University of Northern Iowa  
School of Health, Physical Education and Leisure Services  
GRADUATE PROGRAMS IN PHYSICAL EDUCATION  
2014-2016 Degree Requirements

Students interested in this program must submit a completed Application for Admission to Graduate Study and should contact the Division of Physical Education (within the School of Health, Physical Education, and Leisure Services) for any other admission requirements. Graduate information and the application for graduate admission can be found at www.grad.uni.edu/admission.

The Graduate Record Examination (General Test) is not required for admission to the program.

Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.

This major is available on the thesis and non-thesis options. A minimum of 30 semester hours is required for both options. Additional hours may be required, if, upon entering the graduate program, the student needs prerequisites. Total hours for the thesis option includes 6 hours of PEMES 6299 Research. Total hours for the non-thesis option includes for 2 hours credit PEMES 6299 Research. A thesis/research paper defense is required.

This major offers two emphases:

1. Teaching/Coaching Emphasis

This emphasis is designed for those students who plan to teach and/or coach in an educational setting at a variety of levels and is available on the thesis and non-thesis options. A minimum of 15 hours must be at the 6000-level for both the thesis and non-thesis options.

If the undergraduate degree in Physical Education does not include a theory class in either Elementary or Secondary Methods in Physical Education, the student will be required to make up the deficiency with one 3 hour undergraduate methods course. This would extend the Teaching/Coaching emphasis to a 33-hour minimum.

Additionally, if the undergraduate degree was not in Physical Education or the student does not have at least 12 hours of undergraduate theory classes (exclusive of activity classes and advanced skill and coaching classes) on her/his transcript, the student must take 12 hours of either undergraduate or graduate physical education course work to make up the deficiency. 3 hours of the additional 12 hours must be an undergraduate Elementary or Secondary Methods
in Physical Education course. This would extend the Teaching/Coaching emphasis to a 42-hour minimum.

**Required:**
*Measurement and Research/Health, Physical Education and Leisure Services*

Interdepartmental   6 hours

**HPELS 6290 Research Methods for Health, Physical Education and Leisure Services**

Choose one of the following:
- MEASRES 6205 Educational Research
- HPELS 6210 Quantitative Methods in HPELS
- HPELS 6215 Qualitative Methods in HPELS

**Physical Education**   9 hours

- PEMES 6230 Curriculum Theory and Design in Physical Education
- PEMES 6231 Effective Teaching in Physical Education
- PEMES 6273 Contemporary Issues in Physical Education and Athletics

**Physical Education**   3 hours

- PEMES 6297 Practicum

**Electives from the following courses:**   6 or 10 hours

- PEMES 6251 Biomechanics
- PEMES 6255 Motor Control and Learning
- PEMES 6285 Readings in Physical Education
- PEMES 6289 Seminar in Physical Education (maximum 6 hours on different topics)

**Research**   2 or 6 hours

- PEMES 6299 Research
  - Thesis option (6 hours)
  - Non-thesis option (2 hours)

**Total hours = 30**

Advisor for this program is:  
Dr. Fabio Fontana  
117 WRC  
University of Northern Iowa  
Cedar Falls, IA 50614-0241  
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fabio.fontana@uni.edu
2. Kinesiology Emphasis:

This emphasis is designed for those who wish to concentrate their study in one of the sub disciplines of Kinesiology. The major offers two focus areas and is available on the thesis and non-thesis options. A minimum of 21 hours exclusive of PEMES 6299 credit, must be at the 6000-level.

Exercise Science and Sports Performance Focus:
Required

Physical Education: 9 hour
PEMES 6251 Biomechanics
PEMES 6253 Advanced Exercise Physiology
PEMES 6260 Laboratory Instrumentation and Test Interpretation

Health, Physical Education and Leisure Services Interdepartmental: 6 hours
HPELS 6210 Quantitative Methods in Health, Physical Education and Leisure Services
HPELS 6290 Research Methods for Health, Physical Education and Leisure Services

Physical Education
PEMES 6289 Seminar (on different topics)

Electives from the following courses: 3 or 7 hours
PEMES 6222 Sport Psychology
PEMES 6255 Motor Control and Learning
PEMES 6271 Cardiovascular Physiology
PEMES 6285 Readings in Physical Education
PEMES 6389 Seminar (maximum 6 hours in addition to required hours on different topics)
PEMES 6297 Practicum

