

## KINESIOLOGY & DANCE

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**Supportive Faculty:** Hannah Cole, BS (Assistant Professor, University of California-Santa Barbara) Kimberly O'Connell, MS (College Assistant Professor, New Mexico State University). Raquel S. Aranda, MS (College Instructor, New Mexico State University), Shon Meyer, MS (College Instructor, University of Idaho), Ann N. Gavit, MS (College Instructor, New Mexico State University).

**Degree:** Doctor of Philosophy

**Major:** Kinesiology

The PhD in Kinesiology deals with the physiological, mechanical, and psychological mechanisms of human movement. Program emphasis is placed on the acquisition of skills needed for high quality research and innovative teaching. Students are expected to become proficient in research methods within their respective areas of interests. The program prepares students for postdoctoral or faculty positions in higher education, or positions in applied sport and clinical settings. Students are expected to work with specific faculty members to explore interests in Biomechanics, Exercise Physiology, Strength & Condition, Aging, Physical Education, Dance, and Sport Psychology & Motor Behavior.

### Admission

The Department of Kinesiology & Dance offers a Doctorate of Philosophy (PhD) in Kinesiology. To maximize consideration for admittance (for a recommended August start date), candidates should submit applications by January 15 of that same year.

Students will be admitted to graduate study on the basis of their potential for achievement in research, scholarship, and teaching. The most promising applicants will be accepted. Because the number of students that the department can successfully accommodate is limited, it will not always be possible to admit all qualified applicants. The admissions committee will consider any material that a candidate for admission wishes to present. Application forms and instructions are available here:

<http://prospective.nmsu.edu/graduate/apply/index.html>. The minimum application consists of the following:

1. A completed Graduate School admission application.
2. Complete transcripts of all college work, reflecting a bachelors and a masters degree (or 30 hours of graduate work) in a related field of study, and a minimum cumulative GPA of 3.0 in prior degree programs.
3. Scores on the Graduate Record Examination (there is no minimum requirement; however, the scores will be considered in the admission decision)

4. Three letters of recommendation from professors, employers, or others qualified to evaluate your potential for graduate work.
5. A curriculum vitae or resume.
6. A personal statement explaining how graduate work at NMSU fits your educational and career goals, and,
7. An indication of the faculty members whose work is of particular interest to you, and a letter of support from at least one faculty member indicating an interest in guiding you through your program of studies.

## **DEGREE REQUIREMENTS**

### **Degree: Doctor of Philosophy**

#### **Major: Kinesiology**

Coursework: The PhD in Kinesiology requires a minimum of 36 credit hours of formal coursework (beyond a masters degree) and an expected 24 credit hours of research and dissertation work. Thus, the minimum expected credit hour accumulation is 60 credit hours.

At least 12.0 credit hours must come from graduate courses in the department of Kinesiology & Dance, and the student must have at least one course in each of the foundational knowledge content areas (CA) in Kinesiology, including 1) relationships among physical activity, health, and quality of life; 2) scientific foundations for study of physical activity and human movement; 3) social, cultural, and historical context of the study of physical activity and 4) the practice of physical activity.

At least 12.0 credit hours must be taken in research methodologies, at least 3.0 credits of which must be in experimental statistics, and at least 3.0 credits from a qualitative methods course(s). There are many options for these courses on the NMSU campus that will permit the student to meet this requirement.

The remaining 12 credit hours are taken at the direction of the student's advisor and committee, and agreed upon at the time of the student's qualifying exam (see below).

Examinations: Students seeking the Doctor of Philosophy degree in Kinesiology must pass a qualifying examination that must be completed before accumulating more than 24 credit hours towards their degree, a Comprehensive Exam including written and Oral elements that must be completed prior to beginning a final dissertation project, and a Final Exam that features the defense of their final dissertation study.

Dissertation: The candidate for the degree of Doctor in Philosophy in Kinesiology must complete a dissertation in a focused area of study. The student and his/her committee must agree upon the dissertation topic, and approval of the dissertation requires consent of the plurality of the student's committee members.

### **Graduate courses currently offered in the department of Kinesiology & Dance.**

PE P 455 Adapted Physical Education (3 cr). Selection and scope of corrective activities in posture and body mechanics, and the adaptation of movement activities for the exceptional student. Prerequisite: junior or senior standing.

PE P 465 Senior Seminar. (1-3cr). Capstone course for physical education. Prerequisite: senior standing. Graded S/U.

PE P 466 Methods of Teaching Secondary Physical Education (6cr) Theoretical and practical applications of curriculum, pedagogy and assessment for teaching secondary physical education. Provides the students opportunities to develop curriculum, teach, and assess student learning through a supervised practicum in both middle and high school physical education settings. Consent of instructor required. Prerequisite(s): PE P 315 and admittance to TEP required.

PE P 499 Problems (1-3 cr). Problems in physical education and recreation and independent work in their solutions. A maximum of 3 credits during any one semester. May be repeated up to 6 credits. Consent of Instructor required.

PE P 501 Graduate Athletic Training I. (1-3 cr). Offered under various subtitles that indicate the subject matter.

PE P 504 Teaching Processes in Physical Education . (3 cr) .Analysis of effective teaching and coaching. Systematic observation strategies will be employed to evaluate instructional variables such as feedback, climate, academic learning time, and styles of teaching.

PE P 512. Inferential Statistics in Sport and Exercise Science 3 cr. A graduate course designed to teach students how to use and interpret inferential statistics using the scientific method. An understanding of sport and exercise science theory is prerequisite for students wishing to enroll in this course.

