

MASTER OF SCIENCE IN KINESIOLOGY (MSK)

Corban University's Master of Science in Kinesiology is designed for professionals seeking advanced expertise in applied kinesiology and a deeper understanding of human performance. Grounded in evidence-based practice, the fully online program integrates scientific knowledge with applied expertise to prepare graduates for leadership and specialized roles across performance, health, and human movement settings.

Through coursework in areas such as human movement science, strength and conditioning, corrective exercise, performance psychology, nutrition, and exercise in disease prevention and management, students develop the analytical and practical competencies needed to serve diverse populations. A mentored internship or research project further strengthens professional preparation by connecting theory with real-world application.

Graduates emerge equipped to elevate their professional standing, implement research-informed strategies, and make meaningful contributions within the evolving field of applied kinesiology.

FAST FACTS

- 12 month program, with flexibility to extend your timeline to 24 months
- Entirely online
- Total cost: \$27,000

COURSEWORK

CORE COURSES (36 CREDITS)

KIN511	Human Movement Science	3
KIN515	Motor Learning	3
KIN520	Performance Psychology	3
KIN541	Performance Nutrition	3
KIN561	Advanced Exercise Physiology	3
KIN563	Advanced Research Methods	3
KIN611	Essentials of Strength and Conditioning	3
KIN612	Program Design for Strength and Conditioning	3
KIN621	Techniques & Assessments in Corrective Exercise	3
KIN622	Corrective Exercise - Strategies & Applications	3
KIN635	Exercise and Chronic Disease	3
KIN683	Internship/Research Project	3

COURSE DESCRIPTIONS

KIN511 HUMAN MOVEMENT SCIENCE (3)

This course will introduce a scientific approach to the essentials of human movement science. The student will receive a detailed insight into the independent and interdependent function of the anatomical structures including muscular, articular and nervous systems during human movement, force production, stabilization and force reduction.

KIN515 MOTOR LEARNING (3)

This course provides an in-depth look at the physiological and psychological processes for acquiring and performing functional and specialized movements throughout the life span. It enables students to appreciate high-level skilled activity and understand how such incredible performances occur. This course constructs a model of the factors that influence motor performance, outlines how motor skills are acquired and retained with practice, and shows students how to apply the concepts to a variety of real-world settings. Practical application of motor behavior principles including control, learning, and development for the acquisition and refining of specialized motor skills. This includes assessing, teaching, and performing movement skills for learners and clients at all skill and developmental levels.

KIN541 PERFORMANCE NUTRITION (3)

This course gives you science-backed advice that has been translated into practical recommendations to help optimize training, boost performance, and accelerate recovery through nutrition. Learn why nutrient timing matters and how to identify your specific timing needs. Find carb, protein, fat, fluid, and supplement recommendations—for before, during, and after training or competition specific to situation, activity level, and sport. Use the sample nutrition plans and case studies for various sports and situations to help facilitate the implementation of those recommendations.

KIN561 ADVANCED EXERCISE PHYSIOLOGY (3)

This course takes a scientific approach to the essentials of Human Exercise Physiology. Practical application of those physiological principles as relating to physical activity in exercise, gender differences, age, environment, conditioning and sport performance.

KIN563 ADVANCED RESEARCH METHODS (3)

This introductory course explains quantitative and qualitative research methodology in the social sciences. Introductory statistical concepts, such as measures of central tendency and variability, standard scores, and hypothesis testing are reviewed. Students learn to critically evaluate existing research and integrate it into clinical work and/or program evaluation. They also learn how to further research through the conceptualization of a research proposal in the form of an outline.

KIN573 PERFORMANCE PSYCHOLOGY (3)

This course examines psychological strategies for achieving excellence. It reviews how to develop the optimal culture or environment that supports both team and individual practice routines for enhancing peak performance.

