

Department of Kinesiology

Department Head: JohnEric Smith

Office: Rice Hall

Division of Exercise Science Coordinator: JohnEric Smith

Office: Rice Hall

Division of Sport Studies Coordinator: Brad Vickers

Office: Rice Hall

The Department of Kinesiology offers five undergraduate concentrations: Physical Education and Coaching (PECO), Neuromechanics (NM), Strength and Conditioning (STCN), Clinical Exercise Physiology (CLEP), Sport Administration (SPAD), and Physical Activity and Coaching Concentration (PACO).

Community college transfer hours not to exceed 62 semester hours may be applied to the Kinesiology degree program.

All concentrations require the specified course requirements cited within the General Education and major core listings below. Specified area content courses vary among the five concentrations and are listed following the core section. Pre-Occupational Therapy and Pre-Physical Therapy curricula have different core and program requirements. Students electing to pursue Pre-OT or Pre-PT should consult their advisor.

Physical Education and Coaching Concentration (PECO)

Major Advisors: J.J. Chen, Rachel Foreman, Kristy Gourley, Matthew Rye, and Brad Vickers

The physical education and coaching concentration requires 124 semester hours of prescribed courses to complete the Bachelor of Science in Kinesiology. The curriculum is designed to meet the need of students interested in becoming physical education teachers in public and private schools. The teaching block of courses must be included in the on-campus requirement of 32 semester hours of junior and senior courses. Students who complete the program will be eligible for teacher licensure by the Mississippi Department of Education.

Neuromechanics Concentration (NRMC)

Major Advisors: Harish Chander, J.J. Chen, Rachel Foreman, Kristy Gourley, Adam Knight, John Lamberth, and Zhujun Pan

The Neuromechanics concentration requires 124 semester hours of prescribed courses to complete a Bachelor of Science in Kinesiology. The Neuromechanics concentration combines the disciplines of "neuroscience" and "biomechanics" and deals with the study of human movement accomplished by the interaction of the nervous, muscular, and skeletal systems of the human body. Students learn concepts of the neuromechanical basis of kinesiology in the development, learning, control, and production of human movement. This enhances their knowledge and understanding of neural, biomechanical, cognitive, and behavioral mechanisms underlying human movements to help improve performance and prevent injuries in a variety of populations ranging from recreational, athletic, occupational, geriatric, and special populations such as Downs' syndrome, autism, and Parkinson's disease. The curriculum provides students a foundation in the mechanisms underlying human movement to prepare them for careers in physical therapy, occupational therapy, medicine/physician assistance, neuromechanics, human factors ergonomics, sport science, and disability and rehabilitation science.

Students in and desiring admission into the Department of Kinesiology's Neuromechanics concentration will be required to have and maintain a minimum MSU GPA of 2.50. In addition, an overall MSU GPA of 2.50 is required for graduation from the Neuromechanics concentration.

Strength and Conditioning Concentration (STCN)

Major Advisors: Rachel Foreman, Zachary Gillen, Kristy Gourley, Megan Holmes, JohnEric Smith, and Benjamin Wax

The mission of the Strength and Conditioning concentration provides students with the necessary knowledge to incorporate exercise physiology concepts into activities that enhance fitness and performance. This concentration covers everything from the development of plans to enhance fitness in apparently healthy populations to improving performance in elite athletes. Strength and Conditioning takes into consideration a combination of the physiological, biomechanical, and psychological aspects of training in the development of individual and team needs for customized programming. The concentration serves as the foundation for students to become sport scientists, strength and conditioning coaches, personal trainers, and specialists within corporate fitness/wellness programs. The goals of this concentration are to prepare students to take the Certified Strength and Conditioning Specialist (CSCS) exam through the National Strength and Conditioning Association and to prepare them for careers in the strength and conditioning industry. To monitor this, the Department of Kinesiology publishes the following outcomes: pass rates for the CSCS exam and placement, graduation, and retention rates for students who graduated from the Strength and Conditioning concentration.

Students in and desiring admission into the Department of Kinesiology's Strength and Conditioning concentration will be required to have and maintain a minimum MSU GPA of 2.50. In addition, an overall MSU GPA of 2.50 is required for graduation from the Strength and Conditioning concentration.

