



M.S. in Health and Kinesiology
Department of Kinesiology & Health Studies
Southeastern Louisiana University
2022-3023 Catalog



Features/Characteristics of the Program

- ✓ The degree is open to both students with an undergraduate degree in the health/kinesiology/PE/sport management as well those with degrees from other disciplines.
- ✓ Students choose from 4 concentrations: Adapted Physical Education, Exercise Science, Health Promotion, Sport Management.
- ✓ Applications for admission are accepted continuously, and students may begin the degree at the start of any semester.
- ✓ All courses are offered at night (once a week) or online, which facilitates working adults completing it.
- ✓ Opportunities for internships and engaging in research are provided.
- ✓ Graduate Assistantships are offered by the department and throughout the campus.

The Coordinator of the M.S. in Health and Kinesiology program is Dr. Edward Hebert.
ehbert@selu.edu, 985-549-2132, Office KHS 105

Admission Requirements and Application Process

To be considered for admission to the degree, an applicant must meet the following criteria:

1. Meet the university admission requirements (e.g., be in good standing at last university attended).
2. Have completed an undergraduate degree in health, physical education, kinesiology, sport management or in a related field.
3. Achieve either (a) a cumulative undergraduate GPA of 3.0 or higher, or (b) a cumulative undergraduate GPA between 2.50 and 2.99 and a combined Verbal and Quantitative score of 286 or higher on the General Test of the Graduate Records Exam (GRE).

NOTE: Students who pursue the Exercise Science concentration in must have completed undergraduate courses in human anatomy and physiology (lecture + lab, 4 hours) and exercise physiology (3 hours). Students without these prerequisite courses will be required to complete them in the first semester(s) of admission.

Apply at the university website (www.selu.edu). The application process includes submitting official copies of all transcripts, GRE scores if applicable, and a completed immunization form, and paying an application fee.

Concentrations / Areas of Study

Each concentration:

- Includes courses in statistics & research, 18 hours of concentration-specific courses, and electives.
- May be completed in a non-thesis or thesis option. The non-thesis option includes 36 hours of courses and requires successful passing of a comprehensive exam for completion. The thesis option is composed of 33 hours of coursework that includes successfully proposing, conducting, and defending a research-based thesis.

Adapted Physical Education Concentration

PreK-12 students whose needs cannot be met in traditional physical education due to disability, special need, or exceptionality, receive specialized (adapted) physical education by teachers certified in Adapted Physical Education (APE). The APE concentration is designed around the Louisiana State Department of Education's teacher certification requirements. The majority of students pursuing this concentration are certified teachers who are adding APE to their area(s) of specialization. It is also appropriate for those with interests in working with individuals with special needs.

| Non-Thesis Program | Thesis Program |
|--|--|
| KIN 601 – Statistics in Kinesiology | KIN 601 – Statistics in Kinesiology |
| KIN 606 – Introduction to Research | KIN 606 – Introduction to Research |
| KIN 591 – Intro to PE for Individuals with Disabilities | KIN 591 – Intro to PE for Individuals with Disabilities |
| KIN 592 – Perceptual Motor Devt of Indiv w/Disabilities | KIN 592 – Perceptual Motor Devt of Indiv w/Disabilities |
| KIN 593 – PE for Indiv w/ Disab and Other Impairments | KIN 593 – PE for Indiv w/ Disab and Other Impairments |
| KIN 594 – Curriculum Development for APE | KIN 594 – Curriculum Development for APE |
| KIN 612 – Motor Learning | KIN 612 – Motor Learning |
| SPED 600 – Intro to Educ of Indiv with Exceptionalities | SPED 600 – Intro to Educ of Indiv with Exceptionalities |
| 12 hours of electives. May include ≤ 6 hrs in related field. | HS 775 – Writing for Publication in Health & Kinesiology |
| | KIN 770 - Thesis |

Exercise Science Concentration

The concentration in Exercise Science includes courses in exercise physiology/fitness, motor behavior, and sport & exercise psychology, plus electives allowing students to complete additional courses in exercise science and/or health depending on interests.

