

## Health, Physical Education and Recreation

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The Department of Health, Physical Education, and Recreation offers three graduate degree programs leading to the Master of Science degrees: Exercise and Sports Sciences, Parks and Recreation Management, and Physical Education. The Exercise and Sports Sciences program has two tracks: Exercise Physiology and Athletic Training/Sports Medicine. The Exercise Physiology Track has two specializations: Cardiac Rehabilitation/Adult Fitness and Strength and Conditioning/Adult Fitness. The Parks and Recreation Management Program has two tracks: Leisure Services Management and Recreational Therapy. The Physical Education Program has two tracks: Physical Education Teacher Certification and Sports Management.

The description of the programs with their tracks and specializations can be found under their respective headings in this section of the catalog. The program requirements and descriptions listed below are subject to change without notice. Program faculty should be consulted for academic advisement.

All stated admission requirements are subject to change and should be considered as minimum requirements. A student who meets these minimum requirements is not guaranteed admission. It is the responsibility of the student to ensure that she/he has met the requirements.

### Master of Science in Exercise and Sports Sciences: Exercise Physiology Track

The Exercise Physiology Track offers two specializations: Cardiac Rehabilitation/Adult Fitness and a Strength and Conditioning/Adult Fitness. The Cardiac Rehabilitation/Adult Fitness Specialization focuses on the physiological effects of exercise and training in the rehabilitation of cardiac disorders and the prevention of disease. This specialization enables students to develop the competencies required by the American College of Sports Medicine for certification as an Exercise Specialist, a Health/Fitness Instructor, and a Health/Fitness Director. It also prepares students for the National Strength Professional Association's Certified Conditioning Specialist and the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist. The Strength and Conditioning/Adult Fitness specialization emphasizes the effects of training on the improvement of athletic performance and the prevention of disease in

healthy adult populations. This specialization enables the student to develop the competencies required by the National Strength and Conditioning Association for certification as a Certified Strength and Conditioning Specialist. In addition, this track enables students to develop the competencies required by the American College of Sports Medicine for certification as a Health/Fitness Instructor and a Health/Fitness Director. It also prepares students for the National Strength Professionals Association Certified Conditioning Specialist certification. FIU has been recognized by the National Strength and Conditioning Association as being an institution that prepares individuals to work in the strength and conditioning field.

### Degree Options

Students in either specialization of the Exercise Physiology Track may select one of two degree options: the Research Project Option or the Advanced Practitioner Option. The Research Project Option requires a minimum of 33 credits and the completion of a faculty supervised research project. The Research Project Option is highly recommended for students hoping to enter a Ph.D. program. The Advanced Practitioner Option requires a minimum of 36 credits and the successful completion of a comprehensive examination.

### Admission Requirements

An applicant for admission to graduate study must meet the existing criteria set forth by the Florida Board of Education. Presently, these are a 3.0 GPA for the last 60 hours of upper-division coursework, a resume, three letters of professional recommendation, and a scholarly writing sample.

### Prerequisite Classes

Students selecting the Cardiac Rehabilitation/Adult Fitness Specialization should have one class in each of the following areas: exercise physiology, kinesiology, anatomy, physiology, and nutrition. Students selecting the Strength and Conditioning/Adult Fitness Specialization should also have Advanced Concepts in Strength and Conditioning or its equivalent. In lieu of this class, a student may substitute CSCS certification or provide documentation demonstrating experience in developing strength programs.

### Degree Hours:

#### Common Core Courses

PET 5355	Advanced Exercise Physiology
PEP 5115	Health/Fitness Instructor
PET 5693	Exercise Prescription for Special Populations
PET 6775	Health/Fitness Director
EDF 5481	Analysis and Application of Educational Research
PET 5368	Exercise, Diet, and Weight Management

#### Cardiac Rehabilitation/Adult Fitness Specialization

PET 5521	Exercise Test Technology
PEP 5116	Exercise Specialist
PET 5931	Special Topics in Exercise Science

#### Strength and Conditioning/Adult Fitness Specialization

PET 5xxx	Organization and Administration of Strength and Conditioning Programs
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PET 5391C	Comprehensive Conditioning of Elite Athletes
PET 5xxx	Advanced Analysis of Sport Movement

**Research Project Option**

Students selecting the Research Project Option will enroll in 6 credits of Directed Study in Exercise Physiology (PET 5906).

**Advanced Practitioner Option**

Students selecting the Advanced Practitioner Option will enroll in 9 credits of electives and/or internship. A student must complete a minimum of 3 credits of internship, but may elect to complete up to 9 credits of internship. Thus, a student may choose to complete 0-6 credits of electives, bringing the total number of credits to 36 required to graduate from this option.