Clinical Exercise Physiology Concentration (CLEP)

Major Advisors: Stamatis Agiovlasis, Erin Grant-Butler, Rachel Foreman, Kristy Gourley, Megan Holmes, Lee Ann Joe, Zhujun Pan, and Holly Wiley

The clinical exercise physiology concentration is designed as a professional preparation program of study that enables students to work in clinical settings as exercise physiologists in cardiac and pulmonary rehabilitation, or other clinical rehabilitation settings, such as those for individuals with diabetes, orthopedic limitations, arthritis, cancer, osteoporosis, renal failure, obesity, and in programs dealing with issues of aging. The clinical exercise physiology concentration also provides students with the necessary background to pursue graduate health professions, such as physical or occupational therapy, physician assistant studies, medicine, or other graduate level educational programs.

Students in and desiring admission into the Department of Kinesiology's Clinical Exercise Physiology concentration will be required to have and maintain a minimum MSU GPA of 2.50. In addition, an overall MSU GPA of 2.50 is required for graduation from the Clinical Exercise Physiology concentration.

Sport Administration Concentration (SPAD)

Major Advisors: Dae Eun Kim, Younghan Lee, Soyoun Lim, Matthew Rye, Matthew Zimmerman, and Gregory Twietmeyer

The Sport Administration concentration provides students with knowledge and skills necessary for careers in the sport industry. A concentration in Sport Administration helps prepare students to work in such fields as sport marketing & promotions, sporting event and/or facility management & operations, sport communication & media relations, and other administrative areas at the professional, collegiate, and recreational levels of the industry. The program seeks to combine classroom education with hands-on experience, as all students will complete an internship in the sport industry prior to graduation. Students choosing a concentration in Sport Administration choose either the Business, Communication, or Foreign Language cognate field.

Physical Activity and Coaching Concentration (PACO)

The Physical Activity and Coaching concentration provides students with the knowledge, skills, and opportunities to fulfill their educational needs and interests in recreation and sports coaching through quality academic coursework, student centered focus, and experiential-based learning and faculty expertise. This program integrates coaching and recreation courses to prepare students with necessary tools after graduation. The Physical Activity and Coaching major also provides students with the opportunity to engage in a professional internship related to their chosen field of study and/or sport area. Upon graduation, students will have many opportunities to select their careers in Physical Activity and Coaching. These include but not limited to park and tourism, recreation camp organizations, YMCA and YWCA facilities, parks at the local, state, and national levels, youth sports coaching (AAU, club teams, etc), and intercollegiate sports coaching.

BS in Kinesiology

General Education Requirements

English Composition

EN 1103	English Composition I ¹	3
or EN 1104	Expanded English Composition I	
EN 1113	English Composition II ¹	3
or EN 1173	Accelerated Composition II	

Creative Discovery 3

PE 1323 History and Appreciation of Dance (or choose from General Education courses)

Humanities (varies by concentration) 6

Required by PACO Concentration

EN 2203	Introduction to Literature
or EN 2243	American Literature Before 1865
or EN 2253	American Literature After 1865
HI 1063	Early U.S. History
or HI 1073	Modern U.S. History

Required by SPAD Concentration

PHI 1123 Introduction to Ethics

Choose from General Education courses

All Other Concentrations

Choose from General Education courses

Social Sciences (varies by concentration) 6

Required by SPAD Concentration

EC 2113 Principles of Macroeconomics

SO 1003 Introduction to Sociology

Required by All Other Concentrations

PSY 1013	General Psychology	
SO 1003	Introduction to Sociology	
Quantitative Reasoning (varies by concentration)		3
Required for CLEP, NM, PACO, & STCN Concentrations		
ST 2113	Introduction to Statistics	
Required for PECO Concentration		
ST 2113	Introduction to Statistics (or any Gen Ed math above 1313)	
Required by SPAD Concentration		
MA 1613	Calculus for Business and Life Sciences I	
Natural Sciences (vary by concentration)		7-8
Required by PACO Concentration		
BIO 1023	Plants and Humans	
BIO 1004	Anatomy and Physiology	
Required by SPAD Concentration		
BIO 1004	Anatomy and Physiology	
Choose from General Education lab sciences		
Required by All Other Concentrations		
BIO 1134	Biology I (or other Gen Ed 4-hr BIO Natural Sci)	
CH 1213 & CH 1211	Chemistry I and Investigations in Chemistry I (or other Gen Ed 4-hr CH Natural Sci)	
Total Hours		31-32