| Non-Thesis Program | Thesis Program |
|---|---|
| KIN 601 – Statistics in Kinesiology | KIN 601 – Statistics in Kinesiology |
| KIN 606 – Introduction to Research | KIN 606 – Introduction to Research |
| KIN 612 - Motor Learning, 614 – Motor Development, or 621 - Biomechanics | KIN 612 - Motor Learning, 614 – Motor Development, or 621 - Biomechanics |
| KIN 623 – Human Behavior in Exercise and Sport or 624 – Applied Research in Exercise and Sport Behavior | KIN 623 – Human Behavior in Exercise and Sport or 624 – Applied Research in Exercise and Sport Behavior |
| KIN 640 – Advanced Exercise Physiology I | KIN 640 – Advanced Exercise Physiology I |
| KIN 642 – Advanced Exercise Physiology II | KIN 642 – Advanced Exercise Physiology II |
| 6 hours of Exercise Science Electives | 6 hours of Exercise Science Electives |
| 12 hours of electives. May include ≤ 6 hrs in related field. | HS 775 – Writing for Publication in Health & Kinesiology |
| | KIN 770 - Thesis |

Health Promotion Concentration

The Health Promotion concentration provides advanced coursework in public health education and promotion. It is appropriate for students with a health undergraduate degree who seek advanced study, as well as those with a degree in a related field who wish to add knowledge and skills in this area.

| Non-Thesis Program | Thesis Program |
|--|--|
| HS 601 – Statistics in Health Studies | HS 601 – Statistics in Health Studies |
| HS 606 – Introduction to Research | HS 606 – Introduction to Research |
| HS 608 – Introduction to Public Health | HS 608 – Introduction to Public Health |
| HS 613 – Health Disparities | HS 613 – Health Disparities |
| HS 615 Health Communication | HS 615 Health Communication |
| HS 637 - Epidemiology | HS 637 - Epidemiology |
| HS 638 – Program Planning and Evaluation | HS 638 – Program Planning and Evaluation |
| 12 hours of electives. May include ≤ 6 hrs in related field. | HS 775 – Writing for Publication in Health & Kinesiology |
| | KIN 770 - Thesis |



Sport Management Concentration

The Sport Management concentration provides advanced coursework in areas such as facility & event management, and legal issues in sport and activity settings, along with a sport management internship experience. It is appropriate for students with an undergraduate degree in sport management or business who seek advanced study, as well as those with a degree in a related field who wish to add knowledge and skills in this area.

| Non-Thesis Program | Thesis Program |
|--|--|
| KIN 601 – Statistics in Kinesiology | KIN 601 – Statistics in Kinesiology |
| KIN 606 – Introduction to Research | KIN 606 – Introduction to Research |
| KIN 693 - Socio-Cultural Issues in Sport & Physical Activity | KIN 693 - Socio-Cultural Issues in Sport & Physical Activity |
| KIN 695 - Legal Issues in Sport and Fitness | KIN 695 - Legal Issues in Sport and Fitness |
| KIN 696 - Managing Events/Facilities in Sport & Fitness | KIN 696 - Managing Events/Facilities in Sport & Fitness |
| KIN 697 - Financial Management in Sport | KIN 697 - Financial Management in Sport |
| KIN 710 - Internship | KIN 710 - Internship |
| 12 hours of electives. May include ≤ 6 hrs in related field. | HS 775 – Writing for Publication in Health & Kinesiology |
| | KIN 770 - Thesis |



**Kinesiology and
Health Studies**

SOUTHEASTERN LOUISIANA UNIVERSITY



Internships

An internship can be an important component of training in any field. The concentration in Sport Management includes an internship as a required course, and students completing the other concentrations may choose to take the internship course as an elective.

- The graduate internship course is a 3-hour course during which students complete at least 160 hours at the site.
- The department has established internship agreements with various sites in the region.
- Students may select an established internship site, or request a new site that has desired features/experiences.

