

KHS Faculty Unit Review

Appendix 8

Graduate Program Information

FGSR Admission Standards

Master's Degree

A graduating average of at least 70 per cent from a four-year baccalaureate degree (or equivalent) is required for admission to all programs except for English, History, Mathematics and Statistics and the Master of Public Administration where the required average is 75 per cent.

Applicants with a marginally lower four-year average may be accepted if their performance in the last two complete years is significantly higher (75 per cent or more).

Applicants must have the academic background required to undertake graduate studies in their chosen field. Applicants who fail to meet this requirement but who otherwise meet the criteria may be admitted; however, background deficiencies must be addressed by taking appropriate courses either prior to or in parallel with graduate work.

Some academic units have additional [entrance requirements](#)

Doctoral Degree

Normally, applicants must have obtained a thesis-based Master's degree in the discipline to qualify as a doctoral student. Applicants must have academic credentials consistent with being fully-qualified to undertake graduate work at the doctoral level. The categories of probationary or qualifying student do not apply at the doctoral level.

An applicant who does not have sufficient background training or courses prerequisite to scholarly work in the particular subject of study and research will not be admitted as a doctoral student. An applicant may be admitted as a Master's student and be required to undertake specific courses toward establishing appropriate credentials, but any graduate study undertaken for this purpose cannot be counted as time spent toward formal requirements for the degree.

Alternatively, an applicant may be accepted at the Master's level as a means of illustrating suitability to enter a doctoral program, and after the first year may request, through the academic unit, a transfer to a PhD program.

A comprehensive examination or equivalent is not a formal requirement of FGSR, but may be required by individual academic units.

Master's Certificates

The admission standards for a Master's Certificate are the same as those for a [Master's degree](#). Please note that international students may not be eligible for Master's Certificate programs because of Visa and Study Permit regulations.

International students - Please view [Minimum Standards of Admission for International Applicants](#) for grade conversions based on the most common grading scales for each country.

Kinesiology & Health Studies Graduate Programs

Master of Science Program

Admission Requirements

Minimum criteria for admission to the Master of Science in Kinesiology and Health Studies:

When applying to the program, applicants must include a statement indicating (a) their rationale for pursuing graduate studies, (b) which of the following four general areas they would like to be considered for admission into (Bio-Sciences in Sport, Exercise, and Health; Humanities and Social Sciences in Sport, Leisure, Exercise and Health; Management in Sport, Leisure, Exercise, and Health; Health Studies) and (c) a description of the specific area/topic their thesis research will likely focus on. Additionally, prior to submitting application, potential students should have contacted a prospective supervisor(s) in the faculty and discussed the possibility of engaging in graduate study under his/her direction. A synopsis of those discussions should be included with the application. Admission is contingent on students securing a supervisor for their program.

Applicants to the program must meet the entrance requirements of the Faculty of Graduate Studies and Research, with the following additions:

1. Have successfully completed a course in research methods and/or data management or one involving a formalized research experience;
2. Applicants to the Bio-Sciences in Sport, Exercise, and Health area, must have successfully completed at least one course in each of the following disciplines: human anatomy, human physiology, biomechanics, and movement science.
3. Applicants to the Humanities and Social Sciences in Sport, Leisure, Exercise, and Health area must have successfully completed three courses in one or more disciplines that relate to the intended area of research and one other sport/leisure/exercise/health related social science or humanities course (4 in total).
4. Applicants to the Management in Sport, Leisure, Exercise and Health must have completed three management related courses and one sport/leisure management course (4 in total).
5. Applicants to the Health Studies must have completed three health-related courses and one humanities/social sciences/management course (4 in total).

Degree Requirements

Master of Science (MSc) in Kinesiology and Health Studies (thesis)

*KHS Course/KHS Directed Reading/KHS Special Topic.

Students have the option of taking a course from outside the Faculty of Kinesiology and Health Studies in lieu of a second Special Topics or Directed Reading course as a part of the course work component of the program. Any courses to be taken from outside the Faculty of Kinesiology and Health Studies must be approved by the Faculty of Kinesiology and Health Studies Associate Dean (Graduate Studies, Research & Special Projects) prior to registration.

