



BEAVER COLLEGE OF HEALTH SCIENCES

Kinesiology

Graduate Program Handbook

Master of Science in Kinesiology

Department of Kinesiology
Beaver College of Health Sciences
Appalachian State University

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Introduction

Welcome to the Master of Science in Kinesiology (MS-KIN) program housed in the Department of Kinesiology in the Beaver College of Health Sciences at Appalachian State University. We are delighted to have you join our program! The MS-KIN program prepares students to work in a variety of settings and offers three concentrations: Research, Clinical Exercise Physiology, or Strength and Conditioning. The Research concentration prepares students for doctoral study or laboratory research. The Clinical Exercise Physiology concentration prepares students for careers in clinical exercise physiology, to transition into Ph.D./Professional degree programs (e.g., MD/DO, PA, OT, PT) or pursue clinical research. The Strength and Conditioning concentration prepares students for careers in strength and conditioning, sports performance, or private industry.

Appalachian State University

As a premier public institution, Appalachian State University (App State) prepares students to lead purposeful lives. App State is one of 17 campuses in the University of North Carolina System, with a national reputation for innovative teaching and opening access to a high-quality, affordable education for all. The university enrolls more than 21,000 students, has a low student-to-faculty ratio, and offers more than 150 undergraduate and 80 graduate majors at its Boone and Hickory campuses and through App State Online.

App State aspires to be the destination institution for dedicated students who seek challenging academic programs and co-curricular experiences, engaged faculty, and a vibrant campus culture that will shape them into engaged, responsible global citizens. Inspired by the ideal of a sustainable community, we seek to deliver the Southeast's best comprehensive, progressive education.

Cratis D. Williams School of Graduate Studies

Full details on the Cratis D. Williams School of Graduate Studies mission, vision, and goals, including all student resources, can be found on the Graduate School [website](#).

Beaver College of Health Sciences

Full details on the Beaver College of Health Sciences (BCHS) mission, vision, and goals, including all student resources, can be found on the BCHS [website](#).

Department of Kinesiology Graduate Program

The MS-KIN program prepares qualified professionals for employment in athletics programs, exercise/fitness centers, hospital wellness programs, corporate fitness programs, rehabilitation centers, and allied health areas. Additionally, the program prepares students for advanced study in Kinesiology disciplines (exercise physiology, biomechanics, etc.), the health professions (physical/occupational therapy, physician assistant, medicine, etc.), and for research.

Mission

The Department of Kinesiology prepares students for dynamic careers in health, fitness, performance, and sport. Our curriculum is built on the science of human movement, offering a rigorous educational experience rooted in excellence in teaching, interdisciplinary, innovative research, and impactful service to the University and community. Through these efforts, we empower students with the knowledge and practical experience necessary to become leaders in their fields.

Vision

The Department of Kinesiology will advance health, fitness, performance, and sport by shaping the next generation of evidence-driven professionals. We will achieve this through an innovative curriculum and influential research that makes a meaningful impact on our community and beyond.

Key Personnel

Department Chair

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CASCE Graduate Concentration Internship Supervisor

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Graduate Program Director

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CoAES Graduate Concentration Coordinator and Internship Supervisor

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CASCE Graduate Concentration Coordinator

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Admission

MS-KIN Admissions Application Process

All applicants for admission to the School of Graduate Studies must hold a baccalaureate degree from a college or university of recognized standing and must have an undergraduate background appropriate for the proposed graduate program. Additional requirements to enter graduate school at App State can be viewed on the [School of Graduate Studies admissions website](#). Current admissions requirements for each MS-KIN concentration are visible in the [Graduate Bulletin](#).

The application deadline for Fall admission is April 1, with priority review beginning February 1. Spring admission is on an “as available” status. If there are spots available in the program, the application deadline is November 1.