Below is a sample list of a few established internship sites:

Exercise Science

Affiliated Therapy Services
All American Chiropractic
Baton Rouge Cardiology
Brattain Sports Performance
Coastal Orthotics and Prosthetics
North Oaks Hospital Cardiac

Health Promotion

Cancer Center of Greater New Orleans
Louisiana Department of Health
Pennington Biomedical Research Center
SB Wellness Group
SLU Student Health
The Safety Place

Sport Management

Beau Chene Country Club
Chappapeela Sports Park
Greater NO Sports Foundation
Marucci Sports
SLU Athletics
YMCA West St Tammany

Graduate Assistantships

The Kinesiology and Health Studies has a limited number of graduate assistantship (GA) positions, and there are many GA positions throughout campus in other academic departments, and non-academic offices (e.g., deans' offices, the library, the union, the Rec Center). GAs work 20 hours per week for the university, with their assignment and schedule varying with the department or office. To be awarded a GA position, a student must be admitted to a graduate program in "regular status" and enroll in 9 or more hours per semester.

Having a GA position is beneficial financially (to pay tuition costs), and facilitates completing a graduate degree in a timely manner. In addition, students who GA in our department often have greater opportunities to develop relationships with faculty and help with ongoing research in the department.

GAs in our department are categorized most often as Research Assistants or Teaching Assistants, and are paid \$4500 per semester, which covers tuition and provides a monthly stipend. Typically, our GAs are assigned to support faculty with their teaching and research, manage teaching/research labs, or assist in the office. Once a GA has completed 18 hours of graduate coursework, they may be eligible to teach in the department depending on needs.

The availability of GA positions in our department varies from semester-to-semester and is a function of the graduation of current students with GA positions. You may apply for a GA position at any time, but should do so by midterm. Typically, the department selects GAs between the middle and end of each semester. To apply for a GA position in our department, submit the following to Dr Edward Hebert, Graduate Coordinator via email or in person (ehbert@selu.edu, Office: KHS 105): (1) Letter of application, (2) resume, (3) college transcripts, (4) 2 letters of recommendation, (5) name and contact information of 3 references.

Graduate Faculty

Charity Bryan – Department Head

Dr Bryan is Head of the Department of Kinesiology and Health Studies. She earned degrees from Samford University and the University of Alabama-Birmingham, followed by a PhD in Kinesiology from LSU. She is also President of the National Academy of Health and Physical Literacy.



Brandi Decoux - Biomechanics

Dr Decoux completed degrees at Louisiana Tech and Texas Woman's University, and earned a PhD in Kinesiology from Auburn University. Her research interests include human-surface interactions during locomotion, and how footwear characteristics effect human movement. In her first year at SLU, Dr Decoux was awarded a \$122,000 Louisiana Board of Regents Grant to improve the teaching and research technology in the Biomechanics & Motor Behavior Lab.



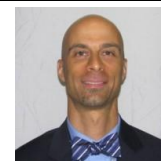
Kristen Cunha – Athletic Training

Dr Cunha earned an undergraduate degree from Sacred Heart University (Connecticut) and doctorate in Athletic Training from the University of Florida. She is a Certified Strength and Conditioning Specialist and Progressing Ballet Technique Instructor. Dr Cunha is Clinical Coordinator of the M.S. in Athletic Training Program.



Ryan Green – Athletic Training

Dr Green earned an undergraduate degree from Salisbury State University, and a master's and doctorate from LSU. He is the Program Coordinator for the M.S. in Athletic Training. Dr. Green's research interests examine the impact of movement on overall wellness as it relates to lower body biomechanics, classroom structure, and the younger population.



Edward Hebert – Motor Learning

Dr Hebert earned degrees from UL-Lafayette and Baylor University, and a PhD in Kinesiology from LSU. His research examines the effects of modeling, feedback, practice scheduling, and verbal instructions/attentional focus on motor skill performance and learning. Dr Hebert serves as Graduate Coordinator for the Dept of Kinesiology and Health Studies.



Myia Graves – Health Promotion

Dr Graves completed undergraduate and master's degrees at the University of Alabama, and a PhD in Health Education & Promotion at the University of Cincinnati. She received the college's Excellence in Faculty Service Award in 2021. Her research interests are in the fields of health disparities, health issues among minority populations, and adolescent health.



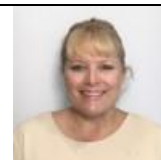
Dan Hollander – Sport & Exercise Psychology, Strength & Conditioning

Dr Hollander has degrees from Metropolitan State University of Denver, Kansas State, and an EdD in Sport & Exercise Psychology from West Virginia University. He is Senior Associate Editor for the *Journal of Strength & Conditioning Research*. Dr Hollander's research interests include the psychology of resistance exercise, childhood obesity interventions, and sports science applications.



