This program will provide advanced practical training in foundational principles, including conducting rigorous Kinesiology-related research. Students will be prepared in theory, research, and practical application in kinesiology and their concentration (ES or SM). Outcomes include global marketable skills, such as synthesizing and applying research, and discipline-specific marketable skills, such as creating exercise-focused best practices for preventable diseases and evidence-based decision-making in a rapidly changing sports context. Program outcomes include:

- provide a high-quality, relevant, and accessible degree program with specific specializations in critical areas of kinesiology, including ES and SM,
- train a diverse student population to meet economic, ethical, and scientific demands among the multifaceted academic and industry-related health and performance professions
- promote competitive employability of Texas State University graduates in the rapidly changing, contemporary Kinesiology job market

Application Requirements

Application requirements consist of institutional and program requirements for applicable semesters of entry during the current academic year. Additional information 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/).

Unless otherwise noted on The Graduate College program page, AI tools can only be used to correct spelling and grammar errors in application materials.

Institutional Requirements

Institutional requirements are the minimum standards for admission to any graduate program at Texas State. These include:

- Completed online application
- Nonrefundable application fee
  - Degree Programs (Doctoral and Master's)
    - $55 fee, or
    - $90 for applications with international credentials
  - Post-Baccalaureate Programs (Certificate, Certification, Non-Degree, and Visiting)
    - $20 fee, or
    - $60 for applications with international credentials
- Official transcripts from each institution where course credit was granted. Final transcripts showing degree completion are required before the student may register for their second term of enrollment.
- GPA requirements (a higher GPA may be listed in the Program Requirements)
  - Doctoral programs require a 3.00 overall GPA or a 3.00 GPA in your last 60 hours (https://www.gradcollege.txst.edu/admissions/policy.html#gpa) of undergraduate course work (plus any completed graduate courses).
  - Master's and Specialist programs require a 2.75 overall GPA or a 2.75 GPA in your last 60 hours (https://www.gradcollege.txst.edu/admissions/policy.html#gpa) of undergraduate course work (plus any completed graduate courses).
  - Post-Baccalaureate programs require a 2.50 overall GPA or a 2.50 GPA in your last 60 hours (https://www.gradcollege.txst.edu/admissions/policy.html#gpa) of undergraduate course work (plus any completed graduate courses).
- Baccalaureate degree from a regionally accredited university. (Non-U.S. degrees must be equivalent to a four-year U.S. Bachelor's degree. In most cases, three-year degrees are not considered. Visit our International FAQs (https://www.gradcollege.txst.edu/international/faqs.html) for more information.)

Approved English Proficiency Exam Scores

Applicants are required to submit an approved English proficiency exam score that meets the minimum requirements below unless they have earned a bachelor's degree or higher from a regionally accredited U.S. institution or the equivalent from a country on our exempt countries list (http://www.gradcollege.txstate.edu/international/language.html#waiver). Some programs may restrict acceptable tests or require higher scores than the institutional scores; this will be noted in the Program Requirements.

- official TOEFL iBT scores required with a 78 overall if taken on or before January 21, 2026
- official TOEFL iBT scores required with a 4 overall if taken after January 21, 2026
- official PTE scores required with a 52 overall
- official IELTS (academic) scores required with a 6.5 overall and minimum individual module scores of 6.0
- official Duolingo scores required with a 110 overall
- official TOEFL Essentials scores required with an 8.5 overall
- official Texas State Intensive English Program score of 90% or higher in the highest-level course (level 5)

The institution does **not** offer admission if the scores above are not met.

- A completed online application
- $55 nonrefundable application fee

  or
- $90 nonrefundable application fee for applicants with international credentials
- **Transcripts & GPA for applicants with a bachelor's degree only**
  - baccalaureate degree in kinesiology; exercise science; sport, recreation, or fitness management; or a closely related discipline from a regionally accredited university (Non-U.S. degrees must be equivalent to a four-year U.S. Bachelor's degree. In most cases, three-year degrees are not considered. Visit our International FAQs (https://www.gradcollege.txst.edu/international/faqs.html) for more information.)
  - official transcripts from **each institution** where course credit was granted

- a minimum 3.25 overall GPA or a minimum 3.25 GPA in the last 60 hours of undergraduate course work (plus any completed graduate courses)

- resume/CV outlining education, work experience, scholarships/grants, publications/presentations, other accomplishments.
- statement of purpose outlining the applicant's personal background, interest in this degree, research experiences, and career goals and potential departmental faculty member that would serve as their mentor for the doctoral degree
- three letters of recommendation evaluating the applicant's skill and potential in this degree program
- interviews may be conducted with semifinalists if deemed appropriate by the department
- scores for the GRE/GMAT are not required.