To be considered for admission to the MS-KIN, applicants must:

- Hold a baccalaureate degree from an accredited institution (degree in Kinesiology or Exercise Science preferred).
- Have a minimum GPA of 3.0 in the last earned degree.
 - GRE scores are not required, but recommended if your academic record does not reflect your full potential.
- Have completed undergraduate coursework in the following areas (or their equivalents):
 - Human Anatomy and Physiology (e.g., KIN 2030, 3 hrs)
 - Exercise Physiology (e.g., KIN 3002, 3 hrs)
 - Introduction to Biomechanics (e.g., KIN 3550, 4 hrs)
 - Two additional science courses (e.g., chemistry, biology, physics, etc.)

*These prerequisite courses should be completed prior to formal admission and registration in graduate coursework. Final assessment of prerequisite completion is at the discretion of the Graduate Program Director.

- Submit a complete application to the School of Graduate Studies [application portal](#). A complete application consists of the following additional materials:
 - Official transcripts, including prerequisites, from each college/university attended since high school
 - Three letters of reference
 - Personal statement outlining your professional goals and how the MS-KIN from App State will help to achieve those goals.
 - International students only: TOEFL score

Additional information regarding application materials can be found on the [MS-KIN program admissions website](#).

Note: Meeting minimum requirements does not guarantee admission. Both academic and personal qualifications are considered in the context of the overall applicant pool.

Accelerated Admissions Application Process

Undergraduate students currently enrolled at App State may choose to pursue admissions into the MS-KIN Accelerated program and apply for admittance after completing three years of outstanding undergraduate coursework with a required minimum cumulative GPA of 3.4 or higher at App State. This program is academically rigorous and requires significant advanced planning, beginning with freshman coursework. More information about the Accelerated Master's option at App State can be viewed on the [Graduate Bulletin Graduate Admissions website](#). Individuals interested in pursuing MS-KIN Accelerated admissions must:

- Contact the MS-KIN Graduate Program Director, Dr. Kimberly Fasczewski (fasczewskiks@appstate.edu), as early as possible in your undergraduate career for additional information and to discuss course sequencing.
- Accelerated admission applicants do not need to complete a separate application.
- Applicants will be notified if the admissions team requests an interview.

FINANCIAL ASSISTANCE

Graduate Assistantships

A limited number of Graduate Assistantships are available for qualified students. Graduate assistants must enroll in at least 9 hours of coursework per semester during the academic year, maintain a 3.0 GPA, and are responsible for 10-20 hours per week, depending on the position of service to the department. There are limited summer GAs available; to be eligible, students must enroll in at least 2 hours of coursework and maintain a 3.0 GPA. Most Graduate Assistantships carry a nine-month stipend and may be renewable for the second year. Salary is determined each year by the graduate school and available funds.

Several types of graduate assistantships are available:

- Research assistants work with graduate faculty in conducting investigations and analyzing research data.
- Teaching assistants aid faculty in the instruction of laboratory classes within the Kinesiology undergraduate program.

All admitted students will be considered for Graduate Assistantships based on information contained within the online graduate school applications. No other additional information is required from applicants. Students should work with the KIN Graduate Program Director to obtain an assistantship.

Graduate Assistantship Departmental Responsibilities

As part of their professional development and engagement within the department, graduate students holding a graduate assistantship position are required to participate in key departmental meetings, sessions, and research-related events. These activities are designed to foster academic

collaboration, professional networking, and leadership skills.

1. ***Graduate Meetings.*** Graduate assistants must attend scheduled meetings as part of their academic and professional responsibilities. These meetings provide essential updates, policy discussions, and opportunities for faculty-student interaction.
2. ***Research Participation & Departmental Initiatives.*** Graduate assistants are required to actively engage in departmental research projects, seminars, and interdisciplinary collaborations. Attendance at department-hosted research discussions and presentations is expected.
3. ***SHARE.*** Graduate assistants are expected to attend all departmental SHARE meetings, unless prior approval to be absent is granted by the Graduate Program Director.
4. ***Open House Events.*** Graduate assistants are expected to assist in departmental open houses, providing prospective students with insights into the program, research opportunities, and student experiences.
5. ***Future Graduate Student Tours & Meetings.*** As representatives of the program, graduate assistants should engage with prospective students during campus visits, information sessions, and recruitment events to share their experiences and answer questions.