Keri Larsen – Health Promotion

Dr Larsen earned degrees from the University of New Orleans including a master's in Counseling and PhD in the Department of Human Performance & Health Promotion with a certificate in Gerontology. Her research interests are in ageism, body image, and exercise in older adults.



Kristen Morgan – Physical Education, Adapted Physical Education

Dr Morgan completed degrees from the College of Charleston and Mississippi State University, and a PhD in Sport Pedagogy from the University of Southern Mississippi. Her research focuses on health, physical activity, and motor skill development in children with autism and language disorders, as well as practices used by PE and Adapted PE teachers. In summers, she is the director of an on-campus summer camp/program for children with special needs.



Levi Ross – Health Promotion

Dr Ross has an undergraduate degree from the University of West Florida, and a MPH and PhD from the University of Alabama-Birmingham. He is a Past-President and Fellow of the American Association for Cancer Education. His research incorporates social and behavioral science theories to address health disparities.



Joseph Sabin – Sport Management

Mr Sabin earned undergraduate and master's degrees from the University of Southern Mississippi, followed by a Juris Doctorate from the University of Mississippi Law School. His research interests relate to legal issues in college athletics and combat sports. He is on the Editorial Review Board for the *Journal of NCAA Compliance*.



Bovorn Sirikul – Exercise Physiology

Dr Sirikul completed an undergraduate and master's degree at Louisiana Tech, and a PhD in Exercise Physiology at the University of Alabama. His research interests and training include post-doctoral fellowships in physiological responses to environmental heat and humidity stresses (Medical College of Georgia), and how physical activity affects obesity (University of Alabama-Birmingham).



Renee Underwood – Health Promotion

Dr Underwood completed an undergraduate and master's degree at SLU, and a PhD in Public Health at the LSU Health Sciences Center in New Orleans. Prior to joining the SLU faculty, Dr Underwood worked in health promotion/public health, most recently for the Louisiana Office of Public Health, Bureau of Chronic Disease Prevention and Healthcare Access. Her research interests explore organizational supports at the worksite and how they may improve employee health behaviors.



Ralph Wood – Health Promotion

Dr Wood earned degrees from Southern Illinois University-Carbondale in Psychology and Counseling and a PhD in Health Education. He serves as the coordinator of the undergraduate Health Sciences degree program. Dr Wood's research focuses on chronic disease prevention and management, motivational interviewing, and health behaviors.



Student Research

Graduate students have a variety of opportunities to engage in research which includes assisting/being involved in ongoing research in the department, engaging in directed “independent study” reading/writing and research for course credit, and completing a master’s thesis as part of the degree.

Students who elect to complete a master’s thesis choose an area of study; read and write a review of the research about it; then propose and conduct a research study and write a manuscript about it. The result is the development of an area of expertise, engagement in the research process, and production of one of the most significant professional documents of their careers.

Our students’ projects vary with their interests, faculty expertise, and available research tools. Listed below are some of the recent theses completed by our students.

(2022) Jubril, Aminat [Health Promotion]. *Attitudes, knowledge, and beliefs of university students about HPV and HPV vaccination.*

(2021) Vorotnikova, Madina [Exercise Science]. *Varying ball characteristics in learning tennis: Effects of systematic progression and self-control.*

(2021) Singletary, Cynthia [Exercise Science]. *The effect of resistance exercise circuit training on adults with ADHD.*

(2021) Greer, Alexandria [Health Promotion]. *Relationship between dental anxiety and dental behaviors among college students.*

(2020) Lee, Megan [Exercise Science]. *The physiological and psychological effects of pickle juice on female soccer players in a hot and humid environment.*

(2019) Nguyen, Maitram [Exercise Science]. *The effect of the Correct Toes orthotic in female athletes.*

(2018) Young, Alex [Exercise Science]. *Reducing fatigue during high intensity weight training through self-talk.*

(2018) Friley, Jessica [Health Promotion]. *The effect of a nutrition intervention on dietary knowledge and preferences among elementary students.*

(2018) Bowers, Alex [Exercise Science]. *Relationship between depression symptoms and factors associated with college athletics.*

(2018) Bates, Brittany [Exercise Science]. *Aquatic high intensity interval training for sedentary adults.*

