

MASTER OF SCIENCE IN SPORT STUDIES

PROGRAM OVERVIEW

The main objective of this program is to provide students with a Masters-level education in Sports Studies with an emphasis in General Health and Wellness as well as Strength and Conditioning. West Virginia State University will provide students with the cognitive and psychomotor skills necessary to achieve self-actualization while extending what they have learned in the “living laboratory of human relations” well beyond the lawns of the university campus.

Additionally, the Master of Science in Sports Studies Program will afford students opportunity to actively engage in applied research and to study innovative coaching, training, managing, teaching and safety education. This will lead the students towards a life of productive and meaningful work, lifelong learning, and economical contribution to their surrounding communities and state. Under the graduate program, West Virginia State University will produce graduates well prepared to continue or gain state and national certification through athletic coaching credentialing agencies, sports science credentialing agencies and sport safety credentialing agencies. Graduates will have the knowledge and skills to be poised and ready for advancement into management and leadership roles in their current respective fields. In addition to moving forward in their current career, the graduates from a Master of Science in Sports Studies will be attractive to public and private school systems, university systems, wellness facilities, and general fitness companies as employees. These highly educated and knowledgeable graduates will continue to serve our surrounding communities.

Lastly, yet perhaps most importantly, West Virginia State University is a historically black university, and, hence, has always had a mission to educate minorities and other underrepresented population. Learning opportunities are embedded in environments that expose students to diversity and cultural differences. The diverse environment is beneficial to students seeking a graduate degree in sports studies as they strive for employment in the diverse and expanding sport industries. The proposed program will develop the professional knowledge skills and dispositions of Sports Studies candidates so that they may demonstrate the following programmatic objectives based on the NASPE National Standards for Athletic Coaches:

1. Demonstrate coaches as a role model to athletes of all ages and diversities through study and practice of Sport Philosophy, law, ethics, teaching and proper writing and accurate oral communication skills.
2. Demonstrate knowledge of human growth and development from birth - death, kinesthetic learning theories and tactics and current coaching and training trends by planning physiologically and biomechanically correct practice and conditioning sessions that allow for proper progression of skill and that are safe and minimize the risk of injury.
3. Demonstrate knowledge and skill for understanding diverse athletic population and accommodating different learning styles and physical skill by planning, coaching and evaluating athletic performance and progression that include modifications that address these issues.

4. Exhibit knowledge of and abilities to create responsible and effective communities of sport learning and understanding by developing leadership and management frameworks that include criteria with specific attention to respect for other athletes, respect for the sport game, appreciation of diverse cultures, rules, abilities and talents, and awareness of the need for communication.

5. Demonstrate knowledge of and the psychomotor skill needed to perform proper fitness testing and assessment data analysis to afford the fitness community the optimal results based on their desired fitness goals.

6. Demonstrate the appropriate use of technology required in the discipline of exercise science and athletic coaching

7. Exhibit knowledge of what it means to be a member of the coaching/Athletic profession by demonstrating ethical practice within the profession, demonstrating proper oral and written communication skills, engaging in research within the profession, following professional performance regulations and participating in continual education to uphold the commitment to life-long learning

PROGRAM MATRICULATION

The Master of Science in Sport Studies is designed with an open enrollment schedule. Students may enter the program at any 8 week interval within the academic schedule. The program is designed for students to complete their studies in one full academic year (Fall, Spring and Summer); however, if students wish to pace themselves at a slower rate, the curriculum is designed to accompany their desired rate of learning. The following courses are required for completion of the Master of Science in Sport Studies.

HHP 500. Advanced Exercise Testing (3 hours)

This course is designed to provide students with the ability and knowledge to prescribe both anaerobic and aerobic exercise programs for the general population and with the emphasis on sport performance. This course will prepare students with skills and knowledge for building complete exercise programs for unique clients through the ability to perform pre exercise assessments. This course will also focus on interpretation of exercise assessments and aid in proper safe exercise prescription and techniques for athletes, special populations, and overall general population in mind.

