Programs Offered
M.S. in Kinesiology and Recreation includes sequences in Applied Community and Economic Development, Athletic Training, Biomechanics, Exercise Physiology, Physical Education Pedagogy, Psychology of Sport and Physical Activity, Recreation Administration, and/or Sport Management.

Program Requirements
The Master of Science degree is a 33 hour program and consists of a 6 hour research core (KNR 497, 445*), 21-24 hours of additional graduate-level coursework, and either 6 hours of Master’s Thesis (KNR 499) or a minimum of 3 hours of a culminating experience (KNR 400 or 498). Since sequences are available in Kinesiology and Recreation, a plan of study is individually developed through faculty-student advisement. The plan of study must include 24 hours of Kinesiology and Recreation courses including the research core. All master’s degree sequences require a minimum of 50 percent of the non-thesis credit hours applied to the degree to be 400-level courses or above. Specific requirements for each sequence are detailed below.

*The 6 hour research core for the Physical Education Pedagogy sequence consists of KNR 418 and 497.

Applied Community and Economic Development Sequence:
The Applied Community and Economic Development (ACED) sequence is for returned Peace Corps Volunteers and students with equivalent domestic or international experience with other agencies.

This 33 hour sequence requires:
- 6 hour core: KNR 445 & 497
- 12 hours: KNR 381, 400, 466 or 475, and 473 or 474
- 15 hours: ACED core ECO/POL/SOC 478, ECO 490A04, POL/SOC 470, and POL/SOC 477; KNR 498A30 or 498A90 (5 hours—the sequence ends with a required 11-month internship arranged through the Stevenson Center)

Athletic Training Sequence:
This 33 hour sequence requires:
- 6 hour core: KNR 445 & 497
- 18 hours: KNR 484, 486, 487, 490, 494, 496
- 3-6 hours in a cognate area approved by the athletic training sequence coordinator

Biomechanics Sequence:
This 33 hour sequence requires:
- 6 hour core: KNR 445 & 497
- 12 hours: KNR 342, 352, 482 & 490
- 6-9 hours in a cognate area approved by the biomechanics faculty advisor
- a culminating experience consisting of either a 6-hour thesis or 3-6 hours of independent study and/or professional practice

Exercise Physiology Sequence:
This 33 hour sequence requires:
- 6 hour core: KNR 445 & 497
- 15 hours: KNR 415, 451, 457, 480, 481
- 6-9 hours in a cognate area approved by the exercise physiology faculty advisor
- a culminating experience consisting of either a 6-hour thesis or 3-6 hours of independent study

Physical Education Pedagogy Sequence:
All courses for the physical education graduate sequence will be delivered 100% online. This degree does not lead to teacher licensure or a teaching endorsement in physical education.

This 33 hour sequence requires:
- 6 hour core: KNR 418 & 497
- 12 hours: KNR 417, 419, 421, 422
- 9-12 elective hours approved by the Physical Education sequence coordinator (i.e. KNR 423, 425, 426, 427, 428)
- a culminating experience consisting of either a 6-hour thesis or professional practice or 3-6 hours of independent study

Psychology of Sport and Physical Activity Sequence:
This 33 hour sequence requires:
- 6 hour core: KNR 445 & 497
- 9 hours: KNR 405, 406, 416
- 6-12 hours in a cognate area approved by the psychology of sport and physical activity faculty advisor
- a culminating experience consisting of either a 6-hour thesis or professional practice or 3-6 hours of independent study

Recreation Administration Sequence:
This 33 hour sequence requires:
- 6 hour core: KNR 445 & 497
- 21 hours: KNR 453, 466, 472, 473, 474, 475, 476
- 3 hours in a content area approved by the recreation administration faculty advisor
- a culminating experience consisting of either a 3-6 hour professional practice, a 6 hour thesis, or 3 hours of independent study.

**Sport Management Sequence:**
This 33 hour sequence requires:
- 6 hour core: KNR 445 & 497
- 18 hours: KNR 430, 453, 455, 462, 466, 467
- 3-6 hours in a cognate area approved by a sport management faculty advisor
- a culminating experience consisting of either a 6-hour thesis or 3 hours of independent study or 3-6 hours of professional practice

**Kinesiology and Recreation Courses:**
coursefinder.illinoisstate.edu/directory/knr/

**All Courses:**
coursefinder.illinoisstate.edu/directory/