

## About Us

The Department of Health and Kinesiology offers a 2-year masters degree and a 4-5 year doctorate degree. The masters degree has both a non-thesis and thesis option.

## Admissions Criteria

- (1) A bachelor's degree for M.S. applicants and a M.S. Degree for a Ph.D. applicant (from a regionally-accredited college or university)
- (2) A minimum 3.00 or higher undergraduate weighted mean GPA
- (3) A minimum TOEFL score of 80 iBT (550 pBT) or better, or a minimum IELTS band score of 6.5 or better (international applicants only)

## Application Deadlines

M.S. and Ph.D. applications are accepted once a year for fall consideration. **We do not accept late or incomplete applications.**

**M.S. - January 30**

**Ph.D. - January 15**



## Questions?

**Please email to inquire.**

**Director of Graduate Studies**

Dr. Maria Newton

[maria.newton@health.utah.edu](mailto:maria.newton@health.utah.edu)

**Graduate Studies Program Manager**

Andrea Moss

[andrea.moss@hsc.utah.edu](mailto:andrea.moss@hsc.utah.edu)

## How to Apply

Go to

<https://health.utah.edu/health-kinesiology/graduate-programs/apply>

for more information on the application process and submission requirements.

“We are committed to transforming health, quality of life, and human performance through cutting edge research and education.”

~Tim Brusseau, Ph.D.  
Associate Professor and Interim Chair



# Department of Health & Kinesiology



## GRADUATE PROGRAMS



**Master of Science (M.S.)  
Non-Thesis and Thesis  
Doctor of Philosophy (Ph.D.)**

<https://health.utah.edu/health-kinesiology/graduate-programs>



## M.S. Non-Thesis

This program combines rigorous coursework and practical experiences in the community. Your culminating experience is the completion of a project.

### Health Education Specialist & Wellness Coaching



#### What makes this program unique?

We offer a M.S. non-thesis degree program in which graduates will be able to sit for both the Certified Health Education Specialist (CHES®) Exam and the National Health & Wellness Coach Certifying Exam (NBC-HWC).

#### What is CHES?

Certified Health Education Specialists (CHES®) are those who have met the standards of competence established by the National Commission for Health Education Credentialing Inc., and have successfully passed the CHES® examination. CHES certification is important if you desire to be a health educator.

#### What is Wellness Coaching?

Certified Health and Wellness Coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness, and thereby enhance well-being. Our program is based on the knowledge, standards, and skills put forth by the International Consortium for Health & Wellness Coaching (ICHWC). Our graduates are prepared to work as health/wellness coaches in a variety of settings such as private practice, corporate wellness, university health and wellness programs, and in hospital or other healthcare settings.

<https://health.utah.edu/health-kinesiology/graduate-programs/health-education-wellness-coach>

#### Core Faculty

Julia Franklin, Ph.D., CHES, Nick Galli, Ph.D., and Janet Shaw, Ph.D.

## M.S.Thesis and Ph.D.

Our masters and doctoral programs are research intensive and organized around research themes. The themes represent our areas of specialty and the areas under which we accept students in the M.S. thesis and Ph.D. programs. The themes are Cognitive and Motor Neuroscience, Exercise and Disease, and Physical Activity and Well-Being. Interested students should identify with a research theme, read the theme members' research, and then reach out and begin a conversation about the program.

### Cognitive & Motor Neuroscience

#### Mission

The Cognitive and Motor Neuroscience theme strives to advance the scientific understanding of psychological and neural mechanisms underlying skilled human behaviors. We research how these mechanisms are influenced by changes across the life-span (development and aging), changes due to practice (learning and expertise), or changes due to illness and injury (rehabilitation and neurodegenerative disease).

#### Areas of Specialization

1. Skill Acquisition and Expertise
2. Neuromechanics and Motor Control
3. Injury and Rehabilitation
4. Modeling and Analytics
5. Brain-Behavior Mapping

#### Core Faculty

Keith Lohse, Ph.D., Mark Williams, Ph.D., Les Podlog, Ph.D., Peter Fino, Ph.D., Genevieve Albouy, Ph.D., and Brad King, Ph.D.

<https://health.utah.edu/health-kinesiology/graduate-programs/cognitive-motor-neuroscience>



## Exercise & Disease

#### Mission

The Exercise and Disease faculty aim to advance the understanding of exercise participation and its association with health outcomes and chronic disease states in community and clinical populations. We engage in applied and/or translational research to guide exercise recommendations for reducing disease risk and/or morbidity.

#### Areas of Specialization

1. Women's Health
2. Metabolism, Diabetes, and Obesity
3. Cancer Prevention, Treatment, and Survivorship
4. Sleep and Circadian Physiology

#### Core Faculty

Janet Shaw, Ph.D., Tanya Halliday, Ph.D., RD, Adriana Coletta, Ph.D., M.S., RD, and Chris Depner, Ph.D.

<https://health.utah.edu/health-kinesiology/graduate-programs/exercise-disease>

### Physical Activity & Well-Being

#### Mission

The PA & Well-Being faculty endeavor to promote physical activity and physiological and psychological well-being through research related to physical activity and sedentary behavior across diverse populations.

#### Areas of Specialization

1. Physical Activity Epidemiology
2. Psychology of Physical Activity, Exercise, and Sedentary Behavior
3. Tobacco Prevention and Cessation
4. Physical Activity Assessment and Interventions

#### Core Faculty

Tim Brusseau, Ph.D., Maria Newton, Ph.D., Wonwoo Byun, Ph.D., Yang Bai, Ph.D., Jessie King, Ph.D., Glenn Richardson, Ph.D., and Ryan Burns, Ph.D.

<https://health.utah.edu/health-kinesiology/graduate-programs/physical-activity-well-being>