
PHYSICAL EDUCATION

PHYSICAL EDUCATION MA

PHYSICAL EDUCATION MS (DISCIPLINE-BASED)

College of Allied Health and Nursing
Department of Human Performance
1400 Highland Center • 507-389-6313

The strength of the graduate programs in the Department of Human Performance at Minnesota State University rests in flexibility. There are opportunities for students to pursue either the Master of Arts or the Masters of Science degree in Physical Education. The programs may be structured to the needs of the generalist planning either to enter or return to the public school setting, or for the student who desires specialization. The program affords in-depth study opportunities in the following concentrations: Developmental/Adapted Physical Education, Elementary/Secondary Physical Education, Exercise Science: Cardiac Rehabilitation-Clinical Exercise Physiology, Exercise Science: Exercise Physiology, Psychological Aspects of Sport, and Sport Management.

Excellent interdisciplinary relationships exist across the University in departments offering graduate studies. Students are encouraged, where appropriate, to avail themselves of the various dimensions of expertise. The graduate program also offers a complement of summer classes, facilitating continuity in graduate pursuits.

Admission. The requirements of the College of Graduate Studies and Research must be completed for admission to program. Applicants must have attained a minimum GPA of 3.00 on a 4.00 scale for unrestricted admission. Provisional admittance may be granted if a student has attained a minimum of 2.75 on a 4.0 scale for all undergraduate coursework.

Graduate Assistantships and Financial Aid. The Department of Human Performance, in cooperation with athletics, campus recreation programs and a contractual agreement with Gustavus Adolphus College and Orthopedic and Fracture Clinic, employs approximately 30 graduate assistants at stipends up to \$9,500 for the academic year. All graduate assistants must be full-time graduate students. Graduate assistants receive a tuition stipend and qualify for in-state tuition rates. Applications for graduate assistantships are accepted until positions are filled, but candidates are encouraged to apply by February 15 for the following fall semester. Graduate assistantship applications can be secured directly from the College of Graduate Studies and Research, or its Web site.

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General Requirements - All Options:

All students must take HP 610 Statistical Methods, HP 630 Techniques of Research. Students must have an undergraduate statistics course as a pre-requisite for these classes.

Language Competency. A reading knowledge of one modern foreign language or research substitution is required in the MA programs. The student should consult with the graduate coordinator to determine specific requirements.

At least 20 credits must be in the Department of Human Performance, and at least 50% of the coursework must be taken at the 600 level (excluding thesis and APP credits).

Thesis Plan: Oral defense and a thesis for credit (3 credits minimum) are required.

Alternate Plan Paper: A capstone paper approved by the advisor is required and may be developed in connection with a graduate course in the Human Performance Department. A written comprehensive exam is required, and at discretion of student's advisor, an oral exam germane to the APP may be required.

Concentrated Options of Study

Students should be aware that changes may occur in a concentration core during their time on campus, since curriculum is always an on-going process. Therefore, the student should always be in consultation with the advisor in the event that the faculty submits new proposals that may reflect such changes. In such an event, students will always be afforded their rights to take advantage of such changes that will best serve them during their program of study. Choose an area of concentration

from those listed below.

SPORT MANAGEMENT (MA)

Thesis Plan - 30-32 credits

Alternate Plan Paper - 34-36 credits

Internship Plan (36 credits), including major project, e-portfolio, and other items for evaluation as required by the program

This program is designed to prepare the student for a career in some capacity of sports management at either a public school, college or professional/private sector of sport.

