

Utah State University
Department of Kinesiology and Health Science
Master of Fitness Promotion
Plan C – 36 credits

2023 – 2024 Catalog Year

Course Offerings			Cr.	Fa	Spr	Sum	
Core/Required Courses: 19 credits required							
KIN	6300	Seminar in Human Movement Sciences	1	X			Take 1 st yr
KIN	6610	Topics in Biomechanics	2	X			
EDUC	6040	Applied Research Methods	3	X			
EDUC	6050	Applied Statistical Analysis	3		X	X	
Choose one of the following							
KIN	6410	Bioenergetics and Exercise Metabolism	2	X			
KIN	6480	Advanced Neuromuscular Exercise Physiology	2	X			
KIN	6490	Advanced Cardiovascular Exercise Physiology	2		X		Odd Years
Choose one of the following							
KIN	6840	Fundamentals of Motor Behavior	2		X		
KIN	6850	Neural Aspects of Rehabilitation	2		X		
Practicum Requirement							
KIN	6500	Practicum in Corporate Wellness (6 credits required)	1-10	X	X	X	
Electives: 17 credits required depending on plan type							
BIOL	4000	Human Dissection	1		X		
EDUC/PSY	6600	Statistical Foundation	3	X	X		Pre-Requisites
EDUC/PSY	7610	Regression Analysis	3	X	X		Pre-Requisites
HEP	5400	Prevention Strategies for Obesity and Disordered Eating	3	X	X		
HEP	6000	Advanced Program Planning and Evaluation for Public Health	3		X		
HEP	6800	Health Behavior	3	X			
NDFS	5320	Advanced Sports Nutrition	3	X			
NDFS	6200	Nutrition Epidemiology	3	X			
NDFS	6210	Advanced Public Health Nutrition	3		X		
KIN	5100*	Fitness Assessment and Exercise Programs	4	X	X	X	
KIN	5200	Human Motivation in Physical Activity Contexts	3	X			Odd Years
KIN	6050	Psychological Aspects of Sports Performance	3	X			Even Years
KIN	6410	Bioenergetics and Exercise Metabolism	2	X			
KIN	6425	Exercise in Extreme Environments	2		X		Odd Years
KIN	6440	Body Composition	2		X		Even Years
KIN	6460	Exercise Electrocardiogram Interpretation	2		X		Even Years
KIN	6480	Advanced Neuromuscular Exercise Physiology	2	X			
KIN	6490	Advanced Cardiovascular Exercise Physiology	2		X		Odd Years
KIN	6840	Fundamentals of Motor Behavior	2		X		
KIN	6850	Neural Aspects of Rehabilitation	2		X		
KIN	6900	Independent Study	1-3	X	X	X	

Notes:

- **EDUC/PSY 6600** – Pre/co-requisites (KIN 6810) and passing a pretest.
- **EDUC/PSY 7610** – EDUC/PSY 6600 is pre-requisite.
- **KIN 5100** – if a student has taken KIN 5100 or its equivalent as part of your undergraduate degree you are not able to take this course for credit for your graduate program of study.
- **KIN 6900/6910** - Independent study or research courses require that student work with a KHS faculty mentor and should complete the contract with their mentor before registering. The form is on the KHS website.
- Courses offered by other departments may require a student to reach out to the instructor to register.