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COLLEGE OF

Education, Health & Aviation

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School of Kinesiology, Applied Health & Recreation

# GRADUATE HANDBOOK

## MASTER OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE

**Option Areas:**

*Health Promotion*

*Applied Exercise Science*

*Physical Education*

# Master of Science in Health and Human Performance

## GENERAL REQUIREMENTS:

The Master of Science (MS) in Health and Human Performance degree may be earned by one of two plans: the THESIS PLAN which requires 36 semester credit hours with six credit hours for the Thesis and an oral defense; or the NON THESIS PLAN which requires 36 semester hours, a \*Creative Component, an oral defense of the Creative Component, plus a four hour, written comprehensive examination.

Under both plans

- 1) no more than nine semester credit hours may be accepted as transfer credit towards the Master's degree,
- 2) the last eight semester credit hours for the degree must be taken through Oklahoma State University, and
- 3) 21 hours of course work must be taken at the 5000 level. Any 4000 level course marked with an asterisk in the graduate catalog may be taken for graduate credit with approval from the student's committee. The number of credits for each plan does not reflect undergraduate prerequisites.

*\*The Creative Component (CC) must include enrollment in three credit hours of Field Problems. The CC may be a special report, an annotated bibliography, a project in research or design, or other creative activity agreed upon by the student's committee and instructor of record. Prior to enrolling in the CC independent study, the student must obtain and complete a CC proposal which must be signed by the instructor of record and distributed to all Advisory Committee members.*

## REQUIREMENTS FOR ADMISSION:

Admissible Without Qualification:

- Bachelor's degree from an accredited institution (> 3.00 GPA).
- Miller Analogies Test scaled score of > 400 or a Graduate Record Exam score of >950 (with preferred minimums of 500/151 verbal and 450/141 quantitative).
- Three letters of recommendation providing information related to past academic ability, potential for graduate study, and writing ability.
- For Athletic Training students ONLY -be a BOC certified athletic trainer or eligible to take the BOC examination before starting the program.

Provisional Admission:

- Admission on a provisional basis may be possible. If admitted on a provisional basis, students should not take more than nine credit hours during the first semester.

- Students admitted on a provisional basis will be reviewed for full admission by HHP faculty prior to enrollment in the second semester.

#### **ACADEMIC PREREQUISITES:**

Prerequisite courses have been identified for selected degree options. Consult the options below for details.

#### **APPLICATION PROCESS:**

Applications are accepted on a rolling admission. Applicants are strongly encouraged to apply no later than six weeks prior to the semester for which they are applying to begin.

To apply for admission to the M.S. Health and Human Performance, complete an online application to OSU Graduate College at <https://gradcollege.okstate.edu/content/application-process-0> . Indicate your preference for the Master of Science in Health and Human Performance and choose a program option.

#### **UPON ADMISSION:**

- **Plan of study.** The plan of study is a listing of the classes which the student intends to take for completion of the degree. The student must develop the plan with his/her committee chair and his/her Advisory Committee. Any change(s) to the plan of study must be approved by all committee members. The preliminary plan of study for the degree should be filed with the Graduate College as soon as possible, but not later than completion of the second semester. More information can be found at <https://gradcollege.okstate.edu/planofstudy> .
- Complete coursework according to degree plan of study.
- Write proposal (Thesis or Creative Component).
- Hold a committee meeting to present proposal.
- Upon committee approval of the proposal, proceed to exit requirements.

#### **EXIT REQUIREMENTS:**

**Thesis Option** - Students must submit and have accepted a thesis proposal, complete the thesis project, and successfully defend the thesis in a public meeting.

**Creative Component Option** - Students must complete an approved creative component project, an oral defense of the Creative Component, successfully pass the oral defense, and pass a comprehensive written examination.

## **Creative Component Policy**

From MS in HHP Degree Sheet:

**GENERAL REQUIREMENTS:** NON THESIS PLAN which requires 36 semester hours, a \*Creative Component, an oral defense of the Creative Component, plus a four hour, written comprehensive examination.

*\*The Creative Component (CC) must include enrollment in three credit hours of Field Problems. The CC may be a special report, an annotated bibliography, a project in research or design, or other creative activity agreed upon by the student's committee and instructor of record. Prior to enrolling in the CC independent study, the student must obtain and complete a CC proposal which must be signed by the instructor of record and distributed to all Advisory Committee members.*

### **EXIT REQUIREMENTS:**

1. Thesis Option - Students must submit and have accepted a thesis proposal, complete the thesis project, and successfully defend the thesis in a public meeting.
2. Creative Component Option - Students must complete an approved creative component project, an oral defense of the Creative Component, successfully pass the oral defense, and pass a comprehensive written examination.

