

HEALTH AND KINESIOLOGY, MS

The School of Health and Kinesiology (H&K's) graduate program prepares students for careers in health, physical education, exercise science, athletic training, and physical activity. By fostering the development of evidence-based work, we train students to be lifelong learners who can perform leadership roles as educators, practitioners and researchers.

Program Related Information

Program Contact

unohk@unomaha.edu
402.554.2670

Program Website (<https://www.unomaha.edu/college-of-education-health-and-human-sciences/health-kinesiology/graduate/>)

Fast Track Public Health/Health Behavior Integrated Undergraduate/Graduate Program (IUG)

The School of Health and Kinesiology has developed a Fast Track program for highly qualified and motivated students providing the opportunity to complete a bachelor's degree and a master's degree in an accelerated time frame. With Fast Track, students may count up to nine (9) graduate hours toward the completion of their undergraduate program as well as the graduate degree program.

Program Specifics:

- This program is available for undergraduate students pursuing a BS in public health major desiring to pursue a MS in health & kinesiology with a public health concentration, or those pursuing a BS in kinesiology major desiring to pursue a MS in health & kinesiology with an exercise science concentration.
- Students must have completed no less than 60 undergraduate hours.
- Students must have a minimum undergraduate GPA of 3.0.
- Students must complete the Fast Track Approval form and obtain all signatures and submit to the Office of Graduate Studies prior to first enrollment in a graduate course
- Students will work with their undergraduate advisor to register for the graduate courses.
- A minimum cumulative GPA of 3.0 is required to remain in good standing.
- Students remain undergraduates until they meet all the requirements for the undergraduate degree and are eligible for all rights and privileges granted undergraduate status including financial aid.
- Near the end of the undergraduate program, formal application to the graduate program is required. The application fee will be waived, the applicant will need to contact the Office of Graduate Studies for a fee waiver code.
 - Admission to Fast Track does NOT guarantee admission to the graduate program.
 - The admit term must be after the completion term of the undergraduate degree.

Admissions

General Application Requirements and Admission Criteria (<http://catalog.unomaha.edu/graduate/admission/>)

Application Deadlines

- Spring 2026: December 1
- Summer 2026: April 15
- Fall 2026: August 1

Other Requirements

- English Language Proficiency:** Applicants are required to have a command of oral and written English. Those who do not hold a baccalaureate or other advanced degree from the U.S., **OR** a baccalaureate or other advanced degree from a predetermined country on the waiver list (<https://www.unomaha.edu/office-of-graduate-studies/admissions/entrance-exams.php>), must meet the minimum language proficiency score requirement in order to be considered for admission.
 - Internet-based TOEFL: 80, IELTS: 6.5, PTE: 53, Duolingo: 110
- Statement of Purpose:** Please address your main areas of interest and what you plan to do with a degree in health and kinesiology. You may also address any issues with your application that you would like the admission committee to consider. Please limit your statement to one page double spaced.
- OPTIONAL:** One letter of recommendation from a reference who can evaluate your work and/or academic achievements.

Degree Requirements

Code	Title	Credits
Thesis Option		
Required Courses		
HEKI 8030	RESEARCH IN HEALTH & KINESIOLOGY	3
KINS 8700	PSYCHOLOGY OF PHYSICAL ACTIVITY	3
PHHB 8360	COMMUNITY HEALTH	3
HEKI 8990	THESIS	6
Concentrations		
Student must select an area of concentration.		21
Total Credits		36

Code	Title	Credits
Non-Thesis Option		
Required Courses		
HEKI 8030	RESEARCH IN HEALTH & KINESIOLOGY	3
KINS 8700	PSYCHOLOGY OF PHYSICAL ACTIVITY	3
PHHB 8360	COMMUNITY HEALTH	3
Concentrations		
Student must select an area of concentration.		27
Total Credits		36

Independent Study Note

The MS in health & kinesiology allows no more than 6 credits in HEKI 8000 or HEKI 8100 to be taken by students in the program to count toward their degree requirements. Anything beyond this would require approval by the graduate program committee.

Exit Requirements

Thesis Option: Thesis 6 hours HEKI 8990. All candidates should carefully review the Graduate College requirements for forming the supervisory committee, and submitting the supervisory committee and Thesis/Thesis Equivalent Proposal Approval forms and final approval and submission of the thesis.

Non-Thesis Option: Comprehensive Examination.

Concentrations

Exercise Science Concentration

Code	Title	Credits
Undergraduate deficiencies may include:		
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	
KINS 4940	PHYSIOLOGY OF EXERCISE	
Required Concentration Courses		
KINS 8040/9041	ADVANCED STATISTICS	3
KINS 8950/9951	ADVANCED EXERCISE PHYSIOLOGY	3
BMKI 9960	ADVANCED EXERCISE PHYSIOLOGY II	3
Electives		12-18
Select from the following graduate course prefixes: PHHB, HEKI, HEKI, KINS, or BMCH. (Others upon approval by advisor and GPC).		
Total Credits		21-27

Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).	12-18
Total Credits	21-27

Public Health Concentration

Code	Title	Credits
Required Concentration Courses		
Undergraduate deficiencies may include: an undergraduate statistics course.		
PHHB 8450	EPIDEMIOLOGY & PREVENTION OF DISEASE	3
PHHB 8500	HEALTH PROGRAM DESIGN	3
PHHB 8600	HEALTH BEHAVIOR	3
PHHB 8950	PUBLIC HEALTH LEADERSHIP AND ADVOCACY	3
Electives		9-15
Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).		
Total Credits		21-27

Physical Activity in Health Promotion Concentration

Code	Title	Credits
Required Concentration Courses		
KINS 8040/9041	ADVANCED STATISTICS	3
KINS 8120	CURRENT TOPICS IN WEIGHT MANAGEMENT	3
KINS 8130/9131	IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS	3
KINS 8140/9141	PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH	3
Electives		9-15
Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).		
Total Credits		21-27

Physical Education Concentration

Code	Title	Credits
Required Concentration Courses		
KINS 8040/9041	ADVANCED STATISTICS	3
PHHB 8500	HEALTH PROGRAM DESIGN	3
KINS 8240	SPORT IN AMERICAN CULTURE	3
Electives		