HHP 510. Sport Psychology (3 hours)

The psychology of sport is the study of the interaction between psychological variables and performance in athletic and physical activity. The overall purpose of this course is to introduce students to psychological theory and practical skills that influence sport performance.

- HHP 533. Risk Management and Injury Prevention (3 hours)**
This course is designed to provide students the foundational risk management and injury prevention knowledge and methods that are pertinent for students preparing to enter the athletic coaching, strength and conditioning, or general wellness industries. Prevention, risk management strategies, recognition and care of athletic injuries, including environmental considerations will be introduced. Emphasis is placed on orthopedic injury description, prevention, treatment, and recovery.
- HHP 537. Advanced Exercise Physiology (3 hours)**
This is an advanced exercise physiology course aimed at graduate students that possess a basic understanding of human exercise physiology. The primary goal of this class is to acquaint the students with knowledge, understanding, and value of the relationship of contributing metabolic factors, temperature regulation, and fatigue to physical exercise as they apply to athletic performance, fitness and extreme environments. Particular attention will be placed upon an understanding of muscle bioenergetics and metabolism as well as the cardiopulmonary responses to both acute and chronic exercise. Special topics to be addressed include exercise-induced oxidative stress, mechanisms of inactivity-induced muscle atrophy, performance at altitude, and hydration during exercise. Finally, this course will incorporate a problem-based learning approach and will emphasize the importance of critical thinking skills in exercise physiology.
- HHP 540. Sports Nutrition (3 hours)**
This course provides a foundation in science of sport and exercise nutrition and the correlation of nutritional practices and optimal human physical performance. The course will also teach students to learn how to facilitate and educate clients and athletes about general nutritional values and recommendations to maintain a healthy lifestyle, alter body composition, and improve overall performance. It will cover chemical structure and biochemical metabolic functions of essential and nonessential nutrients, nutritional ergogenic aids, eating disorders, fluid intake and balance, thermoregulation, and body composition will be discussed.
- HHP 550. Research Methods and Statistics for Physical Activity (3 hours)**
This course is designed to be an introductory experience for the research consumer as well as the research producer in sports studies. This course emphasizes developing conceptual understanding of using the scientific method as a means of problem solving, both as a critical consumer and as an entry-level researcher.

HHP 560. West Virginia Sport History (3 hours)

This course will examine the development of sports and competition in the State of West Virginia. From its inception, into organized forms of sport, to the highly developed enterprise that has emerged in contemporary times. Observations of the influence of Appalachian culture and history on this development as well as significant sport figures from WV are central to the presentation and content of this course.

HHP 600. Essentials of Personal Training (3 hours)

This course is designed to prepare the student with the personal training knowledge, skills, and abilities set forth by the NSCA. Emphasis on course content will be in nutrition and the role of personal trainer, latest guidelines for client assessment, flexibility training, cardiovascular exercise prescription, stability ball training, and periodization training. The course will also address exercise prescription with special populations, aerobic and anaerobic exercise techniques, and resistance training load. The course will also familiarize and enable the student to be able to instructor in the NSCA standards of exercise and fitness protocols standards and protocols set forth by the department of education in its physical fitness component.

HHP 630. Strength and Conditioning (3 hours)

This course provides students with information to complement and illustrate material taught in undergraduate level Strength and Conditioning (HHP 430). Emphasis will be placed on the theory and methodology of training and preparing athletes for competition. Students in this course will be given the practical knowledge of design, implementation, modification, and assessment of strength and conditioning programs for athletes. Emphasis will be placed on modifying the strength and conditioning program to meet the coaches, team, and individual athlete's needs.