Approved English Proficiency Exam Scores

Applicants are required to submit an approved English proficiency exam score that meets the minimum program requirements below unless they have earned a bachelor's degree or higher from a regionally accredited U.S. institution or the equivalent from a country on our exempt countries list.

- official TOEFL iBT scores required with a 78 overall
- official PTE scores required with a 52 overall
- official IELTS (academic) scores required with a 6.5 overall and minimum individual module scores of 6.0
- official Duolingo Scores required with a 110 overall
- official TOEFL Essentials scores required with an 8.5 overall

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

Degree Requirements

The Doctor of Philosophy (Ph.D.) degree with a major in Kinesiology concentration in Exercise Science requires 78 semester credit hours for students entering with a bachelor's degree, 24 hours of which should be from 5000 level master's courses (the selection of courses in this category should be made in consultation with the student's Ph.D. advisor and the program director).

Course Requirements

Code	Title	Hours
Required Courses		
HHP 7301	Research Methodology in Health and Human Performance	3
HHP 7302	Quantitative Research Design and Analysis in Health and Human Performance	3
HHP 7320	Seminar in Health and Human Performance	3
Choose 3 hours from the following:		3
HHP 7303	Qualitative Research Design and Analysis in Health and Human Performance	
HHP 7309	Advanced Quantitative Research Design & Analysis in Health and Human Performance	
HHP 7347	Applied Research in Health and Human Performance	
ESS 7301	Applied Exercise Physiology	3
ESS 7302	Advanced Motor Behavior	3
ESS 7309	Biomechanics for Exercise & Sports Science	3
Choose 9 hours from the following:		9
ESS 7303	Psychosocial Aspects of Exercise	
ESS 7304	Current Topics in Exercise Science	
ESS 7306	Advanced Assessment & Exercise Prescription	
ESS 7307	Advanced Principles of Strength & Conditioning	
ESS 7308	Biomechanics of Musculoskeletal Injury	
Prescribed Electives [1]		**30**
Choose 6-hours from the following:		
SPTM 7322	Esports Management	
HHP 7347	Applied Research in Health and Human Performance	
ESS 7309	Biomechanics for Exercise & Sports Science	
PH 7321	Applied Theories of Health Behavior	
ADED 7343	Organizational Learning and Development	
CI 7326	Grant Development and Management	
REC 5310	Philosophical Foundations of Recreation and Sport Management	
REC 5318P	Advanced#Recreation#Practices#for Individuals with Disabilities	
REC 5318Q	Evaluation of Recreation and Sport Programs	
REC 5330	Organizational Leadership in Recreation and Sport Management	
REC 5337	Independent Study in Recreation and Sport Management	
REC 5340	Social Psychology of Recreation and Sport	
REC 5346	Literature and Research in Recreation and Sport Management	
REC 5350	Legal and Ethical Issues in Recreation and Sport Management	
REC 5360	Financial Management in Recreation and Sport Management	
REC 5372	Design and Technology in Physical Environments of Leisure	
REC 5373	Innovative Technology Solutions and Applications in Recreation and Sport	
REC 5380	Organizational Planning in Recreation and Sport Management	
REC 5381	Outdoor Program Leadership and Administration	
REC 5382	Facility Management in Recreation and Sport Services	
ESS 5322		
ESS 5327	Application of Strength and Conditioning Principles	
ESS 5344	Science of Sport Coaching and Teaching	
ESS 5346	Research Methods in Health and Human Performance	
ESS 5353		

