

# Applied Exercise and Health Science

## Master of Science with a Major in Applied Exercise and Health Science

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### Program Description

The Master of Science with a major in Applied Exercise and Health Science (AEHS), a 36 semester hour graduate study program, is designed to prepare the graduate students to engage in a variety of leadership positions in the increasingly challenging health and fitness fields. Guided by health behavior theory and research, students completing the program will demonstrate an in-depth understanding of complex problems associated with fitness and health promotion as well as possess the knowledge and skills to develop, implement, supervise, and evaluate effective exercise and health promotion programs.

The objectives of the program are to provide a rich learning experience for students who, upon completion of the program, will be able to: 1) demonstrate the ability to utilize both up-to-date knowledge and skills in advanced

fitness and health promotion, research methodology, and assessment techniques to make informed programmatic administrative decisions; 2) develop, implement, supervise, and evaluate effective programs that promote health and wellness; 3) provide culturally competent, age specific health and fitness promotion programs to diverse clients based on a strong theoretical and research foundation thereby improving the quality of lives among various populations; 4) identify, evaluate, and utilize appropriate information technology, resources, and tools in everyday operation and programs in their professional settings; and 5) demonstrate competency in leadership roles as diverse as practitioner, educator, advocate, manager, and administrator in education, practice, and the community by influencing health and fitness promotion as shaped by health policy and societal expectations.

### General Requirements for Admission

1. Baccalaureate degree in Exercise and Health Science or equivalent from a nationally accredited institution with a major GPA of at least 3.0.
2. Applicants from other disciplines or related fields (e.g., physical education, athletic training, and health education) will be

considered for admission with evidence of foundational coursework in community / personal health, exercise physiology, and statistics / research methods.

3. Course deficiencies can be satisfied by completing one or more undergraduate courses prior to admission to the graduate program.
4. International applicants are subject to the University's requirements for admission.
5. A minimum combined total score of 800 in the verbal and quantitative categories and a minimum of 3.5 in the analytical writing category on the General Test of the Graduate Record Examination.
6. A formal statement of personal goals for the program.
7. Additional documentation may be required prior to admission (e.g., letters of support, interview).

**Transfer Credit**

A student may transfer up to nine semester hours of graduate credit from other nationally accredited institutions. To be transferred, course work from other institutions must correspond to Kennesaw State University's MS AEHS curriculum. The student must provide course description and syllabus for consideration and the amount of credit granted will be at the discretion of the program director. A minimum grade of "B" must have been received in the course and the course work must be no more than five years old.

**Grades**

Expectations for satisfactory graduate level student performance are detailed in the Academic Policies section of this catalog.

**Petition to Graduate**

Candidates of MS AEHS must petition to graduate at least one semester prior to completion of their degree requirements.

**Master of Science in Applied Exercise and Health Science**

Courses in this program are designed to provide students with practical applications of the discipline in order to provide leadership in their work settings. Students admitted to the program will work closely with the graduate advisor and develop a course of study approved by the AEHS Graduate Committee.

		<b>Credit Hours</b>
<b>Leadership Foundational Core</b>		<b>12</b>
EHS 6600	Leadership and Administration in Applied Exercise and Health Science	3
EHS 6610	Trends and Issues in Applied Exercise and Health Science	3
EHS 6620	Theoretical Foundation of Assessment and Intervention Planning	3
EHS 6900	Administrative Field Experience	3
<b>Core Content Courses</b>		<b>12</b>
EHS 6630	Research Techniques in Applied Exercise and Health Science	3
EHS 6655	Epidemiology	3
EHS 6665	Health Promotion Programming and Evaluation	3
EHS 6675	Advanced Exercise Physiology	3

		Credit Hours
<b>Capstone Experience</b>		<b>3</b>
EHS 7850	Master's Project	3
<b>Approved Elective Courses (select 9 hours)</b>		<b>9</b>
EHS 6650	Theories of Health Behavior and Health Psychology	3
EHS 6680	Exercise Psychology	3
EHS 7730	Applied Kinesiology & Biomechanics	3
EHS 7750	Special Topics in Applied Exercise and Health Science	variable credit 1-3
EHS 7760	Directed Study in Applied Exercise and Health Science	variable credit 1-3
Selected non-EHS graduate courses with Graduate Advisor's Approval		3

**PROGRAM TOTAL: 36**

**MS with a major in AEHS  
Course Descriptions**

**EHS 6600. Leadership and Administration in Applied Exercise and Health Science. 3-0-3.**

*Prerequisite: Graduate status.*

This course is designed to develop understandings and skills in the areas of leadership/advanced administration in the context of the delivery of exercise and health science related programs in a variety of settings. Effective leadership competencies/styles, fiscal management approaches, policy formulation and modification, several decision-making models/change processes (strategic planning) in exercise and health science is emphasized. Specific implications of administrative structures, current trends & issues relevant to ethical leadership in exercise and health promotion and educational programs is addressed.