PE P 515. Advanced Athletic Training 1 (1-3cr) . Problems in athletic training and independent work in their solutions. Consent of instructor required.

PE P 545. Skill Acquisition 3 cr. Behavioral and physiological examination factors that influence the acquisition and performance of motor skills.

PE P 550. Advanced Topics in Physical Education 1-4 cr. Advanced study in teaching processes, perceptual motor development, bioenergetics, biomechanical instrumentation, psychological bases of performance, or motor control.

PE P 551 Sociology of Sports (3 cr).

PE P 555 Adapted Physical Education. (3 cr). Selection and scope of corrective activities in posture and body mechanics, and the adaptation of movement activities for the exceptional student. Prerequisite: consent of instructor. Same as PE P 455 with additional requirements for graduate credit.

PE P 557 Adapted Physical Education : A Practitioner's Approach. (3 cr). Preparation for qualified physical education professionals to teach individuals with disabilities motor and fitness skills. Knowledge of the Adapted Physical Education National Standards is developed so students may become nationally certified in the field. The inclusion of disability sports into general physical education curriculum is also major emphasis of this course. Prerequisites: PE P 455 and PEP 555 or PE P 456 and PE P 556.

PE P 558 Adapted Physical Education National Standards (APENS) Professional Preparation. (3 cr). This distance education course is to prepare physical education teachers to pass the Certified Adapted Physical Education (CAPE) National Examination, which is based on the Adapted Physical Education National Standards (APENS). These standards were developed by professionals in the field to ensure that physical education instruction for students with disabilities is provided by qualified physical education teachers.

- SP M 451 Advanced Exercise Physiology (3 cr). Detailed study of the integrated response of neuromuscular, cardiovascular, and respiratory systems to acute and chronic exercise, nutrition, and environmental conditions with a strong emphasis on laboratory experiences. Prerequisite(s): SP M 271 and SP M 308 or consent of instructor. GPA of 2.75.
- SP M 456 Exercise for Special Populations (3 cr). Fundamentals of kinesiology adapted for adults with various diseases and disabilities. Focus will be on the application of exercise assessment and prescription for selected conditions. Prerequisite(s): SPM 308 and SPM 330 or SPM 460. GPA of 2.75.
- SP M 458 Physical Dimensions of Aging (3 cr). This course introduces students to physical, physiological, social, mental, and emotional aspects of human aging. Age-related changes in human function are discussed the context of applied healthcare settings, and the implications for appropriate physical activity and functional independence. Prerequisite(s): SP M 308. GPA of 2.75.
- SP M 460 Principles of Strength and Conditioning (3 cr). Application of research, theory, and methods of high-intensity, resistive overload training. Performance-specific topics include management, nutrition. Prerequisite(s): SPM 308. GPA of 2.75.
- SP M 460 L Principles of Strength and Conditioning Laboratory (1 cr). An applied examination of the theory, principles, rules and regulations associated with various strength and conditioning exercises to include but not limited to Olympic lifting, powerlifting, bodybuilding, plyometrics, speed, agility and speed-endurance development. Lab required for Kinesiology majors. Prerequisite(s): SPM 308. GPA of 2.75.
- SP M 499 Advanced Athletic Training I (1-3 cr). Problems in athletic training and independent work in their solutions. Consent of instructor required. Prerequisite(s): Junior or Senior status; Consent of ATEP director. Restricted to: Main campus only.
- SP M 505. Psychology of Sport II 3 cr. Application of psychology in coaching and teaching sport skills to optimize athletic performance. Skills in understanding and conducting research emphasized. Prerequisite: PE P 304 or consent of instructor.
- SP M 509. Biomechanics 3 cr. Mechanical and anatomical considerations applied to the analysis and teaching of human motion.
- SP M 512. Inferential Statistics in Sport and Exercise Science 3 cr. A graduate course designed to teach students how to use and interpret inferential statistics using the scientific method. An understanding of sport and exercise science theory is prerequisite for students wishing to enroll in this course.
- SP M 515 Graduate Athletic Training II (3 cr). Advanced clinical experiences and education in athletic training. Assessment of Athletic Training Program clinical proficiencies as described by the National Athletic Trainers' Association Education Council. Consent of Instructor required.
- SP M 551. Advanced Exercise Physiology 3 cr. Detailed study of the integrated response of neuromuscular, cardiovascular and respiratory systems to acute and chronic exercise, nutrition and environmental conditions with a strong emphasis on laboratory experience.
- SP M 556. Exercise Prescription for Special Populations 3 cr. Fundamentals of kinesiology adapted for adults with various diseases and disabilities. Focus will be on the application of exercise assessment and prescription for selected conditions.
- SP M 558. Physical Dimensions of Aging (3 Cr). This course introduces graduate students to physical, physiological, social, mental, and emotional aspects of human aging. Age-related changes in human function are discussed the context of applied healthcare settings, and the implications for appropriate physical activity

and functional independence. Graduate students in this course are expected to participate in organizing and leading some of the class discussions and assisting in the identification of appropriate materials for the course.

SP M 560. Principles of Strength and Conditioning 3 cr. Application of research, theory, and methods of high-intensity, resistance training. Performance-specific topics include management, nutrition, exercise prescription, periodization, lifting techniques, testing, and evaluation. Course will emphasize standards set forth by the National Strength and Conditioning Association preparing students interested in sitting for the NSCA certification examinations.