Compliance & Exemptions

Graduate assistants should coordinate with faculty advisors if scheduling conflicts arise. Requests for exemptions or accommodations must be submitted in writing to the Graduate Program Director. Participation in these activities is integral to professional development and contributes to the overall academic and collaborative culture of the department. Failure to meet these duties may result in loss of the Graduate Assistantship. If an issue arises with the successful execution of GA duties, a written warning will first be provided. If the issue continues, the position may be terminated.

Scholarships and Financial Aid

A limited number of out-of-state tuition scholarships (NCTS) are available for students with outstanding academic credentials. If you would like to be considered for one of these scholarships, work directly with the Graduate Program Director.

Students may also seek opportunities for graduate scholarships and fellowships through the [School of Graduate Studies](#) or the [BCHS](#). For more information about specific BCHS and Kinesiology program scholarship opportunities, please contact the Graduate Program Director. A complete application must be on file by February 1 to be considered for Graduate School or BCHS scholarships. To be considered for need-based scholarships, applicants must have a current FAFSA on file by February 1 of the application year.

Additionally, students can contact the [Office of Student Financial Aid](#) for information regarding loans available to graduate students.

Curriculum

Concentrations

The MS-KIN program requires graduate students to complete a minimum of 36 hours designed to be completed over a 2-year period. As part of the MS-KIN program, all graduate students complete core Kinesiology coursework and select one of the three concentration options:

1. Research

- This concentration includes a required thesis project and elective coursework chosen to fit each student's career goals, consisting of advanced study in areas such as biomechanics, specific topics in exercise physiology, or related interdisciplinary coursework (biology, chemistry, physics, etc.) for those who plan to pursue a career in research and/or a Ph.D.
- For information on current faculty-led research laboratories within the Department of Kinesiology, please view the department's [research website](#).
- For additional information on research resources and opportunities at App State, please visit the [Office of Research and Innovation website](#).
- Course requirements for the MS-KIN Research concentration can be found [here](#).

2. Clinical Exercise Physiology

- This concentration includes coursework and experiences in cardiorespiratory physiology, cardiopulmonary pathophysiology, exercise prescription, and chronic disease management in preparation for a career in the clinical, wellness, or rehabilitative setting.
- Course requirements for the MS-KIN Clinical Exercise Physiology concentration can be found [here](#).

3. Strength and Conditioning

- This concentration includes coursework and experiences in program design, sport performance, high-performance testing, sport nutrition, sport psychology, and motor behavior in preparation for a career in athletic performance, sport science, or fitness. The National Strength and Conditioning Association (NSCA) has recognized the strength and conditioning curriculum at App State, and students are encouraged to obtain one of the NSCA certifications when nearing completion of the program.
- Course requirements for the MS-KIN Strength and Conditioning concentration can be found [here](#).

Complementary Programs

Dual Degree in Kinesiology and Applied Data Analytics

A curriculum exists for students wishing to pursue dual master's degrees in Kinesiology and Applied Data Analytics. This program of study is for students that are interested in pursuing careers in sports science and analytics. This is an academically rigorous program based around

the Research concentration in the MS-KIN and the Interdisciplinary Analytics Concentration in the Master of Science in Applied Data Analytics within the Walker College of Business. This program requires taking a total of 54 credit hours and summer courses are recommended.

Full details on this program are available [here](#). If interested, you are encouraged to reach out to the [MS-KIN graduate program director](#).

