

THE DEGREE

The primary goal of the sport and fitness administration (SPFA) degree program is to provide students with advanced study in the administration and management of a variety of sport and fitness programs. Students will acquire knowledge and abilities related to the effective administration and ethical leadership of private and public sport and fitness facilities and programs including the management of personnel and facilities. Graduates will be leaders in the promotion of sport and fitness within the workplace and in the community.



MASTER OF SCIENCE SPORT AND FITNESS ADMINISTRATION



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UNIVERSITY

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COLLEGE OF EDUCATION

THE PROGRAM

The M.S. in sport and fitness administration allows for two options within the program of study. Students can elect to complete 33 hours of coursework and complete a 3 credit hour research project or elect to complete 30 hours of coursework and 6 hours of thesis credit. The program consists of six core courses in the areas of research, scientific basis of sport, health promotion, computer applications and legal issues. All students must complete a 3-credit practicum experience in a health or sport administrative setting. Students have 9 credits of electives if they select the thesis option and 12 credits of electives if they select the research project option.

INTERNSHIPS

The 3-credit required practicum allows students to gain invaluable experience in a health or sport administrative setting. Students select their practicum based on their long term career goals within the discipline.

Options include working with high school and college athletic departments, various community based health agencies, recreational sport settings, YMCAs, private health/fitness facilities, or other appropriate related experiences. Practica are arranged through the office of internships and fieldwork with Ann Copeland. Students complete 120 hours of worksite experience during the practicum.

PROGRAM GOALS

Students in the sport and fitness administration program will demonstrate:

- Competency in planning, administering, budgeting, promoting and assessing sport and fitness programming.

- Competency in problem solving, decision making, and moral and ethical reasoning.
- An understanding of scientific basis of sport and physical activity.
- A command of research methodologies and their application in sport and fitness programming.
- An understanding of risk management strategies and legal aspects of sport and fitness.

CERTIFICATION

Certification as a strength and conditioning coach is available through the M.S. in SPFA degree program. The certification examination is offered once a year on campus through the National Strength and Conditioning Association (NSCA). SPFA students can elect to take PHED 685 – Strength and Conditioning Programs for Athletes to prepare for the examination.

CAREERS

The need for qualified fitness and sport professionals is supported by the US Department of Labor's 2007-2008 Occupational Outlook Handbook, which estimates the growth in the fitness and sport industry to be much higher than average through 2016 with an average growth of over 20 percent. In a progressively complex and technical world, the demand for competent leadership in sport and fitness has grown, and there is an increasing market for individuals with advanced training in the administration of health, fitness and sport programs. In addition, a growing population of senior citizens is demanding quality health and fitness programs, creating new opportunities for qualified sport and fitness professionals.

FACULTY

Faculty members teaching in the M.S. in SPFA all have graduate faculty status and terminal degrees in their respective disciplines. Faculty members teach within their areas of expertise with sport management faculty teaching the administrative courses, exercise science faculty members teaching the scientific basis of sport and the strength and conditioning elective, health faculty teaching health promotion, and PETE research specialists teaching the research methodology courses. The M.S. in SPFA is a shared program across the multiple disciplines within the PESH Department.

HOW DOES THE PROGRAM WORK?

To qualify for admission to the M.S. in SPFA, students must have achieved a combined 800 on the GRE with at least 400 on the verbal portion of the exam or a 392 and above on the Miller Analogy Exam (MAT) and have an undergraduate major in physical education, exercise science, athletic training, recreation, or sport management. Prospective students with degrees outside of the discipline may still enroll in the program, but prerequisites may be required in addition to the required course work in the M.S. in SPFA program. The number and type of prerequisites required will be determined by a review of the candidate's undergraduate transcript. While enrolled in the program, students must achieve and maintain a 3.0 GPA. The program requires candidates to complete a minimum of 24-27 credits in core course work with a minimum of 9-12 credits of electives. All candidates must complete either a thesis or research project along with a practicum experience.

