REQUIREMENTS FOR THE M.S. DEGREE

Department of Kinesiology
School of Public Health and Health Sciences
University of Massachusetts Amherst

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Revised 2/17/16
REQUIREMENTS FOR THE M.S. DEGREE IN KINESIOLOGY

I. GENERAL INFORMATION

Faculty in the Department of Kinesiology have varied research interests. A prospective student, with the exception of those applying to the Athletic Training program, must secure permission to work with a specific advisor PRIOR to acceptance into the program. Graduate advisors are listed in 3 general areas, although many professors work in more than one area:

<table>
<thead>
<tr>
<th>Physiology</th>
<th>Physical Activity</th>
<th>Motor Systems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle, Molecular &amp; Cardiovascular Physiology, Energy Metabolism</td>
<td>Fitness, Wellness, Health, Physical Activity Measurement, Interventions</td>
<td>Biomechanics, Motor Control, Neuroscience</td>
</tr>
<tr>
<td>Ned Debold</td>
<td>Sofiya Alhassan</td>
<td>Katherine Boyer</td>
</tr>
<tr>
<td>Jane Kent</td>
<td>Patty Freedson</td>
<td>Graham Caldwell</td>
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<td>Stephanie Jones</td>
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<td></td>
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<td>Brian Umberger</td>
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<td></td>
<td></td>
<td>Richard van Emmerik</td>
</tr>
</tbody>
</table>

Funding
Department policy is to accept only those students who can be supported through assistantships for teaching (TA), research (RA), or Athletic Training (AT). These assistantships include a stipend, health insurance and a waiver of tuition and most fees. Normally, a student making satisfactory progress towards their M.S. degree would be supported with funding for two years.

Academic Deficiencies
The Department of Kinesiology requires Master’s students to be well rounded in basic areas within the field. If not present in their background preparation prior to admission, the student is required to address the following Academic Deficiencies within the M.S. program. Note that there are several UMass Kinesiology classes that can fulfill each of these deficiencies; the student and their advisor will decide which class is appropriate. When the deficiency is addressed with a 500 or 600 level class, the student can use these credits towards their M.S. degree provided they attain a grade of B or better.

Acceptable UMass courses (Pick one in each deficient area)

1. Human Anatomy & Physiology                    Kin 270, 272 [class(es) most appropriate for student’s area]
2. Exercise Physiology                            Kin 470, 570, 585, 670
3. Biomechanics                                   Kin 430, 530, 535, 597J

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4. Motor Control  

Kin 460, 560, 565 or independent study

If there is doubt concerning a class taken at another school, a faculty member who teaches in the area will review the course syllabus to decide whether the class content meets our requirements for competency.

Competency in computer literacy (knowledge and practice in the use of spreadsheets, word processing, graphics, and internet usage) is expected of all Kinesiology graduate student.

M.S. Program Options
There are 3 M.S. program options (tracks), each consisting of 32 total credits: 23 required credits common to all options, and 9 credits specific to each program option.

Thesis Option
The thesis option consists of Kin 698A Thesis Proposal (3 credits) and Kin 699 Master’s Thesis (6 credits). The advisor (chair) and at least 2 other UMass graduate faculty members comprise the thesis committee. A proposal presentation to the thesis committee is required. Upon completion of the thesis document, the student must successfully complete an oral defense of their thesis research.

Project Option
This option features a 3 credit project: either Kin 697A Special Topic: MS Project or Kin 697B Special Topic: Athletic Trainer Project. Students must also complete one 500 to 800 level Kinesiology course (3 credits), and one 600 to 800 level Kinesiology course (3 credits). Kin 697A must be arranged with the student’s faculty advisor. Kin 697B is a comprehensive project on an appropriate topic within athletic training, determined in conjunction with the Athletic Trainer Graduate Advisor, UMass Sports Medicine staff, and other faculty as appropriate. Kin 697B is only available for students admitted with AT assistantships, normally from the UMass Amherst Athletics Department Sports Medicine Program. For both Kin 697A and Kin 697B, a written document and oral presentation of the project are required.

M.S. / Ph.D. Research Option
Students admitted to the M.S. / Ph.D. program are exclusively eligible for this track, which consists of Kin 697S Special Topic: MS Research Proposal (3 credits) and Kin 697T Special Topic: MS Research (6 credits). The advisor (chair) and at least 2 other UMass graduate faculty members comprise the research committee. A proposal presentation and an oral defense of the research to the committee are required.

