The Department of Kinesiology, a charter member of the American Kinesiology Association, offers a Master of Science degree in Kinesiology. Graduate students in the program encounter a rich balance of classroom experiences designed to provide an understanding of theoretical knowledge and practical application to prepare them for a variety of careers. The Kinesiology curriculum at Western Illinois University allows graduate students to design a program of study that aligns with professional goals and interests, within the realm of exercise science and physical activity.

**Areas of Study**

Upon entry into the program, students select two areas of focus in which the courses provide them with master’s level preparation that matches their professional aspirations. Students may choose from the following six areas of study:

**Ability Diversity**
The program’s focus is on development of knowledge and understanding of sport and physical activity in persons with disabilities. Coursework aligns with careers in corporate and collegiate fitness/recreation specialists, coaches, occupational and physical therapists, athletic trainers, personal trainers, and wellness coaches.

- KIN 493 (G) Sport and Recreation for Individuals with Disabilities (3 sh)
- KIN 548 Sport and Cultural Identities (3 sh)
- KIN 570 Psychology of Injury (3 sh)
- KIN 557 Inclusive Exercise and Disability Characteristics (3 sh)

**Exercise Physiology**
The program’s focus is on the ability to apply physiological principles and assessment techniques when working with individuals who want to improve their fitness, health, and/or sport performance. Coursework aligns with careers in cardiopulmonary rehabilitation, corporate wellness and fitness, sport performance programming, or community and commercial fitness management.

- KIN 553 Physiology of Exercise (3 sh)
- KIN 554 Exercise Stress Testing and EKG Evaluation (3 sh)
- KIN 566 Cardiorespiratory Physiology (3 sh)
- KIN 573 Laboratory Applications in Exercise Physiology (3 sh)

**Human Movement Performance**
The program’s focus is on gaining the knowledge and skills needed to assess, analyze, and improve the movement patterns for individuals of all ages and abilities. Coursework aligns with careers in movement performance (i.e. athletic trainers, sport coaches, physical educators, and occupational and physical therapists).

- KIN 541 Qualitative Analysis of Human Movement (3 sh)
- KIN 551 Biomechanics of Physical Activity (3 sh)

- KIN 556 Motor Learning and Human Performance (3 sh)
- KIN 576 Lifespan Motor Development (3 sh)

**Strength and Conditioning**
The program’s focus is on designing strength and conditioning programs for individuals of all ages and abilities. Coursework aligns with careers that focus on the development and implementation of training programs and protocols (i.e. strength and conditioning coaches, athletic trainers, sport coaches, and personal trainers).

- KIN 543 Strength and Conditioning Enhancement (3 sh)
- KIN 553 Physiology of Exercise (3 sh)
- KIN 578 Advanced Strength and Conditioning (3 sh)
- KIN 588 Assessment and Physical Performance (3 sh)

**Sport and Exercise Psychology**
The program’s focus is on the psychological principles of sport and exercise and how they affect performance of athletes and those who exercise. Coursework aligns with careers in which psychological techniques are used to enhance performance in a variety of sport and physical activity settings (i.e. athletics trainers, sport coaches, physical educators, personal trainers, etc.).

- KIN 559 Sport Psychology (3 sh)
- KIN 567 Exercise Psychology (3 sh)
- KIN 568 KIN 568 Social Psychology of Sport and Exercise (3 sh)
- KIN 569 Applied Sport and Exercise Psychology (3 sh)

**Wellness and Fitness Management**
The program’s focus is on wellness and fitness management and programming. Coursework aligns with careers in corporate wellness, community health and recreation, university wellness and campus recreation, and clinical cardiac rehabilitation where skills are needed to provide fitness and wellness programs for patients and clients of various settings.

- KIN 553 Physiology of Exercise (3 sh)
- KIN 540 Wellness and Risk Reduction Concepts (3 sh)
- KIN 544 Organization and Management of Exercise Programs (3 sh)
- KIN 552 Wellness Program Development and Administration (3 sh)
“WIU started the development of the most important quality that I possess today in my career, practical experience. WIU is a great place that will provide you the opportunities to be successful.”

– Caleb Robertson,
Current Kinesiology Graduate Student

**WIU.EDU/KINESIOLOGY**

**Curriculum**

Students pursuing a MS in Kinesiology degree complete a total of 39 semester hours (sh) of coursework, which includes two areas of study, (24 sh) plus an additional 15 sh of directed electives. Students choose one of three capstone experiences; (a) thesis; (b) internship; or (c) non-thesis (grant writing).

**Graduate Assistantships**

The WIU Department of Kinesiology awards graduate assistantships to qualified graduate students majoring in Kinesiology or Sport Management. The selection process is competitive, and assignments are based on interest, experience, and graduate course schedule. To apply, interested students need to complete not only the University assistantship application, but also one specific for Kinesiology. There are also opportunities for Kinesiology students to receive graduate assistantships through other offices on campus. For more information, visit wiu.edu/coehs/kinesiology/ta.

Western Illinois University is an Affirmative Action and Equal Opportunity employer with a strong commitment to diversity. In that spirit, we are particularly interested in receiving applications from a broad spectrum of people, including, but not limited to, minorities, women, and individuals with disabilities. WIU has a non-discrimination policy that includes sex, race, color, sexual orientation, gender identity and gender expression, religion, age, marital status, national origin, disability, and veteran status.

**Networking**

Networking in the WIU Department of Kinesiology begins the first day students come to Western’s campus. Students are encouraged to become members of the Kinesiology Graduate Association and to serve in leadership roles; experience professional development activities; present research at state, national, and international conferences; and engage in fundraising activities. The association collaborates with the Sport Management Student Association, travelling to meet professionals in the kinesiology and sport industry fields.

**What Are Our Graduates Doing?**

Recent graduates are employed in the following positions:

- Exercise specialist at OSF – Peoria, IL
- Assistant director, Fitness and Wellness, Department of Recreational Sports at Washington University – St. Louis, MO
- Weight loss specialist at OSF St. Joseph Medical Center – Normal, IL
- Personal trainer at The Workout company – Illinois
- Strength and conditioning coach at Auburn University – Alabama
- Assistant strength and conditioning coach at DePaul University – Chicago, IL
- Facility director at FAST (Foothills Accelerations and Sports Training) – Arizona
- Linebackers coach at Illinois College – Illinois
- Assistant softball coach at Cleveland State University – Ohio

**Admission Requirements**

Full admission status requires an undergraduate degree with a minimum overall GPA of 3.0 (or 3.2 for the last two years of study). Students with GPAs between 2.75 and 2.99 can be admitted on probationary admission status. International students whose native language is not English must have an overall TOEFL score of at least 90 (Internet based). Prospective students need to have successfully completed undergraduate coursework (or the equivalent) in four of the following five areas: Anatomy and Physiology, Exercise Physiology, Biomechanics, Sport and Exercise Psychology, and Motor Behavior. Students with deficiencies can either submit a written appeal or fulfill this requirement within the first three semesters of their graduate program. For more information, visit wiu.edu/kinesiology.

**Contact Information**

For admissions process and general program information, contact the School of Graduate Studies, Western Illinois University, 1 University Circle, Macomb, IL 61455, (309) 298-1806, (877) WIU GRAD toll-free, Grad-Office@wiu.edu, wiu.edu/grad.

For program information, please contact Professor Cindy Piletic, graduate program coordinator, at C-Piletic@wiu.edu, (309) 298-1820, or the WIU Department of Kinesiology at kinesiology@wiu.edu, (309) 298-1981.