ESS 5354	Positive Youth Development Through Sport & Physical Activity	
ESS 5355	Psychosocial Aspects of Coaching High-Level Sport	
ESS 5356	Applied Statistics in Health and Human Performance	
PH 5321	Advanced Health Behavior Theory	
PHIL 5326	Philosophy and Sport	
HHP 7303	Qualitative Research Design and Analysis in Health and Human Performance	
HHP 7309	Advanced Quantitative Research Design & Analysis in Health and Human Performance	
ESS 7303	Psychosocial Aspects of Exercise	
ESS 7304	Current Topics in Exercise Science	
ESS 7306	Advanced Assessment & Exercise Prescription	
ESS 7307	Advanced Principles of Strength & Conditioning	
ESS 7308	Biomechanics of Musculoskeletal Injury	
HHP 7320	Seminar in Health and Human Performance	
PH 5321	Advanced Health Behavior Theory	
PH 5346	Public Health Research and Population Surveillance	
PH 5348	Disease Prevention and Health Promotion	
PH 5376	Health Promotion in the Workplace	
ESS 5304	Motor Behavior	
ESS 5309	Biomechanics for Exercise & Sports Science	
ESS 5309	Biomechanics for Exercise & Sports Science	
ESS 5346	Research Methods in Health and Human Performance	
ESS 5356	Applied Statistics in Health and Human Performance	
ESS 5306	Advanced Exercise Physiology	
ESS 5310	Cardiopulmonary Exercise Physiology	
ESS 5311	Applied Neuromuscular and Skeletal Muscle Physiology	
ESS 5312	Applied Exercise Metabolism	
Dessertation		
Choose 18 hours from the following		18
HHP 7199	Dissertation	
HHP 7299	Dissertation	
HHP 7399	Dissertation	
HHP 7599	Dissertation	
HHP 7699	Dissertation	
HHP 7999	Dissertation	
Total Hours		**78**

[1] Courses are choices in core or ES concentration. Students can choose them as electives, but one course cannot count for both prescribed electives and required course.

Candidacy Criteria

Each doctoral student must pass a comprehensive examination. This will be done once the student has completed 36 semester credit hours for students entering with a master's degree and 60 credit hours for students entering with a bachelor's degree (all required major, concentration, and prescribed electives) and can only be done after identifying the dissertation committee. Any student who does not pass the comprehensive exam by the time 54 credit hours (or 78 for those entering with a bachelor's degree) have been accrued will be dismissed from the program. If the comprehensive exam is not passed, the student will have the option of taking a second and final comprehensive exam in the following long semester. Students will be dismissed from the program if they do not pass the comprehensive exam the second time.

The dissertation committee will be responsible for selecting the format and subject areas for the comprehensive exam. The comprehensive exam will be based on concentration content, or content directed/aligned with the student's dissertation. The comprehensive exam will be administered as a two-part exam including 1) an objective, essay-based take home assignment and 2) an oral presentation of the content which can be in person or virtual (as appropriate) and evaluated as passing with 80% or better using a rubric.

Candidacy and Dissertation

When all requirements for admission to candidacy have been met, the doctoral program director forwards the Application for Advancement to Candidacy to the Dean of The Graduate College for review and approval. This application form is available on The Graduate College's website.

A minimum GPA of 3.0 on all coursework undertaken in the proposed program is required for admission to candidacy. Grades below a B in any graduate coursework cannot be applied toward the doctoral degree. Incomplete grades must have been cleared before approval for advancement to candidacy can be granted. No more than six semester credit hours of dissertation research can be taken before advancing to candidacy. No credit will be applied toward a student's doctoral degree for coursework completed more than five years before the date on which the student is admitted to candidacy. This time limit applies to course credit earned at Texas State as well as course credit transferred to Texas State from other institutions.

All doctoral students must complete a dissertation that consists of original research and demonstrates mature scholarship and critical judgment in addition to familiarity with tools and methods in the chosen area. The dissertation project must adhere to the dissertation proposal and cover the topic approved by the student's dissertation committee.

After being admitted to candidacy, students must be continuously enrolled for dissertation hours each fall and spring semester until the defense of their dissertation. At least 18 semester credit hours of dissertation research must be taken after having advanced to candidacy. If a student is receiving supervision on a dissertation during the summer or if the student is graduating in the summer, the student must be enrolled in dissertation hours for the summer. All candidates for graduation must be enrolled in dissertation hours during the semester in which the degree is to be conferred, even if they have already satisfied the minimum dissertation hours.

Dissertation Proposal and Proposal Defense

Each Ph.D. student must prepare a written dissertation proposal and defend it orally. This should be done by the time the student has identified the dissertation committee, passed the comprehensive exam, and completed all required courses (i.e., major, concentration, and prescribed electives). Any master's entry student who does not defend their dissertation proposal by the time 54 credit hours have been accrued, or bachelor's entry student that does not defend their dissertation proposal by the time 78 credit hours have been accrued, will be dismissed from

the program. If the proposal defense is not passed, the student will have the option of taking a second and final defense in the following long semester. Students will be dismissed from the program if they do not pass the proposal defense the second time.