Partnership with United States Military Academy - Department of Physical Education

In partnership with the U.S. Military Academy (USMA), officers selected by West Point's Department of Physical Education (DPE) can pursue an approved Master of Science in Kinesiology with a concentration in Strength and Conditioning. Admission begins through the USMA, and once officers are accepted, they then apply to Appalachian State University's MS in Kinesiology program.

Course Sequence

Course sequences exist for students to complete their degrees in the 2-year time frame. While these documents serve as references, you are encouraged to meet with your advisor to determine the best courses to take each semester, prior to registering for classes.

- Course sequence for Clinical Exercise Physiology Concentration
- Course sequence for Research Concentration
- Course sequence for Strength & Conditioning Concentration
- Course sequence for dual-degree with MS-ADA

Program Accreditation and Professional Alignment

Our MS-KIN program is aligned with the educational standards set by leading professional organizations in the field. These affiliations reflect our commitment to academic excellence, scientific rigor, and professional readiness.

ACSM Aligned Program (American College of Sports Medicine) - *Clinical Exercise Physiology Concentration*

- Curriculum aligns with the competencies required for ACSM certifications, such as Certified Clinical Exercise Physiologist (ACSM-CEP).
- Students are prepared to sit for the ACSM-CEP certification exam through coursework in physiology, biomechanics, clinical exercise testing, and prescription.
- ACSM is a globally recognized leader in sports medicine and exercise science, promoting research and practical applications in health and performance.

NSCA Recognized Program (National Strength and Conditioning Association) - *Strength and Conditioning Concentration*

- This program is recognized by the NSCA as an Education Recognition Program (ERP),

indicating strong preparation for certifications such as Certified Strength and Conditioning Specialist (CSCS) and NSCA-Certified Personal Trainer (NSCA-CPT).

- The ERP designation ensures that coursework includes scientific foundations of strength and conditioning, performance assessment, and programming strategies.
- NSCA accreditation supports students in gaining applied knowledge and career readiness in strength & conditioning, coaching, and sports performance.

In support of accreditation efforts, students may receive an **alumni survey** to track students and solicit additional feedback on the program's impact on career readiness and professional development. Providing this feedback is critical towards improving the program and ensuring we meet programmatic accreditation standards.

Academic Standards

Academic Standing and Dismissal Procedures

Academic standards for retention in the MS-KIN program include adherence to the App State [Code of Student Conduct](#) and the [Academic Integrity Code](#), as well as compliance with the [Professional Behaviors and Responsibilities](#) section in the Kinesiology Student Handbook.

Graduate students in the MS-KIN program must:

- Achieve a grade of "C-" or higher in all graduate courses.
- Maintain an overall GPA of 3.0.
- Earn no more than three final grades of "C-" in any graduate course.
- Have no failing grade (U or F).

In the event one or more of the above standards are not met, the MS-KIN program will follow the School of Graduate Studies procedures on [suspension and probation](#).

- According to the School of Graduate Studies standards, students may repeat only one course. Students may repeat a particular course only one time.
 - Note: Due to the progressive nature and course sequencing of the Kinesiology curriculum, repeating courses may delay program completion.
- If a student's cumulative GPA falls below 3.0, they are granted academic probation for one semester. Students granted probation will be required to:
 - Submit an academic improvement plan outlining specific goals and strategies for returning to good standing.
 - Meet regularly (at least twice per month) with an assigned faculty mentor or advisor to review progress and receive support.
 - Demonstrate significant academic improvement by the end of the probationary term.
 - Students on academic probation will not be permitted to take internship credit while on probation.

*Failure to meet the terms of the academic improvement plan or to raise the GPA to the required level of 3.0 within the probationary period will result in suspension from the program.

Appeals Process

Graduate students have the right to appeal any decision concerning course grades, suspension from their graduate program, or termination from their graduate assistantship. Appeals involving grades or other faculty-related issues are handled through the department and the dean of the academic college housing the department. The detailed procedures and strict timelines for grade appeals can be found [here](#).

