**MASTER OF EDUCATION (M.ED.) MAJOR IN PHYSICAL EDUCATION (SPORTS EDUCATION CONCENTRATION THESIS OPTION)**

**Major Program**
The sports education concentration (master's only or master's and teacher certification through the MAC program) is designed for individuals pursuing careers as professional educators (physical education teachers and coaches) in elementary, secondary, or higher education settings.

**Application Requirements**
The items listed below are required for admission consideration for applicable semesters of entry during the current academic year. Submission instructions, additional details, and changes to admission requirements for semesters other than the current academic year can be found on The Graduate College's website (http://www.gradcollege.txstate.edu). International students should review the International Admission Documents webpage (http://mycatalog.txstate.edu/graduate/admission-documents/international) for additional requirements.

- completed online ApplyTexas application
- $40 nonrefundable application fee
- $50 nonrefundable international evaluation fee (if applicable)
- baccalaureate degree from a regionally accredited university
- official transcripts required from each institution where course credit was granted
- minimum 3.0 GPA in your last 60 hours of undergraduate course work (plus any completed graduate courses)*
- background course work in physical education
- official GRE scores not required*
- resume/CV
- statement of purpose (typed, double-spaced, and approximately 500 words) addressing the following:
  - professional goals
  - reasons for pursuing education and training in physical education
  - summary of major strengths and weaknesses with respect to being admitted into the program
- three letters of recommendation (including at least two academic references) regarding professional competence and character

**TOEFL or IELTS scores**
Non-native English speakers who do not qualify for an English proficiency waiver:
- official TOEFL iBT scores required with a 78 overall
- official IELTS (academic) scores required with a 6.5 overall and minimum individual module scores of 6.0

This program does not offer admission if the scores above are not met.

*Additional Information*
If your last-60-hours GPA is 3.0 or below, please submit the following:
- official GRE scores with a preferred minimum of 291 (verbal and quantitative sections combined)

**Degree Requirements**
The Master of Education (M.Ed.) degree with a major in Physical Education concentration in sports education requires 36 semester credit hours, including a thesis. Students are expected to have a minimum of 18 semester hours of physical education course work at the undergraduate level, exclusive of physical education activity courses. Students who do not have the appropriate background course work may be required to complete leveling courses.

**Course Requirements**

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<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ESS 5304</td>
<td>Motor Learning and Performance</td>
<td>3</td>
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<tr>
<td>ESS 5306</td>
<td>Advanced Exercise Physiology</td>
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<td>ESS 5344</td>
<td>Improving Instruction in Physical Activity, Sport, Clinical, &amp; Community Settings</td>
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<tr>
<td>ESS 5346</td>
<td>Research Methods in Health and Human Performance</td>
<td>3</td>
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<tr>
<td>ESS 5354</td>
<td>Developmental Sports Education: Youth Participants</td>
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<tr>
<td>ESS 5355</td>
<td>Developmental Sports Education: High-Level Athletes and Coaching Effectiveness</td>
<td>3</td>
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<tr>
<td>ESS 5356</td>
<td>Applied Statistics in Health and Human Performance</td>
<td>3</td>
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<tr>
<td>REC 5380</td>
<td>Administering Leisure Delivery Systems</td>
<td>3</td>
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**Electives**
Choose 6 hours from the following:

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<tr>
<th>Code</th>
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<tr>
<td>CI 5314</td>
<td>Human Growth and Development II</td>
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<td>CI 5330</td>
<td>Multicultural Teaching and Learning</td>
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<tr>
<td>ESS 5322</td>
<td>Inclusion and Diversity in Physical Activity and Sport</td>
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<td>ESS 5347</td>
<td>Independent Study in Exercise Science</td>
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<tr>
<td>ESS 5353</td>
<td>Curriculum Design, Implementation and Evaluation in Diverse Physical Activity Settings</td>
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<td>PHIL 5322</td>
<td>Professional Ethics</td>
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<tr>
<td>PHIL 5326</td>
<td>Philosophy and Sport</td>
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<td>PHIL 5327</td>
<td>Medical Ethics and Bio-ethics</td>
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<td>PHIL 5351</td>
<td>Philosophy of Education</td>
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<tr>
<td>REC 5330</td>
<td>Organizational Leadership in Recreation and Leisure Services</td>
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<tr>
<td>REC 5350</td>
<td>Legal and Ethical Issues in Recreation and Leisure Services</td>
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**Thesis**