KIN611 ESSENTIALS OF STRENGTH AND CONDITIONING (3)

This graduate level course provides an overview and application of strength and conditioning techniques. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

KIN612 PROGRAM DESIGN FOR STRENGTH AND CONDITIONING (3)

This graduate level course provides an overview and application of strength and conditioning techniques. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

KIN621 TECHNIQUES & ASSESSMENTS IN CORRECTIVE EXERCISE (3)

Specializing in Corrective Exercise with NASM can stretch your earning potential along with your clients' abilities to reduce the risk of injury—helping them move, feel, and live better. By becoming a Corrective Exercise Specialist, you'll take your fitness career and ability to help your clients to new levels. You'll learn how to assess clients in a whole new way. It will help you better identify their movement compensations, where they are weak or strong, and hone your ability to use that knowledge to design effective and efficient programs. You'll take your ability to assess clients from generalized to specific, breaking assessments down into smaller, more in-depth pieces so you can identify different parts of the body in need of attention.

KIN622 CORRECTIVE EXERCISE – STRATEGIES & APPLICATIONS (3)

Specializing in Corrective Exercise with NASM can stretch your earning potential along with your clients' abilities to reduce the risk of injury—helping them move, feel, and live better. By becoming a Corrective Exercise Specialist, you'll take your fitness career and ability to help your clients to new levels. You'll learn how to assess clients in a whole new way. It will help you better identify their movement compensations, where they are weak or strong, and hone your ability to use that knowledge to design effective and efficient programs. You'll take your ability to assess clients from generalized to specific, breaking assessments down into smaller, more in-depth pieces so you can identify different parts of the body in need of attention.

KIN635 EXERCISE AND CHRONIC DISEASE (3)

The purpose of this course is to provide the student with a framework for evaluating current information on exercise recommendations for special populations. Students will engage in depth analyses of the implications for exercise in preventing and managing obesity, coronary heart disease, diabetes, cancer, asthma, neurological conditions and musculoskeletal conditions.

KIN683 INTERNSHIP/RESEARCH PROJECT (3)

Designed to give students the opportunity for a mentored research project or practical professional experience within the sports and fitness management field. Explore a topic and perform research on a developing area of Kinesiology or a problem of practice, or give students on the job training while working under the supervision of professionals in public and/or private organizations. The internship/research project is expected to provide students with experience in a wide variety of situations, planning, leadership, supervision, administration, evaluation, etc.

TUITION AND FEES

TUITION	COST PER CREDIT	CREDITS	TOTAL COST
Master of Science in Kinesiology	\$750	36	\$27,000

FEES	COST
Tuition Deposit	\$200
Technology Fee	\$75 each semester
Graduation Fee	\$200
Course Fees	Varies (some courses may have fees for materials)

APPLICATION AND ADMISSIONS PROCESS

Complete and submit the following items in order for your application packet to be reviewed for acceptance. Applications are reviewed on a rolling basis and should be completed at least 4 weeks prior to the start of classes.

- ❑ **APPLICATION**
Begin your application at corban.edu/apply
- ❑ **OFFICIAL TRANSCRIPTS**
To be requested from the institution where your bachelor's degree was awarded and any schools where graduate coursework was taken. Official transcripts should be sent to Graduate Admissions at Corban.
- ❑ **CHRISTIAN CHARACTER REFERENCE (INCLUDED ON THE APPLICATION)**
Provide the name of an individual who can serve as a Christian Character Reference. This should be an individual who is familiar with your Christian walk, professional conduct, and potential as a student. The individual should be someone who is not a relative and preferably has known you for at least a year.
- ❑ **RESUME (OPTIONAL)**

AFTER ACCEPTANCE

- ❑ **PAY ENROLLMENT DEPOSIT (\$200)**

The enrollment deposit reserves your place in class and is applied directly toward your tuition.

- ❑ **COMPLETE "WALK TO CLASS"**

Your Admissions counselor will create your account and send you information on how to use our online learning platform, Populi, before classes start.