The faculty works closely with other units with respect to courses available and appropriate in the program. For example, there are many Business Administration, Biology, Chemistry, Psychology, Geography, Education, Engineering, Sociology and Social Work courses that would be beneficial to the research efforts of students investigating aspects of physical activity in the bio-physical sciences, social sciences, recreation, sport management, therapeutic recreation, and adapted physical activity studies.

Master of Kinesiology Program

The Faculty of Kinesiology and Health Studies is offering a special case Master of Kinesiology (MKin). Please contact the Associate Dean (Graduate Studies, Research & Special Projects) for more information.

PhD Program

Admission Requirements

Minimum criteria for admission to the PhD in Kinesiology and Health Studies:

Students must meet the following criteria to be considered for fully-qualified admission to the PhD in Kinesiology and Health Studies:

1. Completion of a thesis-based master's program, or non-thesis based master's program with relevant research experience in a field that is relevant to the area of study in the desired PhD program with a minimum graduating average of 70%. (Examples of acceptable programs may include: kinesiology, sport management, health-related disciplines)
2. Submission of a formal application package through FGSR, including a letter of intent outlining the rationale for pursuing doctoral education.
3. Identification of an area of research interest for which there is a KHS faculty member with appropriate expertise available and willing to supervise.
4. A statement of research interest along with a summary of proposed research program
5. Demonstration of individual potential for success in graduate studies, indicated through previous educational achievement as

indicated on past academic transcripts.

6. Demonstration of potential for success in academic scholarship, to be measured through samples of written work including,

published and/or unpublished scholarly papers and/or professional reports. Length of submission not to exceed 10 pages,

double-spaced; 2500 words.

7. Demonstration of relevant work experience and achievement, presented in a detailed professional CV.
8. Recommendations from 2 referees, commenting on the applicant's ability to study at the doctoral level.
9. Proficiency in the English Language – The Faculty of Graduate Studies and Research requires that all international applicants

submit proof of English proficiency (such as the TOEFL), with an approved test score in order for the application package to be complete. Further details, including a list of minimum score requirements for specific tests, are available through the Faculty of Graduate Studies and Research.

PhD Degree Requirements

Doctor of Philosophy (PhD) in Kinesiology and Health Studies consists (after Master's)

In addition, students are required to complete the following:

Comprehensive Examination: Upon completion of the required coursework, the PhD student must demonstrate to their Doctoral Committee members that they have acquired the necessary knowledge in their area of study through written and oral comprehensive examination. The Doctoral Committee will determine the student's success at this examination.

Doctoral Proposal and Dissertation: The doctoral proposal and dissertation account for a portion of the 48 credit hours of KHS 901 in the student's program. The student must complete a doctoral dissertation that is scholarly, original and offering new contributions to the field of study. Prior to the commencement of the doctoral dissertation, the student must present to the Doctoral Committee a research proposal outlining the proposed dissertation research project including a comprehensive literature review and methodological details of the proposed work. The Doctoral Committee must approve this proposal prior to commencement of the dissertation research project.

Residency Requirement: There is a one year academic residency requirement for the PhD program in KHS as enshrined in the course work required for the program. Each student must complete the KHS 900 course during the fall and winter semesters of year one (1) of the program.

Course Descriptions

KHS 800 Graduate Research Seminar in Kinesiology and Health Studies (3)

This seminar will introduce Kinesiology and Health students to the graduate experience and prepare them for undertaking their own research. It will explore issues related to the research process and provide a forum for students to interact about research philosophy and meaning, and issues related to writing and producing research.

Should be taken during the student's first year.

KHS 801 Statistics in Kinesiology & Health Research (3)

This course provides an overview of fundamental statistics and their application to the research problems of Kinesiology and Health Studies. The focus of the course is the application of the essential statistical models to the real data.

KHS 802 Qualitative Research Methods and Experience in Kinesiology and Health (3)

This course provides an overview of qualitative research methods in kinesiology and health research and application. Students will complete a research project from conception to knowledge translation using tools associated with qualitative methods.

KHS 803 Research Design and Methods in Kinesiology and Applied Health Sciences (3)

This course will explore health research issues and provide an examination of the technical aspects of planning and performing research in kinesiology and applied health sciences. Topics include: critical evaluation; success in writing research proposals and grants; research ethics; data collection and management strategies; and communicating and publishing research successfully.