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<tr>
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<th>Title</th>
<th>Hours</th>
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<tr>
<td>ESS 5399A</td>
<td>Thesis</td>
<td>3</td>
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<tr>
<td>ESS 5199B</td>
<td>Thesis</td>
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<td>ESS 5299B</td>
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<td>ESS 5599B</td>
<td>Thesis</td>
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Comprehensive Examination Requirements

All candidates for graduate degrees must pass one or more comprehensive examinations.

If a student elects to follow the thesis option for the degree, a committee to direct the written thesis will be established. The thesis must demonstrate the student’s capability for research and independent thought. Preparation of the thesis must be in conformity with the Graduate College Guide to Preparing and Submitting a Thesis or Dissertation.


The student must submit an official Thesis Proposal Form (http://www.gradcollege.txstate.edu/forms.html) and proposal to his or her thesis committee. Thesis proposals vary by department and discipline. Please see your department for proposal guidelines and requirements. After signing the form and obtaining committee members’ signatures, the graduate advisor’s signature if required by the program and the department chair’s signature, the student must submit the Thesis Proposal Form with one copy of the proposal attached to the dean of The Graduate College for approval before proceeding with research on the thesis. If the thesis research involves human subjects, the student must obtain exemption or approval from the Texas State Institutional Review Board prior to submitting the proposal form to The Graduate College. The IRB approval letter should be included with the proposal form. If the thesis research involves vertebrate animals, the proposal form must include the Texas State IACUC approval code. It is recommended that the thesis proposal form be submitted to the dean of The Graduate College by the end of the student’s enrollment in 5399A. Failure to submit the thesis proposal in a timely fashion may result in delayed graduation.

Thesis Committee

The thesis committee must be composed of a minimum of three approved graduate faculty members.

Thesis Enrollment and Credit

The completion of a minimum of six hours of thesis enrollment is required. For a student’s initial thesis course enrollment, the student will need to register for thesis course number 5399A. After that, the student will enroll in thesis B courses, in each subsequent semester until the thesis is defended with the department and approved by The Graduate College. Preliminary discussions regarding the selection of a topic and assignment to a research supervisor will not require enrollment for the thesis course.

Students must be enrolled in thesis credits if they are receiving supervision and/or are using university resources related to their thesis work. The number of thesis credit hours students enroll in must reflect the amount of work being done on the thesis that semester. It is the responsibility of the committee chair to ensure that students are making adequate progress toward their degree throughout the thesis process. Failure to register for the thesis course during a term in which supervision is received may result in postponement of graduation. After initial enrollment in 5399A, the student will continue to enroll in a thesis B course as long as it takes to complete the thesis. Thesis projects are by definition original and individualized projects. As such, depending on the topic, methodology, and other factors, some projects may take longer than others to complete. If the thesis requires work beyond the minimum number of thesis credits needed for the degree, the student may enroll in additional thesis credits at the committee chair’s discretion. In the rare case when a student has not previously enrolled in thesis and plans to work on and complete the thesis in one term, the student will enroll in both 5399A and 5399B.

The only grades assigned for thesis courses are PR (progress), CR (credit), W (withdraw), and F (failing). If acceptable progress is not being made in a thesis course, the instructor may issue a grade of F. If the student is making acceptable progress, a grade of PR is assigned until the thesis is completed. The minimum number of hours of thesis credit (“CR”) will be awarded only after the thesis has been both approved by The Graduate College and released to Alkek Library.

A student who has selected the thesis option must be registered for the thesis course during the term or Summer I (during the summer, the thesis course runs ten weeks for both sessions) in which the degree will be conferred.

Thesis Deadlines and Approval Process

Thesis deadlines are posted on The Graduate College (http://www.gradcollege.txstate.edu) website under “Current Students.” The completed thesis must be submitted to the chair of the thesis committee on or before the deadlines listed on The Graduate College website.