### Master of Science in Exercise and Sports Sciences: Athletic Training/Sports Medicine Track

The Athletic Training/Sports Medicine track is designed to inculcate the student with the conceptual and theoretical basis for athletic training principles and techniques through the experiential process. The program offers advanced study in various areas of sports medicine and provides opportunity for specialization and added qualifications. Research in the field of athletic training allows the practitioner better performance in the workplace and gives athletic training increased credibility and exposure. This recognition enhances an athletic trainer's prestige and marketability. In the end, the student will be better prepared to earn higher positions as an allied health care professional in the athletic training and sports medicine setting.

**Admission Requirements**

To be admitted to the MS in Exercise and Sport Science, Athletic Training/Sports Medicine track, a student must:

1. Hold a bachelor's degree from an accredited college or university;
2. Have a 3.0 grade point average during the last two years of the undergraduate education,
3. Be accepted into the FIU University Graduate School;
4. Be certified or certification eligible for the National Athletic Trainers Association Board of Certification (NATA-BOC) Examination, or other professional qualification, as approved by the program director;
5. Submit an application to the Advanced Athletic Training/Sports Medicine Program Selection Committee. The application shall include:
  - a. Apply online at University Graduate School website: <http://gradschool.fiu.edu>,
  - b. Application to the Advanced Athletic Training/Sports Medicine track (download from [www.fiu.edu/~athtrn](http://www.fiu.edu/~athtrn)),
  - c. Resume or curriculum vita, with cover letter,
  - d. Three professional letters of recommendation (at least one from supervising Certified Athletic Trainer or other qualified allied health professional),
  - e. Scholarly writing sample,
  - f. Interview (personal or telephonic)

**Prerequisite Classes**

One class in each of the following areas is required to have been completed prior to admission: Human Anatomy, Human Physiology, Kinesiology/ Biomechanics, Exercise Physiology, Nutrition, Care and Prevention of Athletic Injuries, Evaluation/ Assessment of Athletic

Injuries, First Aid and Emergency Care, Therapeutic Exercise, Therapeutic Modalities, Organization and Administration of Athletic Training, Psychology, Health and Wellness/Personal and Community Health .

**Degree Hours: (36)****Required Athletic Training/Sports Medicine Core Courses (15 )**

The core requirements are designed to advance the theoretical underpinnings of athletic training practice. The required core Advanced Athletic Training/Sports Medicine courses are:

PET 6525C	Advanced Athletic Training/Sports Medicine Seminar I	1
PET 6526C	Advanced Athletic Training/Sports Medicine Seminar II	1
ZOO 5371/L	Clinical Anatomy of the Trunk and Limbs & Lab	4
PET 5625	Sports Medicine	3
PET 5355	Advanced Exercise Physiology	3
PET 6558	Human Performance in Extreme Environments	3

**Required Research, Inquiry, and Analysis Courses (9)**

The research requirement consists of a broad base of research methods, statistics, and application. Research experience is applied to the preparation of an independent research project culminating in a publication quality manuscript and presentation. The research project is grounded in theoretical frameworks within Athletic Training/Sports Medicine and is designed to contribute to the body of knowledge in the field. The required Research courses are:

EDF 5481	Foundations of Educational Research	3
PET 6597	Survey of Research	3
PET 6535	Masters of Science Research in Exercise and Sports Sciences	3

**Areas of Specialization (12)**

With consultation of the Program Director, select from the following speciality areas:

**Sports Medicine**  
**Athletic Training Education**  
**Sport Performance**

Students may also consider enrolling in a Graduate Certificate Program (18 CR) and potentially earn a Certificate of Added Qualification (CAQ) which may be taken as a Bachelor's Degree Add-On Certificate or as a supplement to a Master's of Science Degree program. Please see Graduate Certificate Programs for more information.

**Sports Medicine Specialization**

PET 6xxx	Physical Assessment, Measurement, and Evaluation Techniques Workshop	1
PET 6xxx	Supervised Research Experience	2
PET 6xxx	Advanced Analysis of Sport and Movement & Lab	3
PET 5216	Sport Psychology	3
HUN 6248	Sports Nutrition	3

### Master of Science in Parks and Recreation Management

The graduate program in Parks and Recreation Management is planned to provide advanced preparation for administrative and supervisory level positions within a leisure services delivery system and recreational therapy services. The program includes electives which give

flexibility regarding an individual's specific career goals as a future practitioner in parks and recreation management or recreational therapy services. The Recreational Therapy track is designed to prepare direct service and administrative personnel engaged in recreational therapy service delivery.

### Admission Requirements

To enter the program in Parks and Recreation Administration, a student must have a 3.0 GPA for the last 60 hours of upper-division courses, career goals and aspirations, and three letters of professional recommendation, possess a bachelor's degree, and have appropriate undergraduate preparation in recreation or recreational therapy.