The proposal must outline the substance and scope of the planned dissertation research and explain its merits. It must include at least an introduction, methodology to be used, a survey of the relevant literature, and some form of preliminary results that demonstrate the feasibility. The goal of the proposal is to establish that the student has a sufficient grasp of the fundamentals of the chosen dissertation topic to execute the research.

The dissertation proposal entails a public presentation of the student's proposed dissertation followed immediately by a closed defense of the proposal attended only by the student and his/her dissertation committee. The dissertation proposal must be approved by a majority of the members on the dissertation committee. The student's dissertation committee members must indicate their approvals on the doctoral Dissertation Proposal Form as well as on the Defense of Dissertation Proposal Form. These forms are available on The Graduate College's website.

A final copy of the dissertation proposal, accompanied by the signed approval forms, must be turned in to the doctoral program director, who will forward them to the dean of The Graduate College for review and final approval.

Dissertation Defense

Once the dissertation has been completed, a final exam (referred to as the dissertation defense) of the dissertation must be conducted. The dissertation defense cannot be scheduled until all other academic and program requirements have been fulfilled. A complete draft of the dissertation must be given to the members of the dissertation committee at least one month before the defense. However, students are highly encouraged to provide drafts earlier so that the committee members can provide feedback, which the student, in consultation with the dissertation advisor, will address in later drafts to ensure that the dissertation is defendable, and each committee member is satisfied before the dissertation defense takes place.

The dissertation defense consists of two parts. The first part is a public presentation of their dissertation research. The second part of the defense immediately follows the public presentation. It is restricted to participation of the student's dissertation committee and entails an oral examination of the dissertation research. Approval of the dissertation requires approval from the majority of the committee. Notice of the defense presentation will be publicly posted at least two weeks in advance.

If the dissertation defense is not approved, the student will have the option of taking a second and final dissertation defense in the following long semester. Students who do not pass the dissertation defense the second time will be dismissed from the program.

The results of the dissertation defense must be recorded in the Dissertation Defense Report Form and submitted to The Graduate College before the Dean of The Graduate College can give final approval of the dissertation. This form can be downloaded from The Graduate College's website. The student must submit his/her dissertation to The Graduate College for final approval. The guidelines for submission and approval of the dissertation can be obtained from The Graduate College.

Students must pass the dissertation defense by the time 90 semester credit hours have been accrued. The proposed program will review each student annually to ascertain his/her progress towards the degree and will consult the student's dissertation advisor and dissertation committee on this matter as needed. Any student who does not pass the dissertation defense by the time 90 semester credit hours have been accrued will be dismissed from the program.

Doctoral level courses in Kinesiology: HHP (http://mycatalog.txstate.edu/graduate/education/health-human-performance/kinesiology-exercise-e-phd/#HHP), ESS (http://mycatalog.txstate.edu/graduate/education/health-human-performance/kinesiology-exercise-e-phd/#ess), SPTM (http://mycatalog.txstate.edu/graduate/education/health-human-performance/kinesiology-exercise-e-phd/#SPTM)

Courses Offered

Health and Human Performance (HHP)

HHP 7199. Dissertation.
This course supports the completion of original research and scholarly writing in Health and Human Performance under the supervision of a dissertation advisor. Students design, conduct, analyze, and report independent research that contributes to the field's body of knowledge. Continuous enrollment during each long semester ensures sustained progress, structured mentorship, and timely feedback throughout the dissertation process. The course emphasizes research rigor, ethical standards, and scholarly communication consistent with doctoral-level expectations. It also prepares students for professional roles requiring advanced research competence and dissemination of scholarly work.
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Credit/No Credit

HHP 7299. Dissertation.
This course supports the completion of original research and scholarly writing in Health and Human Performance under the supervision of a dissertation advisor. Students design, conduct, analyze, and report independent research that contributes to the field's body of knowledge. Continuous enrollment during each long semester ensures sustained progress, structured mentorship, and timely feedback throughout the dissertation process. The course emphasizes research rigor, ethical standards, and scholarly communication consistent with doctoral-level expectations. It also prepares students for professional roles requiring advanced research competence and dissemination of scholarly work.
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Credit/No Credit