II. REQUIREMENTS FOR THE MASTER’S PROGRAM (32 total credits)

Overview of the requirements for each M.S. Program option

<table>
<thead>
<tr>
<th>Requirements (see text following table for more details)</th>
<th>Credits</th>
<th>Thesis Option</th>
<th>Project Option</th>
<th>M.S. / Ph.D. Option</th>
</tr>
</thead>
</table>

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<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Requirement</th>
<th>Requirement</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kin 600</td>
<td>1</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Statistics class</td>
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<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Kin 891 (Grad Seminar)</td>
<td>1 (x4)</td>
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<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Kin 500 level class #1</td>
<td>3</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Kin 500 level class #2</td>
<td>3</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Kin 600 - 800 level class</td>
<td>3</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cognate class outside department</td>
<td>3</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Other Kin 500 to 800 credits or 2nd</td>
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<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>cognate class</td>
<td></td>
<td>✓Kin 698A</td>
<td>✓Kin 697A OR</td>
<td>✓Kin 697S</td>
</tr>
<tr>
<td>Select column for desired</td>
<td></td>
<td>✓Kin 699 (3</td>
<td>✓Kin 500 - 800</td>
<td>✓Kin 697T (3</td>
</tr>
<tr>
<td>M.S. Program Option ⇒</td>
<td></td>
<td>credits)</td>
<td>class (3 credits)</td>
<td>credits)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>✓Kin 699 (3</td>
<td>✓Kin 600 - 800</td>
<td>✓Kin 697T (3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>credits)</td>
<td>class (3 credits)</td>
<td>credits)</td>
</tr>
<tr>
<td>Total Credits (minimum)</td>
<td>32</td>
<td>32</td>
<td>32</td>
<td>32</td>
</tr>
</tbody>
</table>

- **Required element for M.S. Program Option choice**
- **Athletic Training students MUST select Kin 597V to fulfill one of these three credits, and **MUST select Kin 697B

**Courses required of ALL M.S. students (23 credits):**

- Kin 600 — Introduction to Research in Human Movement [1st year] (1 credit)
- A 3-credit statistics course (e.g. PUBHLTH 540, 640; PSYCH 640, 641; PLNTSOIL 661, STATS 501). The exact course selected will depend on the student’s background in statistics. [1st year] (3 credits)
- Kin 891 Graduate Seminar (1 credit per each semester in residence [normally 4 total]) (4 credits)
- A 3-credit cognate elective (consult advisor; outside department; 400 level or above) (3 credits)
- Two 3-credit Kinesiology courses - 500 level (6 credits)*
- One 3-credit Kinesiology course – 600 to 800 level (3 credits)*
- Three other Kinesiology credits* OR a 2nd cognate class (3 credits)

*1, 2, or 3 credit seminars, independent studies, etc.

- **Athletic Training students MUST select Kin 597V (1 cr).**

**Additional requirements – Choose ONE of the following M.S. Program Options (9 credits):**

- **Thesis Option:** Proposal [Kin 698A (3 credits)] and Thesis [Kin 699 (6 credits)]

- **Project Option:** Special Topic: MS Project [Kin 697A (3 credits)] OR Special Topic: Athletic Trainer Project [Kin 697B (3 credits) *], one 500 to 800 level Kinesiology course (3 credits) *, and one 600 to 800 level Kinesiology course (3 credits) *

- **M.S. / Ph.D. Research Option:** Special Topic: MS Research Proposal [Kin 697S (3 credits)], Special Topic: MS Research [Kin 697T (6 credits)]

* Independent study courses (Kin 596, 696, 796, 896) may be used to satisfy these requirements with advisor approval. Thesis option students may only count 6 credits of independent studies towards their degree.

- **Athletic Training students MUST select Kin 697B

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Note: Transfer credits (6 credits maximum). Some requirements may be satisfied by graduate courses that are transferred from earlier educational experiences. These graduate courses, taken at UMass or another institution, must not have been required for graduation from any other graduate or undergraduate program. All potential transfer credits must be approved by the Graduate Program Director (GPD) during the first year of the program. These credits may not be used to satisfy the 600-800 course level requirement.

III. SUGGESTED TIMELINE FOR THE M.S. PROGRAM

• Thesis option

  • By the end of the 2nd semester of 1st year, the student should develop a thesis topic in conjunction with their advisor, and begin to prepare a thesis proposal. The student, in consultation with their advisor, should identify the membership of their thesis committee. Potential committee members should be consulted concerning their interest and availability to serve. The committee should be formed before the thesis proposal; the student’s advisor should send an e-mail to the GPD with the names, affiliations and role (e.g. Chair, Member, Outside Member) of the proposed committee. The GPD will submit the proposed committee to the Graduate School for approval.