(2017) Slaton, Shelbie [Health Promotion]. *Emergency contraception use among college students.*

(2017). Gourley, Drew [Exercise Science]. *The effects of kettlebell interval training on blood pressure in sedentary overweight adults.*

(2017) Boudreaux, Ben [Exercise Science]. *Validity of activity-based wearable technology devices during cycling and resistance exercise.*

(2016) Worthy, Karli [Health Promotion]. *The impact of a nutrition intervention to improve knowledge and behaviors among female college freshmen.*

(2016). Smith, Nicholas [Sport Management]. *An analysis of the influence of the Boston Marathon Bombing on sport management.*

(2016). Scotto, Cedric [Exercise Science]. *Measures of transition to different running gait and foot strike pattern when changing to minimalist footwear.*

A Sample of Alumni

Students pursue the M.S. in Health and Kinesiology at SLU for many reasons often related to advancing career goals. A master's degree increases competitiveness in the job market and earning potential, improves candidacy for professional programs in healthcare (e.g., physical therapy), and may also lead to further advanced study in health/kinesiology/sport management areas. Below is a small sample of some alumni of our master's degree and their career achievements soon after graduation.



Brittany Arocha (2017)
Project Manager, Anthem Blue
Cross Blue Shield, New Orleans



Ashlyn Dyess (2019)
Community Outreach Coordinator,
Safety Place
BRIC Program Manager, Louisiana
Dept of Health



Jeremiah Eisenhardt (2019)
Sales Associate, Meyer Electric
Supply
Sales Representative, Schell
Martin Manufacturing



Paige Gauthier (2020)
Accepted into DPT Physical Therapy
program, University of Southern
California



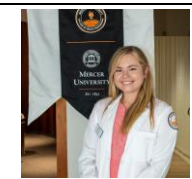
Mattie Hawkins (2019)
Early Detection & Education
Regional Manager, Mary Bird
Perkins Cancer Center



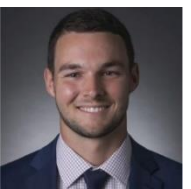
Megan Hetrick (2016)
Athletic Trainer, University of
Maryland Baltimore County
Athletic Trainer, Advocate Auroro
Health, Chicago



Lauren Himel (2021)
Research Specialist,
Pennington Biomedical Research
Center



Olivia Hocevar (2019)
Accepted into DPT Physical Therapy
program, Mercer University, Atlanta



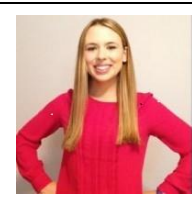
Taylor Jenkins (2017)
Strength & Conditioning Coach,
Univ of Kentucky
Asst Dir. of Sports Performance,
New Mexico State University



Katie Jones (2019)
Health Coach, Watershed Health
Director of Client Success:
Navigation, Watershed Health



Raymond Jones (2017)
PhD, Exercise Physiology,
Univ. of Southern Mississippi
Post-Doctoral Fellow, University
of Alabama-Birmingham



Jenna Karcher (2015)
Group Exercise Coordinator and
Wellness Specialist, CBRE, Houston
Wellbeing Program Manager,
WebMD Health Services, Houston



Nicholas Mayeur (2017)
Coordinator of Fitness & Wellness, SLU Rec Sports
Lead Health Coach, North Oaks Health System



Jada McGuin (2021)
Exercise Physiologist and Master Trainer, Woman's Fitness Center, Woman's Hospital



Jerita Mitchell (2019)
Program Manager, Program Director, Up2UsSports, New Orleans



Maitram Nguyen (2019)
Exercise Specialist, Cardiac Rehab, Our Lady of the Lake Hospital
Accepted into DPT Physical Therapy program, Hanover College



Cedric Scotto (2016)
Technical Field Marketing Representative, Altra Running
North America General Manager, Vivobarefoot



Nicholas Smith (2016)
Instructor, Florida International University
Accepted into PhD in Sport Management program, Troy Univ.



Peyton Thomas (2019)
Asst Strength & Conditioning Coach, SLU Athletics
Strength & Conditioning Coach, Ochsner Health System



Justin Walker (2018)
Athletic Trainer, Duke University Health System, North Carolina