HHP 7301. Research Methodology in Health and Human Performance.
This course examines research methods used in Health and Human Performance, with emphasis on locating, evaluating, and synthesizing professional literature. Students develop skills in research design, methodological planning, and data collection procedures appropriate to the field and could prove as helpful in dissertation design. The course also focuses on the preparation of structured research proposals, including problem statements, literature reviews, and methodological frameworks. Emphasis is placed on developing competencies necessary to plan, conduct, and communicate professional research projects.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

HHP 7302. Quantitative Research Design and Analysis in Health and Human Performance.
This course offers a comprehensive study of quantitative statistical methods used in the design, planning, and execution of experimental and correlational research. Students examine statistical principles, assumptions, and procedures relevant to analyzing data in Health and Human Performance. The course emphasizes selection of appropriate statistical techniques, accurate data analysis, and interpretation of results. Integration of statistical software provides practical experience, supporting the application of methods to real-world research questions and enhancing students' ability to communicate findings clearly and rigorously within professional and academic contexts.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

HHP 7303. Qualitative Research Design and Analysis in Health and Human Performance.
This course explores the application of qualitative research methods in Health and Human Performance. Students examine principles and practices for designing qualitative studies, including the development of research questions, selection of appropriate methodologies, and construction of literature reviews. Emphasis is placed on understanding data collection techniques, analysis approaches, and interpretation of qualitative findings. The course provides practical experience in designing and evaluating qualitative research projects, enabling students to critically assess studies and effectively plan their own research in a systematic and methodologically sound manner.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

HHP 7309. Advanced Quantitative Research Design & Analysis in Health and Human Performance.
This course provides an in-depth examination of advanced quantitative statistical methods, with a focus on multivariate techniques applicable to Health and Human Performance research. Students study the principles, assumptions, and application of methods such as multiple regression, factor analysis, MANOVA, and other multivariate approaches. Emphasis is placed on analyzing complex data sets, interpreting results accurately, and applying findings to research questions. The course integrates the use of statistical software to provide practical experience, supporting rigorous research design, data analysis, and scholarly communication in professional and academic contexts. Prerequisite: HHP 7302 with a grade of a "B" or better.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

HHP 7320. Seminar in Health and Human Performance.
This course examines current research topics and emerging issues across the Health and Human Performance disciplines, including sports, recreation, public health, athletic training, and exercise science. Students engage in in-depth study of contemporary research, evaluating methodologies, findings, and applications within the field. The course emphasizes careful analysis of scholarly literature and understanding the changing research in these areas. It may be repeated for credit, allowing students to explore multiple facets of Health and Human Performance scholarship and deepen their knowledge across different research topics and applications.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter

HHP 7347. Applied Research in Health and Human Performance.
This course provides students the opportunity to conduct applied research on a topic of individual interest within Health and Human Performance. Students engage in in-depth study, including research design, data collection, analysis, and interpretation, under the guidance of program faculty. The course supports professional development by fostering research skills, critical thinking, and scholarly communication. Enrollment is arranged individually with faculty approval and may be repeated with a different emphasis, allowing students to explore multiple areas of the discipline and expand their research experience in a structured, supervised environment. Prerequisite: Instructor Approval.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter

HHP 7399. Dissertation.
This course supports the completion of original research and scholarly writing in Health and Human Performance under the supervision of a dissertation advisor. Students design, conduct, analyze, and report independent research that contributes to the field's body of knowledge. Continuous enrollment during each long semester ensures sustained progress, structured mentorship, and timely feedback throughout the dissertation process. The course emphasizes research rigor, ethical standards, and scholarly communication consistent with doctoral-level expectations. It also prepares students for professional roles requiring advanced research competence and dissemination of scholarly work.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Credit/No Credit

HHP 7599. Dissertation.
This course supports the completion of original research and scholarly writing in Health and Human Performance under the supervision of a dissertation advisor. Students design, conduct, analyze, and report independent research that contributes to the field's body of knowledge. Continuous enrollment during each long semester ensures sustained progress, structured mentorship, and timely feedback throughout the dissertation process. The course emphasizes research rigor, ethical standards, and scholarly communication consistent with doctoral-level expectations. It also prepares students for professional roles requiring advanced research competence and dissemination of scholarly work.
5 Credit Hours. 5 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Credit/No Credit