The following must be submitted to The Graduate College by the thesis deadline listed on The Graduate College website:

1. The Thesis Submission Approval Form bearing original (wet) and/or electronic signatures of the student and all committee members.
2. One (1) PDF of the thesis in final form, approved by all committee members, uploaded in the online Vireo submission system.

After the dean of The Graduate College approves the thesis, Alkek Library will harvest the document from the Vireo submission system for publishing in the Digital Collections database (according to the student’s embargo selection). NOTE: MFA Creative Writing theses will have a permanent embargo and will never be published to Digital Collections.

While original (wet) signatures are preferred, there may be situations as determined by the chair of the committee in which obtaining original signatures is inefficient or has the potential to delay the student’s progress. In those situations, the following methods of signing are acceptable:

- signing and faxing the form
- signing, scanning, and emailing the form
- notifying the department in an email from their university’s or institution’s email account that the committee chair can sign the form on their behalf
- electronically signing the form using the university’s licensed signature platform.

If this process results in more than one document with signatures, all documents need to be submitted to The Graduate College together.
No copies are required to be submitted to Alkek Library. However, the library will bind copies submitted that the student wants bound for personal use. Personal copies are not required to be printed on archival quality paper. The student will take the personal copies to Alkek Library and pay the binding fee for personal copies.

Master’s level courses in Health and Human Performance: AT (p. ), ESS (p. ), H ED (p. ), REC (p. 8)

Courses Offered

Athletic Training (AT)

AT 5101. Graduate Assistant Development.
This course is required of all graduate assistants and provides regular in-service and planned periodic evaluations of instructional responsibilities. Graduate assistants are required to register for this course in the spring semester of their employment. This course does not earn graduate degree credit.
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.
Course Attribute(s): Graduate Assistantship|Exclude from Graduate GPA
Grade Mode: Leveling/Assistantships

AT 5199B. Thesis.
This course represents a student's continuing thesis enrollments. The student continues to enroll in this course until the thesis is submitted for binding.
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

AT 5201. Graduate Assistant Development.
This course is required of all graduate assistants and provides in-service and planned periodic evaluations of instructional responsibilities. Graduate assistants are required to register for this course in the fall semester of their employment. This course does not earn graduate degree credit.
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Graduate Assistantship|Exclude from Graduate GPA
Grade Mode: Leveling/Assistantships

AT 5299B. Thesis.
This course represents a student's continuing thesis enrollments. The student continues to enroll in this course until the thesis is submitted for binding.
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

AT 5302. Special Topics in Athletic Training.
This course is designed to educate students in the scientific process and develop an in-depth understanding of the research process in Athletic Training.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5303. Seminar in Athletic Training.
Current trends in athletic and physical education concerning the care and prevention of injuries with special emphasis on therapeutic and rehabilitation techniques. Taping and bandaging will be practiced in a laboratory situation.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5307. Bioenergetics of Exercise and Rehabilitation.
This course is designed to provide both a theoretical and clinical basis for the use of therapeutic exercise in physiological basis of muscular, respiratory, cardiovascular, and nervous systems in the rehabilitation of all athletic injuries. Must be admitted to the MS in Athletic Training Program or instructor approval required.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5308. Therapeutic Exercise and Rehabilitation.
This course is designed to provide both a theoretical and clinical basis for the use of therapeutic exercise in the rehabilitation setting, as well as to impart knowledge pertaining to the physiological effects, indications, contraindications and applications of therapeutic exercise in the rehabilitation of all athletic injuries. Must be admitted to the M.S. in Athletic Training Program.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5310. Proprioception and Neuromuscular Control in Rehabilitation.
This course provides for an advanced study of the concepts, theories, and current research related to proprioception, postural stability, and neuromuscular control as applied to the prevention, diagnosis, and clinical management of sport-related musculoskeletal injuries and concussions. Must be admitted to the M.S. in Athletic Training Program or instructor approval required.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5311. Biomechanics of Musculoskeletal Injury.
This course focuses on the application of biomechanical principles to the pathoetiology, diagnosis, and physiological capacity for healing of injuries to bone, ligament, tendon, cartilage, and other human tissues, with an emphasis on current injury research. Must be admitted to the M.S. in Athletic Training Program or instructor approval required.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5312. Evidence-Based Practice in Sports Medicine.
This course is designed to provide students with advanced study in the elements of evidence-based practice in sports medicine with focus on the role of accessing, retrieving, and critically appraising evidence to answer clinical questions in patient care. Must be admitted to the M.S. in Athletic Training Program or instructor approval required. Prerequisite: ESS 5346 with a grade of "C" or better.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5318. Therapeutic Evaluation and Intervention.
This course explores the scientific bases of therapeutic musculoskeletal exercise and neuromuscular evaluative techniques in the rehabilitation process. Must be admitted to the M.S. in Athletic Training Program.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
AT 5347. Independent Study in Athletic Training.
This course may be taken by a student who desires to work on a research problem or investigation in Athletic Training. The student gathers and analyzes pertinent data and submits a report of the results of the research. Repeatable once for credit. Prerequisite: ESS 5346 with a grade of "C" or better.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