Required for Major (Theory Core) 8-10 Credits

- HP 610 Statistical Methods F/S 3
- HP 630 Techniques of Research F/S 3
- HP 699 Thesis F/S/Su 3-4 OR
- HP 694 Alternate Plan Paper F/S/Su 2-3 OR
- HP 698 at least 8 credits (400 hours of internship)

Sport Management Theory Core – 15-22 Credits

- HP 650 Principles of Sport Management F 3
- HP 665 Sport Law F/Su 3
- HP 667 Advanced Sport Marketing F/S/Su 3
- HP 651 Sport Management Seminar S/Su 3
- HP 698 Internship F/S/Su 3-10

Elective Courses – 6-17 Credits

- HP 535 Planning Sport Facilities S/Su 3
- HP 637 Sport Media, Sales & Sponsorship F 3
- HP 638 Managing Sporting Events S 3
- HP 649 Sport In American Culture S 3
- HP 660 Financial Aspects of Sport S 3
- HP 661 Management & Administration of Intramural and Recreational Facilities F 3
- HP 641 Psychology of Sport & Exercise S 3

SPORT MANAGEMENT (MS)

(Thesis Plan - 30-32)

(Alternate Plan Paper - 34)

This program is designed to prepare the student for a career in some capacity of sports management at either a public school, college or professional/private sector of sport.

Required Sport Management Core (18 credits)

- HP 610 Statistical Methods (3)
- HP 630 Techniques of Research (3)
- HP 650 Principles of Sport Management (3)
- HP 651 Sport Management Seminar (3)
- HP 665 Sport Law (3)
- HP 698 Intern: Sport Administration (2-10)

Required Thesis or Alternate Plan Paper

- HP 699 Thesis (3-4) or
- HP 694 Alternate Plan Paper (1-2)
- HP 698 Internship (8), including major project, e-portfolio, and other items for evaluation as required by the program

Required Electives (9-17 credits)

The student must choose the remaining electives in consultation with an advisor. HP 637 Sport Media, Sponsorship and Sales; HP 638 Managing Sporting Events; HP 535, Planning Sport Facilities; HP 649 Sport in American Culture; and HP 660, Financial Aspects of Sport, and HP 667 Advanced Sport Marketing are strongly recommended.

PHYSICAL EDUCATION PEDAGOGY

(Thesis Plan - 30-32 credits)

(Alternate Plan Paper - 34-36 credits)

The program is designed to refine teaching skills for the elementary, middle school, and high school physical educator.

Required Core (24 credits)

- HP 608 Curriculum Design in Physical Education

HP 610 Statistical Methods (3)
 HP 612 Inclusive Physical Education (3)
 HP 617 Models and Instructional Strategies in Physical Education (3)
 HP 623 Current Issues in Physical Education and Adapted Physical Education (3)
 HP 627 Systematic Observation in Physical Education (3)
 HP 630 Techniques of Research (3)
 HP 668 Applications in Physical Education (3)

Required Thesis or Alternate Plan Paper

HP 694 Alternate Plan Paper (1-2 credits) or
 HP 699 Thesis (3-4 credits)

Required Electives (3 - 9 credits)

Choose electives in consultation with an advisor. Approved electives include HP 620, HP 647, and HP 658. Graduate students enrolled in an alternate plan paper program must enroll in HP 620, HP 647, and HP 658.

CARDIAC REHABILITATION/CLINICAL EXERCISE PHYSIOLOGY (CR/CEP)
 (35-37 credits)

The Master of Arts program in Cardiac Rehabilitation/Clinical Exercise Physiology provides the necessary laboratory, research and clinical experiences for employment in cardiopulmonary rehabilitation, adult fitness and corporate programs. Each year's class receives practical, hands-on experience in cooperation with area/regional hospitals in Mankato, Minneapolis/St. Paul, and Rochester, MN. The Cardiac Rehabilitation Program provides Phase 3 and 4 cardiac rehabilitation programming in health and exercise to patients each week. The required internship, during the middle and/or last semester of graduate work, provides additional opportunities in the student's area of study.