**EHS 6610. Trends and Issues in Applied Exercise and Health Science. 3-0-3.**

*Prerequisite: Graduate status.*

This course critically examines current topics in exercise science and health promotion that impact the profession and society. Topics include, but are not limited to, fitness and exercise trends, health care and public health policies and practices, expansion of the exercise and fitness industry and related career, educational, social, and health status implications.

**EHS 6620. Theoretical Foundation of Assessment and Intervention Planning. 3-0-3.**

*Prerequisite: Graduate status.*

This course addresses intervention planning for physical activity and health behaviors. Topics covered include behavior theory, exercise and health behavior determinants and influences, and intervention planning strategies. There is an emphasis on behavior change and intervention from a multi-level focus: individual, community and population.

**EHS 6630. Research Techniques in Applied Exercise and Health Science. 3-0-3.**

*Prerequisite: Graduate status and undergraduate statistics or permission of instructor.*

This course is designed to discuss concepts and methodologies employed in research design typically applied in studies dealing with Exercise and Health Sciences. The intent is to provide the student with an intuitive or conceptual understanding of theory, tools, and processes involved in designing research studies relevant to these disciplines.

**EHS 6650. Theories of Health Behavior and Health Psychology. 3-0-3.**

*Prerequisite: Graduate status.*

In this course, the most commonly used health behavior theories are discussed and applied to both individual and community-level health behaviors. By combining theory with practical application, this course prepares Applied Exercise and Health Science students to function as health behavior change professionals.

**EHS 6655. Epidemiology. 3-0-3.**

*Prerequisite: Graduate status.*

This course focuses on the basic epidemiological principles with an emphasis on the examination of human and environmental factors that enhance or diminish human health. Topics include the study of human disease determinants and distribution, strategies for health enhancement, and the application of epidemiological principles in developing health promotion interventions.

**EHS 6665. Health Promotion Programming and Evaluation. 3-0-3.**

*Prerequisite: Graduate status and EHS 6620.*

This course focuses on the components, factors, and processes that are critical to the planning, implementation, and evaluation of health promotion programs specific to a variety of settings. The content and competencies of this course is aligned with the National Commission for Health Education Credentialing Competency-Based Framework for Graduate-Level Health Educators.

**EHS 6675. Advanced Exercise Physiology. 2-3-3.**

*Prerequisite: Graduate status and undergraduate exercise physiology or equivalent or permission of instructor.*

An advanced study through readings, discussion and laboratory experiences of select and recent topics in exercise physiology. Topics include metabolic responses to exercise; neuromuscular and molecular physiology related to exercise; temperature regulation during exercise; acute and chronic physiological responses to altitude; exercise during pregnancy; and body composition and weight control.

**EHS 6680. Exercise Psychology. 3-0-3.**

*Prerequisite: Graduate status.*

This course addresses physical activity and exercise as they relate to psychological health issues. Factors related to physical activity and exercise adoption and adherence and intervention planning are also addressed. The course is taught with an emphasis on application of concepts and discussion and evaluation of the scientific research.

**EHS 6900. Administrative Field Experience. 1-12-3.**

*Prerequisite: EHS 6600.*

Supervised administrative field experience in an approved exercise science and/or health promotion setting. This individually designed experience is designed to enhance administra-

tive and supervisory skills of the graduate student relevant to the desired area of exploration or identified need area. The field experience purpose, project, duration, and site must be approved by the student's major professor and graduate committee.

**EHS 7730. Applied Kinesiology and Biomechanics. 2-3-3.**

*Prerequisite: Graduate status and undergraduate kinesiology/biomechanics, or permission of instructor.*

An advanced study through lecture, readings, discussion and laboratory experiences of select and recent topics in kinesiology and biomechanics. Topics include qualitative and quantitative motion analysis; force, force application, and material properties; linear and angular kinetics and kinematics; biomechanical aspects of movement through fluids; biomechanics of skeletal muscle; and kinesiology of the extremities.

**EHS 7750. Special Topics in Applied Exercise and Health Science. (variable credit 1-3).**

*Prerequisite: Graduate status.*

Exploration of a specific applied exercise and health science topic. Course can be repeated.

**EHS 7760. Directed Study in Applied Exercise and Health Science. (variable credit 1-3).**

*Prerequisite: Graduate status and permission of major professor.*

This course is to provide students an opportunity to explore a topic of interest at a more in depth level than covered in class or to explore a topic not specifically addressed in a regular course offering.

**EHS 7850. Master's Project in Applied Exercise and Health Science. 3-0-3.**

*Prerequisite: Core program completed and approval from major professor and graduate committee.*

A project to be comprised of a capstone experience that leads to an actual product such as a publishable journal and/or literature review article, position paper, teaching aid, instructional videotape, program or facility development, web site, on-line course materials, lab manual, curriculum development, or a similar project.