### Degree Program: (30-36)

#### Required Core: (12)

LEI 5510	Program Administration in Parks, Recreation and Sport	3
LEI 5595	Seminar in Parks, Recreation, and Sports Management	3
LEI 5605	Philosophical and Social bases of Parks and Recreation	3
STA 6166	Statistical Methods in Research I	3
or		
EDF 5481	Analysis & Application	3

#### Select from one of the following two tracks: (15-21)

##### Leisure Services Management Track

LEI 5907	Directed Study in Parks and Recreation Management	3
Advised Electives		15

A student who did not complete a Parks, Recreation, Leisure or Sports oriented internship/field experience during his or her undergraduate degree curriculum will be required to take:

LEI 6922	Supervised Field Experiences in Parks and Recreation	6-9
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##### Recreational Therapy Track

##### Therapeutic Recreation Core (3-12)

LEI 5716	Program Planning in Therapeutic Recreation	3
LEI 5719	Client Assessment, Evaluation, and Documentation in Recreational Therapy	3
LEI 6725	Administrative Aspects of Therapeutic Recreation	3
LEI 6726	Problems, Concepts Issues and Trends In Therapeutic Recreation	3

##### Thesis Option:

LEI 6970	Thesis: Therapeutic Recreation	6
Advised Electives		3
<b>Total Hours Thesis Option:</b>		<b>30</b>

##### Non-Thesis Option:

LEI 5907	Individual Study in Parks and Recreation Management	3
Advised Electives		12
<b>Total Hours Non-Thesis Option:</b>		<b>36</b>

Students not currently certified as Therapeutic Recreation Specialists must also register for the following course as part of their overall program:

### Prerequisites:

Individuals not currently certified at the professional level (CTRS) by the National Council for Therapeutic Recreation Certification will be required to take the following content courses for completion of the Therapeutic Recreation graduate curriculum:

Introduction to Therapeutic Recreation	
Disabling Conditions and T.R. Services	
Recreational Therapy Interventions	
Abnormal Psychology	
Anatomy	
Physiology	
Human Growth and Development	
LEI 6922	Supervised Field Experiences in Parks and Recreation

6-9

### Master of Science in Physical Education

The Master of Science degree program in Physical Education is designed to provide advanced preparation for teachers of physical education. Applicants must have a 3.0 GPA for the last 60 hours of upper-division coursework, and include an autobiographical statement, their career goals and aspirations, and three letters of professional recommendation accompanying the application.

### Degree Hours: (33)

#### Professional Education: (9)

EDF 5481	Analysis and Application of Educational Research	3
EDF 6608	Sociological, Philosophical, and Historical Foundations of Education	3
EDF 6211	Educational Psychology: Foundations And Application	3
PET 5206	Youth Sport	3
PET 5216	Sports Psychology	3
PET 5052C	Motor Learning	3
PET 5256	Sociology of Sport	3
PET 5426	Curriculum in Physical Education	3
or		
PET 5436	Physical Education Curriculum	3
PET 5948	Practicum in Physical Education	3
PET 6597	Survey of Research in Physical Education and Sports	3
Electives		3

### Sports Management Track

The purpose of this track is to provide an option for persons seeking a master's degree in an allied (nonteaching) career in physical education. This degree program would primarily be of interest to persons who do not presently hold Florida teaching certification credentials. This degree does not provide teacher certification for the degree recipients. Examples of potential student clientele would include all foreign and American college graduates with bachelor's degrees in sports science, business, recreation, and other social sciences.

### Admission Requirements

Students must hold a bachelor's degree from an accredited university and have a 3.0 GPA for the last 60 hours of upper-division coursework, and include an autobio-graphical statement, their career goals and aspirations, and three letters of professional recommendation accompanying the application. The published university requirements for admission into the master's degree programs must be met. Students who do

not have an undergraduate major in physical education or a related area are responsible for meeting the prerequisites for any course listed in the program's curriculum. A program advisor must be consulted regarding completion of degree requirements.

**Degree Hours: (33)**

STA 6166	Statistical Methods in Research	3
	<b>or</b>	
EDF 5481	Analysis and Application	3
PET 5216	Sports Psychology	3
PET 5256	Sociology of Sport	3
LEI 6577	Leisure Service Marketing	3
PET 6944	Supervised Field Experience	3-6
PET 6597	Survey of Research in Physical Education and Sports	3
LEI 5503	Law and Liability in Parks and Recreation and Sports	3
LEI 5510	Program Administration Parks and Recreation and Sports	3

**Advisor approved electives: (3-6)**

Please consult with an advisor for appropriate courses.

Examples of approved electives are:

LEI 5440	Program Development in Parks, Recreation & Sport	3
PET 5206	Youth Sports	3
MAN 6501	Operations Management	3
MAN 7275	Organizational Behavioral	3