Required Core (minimum 15-16 credits)

HP 601 Advanced Physiology of Exercise (3)
 HP 605 Nutrition in Human Performance (3)
 HP 610 Statistical Methods (3)
 HP 630 Tech. of Research (3)
 HP 693 Seminar in Exercise Science (1)
 HP 694 Alternate Plan Paper (2 credits) or
 HP 699 Thesis (3)

Required Concentration/Specialization (16-20 credits)

BIO 533 Cardiovascular Physiology (3)
 BIO 566 Pharmacology (3)
 HP 583 Cardiac Rehabilitation (3)
 HP 645 Physical Activity/Fitness and Chronic Disease (3)
 HP 655 ECG Interpretation (3)
 HP 698 Internship: Cardiac Rehabilitation (1-5)

Required Electives (5 credits)

Choose any 5/600 level elective courses in consultation with an advisor

EXERCISE SCIENCE/EXERCISE PHYSIOLOGY
 (34-36 credits)

This program is designed to provide comprehensive, laboratory-based study of the effects of physical activity on human structure and function across the life span. Degree requirements are structured so that the student may pursue study in an area of individual focus.

Required Core (20-21 credits)

HP 601 Advanced Physiology of Exercise (3)
 HP 602 Laboratory Techniques (2)
 HP 605 Nutrition in Human Performance (3)
 HP 610 Statistical Methods (3)
 HP 630 Techniques of Research (3)
 HP 693 Seminar in Exercise Science (1)
 HP 694 Alternate Plan Paper (2) or
 HP 699 Thesis (3)
 CHEM 560 Biochemistry (3)

Required Electives (15-16 credits)

Choose three from the following (other courses may be selected with consent of an advisor)

HP 567 Wellness Program Development and Administration (3)

HP 645 Physical Activity and Chronic Disease (3)
 HP 655 ECG Interpretation (3)
 HP 698 Internship: Exercise Physiology Lab (1-3)
 BIO 517 Biology of Aging and Chronic Disease (3)
 CHEM 561 Biochemistry II (3)
 PSYCH 551 Methods of Enhancing Performance (3)

Choose one of the following:

BIO 533 Cardiovascular Physiology (3)
 BIO 538 Endocrinology (3)
 BIO 566 Pharmacology (3)

*Chem 360 and/or 450 or equivalent transfer credit may be substituted for 560, resulting in 3 or more credits of additional graduate work by the student.

DEVELOPMENTAL/ADAPTED PHYSICAL EDUCATION (MA)
 (Thesis Plan - 30-31)
 (Alternate Plan Paper - 34-36)

Maximum of 15 hours of D/APE licensure courses can count toward MA/MS degree because over 50% of coursework must be 600-level. *If student already has D/APE licensure, D/APE coursework will consist of 600-level courses in D/APE, Special Education, and from other departments.

Required (6 credits)

HP 610 Statistical Methods in Physical Education (3)
 HP 630 Techniques of Research (3)

Required Core in D/APE (minimum 18-19 credits)

HP 511 Development Adapted Physical Education (3)
 HP 512 Assessment in Adapted Physical Education (2)
 HP 513 Life span Motor Development (2)
 HP 521 Teaching Sport to Individuals with Disabilities (2)
 HP 522 Teaching Adapted Aquatics (2)
 HP 545 Teaching Students with Cognitive and Emotional/Behavioral Disabilities (3)
 HP 571 Consulting Techniques in D/APE (3)
 HP 698 Internship in DAPE (1-2)

Required Thesis or Alternate Plan Paper

HP 694 Alternate Plan Paper (1-2)
 HP 699 Thesis (3-4)

Required Electives (9-12 credits)

Student should consult with major advisor.

HP 608 Curriculum Design in Physical Education (3)
 HP 612 Inclusive Physical Education (3)
 HP 617 Models and Instructional Strategies in Physical Education (3)
 HP 620 Typical and Atypical Motor Development Across the Life span (3)
 HP 623 Current Issues in Physical Education and Adapted Physical Education (3)
 HP 627 Systematic Observation in Physical Education (3)
 HP 647 Fitness Education (3)
 HP 658 Authentic Assessment in Physical Education (3)
 HP 668 Applications in Physical Education (3)

PSYCHOLOGICAL ASPECTS OF SPORT

(Thesis Plan - 30-32)
 (Alternate Plan Paper - 34-36)

The program is designed to develop a theoretical base in the discipline of sport psychology, and better prepare students and coaches to apply such knowledge to performance enhancement issues associated with competitive athletics and exercise settings.