HHP 640. Tactical Strength and Conditioning (3 hours)

This course is designed to address the physical demands of tactical professionals in the military, law enforcement, and fire and rescue workers in conditioning and to aid in the decrease risk of injury. Covered areas in the course will include nutrition, supplements, injury treatment and rehabilitation, and assessment evaluations for tactical professionals. Students will also discuss and implement exercise drills, techniques and specific needs of the tactical athlete not limited to flexibility, mobility, speed, agility, power, and aerobic and anaerobic conditioning

HHP 650. Internship in Sports Studies (6 hours)

This course serves as a capstone opportunity for the Graduate Level Sports Studies student to apply cognitive, psychomotor and affective competencies learned throughout their studies within the Sports Studies Program. Each student will work and learn with an existing wellness program, sports business, sports education/instructional program or sports team in the surrounding community (240 clock hours)

A Sample Course Sequence

| Fall | Spring | Summer |
|--|--|--|
| 1st 8 Weeks: HHP 560 HHP 537 | 1st 8 Weeks: HHP 500 HHP 540 | 1st 8 Weeks: HHP 600 HHP 640 |
| 2nd 8 Weeks: HHP 510 HHP 550 | 2nd 8 Weeks: HHP 533 HHP 630 | 2nd 8 Weeks: HHP 650 |

Admissions Requirements:

The WVSU Sports Studies Program will be committed to admitting students on a competitive basis. The applicants will be evaluated by a submitted portfolio containing the following criteria:

1. Academic Record
 - a. An undergraduate degree in Sports Studies or a related field
 - b. GPA – a minimum overall GPA of 2.5 on a 4 point scale for all undergraduate work from accredited institution(s) with an MAT score of 350 or
 - i. GPA of 2.4 and MAT score of 360 or
 - ii. GPA of 2.3 and MAT score of 370 or
 - iii. Exceptional expertise in the field of coaching/fitness/health/strength and conditioning as demonstrated through an interview with the Graduate Studies Committee.
 - c. Successful TOEFL scores for those whose native language is not English.
2. Resume/CV documenting successful professional experiences, commitment to community service and professional development.
3. A personal statement indicating the applicant’s aspirations and reasons for pursuing the Master of Science in Sports Studies at WVSU.
4. Two letters of recommendation attesting to the candidate’s professional and/or personal qualities.

Courses:

Core Phase Courses for the MS in Sports Studies Degree Program

- HHP 500. Advanced Exercise Testing
- HHP 510. Sport Psychology
- HHP 533. Risk Management and Injury Prevention
- HHP 537. Advanced Exercise Physiology
- HHP 540. Sports Nutrition
- HHP 550. Research Methods and Statistics in Physical Activity
- HHP 560. West Virginia Sport History

Advanced Phase for the MS in Sports Studies Degree Program:

- HHP 610. Tactical Strength and Conditioning
- HHP 620. Essentials of Strength and Conditioning
- HHP 630. Strength and Conditioning
- HHP 650. Internship in Sport Studies (6 Credit Hours)

**WEST VIRGINIA STATE UNIVERSITY
HEALTH AND HUMAN PERFORMANCE DEPARTMENT
MASTER OF SCIENCE IN SPORT STUDIES**

MATERIALS REQUIRED TO COMPLETE APPLICATION:

There is an online application process:

- **APPLICATION FORM:** Complete the Application for Admission hardcopy.
- **APPLICATION FEE:** An application fee of \$28 (resident) or \$39 (non-resident) must accompany each application for admission. The application fee cannot be waived or deferred and is not refundable. Make Checks Payable to: West Virginia State University
- **STATEMENT OF PURPOSE:** Complete a statement of purpose, explaining aspirations and reasons for pursuing an MSS at WVSU. (500 – 1000 words)
- **RESUME/CURRICULUM VITA:** Submit resume or vita documenting successful professional experiences, community service and professional development.
- **TRANSCRIPTS:** Provide an official transcript from each college or university attended. Graduates of West Virginia State University must provide official WVSU transcripts. Transcripts must be sent directly from the institution.
- **PROFESSIONAL CERTIFICATIONS AND/OR LICENSE:** Provide copy of any/all Professional Certifications or License you may have.
- **LETTERS OF RECOMMENDATION:** Two letters of recommendation are to be included with the application. Address Letters to: Dr. Aaron A. Settle, ATC, CSCS
- **TEST SCORES:** Applicants must take the *Graduate Record Exam* OR the *Millers Analogy Test* and have scores sent to the **Masters of Sport Studies Program** at West Virginia State University. If applicable, successful TOEFL scores will also be submitted. (See address on Application)