Academic Advisement

The graduate faculty members are here to help you make timely progress towards your degree. The [Graduate Program Director](#) will provide you with accurate and timely information about academic requirements and academic evaluation. The Graduate Program Director and your primary advisor will communicate with you regularly and provide intellectual guidance and support throughout your academic and scholarly development. There should be a mutually agreed-upon set of meetings between you and your primary advisor (these could be e-meetings) so that you receive the guidance you need. Your advisor will also assist you in participating in scholarly and professional experiences that will add depth and breadth to your skills.

For students in the Clinical Exercise Physiology concentration, your primary advisor will be the [CoAES Graduate Coordinator](#). For students in the Strength & Conditioning concentration, your primary advisor will be the [CASCE Graduate Coordinator](#). For students in the Research concentration, your primary advisor will typically be your thesis advisor. Until you have identified a thesis advisor, the [Graduate Program Director](#) will provide you academic advisement.

Evaluation of Students

Thesis Requirements

Graduate students in the MS-KIN Research concentration are required to select a research topic and complete a thesis project. MS-KIN thesis requirements can be found in the [KIN Thesis Guidelines](#) document.

Internship Requirements

Graduate students in the MS-KIN Clinical Exercise Physiology and Strength and Conditioning concentrations are required to complete internship hours at qualified program sites. The [Kinesiology Internship Manual](#) outlines the objectives, requirements, procedures, and responsibilities of graduate students completing an internship. Students on academic probation will not be allowed to register for internship hours. Information regarding registering for an internship can be found [here](#).

Comprehensive Examination Requirements

The MS-KIN program requires acceptable performance on a comprehensive examination. For graduate students in the Research concentration, the thesis defense constitutes the comprehensive examination. Several rules govern the timing and approval process for all comprehensive exams:

- Comprehensive examinations must be completed in the last 1/3 of the program.
- Comprehensive examinations must be evaluated by at least two members of the graduate faculty, all of whom must sign the Comprehensive Exam Report form that is submitted to the School of Graduate Studies.
- The report of successful comprehensive exam completion must be received by the School of Graduate Studies no later than the day before final exams begin in the term of graduation.

For students in the Research concentration, your successful thesis defense will serve as your comprehensive examination. Once you have successfully defended your thesis, contact the Graduate Program Director and indicate who your thesis committee members were so that paperwork can be filed on completion of your comprehensive exam.

Degree Completion

To receive the MS in Kinesiology from the Department of Kinesiology, graduate students will need to complete all coursework (36 credits) and other program requirements before graduation. Students therefore need to be aware of deadlines for completing/submitting their specific concentration requirements (i.e., thesis projects, capstone projects, or accreditation exams). Missing a deadline can impact your graduation plans. Deadlines for thesis completion can be found [here](#).

Graduate students are also required to apply for graduation by established deadlines. Information on graduation requirements, how to apply to graduate, and graduation application deadlines can be found [here](#).

Note: To officially complete your program, you **MUST** apply to graduate even if you don't plan to attend the commencement ceremony.

Student Input to the Kinesiology Program

Students have several mechanisms for providing input to the **Kinesiology Program**:

1. **Kinesiology faculty meeting agendas** will be shared with students, and students may either comment on the agenda or request to attend the faculty meeting.
1. One **Kinesiology student** will also be selected each year to serve on the program's **curriculum committee**. This representative will have voting rights and is expected to provide information to the student body while soliciting feedback regarding the program.
2. All students are encouraged to provide feedback on the **Kinesiology program** when they complete the foundation curriculum and upon exiting the program. **Anonymous surveys** request detailed information regarding the curriculum, their assessment of their competence in kinesiology, and the overall program. These surveys are in addition to end-of-semester course evaluations and separate, anonymous surveys of internship/practicum supervisors.
3. For students in the **Clinical (CoAES-accredited)** concentration, additional input is provided through a required advisory committee that includes both current and alumni students, offering a formal mechanism for feedback and program development.