Required Human Performance Core (16-18 credits)

HP 610 Statistical Methods (3)
 HP 630 Techniques of Research (3)
 HP 641 Psychology of Sport (3)
 HP 649 Sport in American Culture (3)
 HP 675 Motor Learning (3)
 HP 698 Internship: Sport Psychology (1-3)

Required Thesis or Alternate Plan Paper (1-4 credits)

HP 694 Alternate Plan Paper (1-2)
 HP 699 Thesis (3-4)

PHYSICAL EDUCATION

Required Psychology Core (9-10 credits)

PSY 551 Methods of Enhancing Performance (3)

Two other course in Psychology or equivalent in consultation with major advisor.

Required Electives (3-11 credits)

Choose electives in consultation with major advisor. EDLD 644, Ethics and Leadership and HP 677, IS: Sports in American Culture, are strongly recommended.

COURSE DESCRIPTIONS

HP 511 (3) Developmental/Adapted Physical Education

Legal and theoretical bases for teaching physical education to students with disabilities. First course in D/APE sequence.

HP 512 (2) Assessment in Adapted Physical Education

Evaluation of motor skills and fitness among students with disabilities.

HP 513 (2) Lifespan Motor Development

Study of early childhood motor development from infancy through preschool age, including information on delayed development.

HP 514 (3) Physiology of Exercise

Introductory study of the effects of both acute and chronic exercise on structure and function of the human body across the life span.

Prerequisite: Biol. 220, 230, HP 175

HP 519 (2) Teaching Dance to Individuals with Exceptional Needs

Adaptation of dance materials to facilitate learning of individuals with special needs through simulated and hands-on teaching experiences.

Prerequisite: HP 109

HP 521 (2) Teaching Sport to Individuals with Disabilities

Contemporary sport opportunities for individuals with disabilities, with application to teaching and transition planning.

Prerequisite: 4/511 or instructor permission

HP 522 (2) Teaching Adapted Aquatics

Theory and practical experience in teaching swimming and other aquatic skills to individuals with disabilities. Pre: HP 182 or W.S.I. (HP 257).

HP 535 (3) Planning Sport Facilities

The in-depth study of the planning, development, and management of sport facilities (athletics, recreation, fitness/wellness centers physical education, etc.) utilizing networking with partners, vendors and expert resources.

HP 539 (3) Nutrition for Physical Activity and Sport

This course provides in-depth exploration of the dietary needs of physically active individuals across the lifespan. Its laboratory component will focus on performance and interpretation of assessments commonly used to determine dietary and physiological status.

HP 545 (3) Teaching Students with Cognitive & Emotional/Behavioral Disabilities

Theory, strategies, and best practices for teaching physical education to students with cognitive disabilities (including mental retardation, autism, and multiple disabilities accompanying mental retardation) and emotional/behavior disorders.

HP 566 (3) Graded Exercise Testing and Exercise Prescription

An introduction to basic graded exercise tests and exercise prescription commonly used in clinical as well as health/wellness appraisal settings.

Prerequisite: HP 175, HP 414

HP 567 (2) Wellness Program Development and Administration

Designed to review the various physiological, psychological, and administrative components involved in a comprehensive health/fitness program.

Prerequisite: HP 414 and 466 or equivalent

HP 570 (3) Psychology of Coaching

To introduce interested students, professionals, and coaching licensure candidates to the psychological literature and latest techniques associated with coaching in an athletic setting.

Prerequisite: Psych. 101 or equivalent

HP 571 (3) Consulting Techniques in D/APE

Study of techniques of consulting in D/APE with the spectrum of individuals involved in the IEP process, including but not limited to: students with disabilities, general physical education teachers, other school professionals and support service personnel, families/parents, peer tutors, and community agencies, to enhance the learning of students with disabilities both within and outside the classroom setting.

HP 582 (1) Coaching Practicum

Supervised experience in a public school varsity/junior varsity sport setting.