The successful application will be complete, will demonstrate a coherent statement of purpose aligned with program goals, and will meet these GPA and MAT/GRE requirements:

- A minimum overall GPA of 2.5 on a 4 point scale for all undergraduate work from accredited institution(s) with an MAT score of 350 **or**
- GPA of 2.4 and MAT score of 360 **or**
- GPA of 2.3 and MAT score of 370 **or**
- Exceptional expertise in the field of Exercise Science/Athletic Coaching or Education as demonstrated through an interview with the Graduate Studies Committee.

STUDENT CATEGORY

- **Post-Baccalaureate Graduate:** Students who have a Bachelor's degree from a regionally accredited college or university and are not currently enrolled in a graduate program at another institution of higher education. These students must submit all seven items listed above.
- **Transient Graduate:** Students who have a Bachelor's degree from a regionally accredited college or university (including West Virginia State University) and **are currently** enrolled in a graduate program at another institution of higher education. Transient Student must submit an application, fee, and transient approval from their current institution of higher education.
- **Non-Degree students:** Students interested in taking specific classes but not enrolling in the degree program must still complete an application and submit fees and transcripts **but need not** submit Statement of Purpose, Resume, Letters of Recommendation or Test Scores. Completed graduate and undergraduate transcripts must be on file and are necessary prior to enrollment. Permission to take courses without enrolling in the degree program may be granted by the Program Coordinator. Non-degree students may not enroll in more than 12 hours of graduate credit without applying for program admission.

Send ALL Materials to:

Dr. Aaron A. Settle, ATC, CSCS
West Virginia State University
Master of Sport Studies – Program Director
P.O. Box 1000
N-148 Fleming Hall
Institute, WV 25112

You may email all material to asettle1@wvstateu.edu (Place: Graduate Program Application Material in the email heading) and mail Official copy of transcripts via U.S. Postal Service to the above address:

Application for Admission
MASTERS OF SCIENCE IN SPORT STUDIES
Graduate Program
West Virginia State University

Return to: Dr. Aaron Settle, Graduate Coordinator, Department of Health and Human Performance, WVVSU
N-148 Fleming Hall, P.O. Box 1000, Institute, WV 25112
Phone: (304) 766-3367

(Please complete in blue or black ink)

PERSONAL DATA

Date of application: _____ Social Security Number: _____ A# (if applicable): _____

Last Name: _____ First Name: _____ MI: _____

Preferred First Name: _____ Date of Birth: _____

Current Address: Street or P.O. Box: _____

City _____ State _____ ZIP _____ County _____

Home Phone Number: _____ Cell Phone Number: _____

Email: _____

Permanent Address (if different): _____

Have you ever been enrolled in school under any other name(s)? Yes _____ No _____

If so, please provide full name(s): _____

Are you a U.S. Citizen? Yes _____ No _____ If not, please indicate immigration status: _____

_____ VISA: _____

(Include a copy of both sides of your I-551 card)

Emergency Contact (Optional).

(Last, First, Middle): _____ Relationship: _____

Street or P.O. Box: _____

City _____ State _____ ZIP _____ County _____ Country _____

Home Phone Number: _____ Business/Other Phone Number: _____

Email: _____

Additional Personal Data (Disclosure of additional personal data is **optional** and will in no way affect a decision concerning your application.)