Professional Behaviors & Responsibilities

One of the most significant components of professional development is the relationships fostered between Kinesiology graduate students and those with whom they regularly interact, including but not limited to, healthcare professionals (e.g., physicians, rehabilitation clinicians, etc.), faculty, clinical supervisors (e.g., preceptors, intern supervisors, etc.), fellow students, coaching staff, and clients or patients. The standards for professional behaviors and responsibilities provided in this handbook apply to all students affiliated with the Kinesiology Department, including those admitted to specialized programs and those pursuing related coursework. By participating in this graduate program, graduate students agree to uphold these principles of professionalism, integrity, and respect in all academic and professional interactions.

As a graduate student, you are expected to progress from awareness and understanding to demonstrating, mastering, and integrating the following professional behaviors and responsibilities within various settings. Additionally, graduate students must adhere to the ethical and professional standards outlined by relevant professional organizations, including the [National Strength and Conditioning Association \(NSCA\)](#) and the [American College of Sports Medicine \(ACSM\)](#). The standards for professional behaviors and responsibilities are essential for successful progression through the Kinesiology Department's academic and professional training programs.

Reporting Student Grievances & Resolving Conflict

The general chain of command within the University with regard to student issues would be as follows:

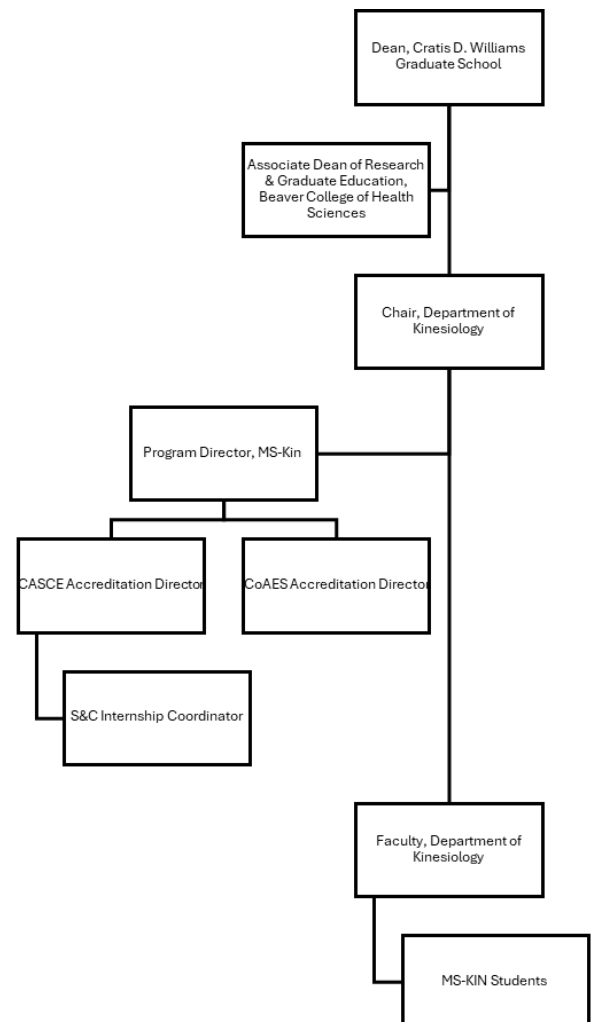
- MS-KIN Student
- Kinesiology graduate faculty
- Concentration coordinator
- Graduate Program Director
- Chair of the Department of Kinesiology
- Dean or Associate Dean of Research and Graduate Education for Beaver College of Health Science
- Office of Academic Affairs

When facing a problem within the program, consider the type of problem and below may indicate possible pathways to solve that problem.

Issue with internship or practicum experience:

Student → Internship/practicum supervisor → graduate program director

Issue with academic situation: Student → Faculty member → graduate program director → Department chair



Depending on the issue, students may reach out to the [Office of Student Conduct](#) and the [Office of Access and Opportunity](#) as needed.