AT 5399A. Thesis.
This course represents a student's initial thesis enrollment. No thesis credit is awarded until student has completed the thesis in AT 5399B. Graded on a credit (CR), progress (PR), no credit (F) basis.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

AT 5399B. Thesis.
This course represents a student's continuing thesis enrollment. The student continues to enroll in this course until the thesis is submitted for binding.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

AT 5599B. Thesis.
This course represents a student's continuing thesis enrollments. The student continues to enroll in this course until the thesis is submitted for binding.
5 Credit Hours. 5 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5101. Graduate Assistant Development.
This course is required of all graduate teaching and instructional assistants in the department. This course provides regular in-service and planned periodic evaluations of instructional and professional responsibilities. This course does not earn graduate degree credit.
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 517. Laboratory in Exercise Physiology.
Students in this leveling laboratory course perform experiments that highlight the physiological responses to exercise. The course introduces students to basic techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. This course does not earn graduate degree credit. Prerequisite: BIO 2430 or equivalent. Co-requisite: ESS 5317.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA|Leveling
Grade Mode: Leveling/Assistantships

Exercise Science Specialization (ESS)

ESS 5117. Laboratory in Exercise Physiology.
Students in this leveling laboratory course perform experiments that highlight the physiological responses to exercise. The course introduces students to basic techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. This course does not earn graduate degree credit. Prerequisite: BIO 2430 or equivalent. Co-requisite: ESS 5317.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA|Leveling
Grade Mode: Leveling/Assistantships

ESS 5199B. Thesis.
This course represents a student's continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Prerequisite: ESS 5399A.
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5201. Graduate Assistant Development.
This course is required of all graduate teaching and instructional assistants in the department. This course provides regular in-service and planned periodic evaluations of instructional and professional responsibilities. This course does not earn graduate degree credit.
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Graduate Assistantship|Exclude from Graduate GPA
Grade Mode: Leveling/Assistantships

ESS 5299B. Thesis.
This course represents a student's continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Prerequisite: ESS 5399A.
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5304. Motor Learning and Performance.
This course is designed to provide students the foundation for understanding the principles involved in enhancing motor skill acquisition, and physiological, neurological, and psychological factors affecting motor learning and performance. Inquiry is made into the various motor learning theories and concepts.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5305. Advanced Fitness Assessment and Exercise Prescription.
This course provides an intensive study of current scientifically based exercise testing and prescription procedures. Students will learn how to evaluate fitness and prescribe exercise through laboratory experiences.
3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.
Grade Mode: Standard Letter

ESS 5306. Advanced Exercise Physiology.
This advanced course will provide students with a thorough understanding of the acute responses to exercise and the physiological adaptations that occur in response to exercise training. Additional topics to be covered include environmental influences, aging, and sex differences.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

