

**EXERCISE SCIENCE  
AND  
PHYSICAL EDUCATION  
GRADUATE PROGRAM  
HANDBOOK**



**2008-2009**

## INTRODUCTION

The graduate program in exercise science and physical education at McDaniel College leads to the Master of Science degree. Students pursuing the M.S. degree have the opportunity to select one of three available tracks: general studies, administration, or scientific perspectives. The M.S. program does not result in a teaching certificate in physical education for students who are not currently certified to teach in another subject area. Prospective students interested in obtaining initial certification in physical education should apply to the BEST program.

Courses may also be selected (as a non-degree seeking student) for certificate renewal. Designated courses from the physical education course offerings may satisfy some M.L.A. degree requirements. These are appropriately designated in the graduate catalog.

Graduates of McDaniel College's Exercise Science and Physical Education Program have enjoyed considerable success in their chosen endeavors not only in related fields, but in fields as diverse as business and management, law, real estate, veterinary medicine, catering, armed services and the like. Graduates have lauded the thoroughness of their preparation and the quality of instruction. Comments via employment supervisors have supported the quality of preparation, program and product.

This handbook has been designed to provide you, the student, with information about the graduate program in exercise science and physical education, to facilitate admission to the program, and to offer guidance during the period of study.

The graduate programs in EPE are designed to provide the student with:

1. A common core of professional knowledge including current concepts and resources;
2. An enriched background in the area of exercise science and physical education specialization; and
3. A recognition of the interrelationships of the several broad areas of knowledge.

## **POLICIES**

### **Application and Admission**

Applicants must have completed a baccalaureate degree at an accredited institution. The application packet should include:

1. Application form and fee.
2. Official transcript(s) of undergraduate studies, minimum GPA 2.75.
3. Three recommendations. Recommendation forms are available in the Office of Graduate Admissions.

### **Matriculation**

Students are fully matriculated after:

1. Acceptance into the program.
2. Successful completion of three courses (9 credit hours) with a grade of B or better in each course.
3. Approval of any transfer credits (maximum six credit hours)

### **Graduation Requirements**

1. Completion of 33 credit hours and a comprehensive examination OR 30 credit hours and a thesis.
2. A cumulative GPA of 3.0 or higher.
3. No more than one grade of C+ or lower in an individual course.

### **Transfer Credits**

A maximum of six credit hours (two courses, 500 level or higher) earned at an accredited institution may be approved by the Program Coordinator at the time of matriculation. Specific restrictions are:

1. The work must be equal in scope and content to that offered by McDaniel College.
2. Only grades of A and B can be transferred.
3. Credits must be earned within the six-year time limitation for the degree.
4. A catalog course description and official transcript must be submitted to the Program Coordinator.

## **Time Limitation**

All coursework and degree requirements must be completed within six years of taking the first course at McDaniel College. Appeals for extension of the six-year limit must be sent to the Graduate Affairs Committee.

### **FROM BEGINNING TO END**

1. Submit an application for admission, appropriate fees, an official undergraduate transcript, and three recommendations to the Graduate Records Office.
2. Contact the Program Coordinator, Dr. Joe Jacobs ([jjacobs@mcdaniel.edu](mailto:jjacobs@mcdaniel.edu)) for guidance concerning the selection of your first three courses.
3. Register for either EPE 555 (Comprehensive Examination in Exercise Science and Physical Education) or EPE 590 (Thesis in Exercise Science and Physical Education). \*
4. Pass the comprehensive examination or complete and defend your thesis.
5. Complete necessary forms for degree and graduation.

\* You may register for the comprehensive exam during your final semester of course work if you are enrolled in two or fewer courses (neither of which is EDU 550 or EPE 501).

## THE PROGRAM

Within the discipline of exercise science and physical education, three tracks or areas of emphasis are provided:

1. A **General Studies** emphasis provides the professional physical educator with the opportunity for greater professional competence in the field. This program may be specifically designed to meet individual needs and a wide variety of interests.
2. An **Administrative** emphasis provides the opportunity for those who wish to prepare for an administrative or management position with a body of knowledge essential to the management of a multi-faceted physical education/sports program either within the educational realm or the private sector.
3. A **Scientific Perspectives** emphasis provides an in-depth study for those wishing to explore further the science of human movement and exercise. Preparation for various certifications through the American College of Sports Medicine (ACSM) testing programs is possible.

