



SCHOOL OF  
**KINESIOLOGY, APPLIED  
HEALTH AND RECREATION**

**GRADUATE HANDBOOK**

**MASTER OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE**

*Applied Exercise Science*

# ***Master of Science in Health and Human Performance option in Applied Exercise Science***

## **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.*

## **APPLICATION PROCESS:**

Applications are reviewed on a rolling basis. Applicants are strongly encouraged to apply no later than six weeks prior to the semester for which they are applying to begin coursework. To be considered for admission to the program, applicants must complete and submit the following:

- Undergraduate degree from an accredited university with a 3.0 minimum GPA
- OSU Graduate College application online at <https://gradcollege.okstate.edu/apply/>
- Non-refundable application fee
- Transcripts from all previously attended institutions
- Three letters of recommendation providing information related to past academic ability, potential for graduate study and writing ability

### **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.

## **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. Graduate College Round-Up website link for the Plan of Study <http://planofstudy.okstate.edu/> or <https://apps.okstate.edu/pos/> .

- 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.
- Complete all paperwork required by the Graduate College and university by the deadlines.

## **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.*

**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.

## Important Links:

### **Graduate College Academic Calendar**

[https://canvas.okstate.edu/courses/31330/modules#module\\_89610](https://canvas.okstate.edu/courses/31330/modules#module_89610)

### **Forms**

[https://canvas.okstate.edu/courses/31330/modules#module\\_89617](https://canvas.okstate.edu/courses/31330/modules#module_89617)

### **Best Practices: Advisory Committees and Defenses**

[https://canvas.okstate.edu/courses/31330/files/2170176?module\\_item\\_id=531600](https://canvas.okstate.edu/courses/31330/files/2170176?module_item_id=531600)

### **Checklist for Masters Students**

[https://canvas.okstate.edu/courses/31330/pages/graduation-checklist-masters-students?module\\_item\\_id=531682](https://canvas.okstate.edu/courses/31330/pages/graduation-checklist-masters-students?module_item_id=531682)

### **Thesis Templates**

[https://canvas.okstate.edu/courses/31330/pages/thesis-and-dissertation-guidelines-and-model-documents?module\\_item\\_id=531719](https://canvas.okstate.edu/courses/31330/pages/thesis-and-dissertation-guidelines-and-model-documents?module_item_id=531719)

### **Best Practices Advisory Committees and Defenses**

[https://canvas.okstate.edu/courses/31330/files/2170176?module\\_item\\_id=531600](https://canvas.okstate.edu/courses/31330/files/2170176?module_item_id=531600)

### **Academic Calendar**

[https://canvas.okstate.edu/courses/31330/modules#module\\_89610](https://canvas.okstate.edu/courses/31330/modules#module_89610)

### **Graduate Student Appeals**

[https://canvas.okstate.edu/courses/31330/files/2170148?module\\_item\\_id=531713](https://canvas.okstate.edu/courses/31330/files/2170148?module_item_id=531713)

### **Student Code of Conduct**

<https://studentconduct.okstate.edu/code>

### **Academic Integrity Policy**

<https://academicintegrity.okstate.edu/>

### **Leave of Absence Policy**

[https://canvas.okstate.edu/courses/31330/files/2170156?module\\_item\\_id=531715](https://canvas.okstate.edu/courses/31330/files/2170156?module_item_id=531715)

### **Responsible Conduct in Research Overview**

<https://research.okstate.edu/compliance/rcr/>

### **RCR Core Subject Areas**

<https://research.okstate.edu/compliance/rcr/core-subject-areas.html>

### **RCR Training**

<https://research.okstate.edu/compliance/rcr/training.html>

### **RCR Policy**

<https://stw.sp.okstate.edu/policies/Shared%20Documents/Requirements%20for%20Training%20in%20the%20Responsible%20Conduct%20of%20Research.pdf>

***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
- HHP 5523 Current Readings in Health
- HHP 5223 Introductory Statistics for Kinesiology, Applied Health and Recreation  
OR REMS 5953 Elementary Statistical Methods in Education
- HHP 5053 Research Design and Methodology (recommended) OR  
REMS 5013 Research Design and Methodology

**REQUIRED COURSES** 6 hours

- HHP 5853 Clinical Exercise Testing and Prescription
- HHP 5873 Bioenergetics

**ELECTIVES** 12 hours

- HHP 5073 Sport: Psychological Aspects
- HHP 5113 Psychological Aspects of Health
- HHP 5603 Principles of Performance Enhancement
- HHP 5703 Principles of Corrective Exercise
- HHP 5733 Motor Learning
- HHP 5823 Applied Neuromuscular Anatomy and Physiology
- HHP 5843 Quantitative Biomechanics
- NSCI 5133 Advanced Nutrition for Exercise and Sport
- NSCI 5333 Human Nutrition and Metabolism

**THESIS** HHP 5000 Master's Thesis 6 hours

OR

**NON-THESIS** HHP 5030 Field Problems 3 hours