KHS 804 – Applied Research: Planning, Collection and Analysis (3)

This is a broad survey type course that introduces the student to fundamental topics required for the planning, implementation, and data/information analysis for research projects designed to answer managerial/organizational questions or in seeking solutions to specialized problems. An important element of the course is focused on using the resulting information to present recommendations and/or possible solutions.

KHS 827AA-ZZ Directed Readings in Biomechanics (3)

Directed Readings in Biomechanics.

KHS 828AA-ZZ Special Topics in Biomechanics (3)

Special Topics in Biomechanics.

KHS 837AA-ZZ Directed Readings in Sport Management (3)

Directed Readings in Sport Administration.

KHS 838AA-ZZ Special Topics in Sport Management (3)

Special Topics in Sport Administration.

KHS 840 – Advanced Topics in Sport and Recreation (3)

An in-depth analysis of special interest topics. Topics will be of interest to students, faculty, and visiting academics and practitioners. Study in this course will focus on seminars, lectures, and other assignments (e.g., literature reviews, major projects) which explore the topic in greater detail.

KHS 841 – Advanced Sociology for Sport and Recreation Management (3)

Students will be introduced to advanced sociological theories, such as third-wave feminism, queer theory, and critical race theory. These will be used to explore a range of social topics facing the sport and recreation industry, including gender, gender identity, sexual orientation, ethnicity, immigration, ability, SES, commercialism, environmentalism, and political advocacy. Students will explore how sport and recreation organizations are addressing these topics through practices and policies.

KHS 842 – Economics and Finance for Sport and Recreation (3)

With a focus on sport and recreation organizations the course will focus on aspects of economic impact, supply and demand principles, labour markets, competitive balance, attendance demand, and pay and performance. Finance will be addressed through topics including: statements and ratios, budgeting, public/private sector funding, and feasibility studies.

KHS 844 – Foundations in Leisure Recreation (3)

The purpose of this course is to develop an understanding of key topics, theories and perspectives related to leisure research. Students will review foundational literature in the leisure field, specifically exploring social psychological, cultural, and environmental aspects of recreation and leisure.

KHS 846 – Event and Festival Management (3)

The purpose of this course is to critically assess theoretical and practical tools and knowledge about the planning and management of events and festivals. Students will become familiar with current strategies, theories, plans, and techniques for successful event implementation.

KHS 847AA-ZZ Directed Readings in Recreation & Leisure (3)

Directed Readings in Recreation & Leisure.

KHS 848AA-ZZ Special Topics in Recreation & Leisure (3)

Special Topics in Recreation & Leisure.

KHS 850 – Organizational Theory – Sport and Recreation Management (3)

The course is concerned with organizational-level issues in recreation and sport management. In this course, students are introduced to organizational theory and apply these concepts to complex problems and issues in recreation and sport organizations. The course seeks to provide students with a framework of concepts that facilitate effective and critical analysis of macro organizational situations.

KHS 860 Psychology of Human Movement (3)

To recognize the relationships between various psychological concepts and human movement (for e.g., leisure, exercise, sport and health behaviours). Contemporary issues concerning psychology and human movement will be discussed. The application of various psychological theories with respect to sport/leisure participation and performance, health and exercise promotion, and exercise adherence/compliance will be presented and discussed.

KHS 866 Ethical Decision Making in Kinesiology and Health Care Administration (3)

This course investigates the content, process, and the moderators of ethical decision making in the administrative context of Kinesiology and Health Studies. Students will be exposed to ethical, cultural, and administrative theory as a means to use and develop decision models to resolve administrative dilemmas.

KHS 867AA-ZZ Directed Readings in Social Science (3)

Directed Readings in Social Science.

KHS 868AA-ZZ Special Topics in Social Science (3)

Special Topics in Social Science.

KHS 871 Introduction to Epidemiology (3)

Deals with principles and methods of scientific research and the occurrence and distribution of health and disease. The influence of several types of determinants on disease occurrence and effectiveness of health interventions will also be examined. Emphasis on epidemiological approach of health science research.

