

PROGRAM OF STUDY
MASTER OF SCIENCE DEGREE IN PHYSICAL EDUCATION

(Full Name)	(Student ID Number)
(Street Address)	(Date)
(City, State, Zip)	(Anticipated Graduation Date)
(Telephone)	<i>NOTE: Select one area of concentration</i>

AREA	CREDIT HOURS	SEMESTER/YEAR	GRADE	REGISTRAR'S USE
Professional Core (12 Semester Hours)				
PHED 6001: Research Methods	3			
PHED 6002: Measurement and Evaluation in Physical Education	3			
PHED 6003: Applications of Qualitative Research in Physical Education	3			
PHED 6004: Analysis of Motor Skills	3			
Exercise Science Concentration (15 Semester Hours)				
EXRS 7001: Advanced Exercise Physiology	3			
EXRS 7002: Advanced Kinesiology	3			
EXRS 7003: Biomechanics	3			
EXRS 7004: Nutrition in Exercise & Sports	3			
EXRS 7005: Advanced Exercise Prescription & Program Design	3			
Health and Physical Education Concentration (15 Semester Hours)				
PHED 7111: Advanced Curriculum & Instruction in HPE	3			
PHED 7112: Obesity Prevention in Children and Youth	3			
PHED 7113: Administration of HPE Programs in Schools	3			
PHED 7114: Trends and Issues in Health & Physical Education	3			
PHED 7115: Advanced Health & Wellness	3			
Capstone (3 Semester Hours)				
PHED 7700: Action Research in HPE	3			
<i>Total</i>	30			

Student's Signature _____ Date _____

Academic Advisor _____ Date _____

Program Coordinator _____ Date _____

Registrar _____ Date _____

Program of Study Course Descriptions

PHED 6001 Research Methods in Physical Education (3)

A course designed to survey the basic types of research methods often found in health, physical education, sport science, and recreation. Various research problems as they relate to these fields are discussed for the purpose of identifying the broad and diverse nature of the research.

PHED 6002 Measurement & Evaluation in Physical Education (3)

A course designed to study measurement theory and statistics used in the evaluation of health and human performance, with special focus on the analysis and interpretation of data in various environments.

PHED 6003 Applications of Qualitative Research in Physical Education (3)

A course designed to provide students with an introduction to qualitative research. Students will illustrate how to design and implement qualitative research methods within their field of interest. The course will examine the processes of designing, analyzing, and interpreting a qualitative study.

PHED 6004 Analysis of Motor Skills (3)

This course involves the analysis of motor skills based on laws and principles of mechanics including, but not limited to, neural control and physiology, the motor processes of learning, and information processing.

EXRS 7001 Advanced Exercise Physiology (3)

This course is designed to provide physical educators, coaches, athletic trainers, and persons interested in exercise science, with applied knowledge of the function of the human body's response to exercise and physical activity.

EXRS 7002 Advanced Kinesiology (3)

This course provides a study of the basic mechanics of human motion, including action of the joints and muscles, and the application of kinesiology to physical education and sport activities.

EXRS 7003 Biomechanics (3)

This course focuses upon the development of techniques of human movement analysis from structural and functional points of view and incorporates principles of mechanics as they apply to the analysis of human motion. Examples will be drawn from joint movements and sport skills to illustrate these types of analyses.

EXRS 7004 Nutrition in Exercise & Sports (3)

The course provides a study of the science of nutrition within the context of exercise and sport performance. An examination of the research literature as it pertains to nutritional practices and their connection to the exercise and sports settings will be provided. The current-day recommendations for appropriate amount and type of foods, beverages, and supplementation that support training, performance, and recovery will be examined.

EXRS 7005 Advanced Exercise Prescription & Program Design (3)

This is an advanced study of the essential guidelines needed to prescribe exercise and design exercise programs for sedentary, active, athletic, and special populations.

PHED 7111 Advanced Curriculum & Instruction in HPE (3)

This course is designed to assist the student in building on and advancing their knowledge and skills in designing, implementing, and evaluating Health & Physical Education curriculum. The course will examine the processes of scoping and sequencing curriculum based on the grade level the student is currently working with.

PHED 7112 Obesity Prevention in Children and Youth (3)

This course provides a study of the problem of obesity in the United States and abroad and a review of policy and practice to combat childhood obesity. Strategies for implementing and evaluating interventions for obesity prevention in various settings will be addressed.

PHED 7113 Administration of HPE Programs in Schools (3)

This course will examine and analyze the administrative process and methodology needed to develop a thorough understanding of desirable standards and program implementation in physical education.

PHED 7114 Trends and Issues in Health & Physical Education (3)

This course provides a study of the problems encountered in a comprehensive health and physical education program, as well as school and community recreation. Special emphasis is given to problems in areas of the student's interest.

PHED 7115 Advanced Health & Wellness (3)

This course provides an advanced study of health issues and lifestyle practices that impact public health. Topics include, but not limited to: physical activity and public health, nutritional habits, weight management, mental health, impact of chronic disease, and strategies for promoting effective health practices.

PHED 7700 Contemporary Issues and Concerns in Health and Physical Education (3)

Prerequisite: Completion of PHED 6001. This course is designed to show practitioners that an action research approach to teaching can be used to improve teaching and learning practice within their classrooms, schools, or other physical education settings. The course is designed as a capstone experience in which practitioners will demonstrate advanced knowledge and skill in the following areas: (a) physical education curriculum development, (b) instructional pedagogy, on-site research and (c) reflective practice. The final product for this experience is an action research project that integrates these aspects of the master's program.

If you need this document in another format, please email Sheri Hardee at sheri.hardee@ung.edu or call at 706-864-1672.