Research 2 or 6 hours
PEMES 6299 Research
Thesis option (6 hours)
Non-thesis option (2 hours)

Total hours = 30

Advisor for this emphasis: Dr. Kevin Finn
127 WRC
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(319) 273-5921
kevin.finn@uni.edu
**Sport and Exercise Psychology Focus:**

**Required:**

*Physical Education*  
PEMES 6222 Sport Psychology  
PEMES 6251 Biomechanics  
PEMES 6255 Motor Control and Learning  
PEMES 6273 Contemporary Issues in Physical Education and Athletics  

*Health, Physical Education and Leisure Services Interdepartmental*  
HPELS 6210 Quantitative Methods in HPELS (or equivalent)  
HPELS 6290 Research Methods for Health, Physical Education and Leisure Services  

**Choose One of the Following**  
PEMES 6285 Readings  
PEMES 6289 Seminar  
PEMES 6293 Research Experience in Physical Education  

**Electives from the Following Courses:**  
PEMES 6253 Advanced Exercise Physiology  
PEMES 6260 Laboratory Instrumentation and Test Interpretation  
PEMES 6271 Cardiovascular Physiology  
PEMES 6285 Readings in Physical Education (maximum 6 hours on different topics)  
PEMES 6289 Seminar in Physical Education  
PEMES 6293 Research Experience in Physical Education  
PEMES 6297 Practicum  
PSYCH 5303 Health Psychology  
PSYCH 5403 Abnormal Psychology  
PSYCH 5502 Motivation and Emotion  
POSTSEC 6218 Organization and Governance of Postsecondary Education  
POSTSEC 6270 College Student Development  
Thesis option (3 hours)  
Non-thesis option (7 hours)  

**Research:**  
PEMES 6299 Research  
Thesis option (6 hours)  
Non-thesis option (2 hours)  

**Total hours = 30**

Advisor for this emphasis: Dr. Jennifer Waldron  
137 WRC  
University of Northern Iowa  
Cedar Falls, IA 50614-0241  
(319) 273-2730  
jennifer.waldron@uni.edu
Application Procedures

Application to graduate study:  www.grad.uni.edu/admission

Two Letters of Recommendation

Resume

Statement of goals/intent for the major

Official transcripts must be submitted. Transcripts issued to students, even in sealed envelopes, are not considered official. Transcripts must be sent directly from the issuing institution directly to the Office of Admissions.

All required documents should be sent to:

Office of Admissions
University of Northern Iowa
002 Gilchrist Hall
Cedar Falls, IA  50614-0018

For Additional Information Contact:
Machelle Stickler
(319) 273-7479
machelle.stickler@uni.edu
COURSE DESCRIPTIONS

HPELS 6210 Quantitative Methods in HPELS - 3 hrs.
Practical statistical applications commonly used in health, physical education, leisure and exercise science with a focus on the analysis and interpretation of data through the use of computer software packages. Prerequisite(s): MEASRES 4180/MEASRES 5180 or equivalent (Offered Fall and Spring)

HPELS 6215 Qualitative Methods in HPELS - 3 hrs.
Application of qualitative methods of data collection and analysis to topics in athletic training, health promotion and education, physical education, leisure youth and human services. Prerequisite(s): SPED 6293 or equivalent (Variable)

HPELS 6290 Research Methods for Health, Physical Education and Leisure Services - 3 hours
Introduction to processes in physical education, emphasis on critical analysis of literature, and identification of viable research projects. (Fall and Spring)

MEASRES 6205 Educational Research - 3 hours
An introduction to research methods relevant to educational research with an emphasis on how these methods address the challenges of conducting research in applied settings such as schools. Course content includes a survey of major types of research designs (both quantitative and qualitative) and their associated approaches for minimizing bias, establishing validity, collecting data, and drawing conclusions. A primary goal of this course is to equip students with an understanding of basic concepts and tools so they can systematically locate, efficiently read and critically evaluate empirical research studies (Fall, Spring, Summer)

PEMES 6222 Sport Psychology - 3 hours
Current sport psychology research and its relevance to coaches and athletes. Emphasis on the areas of sport personality, competitiveness, motivation, attention, self-concept, attitudes, competitive anxiety, and goal-setting. Stress management techniques and other psychological skills applicable to the sport setting. (Variable)