Major Core

MA 1313	College Algebra ¹	3
EP 2013	Fundamentals of Kinesiology	3
EP 3183	Exercise Psychology	3
or PE 3163	Sport Psychology	
or SS 4003	Philosophy of Sport & Physical Activity	
or SS 4303	Globalization and Sport	
EP 3233	Anatomical Kinesiology	3
Required for PECO Concentration		2
PE 1000	Play, Fitness & Physical Activity (or any 2 PE activity courses (2 hours))	
Required for All Other Concentrations		3
PE 1000	Play, Fitness & Physical Activity (or any 3 PE activity courses (3 hours))	

¹ PECO concentration requires a minimum grade of C in MA 1313.

Choose one of the following concentrations:

Clinical Exercise Physiology Concentration (CLEP)

Major Advisors: Stamatis Agiovlasis, Erin Grant-Butler, Rachel Foreman, Kristy Gourley, Megan Holmes, Lee Ann Joe, Zhujun Pan, and Holly Wiley

The clinical exercise physiology concentration is designed as a professional preparation program of study that enables students to work in clinical settings as exercise physiologists in cardiac and pulmonary rehabilitation, or other clinical rehabilitation settings, such as those for individuals with diabetes, orthopedic limitations, arthritis, cancer, osteoporosis, renal failure, obesity, and in programs dealing with issues of aging. The clinical exercise physiology concentration also provides students with the necessary background to pursue graduate health professions, such as physical or occupational therapy, physician assistant studies, medicine, or other graduate level educational programs.

Students in and desiring admission into the Department of Kinesiology's Clinical Exercise Physiology concentration will be required to have and maintain a minimum MSU GPA of 2.50. In addition, an overall MSU GPA of 2.50 is required for graduation from the Clinical Exercise Physiology concentration.

Additional General Education Science course		3
Exercise Science Core		27
KI 2023	Foundations of Health Education	
EP 3304	Exercise Physiology	

EP 3643	Applied Anatomy and Pathophysiology	
EP 4113	Fitness Programs and Testing Procedures	
EP 4183	Exercise and Weight Control	
EP 4504	Mechanical Analysis of Movement	
EP 4603	Physical Activity Epidemiology	
EP 4814	Exercise Science Internship	
Concentration Courses		15
EP 3803	Advanced Exercise Physiology	
EP 3613	Exercise Electrocardiography	
EP 4123	Aging and Physical Activity	
EP 4133	Exercise Programs for Clinical Populations	
EP 4143	Disability & Physical Activity	
Electives		15
See advisor for approved list of courses		
Additional Requirements		11
BIO 3004	Human Anatomy (or equivalent Gen Ed Bio/Lab Science course)	
BIO 3014	Human Physiology (or equivalent Gen Ed Bio/Lab Science course)	
KI 2603	Medical Terminology	
Oral Communication Requirement		
CO 1003	Fundamentals of Public Speaking	3
or CO 1013	Introduction to Communication	
or CO 2253	Fundamentals of Interpersonal Communication	
Computer Literacy Requirement		
Satisfied by successful completion of EP 4803		
Writing Requirement		
EDF 3413	Writing for Thinking	3
or MGT 3213	Organizational Communications	
or BIO 3013	Professional Writing for Biologists	
Total Hours		124

Neuromechanics (NM)

Major Advisors: Harish Chander, J.J. Chen, Rachel Foreman, Kristy Gourley, Adam Knight, John Lamberth, and Zhujun Pan

The Neuromechanics concentration requires 124 semester hours of prescribed courses to complete a Bachelor of Science in Kinesiology. The Neuromechanics concentration combines the disciplines of "neuroscience" and "biomechanics" and deals with the study of human movement accomplished by the interaction of the nervous, muscular, and skeletal systems of the human body. Students learn concepts of the neuromechanical basis of kinesiology in the development, learning, control, and production of human movement. This enhances their knowledge and understanding of neural, biomechanical, cognitive, and behavioral mechanisms underlying human movements to help improve performance and prevent injuries in a variety of populations ranging from recreational, athletic, occupational, geriatric, and special populations such as Downs' syndrome, autism, and Parkinson's disease. The curriculum provides students a foundation in the mechanisms underlying human movement to prepare them for careers in physical therapy, occupational therapy, medicine/physician assistance, neuromechanics, human factors ergonomics, sport science, and disability and rehabilitation science.

