future/grad-admission.php.

Admission to graduate programs in the Division of KHS is contingent upon admission to the Graduate School. In addition, applicants to the M.Ed. program in Exercise and Sport Science track within the KHS must meet the following criteria:

- 3.0 minimum Grade Point Average
- Official transcripts of undergraduate degree - kinesiology, physical education, or a closely related field or experience is preferred and highly recommended.

For non-kinesiology undergraduate degrees, the following prerequisites or transferable equivalents, documented with official transcripts, are required and must be completed before submission of an application:

- BIO 2870 Anatomy and Physiology (Pre Req: BIO 1510)
- KIN 3570 Exercise Physiology I

Students should use the Wayne State University credit transfer tool to verify that a course is transferable thereby meeting the prerequisites requirements at http://transfercredit.wayne.edu/.

Please visit our website for more information at http://coe.wayne.edu/kinesiology/exercise/grad/index.php.
Plan of Work (POW)

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DEGREE SOUGHT: Masters of Education (M.Ed.)
MAJOR: Kinesiology
SPECIALIZATION: Exercise and Sport Science (ESS)
REQUIREMENTS: 30 credit hours min.

Student is responsible for meeting prerequisites for courses on the Plan of Work. Courses taken in Post-Degree (Post Bachelor) status or required pre-requisites cannot be included on Plan of Work.

Name: ___________________________________________ ___________________________________________
First & Last Name                      Middle                      Maiden                      Access ID

Address: ___________________________________________ ___________________________________________
Number                      Street                      City
State                      Zip

Phone: ___________________________ Cell/text: ___________________________ Email: ___________________________

### REQUIRED COURSES (18 credits)

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<tr>
<th>University</th>
<th>Term/Year</th>
<th>Dept.</th>
<th>Course #</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>Grade</th>
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<tr>
<td>KIN</td>
<td>6320</td>
<td>Fitness Assessment &amp; Exercise Prescription*</td>
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<td>KIN</td>
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<td>Biomechanical Analysis of Motor Activity</td>
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<td>KIN</td>
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<td>Physical Activity &amp; Cognition</td>
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<td>KIN</td>
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<td>KIN</td>
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<td>Motor Learning</td>
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<td>KHS</td>
<td>5523</td>
<td>Physical Activity &amp; Exercise Psychology*</td>
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### ELECTIVE COURSES with approval (30 crs - 18 required crs - culminating experience credit = Number of electives)

e.g., an advisor approved statistics course

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<th>Course Title</th>
<th>Credit Hours</th>
<th>Grade</th>
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### CULMINATING EXPERIENCE (One of the following)

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<th>Dept.</th>
<th>Course #</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tr>
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<td>KHS 8999</td>
<td>Master's Thesis Direction</td>
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<tr>
<td>WSU</td>
<td>KHS 7999</td>
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<tr>
<td>WSU</td>
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<td>Internship in KHS</td>
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Any other course work requires prior approval by advisor

TOTAL CREDIT HOURS (minimum of 30)

*substitutions required if taken for undergraduate degree credit at WSU

Consult current graduate catalog. Students must complete a minimum of 24 credits of the 30 needed in the areas of Kinesiology, Health, and Sport Studies. It is the student’s responsibility to submit an advisor signed POW to the College of Education after completing 12 credit hours. Students are issued holds when a plan of work (POW) has not been submitted.

All degree requirements and coursework must be completed by: ___________________________
(Within six years following the date of the first recorded grade to be used for degree)

Petition for admission to candidacy: ___________________________________________
Student’s Signature

Plan of Work approved & candidacy recommended: ___________________________________________
Advisor’s Signature

Date

Rev. 3/2015
Possible Exercise Physiology Electives with Approval by Advisor:

KIN 6200 Methods of Group Instruction
KIN 6320 Fitness Assessment and Exercise Prescription.
Prereq: KIN 3570 or KIN 6310. Physiological principles of physical fitness, including assessment of physical fitness status and exercise prescription guidelines. This course recommended to all graduate ESS students who plan to do an ESS internship.

Possible Exercise and Sport Psychology Electives:

KHS 5520 Sport Psychology
KHS 5522 Health Psychology

Possible Motor Behavior/Control/Development and Biomechanics Electives:

PSY 8050 Cognitive Neuroscience
PSY 7120 Biological Basis of Behavior
PSY 7400 Introduction to Life-Span Developmental Psychology

Possible Electives – Other:

From within our Division (http://www.bulletins.wayne.edu/Past/GBK-output-2011/index.html):

KHS 6540 Workshop in Kinesiology, Health and Sport Studies. Cr. 1-3

From our Nutrition and Food Science Department (http://www.bulletins.wayne.edu/GBK-output/lib.10.53.html#44260)

NFS 6230 Nutrition and Physical Performance. (NFS 7230) Cr. 3
Prereq: NFS 5230 or equiv. How nutrients affect physical fitness and physical performance; how physical performance can be improved by adopting optimal dietary practice and how exercise and optimal nutrition can prevent human diseases. Prerequisite course requirement may be waived by contacting the NFS department.

NFS 5230 Nutrition and Metabolism. Cr. 3
Prereq: NFS 3230 with grades of C+ or above. The physio-biochemical properties of nutrients and their bionutritional interrelationships at the cellular and sub-cellular level. Carbohydrate, protein, and lipid metabolism and the role of vitamins and minerals in these metabolic processes. Some students take both NFS 5230 and NFS 6230 to reflect studies in the nutritional aspects of exercise.