  • The student should register for thesis proposal credits (Kin 698A, 3 credits), normally in year 2. As part of the proposal preparation, an Informed Consent Document must be written and approved by the School of Public Health and Health Sciences or University-level Human Subjects Committee, as appropriate. Be aware that this approval process may take considerable time (e.g., 3 or 4 weeks).

  • Before the student commences work on the thesis, the proposal must be presented and approved by the thesis committee. The thesis proposal will be presented in an open forum where all graduate students and faculty from the department are invited to attend. At least one week (preferably two weeks) prior to the proposal date, copies of the proposal document should be presented to the thesis committee. At the same time, a copy of the proposal document, a short abstract, and an announcement flyer must be given to the GPD for public display in the Kinesiology Department.

  • After approval by the thesis committee, the proposal must be filed with the Graduate School. The thesis defense date can occur no sooner than four months following the filing of the approved thesis proposal with the Graduate School.

  • Thesis credits (Kin 699, 6 credits) should be taken at the appropriate time in consultation with the student’s advisor. These may be spread over two semesters if appropriate.

  • Except for preliminary pilot data, data collection for the thesis should not begin until the thesis committee has approved the thesis proposal. Throughout the period when the data are being collected and analyzed, the student should keep the thesis committee informed of progress.

  • When the thesis is complete, a thesis defense date acceptable to all committee members will be scheduled. The defense will follow a format similar to that of the thesis proposal. As with the proposal, thesis copies should be presented to the committee at least one week (preferably two weeks) prior to the defense date. At the same time, a copy of the thesis, a short abstract, and an
announced flyer must be given to the GPD for public display in the Kinesiology Department.

- Prior to the defense, the GPD secretary will draft a Thesis Defense Completion memo for the student’s advisor. The student should prepare at least two signature pages — one for the Graduate School and one for the student. Upon successful defense, the memo and signature pages will be signed by the thesis committee. The GPD will then sign and forward the memo to the Graduate School. The thesis defense must be scheduled and passed before the deadline date of the degree period to which the student is applying.

- After thesis defense the student will electronically submit one copy of thesis at http://scholarworks.umass.edu/theses. The student will submit one signature page with original signatures to the Graduate Student Service Center. [Please refer to Further Degree Completion Details section of this document for additional requirements / information.]

**Project Option – Kin 697A**

- By the end of the 2nd semester of 1st year, the student should develop an independent project topic in conjunction with their advisor.
- An Informed Consent Document must be written and approved by the School of Public Health and Health Sciences or University-level Human Subjects Committee, as appropriate. Be aware that this approval process may take considerable time (e.g., 3 or 4 weeks).
- When the project is complete, the student’s advisor and one other UMass graduate faculty member will attend and evaluate the project and the oral presentation of the project.
- Special Topics: MS Project credits (Kin 697A, 3 credits) should be taken at the appropriate time in consultation with the student’s advisor.
- Upon satisfactory completion of the project and its successful oral presentation, the student’s advisor will submit a grade for KIN 697A and forward a memo to the GPD with the results of the project presentation. The GPD in turn will submit a memo to the Graduate School indicating successful completion of the Master’s General Examination (i.e. project). The project presentation must be scheduled and passed before the deadline date of the degree period to which the student is applying. [Please refer to Further Degree Completion Details section of this document for additional requirements / information.]

**Project Option – Kin 697B (Athletic Trainers)**

The student, the Athletic Trainer Graduate Advisor (ATGA), and UMass Sports Medicine staff together decide upon the research topic for the Kin 697B AT project. Upon satisfactory completion and successful presentation of the AT project, the ATGA will submit a grade for KIN 697B and forward a memo to the GPD with the results. The GPD in turn will submit a memo to the Graduate School indicating successful completion of the Master’s General Examination (i.e. AT project). Students may complete the degree in time for graduation each year in February, May or September. The final paper must be submitted to the ATGA, and all paperwork must be submitted to the Graduate School by their deadline. Check the Graduate School website for all dates pertaining to graduation requirements: [http://www.umass.edu/gradschool/current-students/academic-calendar](http://www.umass.edu/gradschool/current-students/academic-calendar) [Please refer to Further Degree Completion Details section of this document for additional requirements / information.]