The Master of Science degree program requires three areas of coursework:

1. The Common Core (required): All degree candidates, regardless of field of specialization, must complete:
  - A. EDU 550 - Introduction to Research Methodology.
  - B. One course appropriate to the liberal arts (any course meeting the MLA cultural heritage, contemporary society, or creative process designations). EPE 516, EPE 518, EPE 530, or EPE 535 can be used to satisfy this requirement.
2. The Area of Specialization:
  - A. Required (Group A): Degree candidates specializing in exercise science and physical education, regardless of track, complete a course in statistics (EPE 501, Statistical Analysis). For those students who wish to work in educational settings, a course examining the issues, problems and trends confronting physical education is also a requirement (EPE 503, Issues and Trends).
  - B. Required (Group B): Depending upon the selected area of emphasis within the exercise science and physical education specialization, four additional courses are required.

3. Supporting Electives:

Courses, generally outside of the area of specialization, are selected from a wide range of graduate offerings to provide support to and enrich the area of specialization.

Schematically each of the areas of emphasis in exercise science and physical education will pattern one of the following models:

<b>Area of Emphasis</b>	<b>Emphasis</b>	<b>Required</b>	<b>Supporting</b>
<b>General Studies</b>	EPE 501 EPE 503 Approved EPE electives (5)	EDU 550 Approved Liberal Arts course	2 courses from approved electives (any department)
<b>Administration</b>	EPE 501 EPE 502 EPE 503* EPE 504 EPE 505 EPE 519	EDU 550 Approved Liberal Arts course	3 courses from: ADM 501 ADM 504 BUA 527 CED 508 PSI 527 EPE 552
<b>Scientific Perspectives</b>	EPE 501 6 courses from: EPE 516 EPE 517 EPE 518 EPE 525 EPE 526 EPE 529 EPE 535 EPE 536 EPE 537 EPE 538 EPE 566	EDU 550 Approved Liberal Arts course	2 courses from: CED 508 PSY 502 PSY 503

\*EPE 503 is a requirement for those who wish to work in the field of education.

It should be noted that EPE 590 (Thesis) is an option in all programs; EPE 551 (Special Studies) and EPE 552 (Internship) are also options following matriculation and with the approval of the Program Coordinator. However, no more than a total of six hours of Topical Studies, Special Studies or Internships may be counted toward satisfying degree requirements.

## COURSES OF INSTRUCTION

EPE 501	Statistical Analysis in Physical Education
EPE 502	Sport Management
EPE 503	Issues and Trends in Physical Education and Sport
EPE 504	Sport Marketing
EPE 505	Sport Law
EPE 516	Sociology of Sport
EPE 517	Physiological Aspects of Physical Activity
EPE 518	Psychology of Sport
EPE 519	Physical Education/Sports Facilities
EPE 520	Optimal Performance
EPE 525*	Exercise Testing and Prescription
EPE 526	Biomechanics of Physical Activity
EPE 529	Motor Learning
EPE 530	American Sports Novel
EPE 535	Nutrition
EPE 536	Sports Medicine for the Physical Educator/Coach
EPE 537	Exercise Psychology
EPE 538	Exercise and Aging
EPE 551	Special Studies in Exercise Science and Physical Education
EPE 552	Internship in Exercise Science and Physical Education
EPE 555	Comprehensive Exam in Exercise Science and Physical Education
EPE 566	Topical Studies in Exercise Science and Physical Education
EPE 590	Thesis in Exercise Science and Physical Education

As with any program, not only do changes in course content occur frequently, but periodically new courses are added. This handbook will be revised annually to reflect the curriculum and policies for student beginning their program each calendar year.

\*Prerequisite – a course in Exercise Physiology.

