



Twin Cities Campus

Physical Activity and Health M.Ed.

Kinesiology, School of

College of Education and Human Development

Link to a [list of faculty](#) for this program.

Contact Information:

Website: <https://www.cehd.umn.edu/kin/academics/grad/med-pah.html>

- Program Type: Master's
- Requirements for this program are current for Fall 2020
- Length of program in credits: 30
- This program does not require summer semesters for timely completion.
- Degree: Master of Education

Along with the program-specific requirements listed below, please read the [General Information](#) section of the catalog website for requirements that apply to all major fields.

The M.Ed. in physical activity and Health relates to the M.P.H. in community health promotion in the School of Public Health in the following ways:

1. The ultimate goals of the programs are to promote health and prevent chronic diseases;
2. Both programs study the distribution and determinants of health-related states or events in specified populations; and
3. Both programs adopt population-based interventions.

However, they are essentially different in that the M.P.H. in community health promotion focuses on designing community-based program and policy interventions that improved the health of communities while the proposed M.Ed. in physical activity and health focuses on applied training of physical activity professionals to increase physical activity in various populations.

There are limited prerequisites for this program. Students with a background in kinesiology, exercise science, public health, biology, and/or psychology will be able apply for the program. There is minimal overlap with the existing M.Ed. programs at School of Kinesiology and the existing M.P.H. programs at School of Public Health.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)
- partially online (between 50% to 80% of instruction is online)

Prerequisites for Admission

The preferred undergraduate GPA for admittance to the program is 3.00.

Kinesiology, exercise science, public health, biology, psychology

Master degree

Other requirements to be completed before admission:

There are no course requirements for admission except for a Bachelor degree and acceptance to the University of Minnesota Graduate School.

Special Application Requirements:

The School reviews applications on an ongoing basis. Application reviews for specific academic terms begin by the following dates:

November 1: spring semester admission

March 1: summer session admission

July 1: fall semester admission (priority deadline May1)

Admission requirements for this program include the following criteria:

A bachelor's degree, preferably in kinesiology, exercise science, public health, biology, psychology, with a 3.0 minimum grade point average (GPA) from an accredited institution.

All applicants must submit the following items:

-Online application



_Application fee (\$75 for U.S. applicants; \$95 for international applicants)

- Unofficial transcripts of all previous post-secondary academic study must be downloaded to the application (official transcripts will be required if accepted)
- Personal statement describing career goals and rationale for interest in the program
- Diversity statement
- Resume

International applicants must submit score(s) from one of the following tests:

- TOEFL
 - Internet Based - Total Score: 79
 - Internet Based - Writing Score: 21
 - Internet Based - Reading Score: 19
 - Paper Based - Total Score: 550
- IELTS
 - Total Score: 6.5
 - Reading Score: 6.5
 - Writing Score: 6.5
- MELAB
 - Final score: 80

The preferred English language test is Test of English as Foreign Language

Key to [test abbreviations](#)(TOEFL, IELTS, MELAB).

For an online application or for more information about graduate education admissions, see the [General Information](#) section of the catalog website.

Program Requirements

Plan C: Plan C requires 26 major credits and 4 credits outside the major. There is no final exam. A capstone project is required.

Capstone Project: Students will enroll in 3 hrs of KIN 5995 Research Problems in Kinesiology to complete their Capstone project. The requirement is a literature review on a particular topic approved by their advisor. Below are the details for the literature review.

1. Research Question Development: (20% of Capstone grade)
2. Literature Review Matrix: (20% of Capstone grade)
3. Literature Review Final Draft: (60% of Capstone grade)

This program may be completed with a minor.

Use of 4xxx courses toward program requirements is permitted under certain conditions with adviser approval.

A minimum GPA of 3.0 is required for students to remain in good standing.

Required Courses

Students are required to take at least 9 credits in this category. Students need to take at least 3 credits of KIN 5995 after the majority of the coursework is completed.

- [KIN 5181](#) - Understanding Kinesiology Research (3.0 cr)
- [KIN 5125](#) - Advances in Physical Activity and Health (3.0 cr)
- [KIN 5995](#) - Research Problems in Applied Kinesiology (1.0 - 6.0 cr)

Selected Courses

Students must take at least 21 credits for selected courses, of which a minimum of 17 credits from KIN and 4 credits from PUBH courses.

- [KIN 4134](#) - The Aging Motor System (3.0 cr)
- [KIN 4214](#) - Health Promotion (3.0 cr)
- [KIN 4385](#) - Exercise Physiology (4.0 cr)
- [KIN 4687](#) - Principles and Theory of Sports Coaching (3.0 cr)
- [KIN 5104](#) - Physical Activities for Persons with Disabilities (3.0 cr)
- [KIN 5122](#) - Applied Exercise Physiology (3.0 cr)
- [KIN 5123](#) - Motivational Interventions in Physical Activity (3.0 cr)
- [KIN 5125](#) - Advances in Physical Activity and Health (3.0 cr)
- [KIN 5126](#) - Social Psychology of Sport & Physical Activity (3.0 cr)
- [KIN 5141](#) - Nutrition and Exercise for Health Promotion and Disease Prevention (3.0 cr)
- [KIN 5202](#) - Current Issues in Health (2.0 cr)
- [KIN 5203](#) - Health Media, Consumerism, and Communication (2.0 cr)



- KIN 5328 - International Sport: The Impact of the Olympic Games [HIS, GP] (3.0 cr)
KIN 5385 - Exercise for Healthy Aging & Disease Prevention and Management (3.0 cr)
KIN 5485 - Exercise Testing and Prescription (3.0 cr)
KIN 5585 (*Inactive*) (2.0 cr)
PUBH 6020 - Fundamentals of Social and Behavioral Science (2.0 cr)
PUBH 6074 - Mass Communication and Public Health (3.0 cr)
PUBH 6094 - Interventions to Address Weight-Related Health and Eating Disorders (2.0 cr)
PUBH 6914 - Community Nutrition Intervention (3.0 cr)
PUBH 6954 - Personal, Social and Environmental Influences on the Weight-Related Health of Pediatric Populations (2.0 cr)