This course will include the development, instruction, and evaluation of resistance training exercises and programs for diverse populations and settings. Physiological and mechanical principles related to resistance training will be applied to study human performance, injury prevention, and rehabilitation.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
ESS 5308. Physical Activity, Exercise, and Epidemiology. This course will provide students with opportunities to examine the role of physical inactivity in the development of chronic diseases and the benefits of activity in prevention efforts. A special emphasis will be placed on activity assessment and intervention research.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5309. Biomechanics for Exercise & Sports Science. Review of current research and research techniques in the biomechanics of exercise and sport science. Students will develop skills in reviewing, planning, and conducting biomechanical research.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5310. Cardiopulmonary Exercise Physiology. The course will provide students with a thorough understanding of the structure, function, neural mechanisms, and integrated responses of the human cardiopulmonary system to acute and chronic exercise. In addition, basic cardiopulmonary pathology, pharmacology, and electrocardiography will be introduced.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5311. Applied Neuromuscular and Skeletal Muscle Physiology. The course will provide students with a thorough understanding of the structure and function of neuromuscular and skeletal muscle physiology. This course will examine mechanisms that regulate skeletal muscle force production and human performance in response to acute and chronic exercise. In addition, advanced laboratory techniques will be introduced.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5317. Exercise Physiology. This leveling course provides an overview of the acute and chronic physiological responses to exercise. Emphasis is on muscle bioenergetics, muscle contractile properties, optimizing human performance through training and supplementation, as well as cardiopulmonary and endocrine responses to exercise. This course does not earn graduate degree credit. Prerequisite: BIO 2430 or equivalent. Corequisite: ESS 5117.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Course Attribute(s): Excluding from Graduate GPA|Lab Required|Leveling Grade Mode: Leveling/Assistantships

ESS 5320. Biomechanics. This leveling course provides an introduction to the mechanical foundations of anatomical function and human movement. Qualitative and quantitative biomechanical analyses of human movement are introduced to inform the prescription of technique, equipment, and training interventions. This course does not earn graduate degree credit. Prerequisite: BIO 2430 or equivalent with a grade of "D" or better.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Course Attribute(s): Exclude from Graduate GPA|Leveling Grade Mode: Leveling/Assistantships

ESS 5322. Inclusion and Diversity in Physical Activity and Sport. This course is designed to prepare physical activity and sport educators with knowledge, skills, and strategies to create inclusive learning environments. Culturally responsive teaching strategies that best accommodate the individual needs of children, adolescents, and adults, with diverse ethnic, racial, cultural, socio-economic, physical, and cognitive needs will be emphasized.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5329. Motor Learning. This leveling course provides students with an understanding of the physiological, neurological, and psychological factors affecting performance and acquisition of motor skills. Students will examine the structural components underlying the learning of motor skills and draw upon examples from sport, physical activities, and rehabilitation. This course does not earn graduate degree credit.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5344. Improving Instruction in Physical Activity, Sport, Clinical, & Community Settings. This course is designed to enhance instructional skills for professionals working in educational, sport, clinical, and community settings. Students incorporate evidence-based instructional practices and assess teaching using systematic, reliable, and valid measures. Students will be able to apply course concepts to implement effective instruction in diverse venues.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5346. Research Methods in Health and Human Performance. A study of research methods related to techniques for searching the professional research literature, understanding, planning, and conducting professional research projects, as well as development of skills for writing research proposals related to human performance.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5347. Independent Study in Exercise Science. This course allows students to receive individualized instruction while working on a professional project with a supervising faculty member. This course will require students to enhance their writing, research, teaching, and/or presentation skills. Repeatable once for credit.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter

ESS 5353. Curriculum and Instruction in Physical Activity and Sport. This course examines contemporary evidenced-based curriculum models. It is designed to enable students to develop and implement developmentally appropriate and theoretically based physical activity and sport programs in schools, communities, and athletic venues.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours. Grade Mode: Standard Letter
ESS 5354. Developmental Sports Education: Youth Participants.
This course is designed to provide sport educators with theory, research, and application strategies to implement developmentally appropriate sports programs for youth participants. Social, psychological, pedagogical, philosophical, and physiological aspects related to youth in sport are examined. Emphasis is placed on promoting positive youth development by applying evidence-based practices.

Grade Mode: Standard Letter

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

This course is designed to provide sport educators with theory, research, and practical strategies to implement developmentally appropriate sports programs for high-level athletes. Psychological, social, and physical aspects related to athletes' success and well-being are examined. Research on coaching effectiveness is also explored with emphasis on applying evidence-based practices.