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• **M.S. / Ph.D. Research Option**

  • By the end of the 2nd semester of 1st year, the student should develop a research topic in conjunction with their advisor, and begin to prepare a research proposal.

  • The student, in consultation with their advisor, should identify the membership of their research committee. Potential committee members should be consulted concerning their interest and availability to serve. When organized, the student must notify the GPD of the committee membership.

  • The student should register for MS Research Proposal credits (Kin 697S, 3 credits), normally during the 1st semester of the 2nd year. As part of the proposal preparation, an Informed Consent Document must be written and approved by the School of Public Health and Health Sciences or University-level Human Subjects Committee, as appropriate. Be aware that this approval process may take considerable time (e.g., 3 or 4 weeks).

  • Before the student commences work on the research project, the proposal must be presented and approved by the research committee. The research proposal will be presented in an open forum where all graduate students and faculty from the department are invited to attend. At least one week (preferably two weeks) prior to the proposal date, copies of the proposal document should be presented to the research committee. At the same time, a copy of the proposal document, a short abstract, and an announcement flyer must be given to the GPD for public display in the Kinesiology Department.

  • MS Research Project credits (Kin 697T, 6 credits) should be taken at the appropriate time in consultation with the student’s advisor. Students cannot register for Kin 697T until they have successfully completed Kin 697S.

  • Data collection for the research project may not begin until the research committee has approved the proposal. Throughout the period when the data are being collected and analyzed, the student should keep the research committee informed of progress.

  • When the MS research is complete, a research defense date acceptable to all committee members will be scheduled. The defense will follow a format similar to that of the proposal. Copies of the completed research document should be presented to the committee at least one week (preferably two weeks) prior to the defense date. At the same time, a copy of the document, a short abstract, and an announcement flyer must be given to the GPD for public display in the Kinesiology Department.

  • Upon satisfactory completion and successful presentation of the MS research, the student’s advisor will submit a grade for KIN 697T and notify the GPD with a memo. The GPD in turn will submit a memo to the Graduate School indicating successful completion of the Master’s General Examination (i.e. MS research). [Please refer to **Further Degree Completion Details** section of this document for additional requirements / information.]
Further Degree Completion Details

Kinesiology Department

Prior to the appropriate Degree Deadline, the student should submit the following to the GPD Secretary:

- Unofficial transcript of completed UMass classes from SPIRE.
- Completed Degree Checklist (available on the Kinesiology website).
- Degree Eligibility Form completed and signed by the student. After the GPD and Department Chair sign, the form will be returned to the student for submission to the Office of Degree Requirements in the Graduate School.
- Completed SPHHS Exit Survey (Complete on-line, see GPD secretary for details)
- Thesis Option only—a receipt for prepayment of thesis binding for each committee member plus one for the department. The GPD will not sign the degree eligibility form until the prepaid binding receipt has been submitted.

Graduate School Requirements

In addition to Kinesiology requirements, students must satisfy all Graduate School requirements. The University confers degrees three times a year (February, May and September) and sponsors one formal graduation ceremony held in late May. To apply for a February degree, all paperwork must be submitted to the Graduate School by mid-December; for a May degree, by mid-April; for a September degree, by the end of August. September degree recipients of a preceding year, February degree recipients, and May degree applicants are eligible to participate in the May graduation ceremony. [Contact the Graduate Student Service Center at the Graduate School for exact dates.] Other helpful resources are the Graduate School Handbook and Guidelines for Master’s Thesis, both found online at the Graduate School web site http://www.umass.edu/gradschool.

From the Graduate School, all candidates must satisfy the following requirements:

- Complete all course work
- Submit Master’s Degree Eligibility Form signed by the student, the Graduate Program Director, and the Department Chair
- Masters General Exam passed (i.e. MS Project or AT project defense must be scheduled and passed before deadline date)
- Thesis option only—Thesis Committee appointed by the Graduate Dean (recommended by GPD)
- Thesis option only—Thesis Outline received by Graduate School
- Thesis option only—Thesis Defense passed. (Must be scheduled and passed before deadline date.)
- Thesis option only—one signature page with original signatures (black ink) must be given to The Graduate School. A copy of the signed signature page is given to the Kinesiology Office Manager. (The Graduate School now offers an electronic submission process for Master’s Theses. Please check with the Graduate Student Service Center for up to date information on this new submission process.)

Revised 2/17/16