

KINESIOLOGY AND LEISURE SCIENCES (M.S.)

Master of Science. Major in Kinesiology and Leisure Sciences.

The Kinesiology and Leisure Sciences (KLS) M.S. is designed to develop advanced knowledge and skills for a diversity of KLS fields. Research and/or authentic professional skills are avenues for student-focused plans of study. Both online and face-to-face learning experience options are available to M.S. KLS students. The KLS degree has three specializations: Exercise, Sport, and Health Sciences (face-to-face specialization with some online course options); Recreation, Sport, and Tourism Management (available as either an online or hybrid specialization); and Physical Activity and Dance Pedagogy (face-to-face specialization with some online course options).

We prepare advanced KLS professionals to create, disseminate, and evaluate current research in a combination of movement, physical activity, exercise, fitness, recreation, sport and/or health fields.

The M.S. KLS goals are centered on students engaging in inquiry to effectively explore scientific content and authentic problems through a holistic perspective in order to be ethical leaders within the KLS fields.

1. Apply inquiry skills (e.g., exploring through questions, testing and reflection), techniques (e.g., case study, authentic field experience) and tools to effectively investigate problems and communicate knowledge related to healthy active lifestyles,
2. Analyze wellness through a holistic perspective in relation to healthy active lifestyles, and
3. Evaluate effective leadership, marketing, and/or ethics in working with individuals and/or groups to lead healthy active lifestyles.