PEMES 6230 Curriculum Theory and Design in Physical Education - 3 hours
Investigation of the curriculum development process, standards based curriculum, contemporary models, selection and sequencing of developmentally appropriate content and activities K-college, and coaching curriculum. Intended to meet the needs and interests of K-12 teachers as well as college teacher/coaches. (Variable)

PEMES 6231 Effective Teaching in Physical Education - 3 hours
Study of the skills and techniques that successful teachers use to make classes appropriate and beneficial for students. Discussion of effective discipline, motivation, and planning techniques. Includes techniques for self-study to determine teaching effectiveness and demonstrate student learning. Prerequisite(s): undergraduate methods class. (Variable)

PEMES 6251 Biomechanics - 3 hours
Application of mechanical principles and concepts to human movement; emphasis on analysis of techniques employed in sports. Prerequisite(s): PEMES 2050; PEMES 3151 or equivalents. (Variable)
PEMES 6253 Advanced Exercise Physiology - 3 hours
Process of scientific inquiry into exercise physiology and the identification of basic principles to be applied for maximum performance without injury. Prerequisite(s): PEMES 3153; PEMES 3155; or equivalent; BIOL 3010 or equivalent; BIOL 3102 or equivalent. (Variable)

PEMES 6255 Motor Control and Learning - 3 hours
Study and application of research findings to motor learning and the variables which influence it. (Variable)

PEMES 6260 Laboratory Instrumentation and Test Interpretation - 3 hours
Experience in exercise physiology laboratory instrumentation for cardiovascular, metabolic, muscular, and respiratory measurements as well as interpretation of test results. Prerequisite(s) or corequisite(s): PEMESA 6253 or consent of instructor. (Variable)

PEMES 6271 Cardiovascular Physiology - 3 hours
In-depth study of the functioning of the cardiovascular and respiratory systems in the diseased and non-diseased state. Major topics include functional anatomy, cardiorespiratory control, arterial pressure, responses to exercise, electrical activity, and the effects of disease processes. (Same as HPE 6271) (Variable)

PEMES 6273 Contemporary Issues in Physical Education - 3 hours
Examination and analysis of continuing concerns and issues in the profession. (Variable)

PEMES 6285 Readings in Physical Education - 1-4 hours
May be repeated for maximum of 6 hours. (Fall, Spring, Summer)

PEMES 6289 Seminar in Physical Education - 1-3 hours
Special topics as indicated in the Schedule of Classes. May be repeated when topics vary up to a maximum of 12 credits. (Fall and Spring)

PEMES 6293 Research Experience in Physical Education - 1-2 hours
Research on problems other than those for the thesis or in regular course offerings. May be repeated for maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall, Spring, Summer)

PEMES 6297 Practicum - 1-4 hours
Practical experience in teaching physical education and/or coaching at the college level and/or K-12 level. May be repeated for maximum of 6 hours. Prerequisite(s): consent of graduate advisor. (Fall, Spring, Summer)

POSTSEC 6218 Organization and Governance of Postsecondary Education - 3 hours
Introduction to the organization and administration of institutions that conduct postsecondary education including two- and four-year colleges and universities. Emphasis on organizational theory and behavior and use of case studies to illuminate the multifaceted mission and operation of these organizations. (Fall)

POSTSEC 6270 College Student Development - 3 hours
Addresses student development theories (moral, ethical, intellectual, and psychosocial) and their application in student affairs settings. (Spring)
PSYCH 5303 Health Psychology – 3 hours
Overview of the contribution of social, personality, and clinical psychology to: a) an understanding of the psycho-social variables affecting physical illness and disease; b) the development of assessment and intervention strategies for comprehensive illness management and rehabilitation; and c) the promotion and maintenance of health-enhancing behavior. Prerequisite(s): PSYVH 1001; junior standing. (Fall and Spring)

PSYCH 5403 Abnormal Psychology – 3 hours
Definition, classification, and characteristics of abnormal behaviors and major mental disorders. Review of the causes and treatment of major mental disorders. Prerequisite(s): PSYCH 1001; junior standing. (Fall, Spring, Summer)

PSYCH 5502 Motivation and Emotion – 3 hours
Investigation of the major factors underlying human actions. Factors that motivate our behavior including genetic and environmental influences, pleasure and need seeking, the role of personality in motivation, and how goals, incentives, and emotions influence behavior. Prerequisite(s): PSYCH 1001; junior standing. (Fall or Spring)

The University of Northern Iowa does not discriminate in employment or education.