Prerequisite: first aid and coaching theory and athletic training

HP 583 (3) Cardiac Rehabilitation

A course designed to provide experience for persons seeking leadership roles in institutions housing programs of rehabilitative cardiovascular exercise and risk factor intervention.

Prerequisite: HP 4/514 and 4/567 or equivalent

HP 590 (1-4) Workshop

Content is variable and based on special topic.

HP 601 (3) Advanced Physiology of Exercise

Integration of the advanced concepts and relevant scientific information surrounding human performance physiology.

Prerequisite: HP 514

HP 602 (2) Laboratory Techniques in Exercise Physiology

Laboratory experiences for advanced exercise physiology students, including various fitness and clinical tests, lactate analysis, spirometry, and measurement of expired gases.

Prerequisite: HP 4/514 or equivalent; HP 601

HP 605 (3) Nutrition in Human Performance

An in-depth study of the nutritional needs of athletes and other active individuals, including discussion of current research in the area.

Prerequisite: HP 601

HP 608 (3) Curriculum Design in Physical Education

Developing curriculum in physical education focusing on current theories and models, factors influencing curriculum, scope and sequence, scheduling, and assessing curricula.

HP 610 (3) Statistical Methods

Introduction to the concepts of descriptive and inferential statistics, applied and theoretical research, and validity and reliability methods used in the disciplines of physical education, human performance, and exercise science.

Prerequisite: at least an undergrad Measurement and Evaluation course.

HP 612 (3) Inclusive Physical Education

Legal, philosophical, and practical bases of including students of all abilities and in general physical education.

HP 617 (3) Models and Instructional Strategies in Physical Education

Best practices utilizing models of teaching, learning styles, and instructional strategies in physical education.

HP 620 (3) Typical and Atypical Motor Development Across the Lifespan

Hereditary and environmental factors of typical and atypical motor development across the lifespan.

HP 623 (3) Current Issues in Physical Education and Adapted Physical Education

Utilizing current literature to identify, analyze, synthesize, and evaluate current issues in physical education and adapted physical education.

HP 627 (3) Systematic Observation in Physical Education

Knowledge base in observation, observation models, techniques of coding and analyzing, developing observation skills, challenges to observation, and observations in various environments.

HP 630 (3) Techniques of Research

Introductory course to the research processes involved in the fields of physical education, exercise science, and human performance. Coverage of various types of research designs and writing of the research paper is a major intent of this course.

Prerequisite: required part of core for all master students in Dept. of Human Perfor-

mance—must be a graduate student

HP 631 (1) Seminar in Exercise Physiology

HP 635 (3) Gerontologic/Pediatric Exercise Physiology

Acute and chronic changes in physiological functioning children and older adults.

HP 637 (3) Sport Media, Sponsorship and Sales

An in-depth study of sport management theories, policies, objectives, and strategies applied to sport marketing through the functions and areas of sport sponsorships, sales and broadcast, and print media.

HP 638 (3) Managing Sporting Events

Advanced study of managing sporting events covering the policies, strategies and tactics used including planning, budgeting, organization, human resources, risk management, and operations of conducting a successful sporting event.

HP 641 (3) Psychology of Sport and Exercise

Psychological parameters that affect performance in athletic and exercise settings. Emphasis on theoretical and scholarly literature associated with exercise and sport psychology. Practical application of psychological principles in sport and exercise dimensions will also be addressed.

Prerequisite: UG degree and basic Psych. (101)

HP 642 (2) Issues in Sports Medicine

A seminar/discussion format course dealing with current issues within the multidisciplinary profession of sports medicine. A course directed toward disciplines dealing with all dimensions of the physically active individual.

HP 645 (3) Physical Activity and Chronic Disease

Identification and assessment of physical activity and fitness in health, lifespan, and various chronic diseases.

Prerequisite: HP 601

HP 647 Fitness Education (3)

Knowledge base on fitness levels of children and youth, assessing physical fitness levels, and developing physical fitness programs in the schools.