Students in and desiring admission into the Department of Kinesiology's Neuromechanics concentration will be required to have and maintain a minimum MSU GPA of 2.50. In addition, an overall MSU GPA of 2.50 is required for graduation from the Neuromechanics concentration.

Natural Science	Suggest BIO 1004 or other Gen. Ed. Natural Sci	4
Exercise Science Core		27
KI 2023	Foundations of Health Education	
EP 3304	Exercise Physiology	
EP 3643	Applied Anatomy and Pathophysiology	
EP 4113	Fitness Programs and Testing Procedures	
EP 4183	Exercise and Weight Control	
EP 4504	Mechanical Analysis of Movement	
EP 4603	Physical Activity Epidemiology	

EP 4814	Exercise Science Internship	
Concentration Courses		15
PE 3223	Motor Development and Movement	
PE 4283	Sport Biomechanics	
PE 4853	Motor Learning and Skill Analysis	
EP 4143	Disability & Physical Activity	
EP 4703	Neural Control of Human Movement	
Kinesiology Approved Electives		15
Coursework must pertain to professional focus area and consent of advisor is required prior to enrollment; combination of courses taken must total 15 credit hours		
Additional Requirements		11
BIO 3004	Human Anatomy (or equivalent Gen Ed Bio/Lab Science course)	
BIO 3014	Human Physiology (or equivalent Gen Ed Bio/Lab Science course)	
KI 2603	Medical Terminology	
Oral Communication Requirement		
CO 1003	Fundamentals of Public Speaking	3
or CO 1013	Introduction to Communication	
or CO 2253	Fundamentals of Interpersonal Communication	
Writing Requirement		
EDF 3413	Writing for Thinking	3
or MGT 3213	Organizational Communications	
or BIO 3013	Professional Writing for Biologists	
Total Hours		124

Physical Education and Coaching Concentration (PECO)

Major Advisors: J.J. Chen, Rachel Foreman, Kristy Gourley, Matthew Rye, and Brad Vickers

The physical education and coaching concentration requires 124 semester hours of prescribed courses to complete the Bachelor of Science in Kinesiology. The curriculum is designed to meet the need of students interested in becoming physical education teachers in public and private schools. The teaching block of courses must be included in the on-campus requirement of 32 semester hours of junior and senior courses. Students who complete the program will be eligible for teacher licensure by the Mississippi Department of Education.

Natural Science: BIO 1004 suggested or other Gen. Ed. Natural Sci ³⁻⁴		4
EP 3304	Exercise Physiology	
PE 1243	Methods of Teaching Games and Sports	
PE 1253	Methods of Teaching Lifetime Activities	
PE 1263	Methods of Teaching Rhythms	
PE 3133	Adapted Physical Education	
PE 3153	Methods of Elementary Physical Education	
PE 3223	Motor Development and Movement	
PE 3533	Coaching Sports	
PE 4533	Developing Coaching Expertise	
PE 4283	Sport Biomechanics	
Select one of the following:		3
KI 3273	Athletic Training	
KI 2213	Emergency Health Care	
Professional Education Courses		6
EDF 3333	Social Foundations of Education	
EDX 3213	Individualizing Instruction for Exceptional Children	
Courses Required for Admission into Teacher Ed		21
PE 4163	Principles and Methods of Secondary School Health and Physical Education	
PE 4173	Tests and Measurements in Health and Physical Education	
PE 4853	Motor Learning and Skill Analysis	
PE 4883	School Health Education	

EPY 3143	Human Development and Learning Strategies in Education	
EPY 3253	Evaluating Learning	
EDF 4243	Planning for the Diversity of Learners	
Final Semester: Teaching Internship		15
PE 4873	Professional Classroom Management Seminar in Physical Education and Athletics	
PE 4886	Teaching Internship in Physical Education	
PE 4896	Teaching Internship in Physical Education	
Total Hours		124

Physical Activity and Coaching Concentration (PACO)

The Physical Activity and Coaching concentration provides students with the knowledge, skills, and opportunities to fulfill their educational needs and interests in recreation and sports coaching through quality academic coursework, student centered focus, and experiential-based learning and faculty expertise. This program integrates coaching and recreation courses to prepare students with necessary tools after graduation. The Physical Activity and Coaching major also provides students with the opportunity to engage in a professional internship related to their chosen field of study and/or sport area. Upon graduation, students will have many opportunities to select their careers in Physical Activity and Coaching. These include but not limited to park and tourism, recreation camp organizations, YMCA and YWCA facilities, parks at the local, state, and national levels, youth sports coaching (AAU, club teams, etc), and intercollegiate sports coaching.

