Plan of Work (POW)

DIVISION: Kinesiology, Health and Sport Studies (KHS)  
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 (24 credits)

<table>
<thead>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>F, W</td>
<td></td>
<td>KIN</td>
<td>5100</td>
<td>Anatomical and Physiological Bases of Physical Activity</td>
<td>3</td>
<td></td>
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<tr>
<td>F, W</td>
<td></td>
<td>KIN</td>
<td>6300</td>
<td>Physiology of Exercise I</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>F, W</td>
<td></td>
<td>KIN</td>
<td>6310</td>
<td>Physiology of Exercise II</td>
<td>3</td>
<td></td>
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<tr>
<td>F, W</td>
<td></td>
<td>KIN</td>
<td>6320</td>
<td>Fitness Assessment &amp; Exercise Prescription*</td>
<td>3</td>
<td></td>
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<tr>
<td>W</td>
<td></td>
<td>KIN</td>
<td>7580</td>
<td>Biomechanical Analysis of Motor Activity</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>F</td>
<td></td>
<td>KIN</td>
<td>8530</td>
<td>Motor Learning (or KIN 5110 in Winter)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>F, W</td>
<td></td>
<td>KIN</td>
<td>5523</td>
<td>Physical Activity &amp; Exercise Psychology*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>W, SS</td>
<td></td>
<td>KIN</td>
<td>6120</td>
<td>Strength and Conditioning</td>
<td>3</td>
<td></td>
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</tbody>
</table>

ELECTIVE COURSES with approval (30 crs - 24 required crs - culminating experience credit = Number of electives)

CULMINATING EXPERIENCE (One of the following)

<table>
<thead>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>WSU</td>
<td></td>
<td>KHS</td>
<td>8999</td>
<td>Master's Thesis Direction (need assigned advisor)</td>
<td>1-8</td>
<td></td>
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<tr>
<td>Or</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WSU</td>
<td></td>
<td>KHS</td>
<td>7999</td>
<td>Masters Essay and Project Direction</td>
<td>3</td>
<td></td>
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<tr>
<td>Or</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WSU</td>
<td></td>
<td>KHS</td>
<td>8750</td>
<td>Internship in KHS</td>
<td>1-8</td>
<td></td>
</tr>
</tbody>
</table>

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 graduate credits completed at WSU 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 before 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     Date

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

Candidacy authorized by College of Education Admissions and Records Office

Checked by: ___________________________________________________________ Date: __________
Possible Exercise Physiology Electives with Approval by Advisor:

HE 5220 Health Behavior Change  
KIN 6100 Methods of Group Exercise Instruction  
KIN 6120 Strength and Conditioning  
KIN 6150 ECG Interpretation  
KIN 6160 Pharmacology for the Physical Activity Professional  
KIN 6210 Physical Activity and Cognition

Possible Exercise and Sport Psychology Electives:

KIN 5520 Sport Psychology  
HE 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.