University Policies, Procedures, and Resources

Graduate Student Government Association

The MS-KIN will have 1 student to serve as a representative to the graduate student government association (GSGA). In the beginning of each academic year, the graduate program director will solicit nominations for GSGA representatives, and arrange a digital vote if needed. This representative is critical to make sure students are eligible for certain research and travel grants.

[Learn more about the GSGA](#)

Student Rights, Conduct, and Responsibilities

Student Code of Conduct and Rights

All students are expected to adhere to the [Appalachian State University Student Code of Conduct](#), which outlines behavioral expectations. Students found in violation may be subject to disciplinary action, including dismissal from the program after exhausting appeals.

- Student Rights Overview: [Rights of Involved Students](#)
- University-wide student responsibilities are outlined in the [Policy Manual](#).
- Policies include areas such as academic integrity, discrimination, safety, alcohol/drugs, weapons, and health.

Equal Opportunity

For information about Appalachian State University's commitment to providing equal opportunity in education and employment please visit: [Equal Opportunity Policy](#). Issues related to discrimination and harassment can be reported to the [Office of Access and Equal Opportunity](#). Faculty are mandatory reporters and may be required to report issues to the Office of Access and Equal Opportunity.

Course Withdrawals

Medical Withdrawals

Students experiencing serious physical or mental health challenges may request a course withdrawal during the semester. Students are encouraged to consult with their instructors and the Graduate Program Director when facing significant health-related challenges.

- More information: [Medical Withdrawal Policy](#)

Bereavement-Related Class Absences

For more information, view Policy 6.3 at

https://academicaffairs.appstate.edu/sites/academicaffairs.appstate.edu/files/printable_pdf_of_the_attendance_policy.pdf

Final Grades

Grades are posted electronically by the Registrar's Office and are available to students shortly after posting.

Grade Appeal Policy

For more information regarding the Grade Appeal policy, view the University Graduate Policies at

<https://academicaffairs.appstate.edu/resources-forms/student-grievance-and-appeal-policies-and-procedures>

Useful Links

- Cratis D. Williams School of Graduate Studies: <https://graduate.appstate.edu/>
- Beaver College of Health Sciences: <https://healthsciences.appstate.edu/>
- Master of Science in Kinesiology Graduate Program: <https://phes.appstate.edu/academic-programs/graduate-programs>
- Department of Kinesiology Graduate Bulletin https://bulletin.appstate.edu/preview_entity.php?catoid=40&ent_oid=2608&returnto=2490
- Office of the Dean of Students: <https://deanofstudents.appstate.edu/>
- Academic Affairs: <https://academicaffairs.appstate.edu/>
- Student Affairs: <https://studentaffairs.appstate.edu/>
- Office of Student Financial Aid: <https://financialaid.appstate.edu/>
- Student Accounts: <https://studentaccounts.appstate.edu/>
- Office of the Registrar: <https://registrar.appstate.edu/>
- Office of Access and Opportunity: <https://odr.appstate.edu/>
- Office of Research and Innovation: <https://research.appstate.edu/>
- IT Support Services: <https://support.appstate.edu/>
- University Libraries: <https://library.appstate.edu/>
- Student Learning Center: <https://studentlearningcenter.appstate.edu/>
- University Writing Center: <https://writingcenter.appstate.edu/>
- Career Development Center: <https://careers.appstate.edu/>
- AsULearn: <https://asulearn.appstate.edu/>
- AppalNet: <https://appalnet.appstate.edu/>
- Student Health Services: <https://healthservices.appstate.edu/>
- Counseling and Psychological Services: <https://counseling.appstate.edu/pagesmith/145>
- Student Veteran Services: <https://militarystudents.appstate.edu/>
- Appalachian Police Department: <https://police.appstate.edu/>