

# MASTER OF SCIENCE IN KINESIOLOGY (COACHING)

**Web Site:** <https://twu.edu/kinesiology/graduate-programs/coaching/>

The M.S. in Kinesiology, Coaching emphasis area was founded on the need to prepare, at the post-baccalaureate level, quality coaches for leadership roles to meet the challenging demands of coaching in the 21st century. The Coaching curriculum emphasizes the development of an athlete-centered coaching philosophy and cultivates the ability to critically reflect through action research and on one's previous and current coaching practices. The Coaching classes are delivered 100% online so coaches can remain in their coaching workplace while completing their degree. Courses are offered using the state-of-the-art course management system, Canvas. Culminating experiences have sport-based research components directly related to professional development in the coaches' sport of interest. The M.S. in Kinesiology with an emphasis in Coaching is a 36-semester credit hour option emphasizing the development of skills, techniques, and concepts necessary to become a master coach.

## Marketable Skills

Defined by the Texas Higher Education Coordinating Board's 60x30 Strategic Plan (<https://reportcenter.highered.texas.gov/agency-publication/miscellaneous/thecb-60x30-strategic-plan/>) as, "Those skills valued by employers that can be applied in a variety of work settings, including interpersonal, cognitive, and applied skills areas. These skills can be either primary or complementary to a major and are acquired by students through education, including curricular, co-curricular, and extracurricular activities."

1. Accurately apply pertinent coaching theories to individual, partner, and team sport-related settings.
2. Effectively enhance athletic performance through psychological assessment and evidence-informed coaching techniques.
3. Insightfully develop a personal coaching philosophy and establish an effective coaching style.
4. Develop practice plans and medical emergency plans.

## Admissions

All students must meet the University requirements as outlined in the Admission to the TWU Graduate School (<https://catalog.twu.edu/graduate/graduate-school/admission-graduate-school/>) section of the catalog.

The academic program may have additional admission criteria that must also be completed as outlined on the program's website.

## Degree Requirements

### Total Semester Credit Hours Required

36 semester credit hours (SCH). The majority of the program is taught online.

Code	Title	SCHs
<b>Kinesiology Core</b>		
KINS 5023	Methods of Research	3
KINS 5033	Applied Statistical Principles	3
<b>Coaching Emphasis</b>		

KINS 5203	Theory of Coaching	3
KINS 5243	Sport Injury Prevention and First Aid	3
KINS 5253	Organization and Administration for Effective Team Management	3
KINS 5263	Sport Psychology	3
KINS 5273	Sport Conditioning and Nutrition	3
KINS 5293	Technical Skills Analysis	3
KINS 5303	Coaching Tactical Skills	3
<b>Electives</b>		
Choose two from the following (with approval by program director)		6
KINS 5403	Leadership Theory and Practice in Sport and the Health Sciences	
KINS 5453	Financing the Sport Enterprise	
KINS 5463	Legal Issues in Sport	
KINS 5473	Sport Media and Marketing	
KINS 5683	Exercise Evaluation and Prescription	
KINS 5723	Sport in American Society	
KINS 5813	Research in Kinesiology	
KINS 5883	APA II: Disability Sport and Fitness	
KINS 5903	Special Topics (Low Ropes)	
KINS 5913	Independent Study	
Other electives are possible – consult your advisor		
<b>Culminating Experience</b>		
Choose one of the following		3
KINS 5123	Professional Affiliation	
KINS 5973	Professional Paper and Project	
<b>Total SCHs</b>		<b>36</b>

## SHPK Master's Program Policies

### Culminating Experience

After completing 24 semester credit hours of required coursework (including core courses), School of Health Promotion and Kinesiology students are eligible to complete their culminating experience. Students in the Coaching emphasis area may choose one of two culminating options: 1) Publishable Manuscript or 2) Internship/Professional Affiliation. Students are responsible for reviewing their emphasis area degree requirements, consulting with emphasis area faculty, and familiarizing themselves with the available options. Specific steps to complete each culminating experience option are located within the School of Health Promotion and Kinesiology (SHPK) Graduate Student Handbook.

#### Publishable Manuscript

All School of Health Promotion and Kinesiology master's students who select the manuscript option must independently prepare a publishable manuscript reflecting substantial and original research. Students must consult with the major professor to define and refine the project's scope then form a three-person graduate faculty Manuscript Committee to include the major professor and two additional members. One member must be from outside the major/emphasis area. Students are expected to continue working on the manuscript to prepare and submit it for journal publication within the three months immediately following graduation. Use and adherence to a formal authorship agreement are highly recommended. Three consecutive months of insufficient progress

will result in the major professor assuming authorship responsibilities toward publication.

### **Internship/Professional Affiliation**

To complete an internship or professional affiliation, a master's student must enroll in a three-hour internship/professional affiliation course. A student may not register for the internship/professional affiliation course if final grade(s) for core course(s) are pending or if the student has an incomplete grade pending for any core course. Each master's student must contact their major professor to confirm eligibility and request approval to enroll in the internship/professional affiliation course.

The internship/professional affiliation site must be approved by the major professor and/or faculty member directing the internship/professional affiliation. The internship/professional affiliation must include at least 350 hours of site work for academic credit; however, the internship/professional affiliation site may require additional hours. Students must submit a log or logs of work hours completed and an evaluation of the internship/professional affiliation site. Students must also have the site supervisor submit two evaluations (midterm and final) to the internship/professional affiliation instructor.