HP 649 (3) Sport in American Culture

Examines the institution of sport from a sociological perspective. The intent of the course is to identify and discuss ways in which societal values affect the character of sport and vice versa, and better understand the positive and negative consequences of the way sport is organized in our society.

HP 650 (3) Principles of Sport Management

This course will emphasize the management functions of planning, organizing, implementing, and controlling. Decision-making, problem-solving, communication, ethics, sport law, and leadership. Personnel management issues will also be addressed.

HP 651 (3) Sport Management Seminar

Examines a variety of topics related to the management of sport organizations. Topics include internship/career opportunities, social-cultural issues, ethical issues, mass communication, sport governance, economic issues, fund-raising, event/facility management, licensing, copyright issues, and labor relations.

HP 655 (3) Electrocardiographic Interpretation

Methods used in learning to interpret electrocardiograms plus a solid foundation of its application and history.

Prerequisite: HP 601

HP 658 Authentic Assessment in Physical Education (3)

Theory, new techniques, and best practices of assessing across the physical education curriculum.

HP 660 (3) Financial Aspects of Sport

Examines basic financial and managerial accounting concepts necessary to be financially literate in the business of sport. Budgeting and fundraising concepts will also be addressed. Analysis into the understanding of corporate financial workings in the sport industry will equip the student with essential management tools.

HP 661 (3) Administration and Management of Intramural-Recreational Sports

Philosophical base with emphasis on the principles, policies, and procedures for administration of intramural and recreational sports programs.

HP 665 (3) Sport Law

The advanced study of legal aspects of sport with emphasis constitutional and statutory law, negligence and risk management, intellectual property, and contract law. The use of case law study and application to sport settings is utilized.

HP 667 (3) Advanced Sport Marketing

Advanced study of the principles of marketing of or through sport including marketing analysis, development of a marketing management plan, promotion, place, price, public relations, product as applied to sport and the sport industry.

HP 668 Applications in Physical Education (3)

Practical experiences utilizing knowledge, comprehension, application, analysis, synthesis and evaluation of student performances.

HP 675 (3) Motor Learning

Acquaints the student with the terminology, theory, and principles of skill acquisition in the sport and physical activity setting. . . as well as factors influencing that acquisition. Critical Analysis of research literature will also be part of this course.

Prerequisite: Psych. 101

HP 677 (1-4) Individual Study

Opportunity for in-depth studies when specific human performance course is not available to accommodate the student. Consultation with the faculty member is an important part of developing such topics that meet the individual study arrangement.

Prerequisite: grad. student/professor consent

HP 680 (1-2) Systematic Readings in Physical Education and Human

An arranged readings course of selected professional literature relating to physical education, human performance, exercise science, and sport studies. The student in consultation with a professor determines the specific body of scholarly literature that will be emphasized during the course.

Prerequisite: grad. student/professor consent

HP 691 (1-4) In-Service

Broad spectrum of foci available. Designed in consultation with requesting group.

Prerequisite: grad. student/professor consent

HP 692 (1-10) Internship: Corporate and Community Fitness

Designed to provide the student with hands-on experience in the area of corporate and community fitness.

Prerequisite: completion of graduate core courses: Chem. 560, HP 601, 602, 610, 630, except for seminar or thesis

HP 693 (1) Seminar in Exercise Science

Studies the current problems and trends in selected fields of exercise science as well as current research being performed by department faculty, staff, and students.

Prerequisite: graduate standing

HP 694 (1-2) Alternate Plan Paper

Course requires completion of alternate plan paper.

Prerequisite: grad. student/professor consent

HP 698 (1-10) Internship

Supervised field experience related to the student's academic specialization associated with the disciplines of human performance. Disciplines include the following: College Teaching, Sport Management, Public School Teaching, D/APE, Intramural-Recreational Sports Management, Elementary Physical Education, Exercise Physiology, and Sport Psychology.

Prerequisite: grad. student/professor consent

HP 699 (1-4) Thesis

Course requires completion of thesis paper. Prerequisite: grad. student/professor consent