Grade Mode: Standard Letter

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

A study of quantitative statistical methods for planning and conducting experimental and correlational research, as well as techniques for statistical data analysis and interpretation applicable to health and human performance.

Grade Mode: Standard Letter

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

ESS 5398. Internship in Exercise and Sports Science.
This full-time internship provides students with a minimum of 480 hours of field experience. Students will work with children, adults, older individuals, or athletes in exercise or health care settings, and prescribe and supervise age and fitness appropriate exercise programs and perform comprehensive health-related assessments.

Grade Mode: Standard Letter

6 Credit Hours. 0 Lecture Contact Hours. 40 Lab Contact Hours.

ESS 5399A. Thesis.
This course represents a student's initial thesis enrollment. No thesis course credit is awarded until the student has completed the entire thesis required in ESS 5399B. Prerequisites: ESS 5346 and ESS 5356 all with a grade of "C" or better.

Grade Mode: Credit/No Credit

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

ESS 5399B. Thesis.
This course represents a student's continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Prerequisite: ESS 5399A.

Grade Mode: Credit/No Credit

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

ESS 5624. Principles and Practices for Teaching Physical Education.
This is a leveling class for graduate students pursuing teaching certification in physical education. Particular emphasis is placed on methods of teaching physical education. This course does not earn graduate degree credit. Departmental Approval required.

Grade Mode: Standard Letter

6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.

Course Attribute(s): Exclude from Graduate GPA|Leveling

Health Education (H ED)

H ED 5199B. Thesis.
This course represents a student's continuing thesis enrollments. The student continues to enroll in this course until the thesis is submitted for binding.

Grade Mode: Credit/No Credit

1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.

H ED 5299B. Thesis.
This course represents a student's continuing thesis enrollments. The student continues to enroll in this course until the thesis is submitted for binding.

Grade Mode: Credit/No Credit

2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.

The purpose of this course is to teach the fundamentals of writing grant proposals in the social sciences. Instruction covers how to package a successful proposal from start to finish, including defining program objectives, selecting approaches and a plan, and preparing a program evaluation and budget.

Grade Mode: Standard Letter

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

H ED 5310. History and Philosophy of Health Education.
Intensive study of historical and philosophical contributions to health promotion program development. Current political issues, public health issues, and influential cultural changes are examined.

Grade Mode: Standard Letter

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
H ED 5312. Reading, Writing, and Understanding Research in Health and Wellness Promotion.
This course provides practical experience in technical and professional writing skills. In addition, techniques to read and understand research in health and wellness promotion will be presented. Understanding application of research in school, community, and public health programs will be emphasized.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5315. Application of Quantitative Data Analysis in Health and Wellness Promotion (Research II).
This course focuses on the study of introductory and intermediate statistics and procedures. Emphasis will be placed on the application level of statistics rather than the theoretical and will highlight a) how to apply statistical models, b) how to perform the analyses with social science software, and c) how to interpret findings.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5320. Foundation of Public Health.
In-depth study of past and current public health programs. Department of Health Services personnel will be utilized as guest consultants to familiarize students with various existing health programs for Texas residents.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5321. Theoretical Foundations of Health Education.
This course focuses on the presentation and critical analysis of the role of theory in health education, the description of different theories being utilized in health education research and interventions, and the application of these theories to interventions and research.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5325. Ethical Principles in Health Education.
This course provides an in-depth analysis of ethical standards, principles, and behaviors related to the field of health education. Students will explore how to apply, monitor, and model ethical standards in the profession.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5330. Topics in Health Education.
Topics as needed. May be repeated once with a different emphasis for additional credit.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5335. Health Education Leadership.
Structured experiences for developing administrative leadership for health education programs. Included are leadership philosophy, staffing, programming, budgeting, public relations, facilities, and evaluations.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5340. Community Health Program Planning and Evaluation.
Course addresses application of professional competencies in health education and promotion programs. Topics include needs assessment, data gathering techniques, instrument design, data and statistics, interpreting, reporting, and application of findings for program development. Cultural competency and communication will also be covered. This course does not earn graduate degree credit.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing|Exclude from Graduate GPA|Leveling
Grade Mode: Leveling/Assistantships