CH 1043	Survey of Chemistry I	3
Concentration Courses		30
Choose any 10 courses		
PE 1243	Methods of Teaching Games and Sports	
PE 1253	Methods of Teaching Lifetime Activities	
PE 1263	Methods of Teaching Rhythms	
PE 3033	Basketball and Football Officials	
PE 3133	Adapted Physical Education	
PE 3163	Sport Psychology	
PE 3223	Motor Development and Movement	
PE 3533	Coaching Sports	
PE 4533	Developing Coaching Expertise	
SS 2003	Foundations of Sport Industry	
SS 3603	Program Planning in Sport and Recreation	
SS 3403	Facility and Event Management in Sport	
SS 3503	Sport and Recreational Leadership	
KI 2023	Foundations of Health Education	
Additional Requirements		37
KI 2213	Emergency Health Care	
PSS 2113	Introduction to Turfgrass Science	
PSS 4443	Athletic Field Management	
PE 4283	Sport Biomechanics	
EDX 3213	Individualizing Instruction for Exceptional Children	
SS 4003	Philosophy of Sport & Physical Activity	
or SS 4303	Globalization and Sport	
SS 4396	Sports Studies Internship	
EP 3304	Exercise Physiology	
EP 4183	Exercise and Weight Control	
EP 4113	Fitness Programs and Testing Procedures	
EP 4153	Training Techniques for Exercise and Sport	
Free Electives		8
Total Hours		124

Sport Administration Concentration (SPAD)

Major Advisors: Dae Eun Kim, Younghan Lee, Soyoun Lim, Matthew Rye, Matthew Zimmerman, and Gregory Twietmeyer

The Sport Administration concentration provides students with knowledge and skills necessary for careers in the sport industry. A concentration in Sport Administration helps prepare students to work in such fields as sport marketing & promotions, sporting event and/or facility management & operations, sport communication & media relations, and other administrative areas at the professional, collegiate, and recreational levels of the industry. The program seeks to combine classroom education with hands-on experience, as all students will complete an internship in the sport industry prior to graduation. Students choosing a concentration in Sport Administration choose either the Business, Communication, or Foreign Language cognate field.

Any General Education Science course	3
Concentration Courses	30
SS 2003	Foundations of Sport Industry
SS 2103	Sport Careers and Practicum
SS 3103	Sport Sponsorship
SS 3203	Sport Law
SS 3403	Facility and Event Management in Sport
SS 4103	Ethics in Sport Management
SS 4203	Funding of Sport
SS 4396	Sports Studies Internship
SS 4803	Seminar in Sports Studies
Concentration Electives	15
SS 3303	Communication Management in Sport
SS 3503	Sport and Recreational Leadership
SS 3603	Program Planning in Sport and Recreation
SS 3703	Contemporary Issues in Intercollegiate Athletics
SS 3903	Ancient and Medieval Sport History
SS 4000	Directed Individual Study in Sport Studies
SS 4003	Philosophy of Sport & Physical Activity
SS 4403	Gender and Sport
SS 4503	Sport Promotion and Sales Management
PE 3163	Sport Psychology
PE 3313	Sport Physiology
PE 4283	Sport Biomechanics
KI 2213	Emergency Health Care
SO 4333	Sociology of Sport
Cognate Courses	24-26
Choose one of the following cognates to complete the concentration requirements:	
--Business (25 hrs)	
ACC 2013	Principles of Financial Accounting
ACC 2023	Principles of Managerial Accounting
MA 2113	Introduction to Statistics
EC 2123	Principles of Microeconomics
MKT 3013	Principles of Marketing
FIN 3113	Financial Systems
FIN 3123	Financial Management
MGT 3113	Principles of Management
7 hours of Free Electives	
--Communication (24 hrs)	
CO 1223	Introduction to Communication Theory
CO 1403	Introduction to the Mass Media
CO 2333	Television Production
CO 2413	Introduction to News Writing and Reporting
CO 3313	News Writing for the Electronic Media
CO 3423	Feature Writing
CO 3713	Digital Communication
CO 3803	Principles of Public Relations

