

# Master of Science in Kinesiology



The Western Illinois University Department of Kinesiology offers a Master of Science degree in Kinesiology. Graduate students in the program encounter a rich balance of classroom experiences designed to provide an understanding of theoretical knowledge and practical application to prepare them for a variety of careers. The Kinesiology curriculum at WIU allows graduate students to design a program of study that aligns with their professional goals and interests within the discipline.

## Curriculum

Students pursuing a MS in Kinesiology degree complete a total of 30 semester hours of coursework. The required coursework includes: three Core Courses, five Directed Elective Courses, and one Exit Option (Thesis, Graduate Project, or Internship). Within the Kinesiology program, students may focus their studies in the following areas:

### *Sport and Exercise Psychology*

Students looking to advance their knowledge in the psychological principles of sport performance and exercise may opt to focus their directed electives in the area of Sport and Exercise Psychology.

### *Sport and Exercise Science*

Students looking for more flexibility and the opportunity to customize their master's level preparation to match their professional aspirations and/or personal interests may opt to focus their directed electives in the area of Sport and Exercise Science.

### *Strength and Conditioning*

Students looking to advance their knowledge and skills in strength and conditioning assessment, program design, and implementation to a wide variety of populations, may opt to focus their directed electives in the area of Strength and Conditioning.

## Program Length

The MS in Kinesiology degree may be completed through our fast-track option (3 semesters) or traditional option (4 semesters). The fast-track option requires students to take four or five courses per semester and may require summer coursework. The traditional option requires students to take three courses per semester with no summer coursework.

\*Students must meet all department and School of

Graduate Studies requirements to be eligible for the fast-track option. Students must meet with and obtain approval from the MS in Kinesiology Graduate Coordinator to participate in the fast-track option.

## Graduate Assistantships

The WIU Department of Kinesiology annually awards Teaching/Graduate Assistantships to qualified graduate students majoring in Kinesiology or Sport Management. Teaching/Graduate Assistantship responsibilities include but are not limited to teaching activity courses (i.e. aerobic conditioning, badminton, basketball, golf, stress management and relaxation, weight training, tennis, volleyball) and/or lab courses (i.e. anatomy and physiology, physiology of exercise) with other duties as assigned (i.e. equipment room attendant, motor clinic assistant, food pantry assistant). To apply for a Kinesiology Teaching/Graduate assistantship, graduate students must complete and submit:

1. Department of Kinesiology – Graduate Assistantship Application (Available at [wiu.edu/coehs/kinesiology/ta](http://wiu.edu/coehs/kinesiology/ta))
2. Application for Assistantship - School of Graduate Studies (submit to School of Graduate Studies) (Available at [wiu.edu/grad](http://wiu.edu/grad))
3. Three letters of recommendation (submit to School of Graduate Studies)
4. Statement of personal goals (submit to School of Graduate Studies)

There are also opportunities for Kinesiology students to receive graduate assistantships through other offices on campus. For more information visit [wiu.edu/coehs/kinesiology/ta/otherga.php](http://wiu.edu/coehs/kinesiology/ta/otherga.php)

*Western Illinois University is an Affirmative Action and Equal Opportunity employer with a strong commitment to diversity. In that spirit, we are particularly interested in receiving applications from a broad spectrum of people, including, but not*

**Program Location:**  
Macomb

## Contact Information

### *Questions about the program:*

Department of Kinesiology  
Brophy Hall 212  
(309) 298-1981  
[Kinesiology@wiu.edu](mailto:Kinesiology@wiu.edu)  
[wiu.edu/coehs/kinesiology/  
graduate\\_programs/kin](http://wiu.edu/coehs/kinesiology/graduate_programs/kin)



### *General admission questions:*

School of Graduate Studies  
(309) 298-1806 or (877) WIU GRAD  
[Grad-Office@wiu.edu](mailto:Grad-Office@wiu.edu)  
[wiu.edu/grad](http://wiu.edu/grad)



**Western Illinois  
University**

limited to, minorities, women and individuals with disabilities. WIU has a non-discrimination policy that includes sex, race, color, sexual orientation, gender identity and gender expression, religion, age, marital status, national origin, disability and veteran status.

## Professional Certifications

Coursework within the MS in Kinesiology program assists students in gaining the knowledge, skills, and preparation needed to sit for professional certifications. Common certifications that WIU Kinesiology graduates work toward obtaining include the:

- **Association for Applied Sport Psychology**
  - Certified Mental Performance Consultant (CMPC)
- **National Strength and Conditioning Association**
  - Certified Strength and Conditioning Specialist (CSCS®)
  - Certified Personal Trainer (CPT®)
  - Certified Special Population Specialist (CSPS®)
  - Tactical Strength and Conditioning Facilitator (TSAC-F®)
- **USA Weightlifting**
  - Level 1 Coaching Certification
  - Level 2 Coaching Certification
- **American College of Sports Medicine (ACSM)**
  - Certified Personal Trainer® (ACSM-CPT)
  - Certified Exercise Physiologist® (ACSM-EP)
  - Certified Group Exercise Instructor® (ACSM-GEI)

## Career Opportunities

An MS degree in Kinesiology can lead to a variety of professional career opportunities. These careers include but are not limited to:

- **Academics**
  - Instructor in Kinesiology and Sport Sciences
  - Sport Psychologist for a University Athletic Department
- **Athletics**
  - Director of sport performance-enhancement/player development
  - Head or Assistant Coach
  - Mental Training Consultant
  - Strength and Conditioning Coach
  - Sport Performance Coach
- **Health and Wellness**
  - Exercise Physiologist
  - Fitness and Wellness Director/Coordinator/Coach
  - Personal Trainer
- **Health Care**
  - Cardiac Rehabilitation Specialist
  - Exercise Specialist
  - Pulmonary Rehabilitation Specialist
  - Health Promotion Specialist

## What Are Our Graduates Doing?

WIU Kinesiology graduates are employed in these specific positions and many more:

- Assistant Command Fitness Leader – US Navy
- Assistant Women's Soccer Coach – Western Illinois University



- Associate Athletic Trainer – WNBA Chicago Sky
- Clinical Exercise Physiologist – Chicago Pulmonary Specialists
- Director, Performance Science/Player Development - Kansas City Royals
- Education/Research Assistant – Eleiko Sport Inc
- Exercise Specialist – OSF Saint Francis Medical Center
- Health and Fitness Specialist – Skyterra Wellness Retreat
- Human Performance Lab Coordinator – Saginaw Valley State University
- Instructor – Indiana State University
- Occupational Athletic Trainer – DOT Foods
- Performance Expert – US Army
- Sports Performance Coach – Loyola University Chicago
- Strength and Conditioning Coach - Auburn University

## Admission Requirements

For a complete listing of admission requirements and application materials, visit the School of Graduate Studies at [wiu.edu/graduate\\_studies](http://wiu.edu/graduate_studies).

- Full Admission GPA: Minimum of 3.0 overall undergraduate GPA (four years) or a 3.2 overall GPA for the last two years of undergraduate study. \*Required to be eligible for a teaching/graduate assistantship
- Probationary Admission GPA: Overall undergraduate GPA of 2.75-2.99. Probationary students will earn full admission status after completion of nine graduate hours with a minimum of a 3.0 GPA.
- International students, whose native language is not English, must have an overall TOEFL score of 73 or higher (Internet-based).

For more detailed program information, visit [wiu.edu/coehs/kinesiology/graduate\\_programs/kin](http://wiu.edu/coehs/kinesiology/graduate_programs/kin).

*“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, Alumnus*