HHP 7699. Dissertation.
This course supports the completion of original research and scholarly writing in Health and Human Performance under the supervision of a dissertation advisor. Students design, conduct, analyze, and report independent research that contributes to the field's body of knowledge. Continuous enrollment during each long semester ensures sustained progress, structured mentorship, and timely feedback throughout the dissertation process. The course emphasizes research rigor, ethical standards, and scholarly communication consistent with doctoral-level expectations. It also prepares students for professional roles requiring advanced research competence and dissemination of scholarly work.
6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Credit/No Credit

HHP 7999. Dissertation.
This course supports the completion of original research and scholarly writing in Health and Human Performance under the supervision of a dissertation advisor. Students design, conduct, analyze, and report independent research that contributes to the field's body of knowledge. Continuous enrollment during each long semester ensures sustained progress, structured mentorship, and timely feedback throughout the dissertation process. The course emphasizes research rigor, ethical standards, and scholarly communication consistent with doctoral-level expectations. It also prepares students for professional roles requiring advanced research competence and dissemination of scholarly work.
9 Credit Hours. 9 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Credit/No Credit

Exercise and Sports Science (ESS)

ESS 7301. Applied Exercise Physiology.
This course examines advanced acute and chronic physiological responses to exercise, emphasizing mechanisms of metabolic, cardiovascular, pulmonary, neural, and muscular function. Students analyze how environmental conditions, aging, and selected disease states influence these physiological processes. The course integrates current research methodologies used to investigate human performance, including laboratory assessments and evidence based approaches to evaluating physiological adaptation. By the end of the course, students will be able to interpret physiological data, assess training responses, and apply theoretical models to a variety of exercise contexts.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 7302. Advanced Motor Behavior.
This course examines physical, physiological, and psychological factors that influence motor skill acquisition, performance, retention, and transfer. Students explore voluntary movement with emphasis on central nervous system control, perceptual and sensory contributions to learning, information processing, and conditions that optimize motor skill development. The course analyzes feedback mechanisms, individual differences, and variability in learning outcomes. Methodological approaches to studying motor behavior are addressed, and students evaluate current research to understand applications across various movement contexts.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 7303. Psychosocial Aspects of Exercise.
This course examines psychological and social factors that shape exercise behavior. Students study major theoretical frameworks, determinants of participation, and evidence on the psychological and social outcomes associated with exercise. The course emphasizes research methodologies used to investigate exercise motivation, adherence, and behavior change, including intervention development. Students analyze empirical findings to understand how psychosocial variables influence individual engagement and program effectiveness. Emphasis is placed on cognitive, emotional, and social processes that influence participation, adherence, and perceived outcomes.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 7304. Current Topics in Exercise Science.
This course examines current topics across the major subdisciplines of exercise science. Students analyze current research in exercise physiology, biomechanics, strength and conditioning, motor behavior, sport and exercise psychology, exercise metabolism, and human performance. The course emphasizes evaluating scientific methodologies, interpreting empirical findings, and situating research questions within broader disciplinary trends. Through review of peer reviewed literature, students develop advanced skills in critical appraisal, scholarly synthesis, and evidence based reasoning relevant to professional practice and academic inquiry.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 7306. Advanced Assessment & Exercise Prescription.
This course provides doctoral students with advanced training in fitness assessment and exercise prescription with an emphasis on critical evaluation of scientific evidence and applied decision-making. Students develop competencies in health screening, risk stratification, physiological testing, and interpretation of assessment data to support individualized evidence-based exercise programming. The course emphasizes evaluation of contemporary research related to fitness assessment and exercise prescription and the translation of scientific findings into professional and research practice.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 7307. Advanced Principles of Strength & Conditioning.
This course provides an in-depth study of the scientific principles underlying strength and conditioning practices, including physiological responses, biomechanical principles, and program design strategies. The course examines the development, instruction, and evaluation of aerobic and anaerobic training principles applied in professional practice. Students explore approaches for evaluating movement, monitoring training loads, and applying research to individualized programming. Emphasis is placed on understanding a variety of client needs and examining the evidence used to guide safe and effective conditioning practices within sport, fitness, and rehabilitation settings.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 7308. Biomechanics of Musculoskeletal Injury.
This course examines advanced biomechanical principles underlying the development, progression, and recovery of musculoskeletal injuries. Students explore tissue mechanical properties, loading patterns, and movement characteristics that influence injury risk and healing responses. Emphasis is placed on quantitative analysis, research interpretation, and methodological approaches used in advanced biomechanical inquiry. Through evaluation of experimental and clinical evidence, students develop skills to analyze injury mechanisms, interpret biomechanical datasets, and assess contributing factors related to human movement and tissue stress.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 7309. Biomechanics for Exercise & Sports Science.
This advanced course examines the mechanical principles underlying human movement with emphasis on quantitative approaches used in sport and exercise science. Students evaluate force, motion, and tissue mechanics through analytical and quantitative methods. The course integrates foundational biomechanics with advanced applications relevant to sport performance, movement technique, and musculoskeletal loading. Students learn to interpret biomechanical data, critique analytic methods, and apply mechanical concepts to complex movement tasks.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