8 hours of Free Electives	
--Foreign Language (26 hours)	
FLS 1113 or FLF 1113 or FLG 1113	Spanish I French I German I
FLS 1123 or FLF 1123 or FLG 1123	Spanish II French II German II
FLS 2133 or FLF 2133 or FLG 2133	Spanish III French III German III
FLS 2143 or FLF 2143 or FLG 2143	Spanish IV French IV German IV
FLS 3113 & FLS 3111 or FLF 3114 or FLG 3114	Advanced Spanish Composition and Advanced Spanish Laboratory Advanced French Composition Advanced German Composition
FLS 3233 & FLS 3121 or FLF 3124 or FLG 3124	Advanced Spanish Conversation and Advanced Spanish Conversation Practicum Advanced French Conversation Advanced German Conversation
FLS 3143 or FLF 3143 or FLG 3143	Hispanic Civilization French Civilization German Civilization
FLS 3313 or FLF 3313 or FLG 3313	Economics of the Spanish-Speaking World Business French I Business German I
6 hours of Free Electives	
Total Hours	

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Strength and Conditioning Concentration (STCN)

Major Advisors: Rachel Foreman, Zachary Gillen, Kristy Gourley, Megan Holmes, JohnEric Smith, and Benjamin Wax

The mission of the Strength and Conditioning concentration provides students with the necessary knowledge to incorporate exercise physiology concepts into activities that enhance fitness and performance. This concentration covers everything from the development of plans to enhance fitness in apparently healthy populations to improving performance in elite athletes. Strength and Conditioning takes into consideration a combination of the physiological, biomechanical, and psychological aspects of training in the development of individual and team needs for customized programming. The concentration serves as the foundation for students to become sport scientists, strength and conditioning coaches, personal trainers, and specialists within corporate fitness/wellness programs. The goals of this concentration are to prepare students to take the Certified Strength and Conditioning Specialist (CSCS) exam through the National Strength and Conditioning Association and to prepare them for careers in the strength and conditioning industry. To monitor this, the Department of Kinesiology publishes the following outcomes: pass rates for the CSCS exam and placement, graduation, and retention rates for students who graduated from the Strength and Conditioning concentration.

Students in and desiring admission into the Department of Kinesiology's Strength and Conditioning concentration will be required to have and maintain a minimum MSU GPA of 2.50. In addition, an overall MSU GPA of 2.50 is required for graduation from the Strength and Conditioning concentration.

Natural Science	Suggest BIO 1004 or other Gen. Ed. Natural Sci.	4
Exercise Science Core		27
KI 2023	Foundations of Health Education	
EP 3304	Exercise Physiology	
EP 3643	Applied Anatomy and Pathophysiology	
EP 4113	Fitness Programs and Testing Procedures	
EP 4183	Exercise and Weight Control	
EP 4504	Mechanical Analysis of Movement	

EP 4603	Physical Activity Epidemiology	
EP 4814	Exercise Science Internship	
Concentration Courses		15
FNH 4223	Sports Nutrition	
PE 3313	Sport Physiology	
EP 4153	Training Techniques for Exercise and Sport	
PE 4283	Sport Biomechanics	
PE 4533	Developing Coaching Expertise	
EP 4813	Strength and Conditioning Practicum	
Electives		15
See advisor for approved list of courses		
Additional Requirements		11
BIO 3004	Human Anatomy (or equivalent Gen Ed Bio/Lab Science course)	
BIO 3014	Human Physiology (or equivalent Gen Ed Bio/Lab Science course)	
KI 2603	Medical Terminology	
Oral Communication Requirement		
CO 1003	Fundamentals of Public Speaking	3
or CO 1013	Introduction to Communication	
or CO 2253	Fundamentals of Interpersonal Communication	
Writing Requirement		
EDF 3413	Writing for Thinking	3
or MGT 3213	Organizational Communications	
or BIO 3013	Professional Writing for Biologists	
Total Hours		124