**Requirements:** Upon completion of the Creative Component: • Creative Component proposal must occur prior to the completion the student's 15th credit hour. Upon confirmation of the CC committee, the candidate may begin formal development of CC document.

- Document including original thought supported through existing research and legitimate resources that conforms to a refereed journal or organizations guidelines for submission.
- Upon completion and defense, CC document must be in acceptable form for journal publication or presentation at a national forum.
- Document must include several facets from courses completed on student's plan of study ensuring a true capstone experience and assimilation of knowledge.
- Defense of document in a public forum advertised no less than two weeks prior to submission to the committee for final review. Defense will include a formal presentation and open discussion to determine students understanding of material and process.
- Suggested format for all student defenses will occur on a pre-determined day at the end of each semester after appropriate advertisement and notification. All current graduate students are encouraged to attend.

***Master of Science in HHP: Option in Health Promotion***

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**36 hours**

**CORE COURSES** 12 hours

LEIS 5023 Legal Aspects of HHP and Leisure  
REMS 5953 Elementary Statistical Methods in Education  
REMS 5013 Research Design and Methodology  
HHP 5053 Research Design and Methodology (recommended)  
HHP 5523 Current Readings in Health

**REQUIRED COURSES** 12 hours

HHP 5663 Philosophical Foundations of HEP (Fall-even)  
HHP 5683 Theoretical Applications in HEP (Spring-odd)  
HHP 5973 Program Design in HEP (Fall-odd)  
HHP 5983 HEP Program Imp & Eval (Spring-even)

**DEPARTMENTAL ELECTIVES** 6 hours

HHP 5113 Psychological Aspects of Health (Fall-even)  
HHP 5453 Cultural Issues in Health (Spring-even)  
HHP 5853 Stress Testing and Ex Prescription I  
HHP 5873 Bioenergetics  
HHP 5073 Sport: Psychological Aspects

**THESIS** 6 hours

HHP 5000 Master's Thesis

OR

**NON-THESIS** 3 hours

HHP 5030 Field Problems

***Master of Science in HHP: Option in Applied Exercise Science 36 hours***

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**CORE COURSES** 12 hours

LEIS 5023 Legal Aspects of HHP and Leisure  
REMS 5953 Elementary Statistical Methods in Education  
REMS 5013 Research Design and Methodology  
HHP 5053 Research Design and Methodology (recommended)  
HHP 5523 Current Readings in Health

**REQUIRED COURSES** 6 hours

HHP 5853 Stress Testing and Ex Prescription I  
HHP 5873 Bioenergetics

**DEPARTMENTAL ELECTIVES** 12 hours

HHP 5113 Psychological Aspects of Health (Fall-even)  
HHP 5073 Sport: Psychological Aspects  
HHP 5733 Motor Learning  
HHP 5823 Advanced Applied Anatomy  
NSCI 5133 Advanced Nutrition for Ex and Sport  
NSCI 5333 Human Nutrition and Metabolism  
Z00L 4215 Mammalian Physiology  
HHP 5843 Quantitative Biomechanics

**THESIS** 6 hours

HHP 5000 Master's Thesis

OR

**NON-THESIS** 3 hours

HHP 5030 Field Problems

***Master of Science in HHP: Option in Physical Education***

**36 hours**

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**CORE COURSES**

12 hours

LEIS 5023 Legal Aspects of HHP and Leisure  
REMS 5953 Elementary Statistical Methods in Education  
REMS 5013 Research Design and Methodology  
HHP 5053 Research Design and Methodology (recommended)  
HHP 5523 Current Readings in Health

**REQUIRED COURSES**

6 hours

HHP 5723 Curriculum Development  
HHP 5883 Program Dev for Adapt Phys Ed

**DEPARTMENTAL ELECTIVES**

12hours

HHP 5073 Sport: Psychological Aspects  
HHP 5873 Bioenergetics  
HHP 5733 Motor Learning  
HHP 5763 Admin of HPEL and Sport Programs  
HHP 5833 Methods in Physical Education  
CIED 5043 Fundamentals of Teaching  
EPSY 5663 Creativity for Teachers

**THESIS**

6 hours

HHP 5000 Master's Thesis

OR

**NON-THESIS**

3 hours

HHP 5030 Field Problems