Sport Management (SPTM)

SPTM 7301. Foundations of Sport Management.
This course provides an advanced examination of the foundational areas of sport management, including marketing, communications, finance, legal structures, event operations, and ethical reasoning as applied in sport management contexts. Students study how these core functions operate within professional, amateur, and recreational sport contexts, and evaluate the organizational, economic, and regulatory factors shaping the sport industry. Through analysis of contemporary scholarship and applied case studies, students develop familiarity with terminology, disciplinary frameworks, and evidence based approaches used in sport management research and practice.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

SPTM 7302. Sport Administration and Leadership.
This course investigates leadership and administrative processes in sport organizations using theoretical, empirical, and applied perspectives. Students engage with scholarship on leadership philosophy, ethical reasoning, organizational theory, and group dynamics to understand how leadership behaviors emerge within sport environments. The course emphasizes critical analysis of organizational structures and leadership practices. Students will interpret research findings, evaluate case materials, and develop evidence based insights about leadership in sport using an academically grounded approach.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

SPTM 7303. Financial Management of Sport Organizations.
This course examines the financial structures, decision making processes, and economic considerations that shape sport organizations across professional, amateur, and recreational contexts. Students analyze budgeting methods, revenue generation models, expenditure planning, and long term financial strategies used in sport settings. The course emphasizes the study of financial tools and frameworks commonly applied in sport management, including capital acquisition and resource allocation. Through case analyses and application of financial principles, students will evaluate how sport organizations respond to financial challenges and opportunities. The course prepares students to interpret financial information, assess organizational needs, and apply evidence based approaches to financial planning within various sport environments.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

SPTM 7304. Sport Law and Ethical Inquiry.
This course examines the legal and ethical frameworks relevant to sport organizations, emphasizing analytical approaches to understanding how laws and ethical theories apply in professional, amateur, and recreational contexts. Students study tort liability, accessibility requirements, credentialing processes, and other regulatory considerations through case analysis and scholarly literature. The course also investigates major legal precedents and conceptual models used to evaluate ethical decision making in sport settings. By the end of the course, students will be able to assess legal constraints, interpret ethical frameworks, and apply these concepts to organizational practices.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

SPTM 7305. Current Topics in Sport Management.
This course examines current topics influencing sport organizations at the local, national, and international levels. Students study emerging trends in the sport management field by analyzing historical developments, current research, and professional practices. The course emphasizes scholarly inquiry into how these issues shape organizational decision making, policy considerations, and managerial responsibilities. Through critical evaluation of research and case analysis, students will develop the ability to interpret complex challenges and assess implications for professional practice within various sport contexts.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

SPTM 7321. Adaptive Sport: Theory, Research, and Systems-Level Perspectives.
This course examines adaptive sport through theoretical, empirical, and systems level perspectives to understand participation among individuals with disabilities. Students analyze contemporary research, organizational models, and contextual factors that shape adaptive sport across professional, amateur, and recreational settings. Emphasis is placed on evaluating evidence-based practices, examining policy structures, and exploring models of delivery that influence program availability and performance. Through advanced academic study, students consider methodological approaches, interpret research findings, and identify factors that affect program design and implementation.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

SPTM 7322. Esports Management.
This course examines the structure, development, and operations of the esports industry. Students study organizational models, event and team administration, and regulatory factors influencing esports activities. The course emphasizes analytical approaches to industry trends, management strategies, and operational planning. Students engage with current research to understand emerging trends and professional practices across various esports contexts. The course prepares students to analyze current developments in the field and apply relevant management principles to practical esports scenarios.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
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