H ED 5345. Issues in Human Sexuality Education.
This course provides for in-depth study of sexuality education as a lifelong process of acquiring information and forming healthy attitudes, beliefs, and values regarding sexuality. Students will analyze information and educational resources for implementing and advocating for sexuality instruction through health courses, sexuality education courses, and programs.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5346. Literature and Research in Health and Wellness Promotion (Research I).
This course focuses on research models commonly used in health and wellness promotion. Students will learn how to design research studies using accepted research methods in the social sciences. In addition, students will write the introduction, literature review, and methods sections common in health and wellness promotion research.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5347. Independent Study in Health Education Problems.
Allows for independent study of one or more problems in health education that hold special interest or offer opportunity for professional improvement and growth. Open on an individual basis by special arrangement with the Division Coordinator. Repeatable once with a different emphasis. Prerequisite: H ED 5346.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

H ED 5350. Advanced Public Health Program Planning and Evaluation.
Students will examine social ecological influences on population health in order to develop public health programs. Specifically, students will explore the use of epidemiological data to assist in developing health education and health promotion programs. Concepts include needs assessment, strategy selection, coalition development, implementation plans, and evaluation approaches. Prerequisite: HED 5340 or instructor approval.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5360. Internship in Health Education.
As an essential element in the preparation of health education specialists, this 240-hour internship provides students with professionally related experience. Students may work with diverse target audiences in health education settings. Internship is approved and supervised by health education graduate coordinator.
3 Credit Hours. 0 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Credit/No Credit
H ED 5374. Interprofessional Service Learning in Global Health. This advanced course focuses on principles of international health and wellness promotion with global populations. Emphasis is placed on assessing, planning, implementing, and evaluating prevention strategies. Students explore roles of health educators collaborating with providers of health services to diverse populations. The course may be repeated for credit.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

H ED 5399A. Thesis. This course represents a student’s initial thesis enrollment. No thesis credit is awarded until student has completed the thesis in H ED 5399B. Prerequisite: H ED 5346.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

H ED 5399B. Thesis. This course represents a student’s continuing thesis enrollments. The student continues to enroll in this course until the thesis is submitted for binding.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

REC 5318A. Technology, Leisure & Recreation: A critical survey. Modern society has increasingly been redefined by practices contextualized by leisure/recreation and embedded in the essence of leisure. Another definer of modern life is technology. This course is a critical survey of the confluence of these two domains, with new meanings made evident. Technology topics may vary. Open to non-majors.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Topics
Grade Mode: Standard Letter

REC 5318E. Physical environment, life and leisure I: Built public spaces and the leisure experience. The physical environment is not only a container of human action, it is also itself experienced by people. This course will examine how the human-made environment is a source of meaning and experience and suggest, consequently, how it can be modeled to facilitate preferences by users. Open to non-majors.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Topics
Grade Mode: Standard Letter

RE 5318L. Outdoor Recreation Leadership and Administration. Students will become knowledgeable of the theoretical foundations of outdoor and adventure recreation programming and sustainable ecotourism. Principles and procedures for developing and leading recreation programs in a variety of specialized, outdoor environments will be studied. Leave No Trace competency and outdoor skills will be analyzed and demonstrated in outdoor settings.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing|Topics
Grade Mode: Standard Letter

REC 5318M. Programming for Active Older Adults. Individuals who work in leisure and aging focus on enhancing the quality of life for individuals aged 55 and over. The population of persons over the age of 65 is growing rapidly and in the US the ‘older adult’ population now includes members from three distinct age cohort group.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing|Topics
Grade Mode: Standard Letter

REC 5320A. Leisure Enhancement in Later Life Dementia Studies in the United Kingdom - Study Abroad. This study abroad course focuses on selected topics in Therapeutic Recreation in the UK (London, England/Stirling, Scotland) and ties in dementia care site observations and training with St. Christopher’s Hospice and Stirling University Dementia Studies program.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing|Topics
Grade Mode: Standard Letter