Date of Birth: ___/___/___ Birthplace (State): _____ Gender: Male _____ Female _____

Have you ever served in the U.S. Armed Forces? Yes _____ No _____

Will you be applying for veteran's benefits? Yes _____ No _____

Ethnicity (Optional):

Please check one of the following that best describes your ethnicity:

- | | |
|---|------------------------------|
| _____ Hispanic or Latino | _____ Asian |
| _____ Native American Indian or Alaska | _____ White |
| _____ Native Hawaiian or Other Pacific Islander | _____ Race/Ethnicity Unknown |
| _____ Black or African American | |
| _____ Non-Resident Alien | _____ Resident Alien |

Enrollment Data:

Year you plan to enroll: _____ Term/Semester you plan to enroll: _____

State of Residency: _____ If resident of WV, how long have you lived in WV?

Years: _____ Months _____

Academic History

College(s) Attended (Undergraduate):

| <u>College/University</u> | <u>City</u> | <u>State</u> | <u>Date of Graduation</u> | <u>Degree</u> | <u>Major</u> |
|---------------------------|-------------|--------------|---------------------------|---------------|--------------|
| | | | | | |
| | | | | | |
| | | | | | |

Have you been suspended or expelled for academic or disciplinary reasons? Yes _____ No _____

If you have, are you currently eligible to return to that institution? Yes _____ No _____

List the two (2) people you have asked to write letters of recommendation. They should be familiar with your educational and/or professional work and be able to evaluate your potential success as a graduate student.

| <u>Name</u> | <u>Position</u> | <u>Email Address</u> |
|-------------|-----------------|----------------------|
| | | |
| | | |

Student Category:

1. _____ Post-Baccalaureate Graduate 2. _____ Transient Graduate 3. _____ Non-Degree Graduate Student

Application checklist **Post Baccalaureate Graduate Student:** (see next page for transient and non-degree students)

- I am enclosing/have requested official transcripts from the institutions where my degrees were earned
- I am enclosing/have requested official transcripts for any transfer work I would like used toward my graduate degree.
- I have enclosed the \$28 (resident of WV) or \$39 (non-resident) graduate application fee.
- I have uploaded/ am enclosing a copy of my professional license and/or certifications
- I have completed the statement of purpose.
- I have uploaded / am enclosing a resume or curriculum vita.
- I have uploaded/ am enclosing/have requested two (2) letters of recommendation.
- I have requested an official score report for the MAT **or** GRE general test (and TOEFL, if applicable.) (*MAT/GRE scores are waived for applicants who already hold a Master's Degree)

Application checklist **Transient Student:**

- I have enclosed the \$28 (resident of WV) or \$39 (non-resident) graduate application fee.
- I have uploaded / enclosed transient approval from my current IHE.

Application checklist **Non-degree Student:**

- I am enclosing/have requested official transcripts from the institutions where my degrees were earned
- I am enclosing/have requested official transcripts for any transfer work I would like used toward my graduate degree.
- I have enclosed the \$28 (resident of WV) or \$39 (non-resident) graduate application fee.

I certify that all statements in this application are complete and true and I give the aforementioned institutions permission to use this information for statistical and reporting purposes. I further understand that any willful misrepresentation of information given in this application may be grounds for denial of my admission or dismissal.

Signature: _____ Date: _____

Note: West Virginia State University adheres to the principles of equal opportunity without regard to race, color, gender, age, creed, national origin or disability. This policy extends to all programs and activities supported by the University.

West Virginia State University, in adhering to its commitment to maintain a safe and tranquil environment and assist the members of the University Community to provide for their own safety, publishes and disseminates information by publishing Crime Statistics for the present and two previous calendar years. For information about crime statistics, please use the link: <http://www.wvstateu.edu/administration/public-safety2.aspx> For additional information, contact a Public Safety representative at (304) 766-3353 or Fax (304) 766-5193 or writing to Department of Public Safety, PO Box 1000, Campus Box 124, Institute, WV 25112-1000.