Areas of Study
Upon entry into the WIU program, students select two areas of focus in which the courses provide them with master’s level preparation matching their professional aspirations. Students may choose from the following six areas of study:

Ability Diversity
This area of study is designed to provide experiences learning about disability, injury and social and cultural differences that exist in persons competing, participating and/or training in sport and physical activity. This track is for students whose goals are to become programming specialists at any type of fitness and/or recreational facility; advocates for the Americans with Disabilities Act within corporate and/or collegiate setting; coaches for all types of athletes; occupational and physical therapists; athletic trainers; personal trainers; and wellness coaches.

- KIN 493 (G) Sport and Recreation for Individuals with Disabilities (3 sh)
- KIN 548 Sport and Cultural Identities (3 sh)
- KIN 570 Psychology of Injury (3 sh)
- KIN 557 Inclusive Exercise and Disability Characteristics (3 sh)

Exercise Physiology
The program’s focus is on the ability to apply physiological principles and assessment techniques when working with individuals who want to improve their fitness, health and/or sport performance. Coursework aligns with careers in cardiopulmonary rehabilitation, corporate wellness and fitness, sport performance programming, or community and commercial fitness management.

- KIN 553 Physiology of Exercise (3 sh)
- KIN 554 Exercise Stress Testing and EKG Evaluation (3 sh)
- KIN 566 Cardiorespiratory Physiology (3 sh)
- KIN 573 Laboratory Applications in Exercise Physiology (3 sh)

Human Movement Performance
The program’s focus is on gaining the knowledge and skills needed to assess, analyze and improve the movement patterns for individuals of all ages and abilities. Coursework aligns with careers in movement performance (i.e. athletic trainers, sport coaches, physical educators and occupational and physical therapists).

- KIN 541 Qualitative Analysis of Human Movement (3 sh)
- KIN 551 Biomechanics of Physical Activity (3 sh)
- KIN 556 Motor Learning and Human Performance (3 sh)
- KIN 576 Lifespan Motor Development (3 sh)

Strength and Conditioning
The program’s focus is on designing strength and conditioning programs for individuals of all ages and abilities. Coursework aligns with careers focusing on the development and implementation of training programs and protocols (i.e. strength and conditioning coaches, athletic trainers, sport coaches and personal trainers).

- KIN 543 Strength and Conditioning Enhancement (3 sh)
- KIN 553 Physiology of Exercise (3 sh)
- KIN 578 Advanced Strength and Conditioning (3 sh)
- KIN 588 Assessment and Physical Performance (3 sh)

Sport and Exercise Psychology
The program’s focus is on the psychological principles of sport and exercise and how they affect performance of athletes and those who exercise. Coursework aligns with careers in which psychological techniques are

Program Location:
Macomb

Contact Information
Questions about the program:
Department of Kinesiology
Brophy Hall 212
(309) 298-1981
Kinesiology@wiu.edu

General admission questions:
School of Graduate Studies
(309) 298-1806 or (877) WIU GRAD
Grad-Office@wiu.edu
wiu.edu/grad
used to enhance performance in a variety of sport and physical activity settings (i.e. athletics trainers, sport coaches, physical educators, personal trainers, etc.).

- KIN 559 Sport Psychology (3 sh)
- KIN 567 Exercise Psychology (3 sh)
- KIN 568 Social Psychology of Sport and Exercise (3 sh)
- KIN 569 Applied Sport and Exercise Psychology (3 sh)

Wellness and Fitness Management
The program's focus is on wellness and fitness management and programming. Coursework aligns with careers in corporate wellness, community health and recreation, university wellness and campus recreation and clinical cardiac rehabilitation, where skills are needed to provide fitness and wellness programs for patients and clients of various settings.

- KIN 553 Physiology of Exercise (3 sh)
- KIN 540 Wellness and Risk Reduction Concepts (3 sh)
- KIN 544 Organization and Management of Exercise Programs (3 sh)
- KIN 552 Wellness Program Development and Administration (3 sh)

Curriculum
Students pursuing a MS in Kinesiology degree complete a total of 39 semester hours (sh) of coursework, which includes two areas of study, (24 sh) plus an additional 15 sh of directed electives. Students choose one of three capstone experiences; (a) thesis; (b) internship; or (c) non-thesis (grant writing).

Graduate Assistantships
The WIU Department of Kinesiology awards graduate assistantships to qualified graduate students majoring in Kinesiology or Sport Management. The selection process is competitive and assignments are based on interest, experience, graduate program focus and graduate schedule. To apply, interested students need to complete not only the University graduate assistant application, but also the graduate assistant application specific to the Kinesiology department. There are also opportunities for Kinesiology students to received graduate assistantships through other offices on campus. For more information visit wiu.edu/coehs/kinesiology/ta.

What Are Our Graduates Doing?
Recent graduates are employed in the following positions:

- Exercise specialist at OSF – Peoria, IL
- Assistant director, Fitness and Wellness, Department of Recreational Sports at Washington University – St. Louis, MO
- Weight loss specialist at OSF St. Joseph Medical Center – Normal, IL
- Lecturer in Exercise Science – Salisbury University - Maryland
- Fitness coordinator – University of Louisiana at Lafayette
- Strength and conditioning coach at Auburn University – Alabama
- Assistant athletic trainer – Savannah State University - GA
- Assistant strength and conditioning coach – Saginaw Valley State University - MI
- Assistant softball coach at Western Illinois University
- Assistant athletic performance coach – UCLA
- PhD student – University of Iowa – Health and Human Physiology
- Education/research assistant – Eleiko – Chicago

Admission Requirements
Full admission status requires an undergraduate degree with a minimum overall GPA of 3.0 (or 3.2 for the last two years of study). Students with GPAs between 2.75 and 2.99 can be admitted on probationary status. International students, whose native language is not English, must have an overall TOEFL score of at least 90 (Internet-based). Prospective students need to have successfully completed undergraduate coursework (or the equivalent) in four of the following five areas: Anatomy and physiology, exercise physiology, biomechanics, sport and exercise psychology and motor behavior. Students with deficiencies can either submit a written appeal or fulfill this requirement within the first three semesters of their graduate program. For more information, visit wiu.edu/kinesiology.

“WIU started the development of the most important quality that I possess today in my career, practical experience. WIU is a great place that will provide you the opportunities to be successful.”

– Caleb Robertson, Current Kinesiology graduate student