REC 5321. Issues and Trends in Recreation and Leisure Services. A seminar style course where students investigate current events on the provision of services. This course will address that need.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
REC 5325. Philosophical Foundations of Therapeutic Recreation.
Course examines the history, theory, and philosophy of therapeutic recreation such as service models, standards, and legislation. The use of therapeutic recreation in supporting the attainment and maintenance of well-being of people with differing characteristics and abilities is explored in a variety of service settings. Prerequisite: Departmental approval.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

This course provides an in-depth examination of the therapeutic recreation process with a focus on planning and implementation of individualized services and supports for persons with disabling conditions. Therapeutic recreation practice concepts of interventions, modalities, instruction, leadership, supervision, and leisure counseling are explored. Prerequisite: REC 5325. Corequisite: REC 5327.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5327. Advanced Assessment and Documentation in Therapeutic Recreation.
This course provides an in-depth examination of the assessment and documentation phases of the therapeutic recreation process. Students will administer, score, interpret, and report standardized and specialized assessment instruments and documentation methods. Prerequisite: REC 5325. Corequisite: REC 5326.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5328. Advanced Principles of Therapeutic Recreation.
In this course students apply advanced principles of therapeutic recreation related to persons with psychological disorders and physical disabilities. The course engages students in advanced case study design and implementation of treatment plan utilizing a transdisciplinary approach to rehabilitation. Prerequisites: REC 5318F or REC 5325 and REC 5318G or REC 5326.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5329. Therapeutic Recreation in Psychiatric Settings.
This course provides for the application of the therapeutic recreation process through case study development within a variety of service settings. Particular emphasis is on treatment modalities and techniques applicable to group interventions. Prerequisite: REC 5326.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

This course provides an exploration of management issues within recreation administration with an emphasis on the role of the leader as a conduit for effectiveness. Content will include theories and philosophies, processes, accountability, strategic planning, and conflict resolution applications.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5337. Independent Study in Recreational Administration.
Individual study related to recreational administration under direct supervision of a faculty member. May be repeated for additional credit at the discretion of the department chair.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5338. Internship in Therapeutic Recreation.
This course provides students the opportunity to complete an intensive, on-site internship under the supervision of a nationally Certified Therapeutic Recreation Specialist. Students will complete 560 hours in a therapeutic recreation setting. Prerequisite: All master-level coursework required by degree plan and National Council for Therapeutic Recreation Certification guidelines.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5340. Social Psychology of Recreation and Leisure.
To provide an introduction and overview of the personal, social and social-psychological contexts of leisure; utilizing current literature the course will focus on examining leisure and recreation behavior from psychological, sociological and social-psychological constructs that are contributing to a contemporary, interdisciplinary understanding of the leisure phenomenon.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5346. Literature and Research.
Directed reading, reports, and discussions of the current literature in the field of education, a critical analysis of research techniques and the locations and securing of information, together with the steps necessary to the solution of research problems in this field.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5350. Legal and Ethical Issues in Recreation and Leisure Services.
A seminar style course that focuses on legal and ethical issues related to recreation and leisure services. Tort law, participant rights, accessibility, credentialing, and others are topics to be addressed in this course.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

REC 5356. Applications of Finance & Marketing in Recreation.
This course is a study of financial and marketing concepts, principles, and techniques as they relate to recreation and leisure delivery systems. These include full cost accounting, pricing, financial management, distribution, promotional techniques, marketing plans, alternative funding and proposals. Prerequisite: REC 5380 or Consent of Instructor.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

This course content provides students with program development and administration tools developed and tested within the recreation industry. Topics may include the exploration of programming and organizational theory, administrative processes, and the application of the organizational principles to the recreation service delivery systems.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
Master of Education (M.Ed.) Major in Physical Education (Sports Education Concentration Thesis Option)

REC 5399A. Thesis.
This course represents a student's initial thesis enrollment. No thesis credit is awarded until the student has completed the thesis in REC 5399B.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

REC 5399B. Thesis.
This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

REC 5599B. Thesis.
This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.
5 Credit Hours. 5 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

REC 5999B. Thesis.
This course represents a student's continued thesis enrollment. No thesis credit is awarded until the thesis is submitted for binding.
9 Credit Hours. 9 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit