

**M.S. in Kinesiology and Physical Education  
Specialization in Sport & Exercise Psychology (2024-2025)**

Name: \_\_\_\_\_

ZID: \_\_\_\_\_

Semester Started: \_\_\_\_\_

**Specialization Overview**

This 30-credit hour specialization is designed to focus on relevant theory, research, and practice in the areas of sport and exercise psychology. The course work will help students examine a variety of predictors and consequences of sport and exercise participation. Emphasis is placed on the application of knowledge grounded in theory and research. Specifically teachers, coaches, and exercise professionals will experience a theory to practice approach to addressing the psychological needs of their participants in a performance setting. In consultation with an adviser the student selects either a thesis or non-thesis option.

Semester Offered	Specialization Requirements	Course Grade	Semester Completed
<b><u>Research Core (6 credits)</u></b>			
Fall (both)	KNPE 552 - Methods of Research in KNPE	_____	_____
Spring (both)	KNPE 645 - Application of Stats in KNPE	_____	_____
<b><u>Specialization Core (15 credits)</u></b>			
Fall (both)	KNPE 582 - Psychology of Sport and Exercise	_____	_____
Summer (both)	KNPE 583 - Applied Sport Psychology	_____	_____
Spring (both)	KNPE 586 - Sport in Society	_____	_____
<b><i>Two of the following</i></b>			
Spring (even)	KNPE 584 - Psychosocial Aspects of Athletic Injury & Rehab	_____	_____
Spring (odd)	KNPE 585 - Physical Activity, Health, & Psychological Well-Being	_____	_____
Fall (both)	KNPE 587 - Professional Preparation in S&EP Professions	_____	_____
<b><u>Select one of the following (3 credits)</u></b>			
Fall (both)	KNPE 564 - Exercise is Medicine	_____	_____
Spring (even)	KNPE 578 - Seminar in Motor Development	_____	_____
<b><u>Non-Thesis Option or Thesis Option (6 credits)</u></b>			
<b><i>Non-Thesis Option: Two additional approved courses</i></b>			
	Elective 1:	_____	_____
	Elective 2:	_____	_____
<b><i>Thesis Option: Consult with <a href="#">sport &amp; exercise psychology faculty</a></i></b>			
Fall (second)	KNPE 699A - Master's Thesis (3)	_____	_____
Spring (second)	KNPE 699A - Master's Thesis (3)	_____	_____

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**Graduate Certificates:**

<b>Semester Offered</b>	<b><u>Sport and Exercise Psychology</u> 12 credit hours (Must complete 4 courses)</b>	<b>Course Grade</b>	√	<b>Semester Completed</b>
Fall (both)	KNPE 582 - Psychology of Sport and Exercise			
Summer (both)	KNPE 583 - Applied Sport Psychology			
Spring (even)	KNPE 584 - Psychosocial Aspects of Athletic Injury & Rehab			
Spring (odd)	KNPE 585 - Physical Activity, Health, & Psychological Well-Being			
Spring (both)	KNPE 586 - Sport in Society			
Fall (both)	KNPE 587 - Professional Preparation in S&EP Professions			

**Copy the courses from requirements that satisfy the CGS selected by the student (stackable and non-stackable)**

<b>Certificate of Graduate Study (alternative option) <a href="https://www.niu.edu/grad/academics/certificates/index.shtml">https://www.niu.edu/grad/academics/certificates/index.shtml</a></b>	<b>Credit Hours</b>

<b>Semester Completed</b>	<b>Specialization Requirements</b>	<b>Course Grade</b>		<b>Semester Completed</b>

**Typical Sequence in Sport & Exercise Psychology**

The class sequence listed below are meant to be used as a guide. Flexibility and permutations will be allowed in consultation with and approval by the student's faculty advisor, director of graduate studies, thesis committee, and/or department chair. Consult [myNIU](https://www.niu.edu/myniu) for information on electives and summer course offerings.

**Non-Thesis Option**

**Fall Semester - Year 1**

- KNPE 552
- KNPE 582
- KNPE 587

**Summer Semester - Year 1**

- KNPE 583

**Fall Semester - Year 2**

- KNPE 564
- Elective 1

**Spring Semester - Year 1**

- KNPE 584 or 585
- KNPE 586
- KNPE 654

**Spring Semester - Year 2**

- KNPE 584 or 585
- Elective 2

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**Thesis Option**

**Fall Semester - Year 1**

- KNPE 552
- KNPE 582
- KNPE 587

**Summer Semester - Year 1**

- KNPE 583

**Fall Semester - Year 2**

- KNPE 564
- KNPE 699A (3)

**Spring Semester - Year 1**

- KNPE 584 or 585
- KNPE 586
- KNPE 654

**Spring Semester - Year 2**

- KNPE 584 or 585
- KNPE 699A (3)

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**Other Relevant Graduate Student Information**

**Graduate School Website**

<https://www.niu.edu/grad/>

**Graduate School Forms**

<http://www.niu.edu/grad/resources/student-forms.shtml>

**Graduate Catalog**

<http://catalog.niu.edu/>

**Graduation Application**

All students must apply to graduate

<https://www.reg.niu.edu/registration-records/graduation/>

**KNPE Graduate Student Resources**

<https://www.cedu.niu.edu/knpe/resources/graduate.shtml>

**Contact Information**

[Dr. Steven Howell](#) - Department Chair  
[showell2@niu.edu](mailto:showell2@niu.edu)

[Dr. Peter J Chomentowski 3rd](#)

Director of Grad Studies

[pchomentowski@niu.edu](mailto:pchomentowski@niu.edu)

General Questions - [knpegrad@niu.edu](mailto:knpegrad@niu.edu)

**KNPE Faculty Webpages**

<https://www.cedu.niu.edu/knpe/about/faculty-and-instructors/index.shtml>