KHS 872 Population Health (3)

Concerned with the individual's health status as a contributing factor to the health of the population as an aggregate. Examines population health status as a function of social, economic, and physical environment; personal health practices, individual capacity and coping skills; and health services. The influence of these factors and their interactive effect on societal health status will be examined.

KHS 877AA-ZZ Directed Readings in Population Health (3)

Directed Readings in Population Health.

KHS 878AA-ZZ Special Topics in Population Health (3)

Special Topics in Population Health.

KHS 880 Clinical and Applied Exercise Physiology (3)

This course is comprised mainly of advanced lectures and readings for the student interested in a specialized approach to the study of exercise physiology. Topics include muscle morphology, muscle hypertrophy, bone, genetics, exercise metabolism, the nervous system, cardiovascular kinetics, nutrition and laboratory techniques.

KHS 882 Pathophysiology and Metabolism (3)

This course is comprised of advanced topics in pathophysiology and metabolism. The major goal of this course is for the student to better understand, critically examine and have an advanced understanding of cellular biology, physiology, and metabolism in relation to disease, health and functionality. Major topic areas to be examined include cellular longevity, musculoskeletal and neurobiology, cardiovascular health, pain management, immune system response, chronic disease and healthy aging.

KHS 884 Applied Motor Control and Motor Learning (3)

This course is comprised of advanced topics that will allow the student to critically examine and have an advanced understanding of the processes involved with the control of human movement as it relates to motor learning. Topics include: current theories related to motor control and motor learning; motor, sensory, and cognitive influences on motor control and motor learning; and the impact of training, aging and, neurological disease on motor control and motor learning.

KHS 885 Biomechanics and Movement Analysis (3)

This course in applied biomechanics will provide necessary basis from which students will be able to conduct laboratory movement analyses for the purpose of research and clinical assessment. It will focus on standard data collection and analysis procedures in the fields of biomechanics and motor control.

KHS 886 Ergonomics (3)

This course will introduce students to the field of occupational biomechanics/ergonomics. It will examine how biomechanical principles can be used to study work-related activities to reduce musculoskeletal injury in the workplace. Various methods to assess work-related tasks such as sitting and lifting will be presented. Other topics will include using an integrated approach to the analysis of physical work capacity, principles for redesigning tasks to reduce the risk of injury (e.g., workspace layout), etiology of low back and upper limb repetitive stress disorders and pre-employment screening and legislative guidelines.

KHS 887AA-ZZ Directed Readings in Exercise Physiology (3)

Directed Readings in Exercise Physiology.

KHS 888AA-ZZ Special Topics in Exercise Physiology (3)

Special Topics in Exercise Physiology.

KHS 890 Seminar in Adapted Physical Activity (3)

Deals with the social-psychological perspectives of selected topics in adapted physical activity. Underlying processes, environmental factors, theoretical frameworks for evaluation of research, critical issues, constraints, and complexities of research in this field are examined.

KHS 892 Physiology of Aging (3)

An advanced study of the alteration in physiological function associated with the normal aging of body systems and the clinical consequences of these changes for maintenance of optimal function, physical activity, health and longevity.

Note: 6 credit hours of Human Physiology or permission of instructor required. Crosslisted with GERO 890.

KHS 897AA-ZZ Directed Readings in Adapted Physical Activity (3)

Directed Readings in Adapted Physical Activity.

KHS 898AA-ZZ Special Topics in Adapted Physical Activity (3)

Special Topics in Adapted Physical Activity.

KHS 900 Professional Skills for Kinesiology and Health Research (6)

This seminar will provide practice in professional skills such as leadership, mentoring, collaboration/teamwork, knowledge translation, peer review and writing successful grant applications and manuscripts.

Note: This course must be taken in the first two semesters of the PhD program; students who start in the winter semester may take the second offering in the fall semester with permission.

KHS 901 Thesis Research (Variable 3-15)

Thesis research.

KHS 902 Practicum (3-6)

Students will gain experience in a clinical/applied setting within kinesiology based on their interests and career goals. Each 3 credit hours is equal to 240 hours within the clinical/applied setting. Students must complete 6 credit hours to fulfill program requirements. Courses is graded as Pass/Fail.

Figure A8.1

Graduate Applications by Year and Unit

