The Master of Science in Health, Human Performance and Sport Management degree focuses on three graduate-study emphasis areas: (1) health education, (2) exercise science, and (3) sport management. This degree is designed to provide professional educational opportunities to interested students, health service professionals, teachers, researchers, corporate wellness/fitness coordinators, and sport/athletic management personnel throughout Arkansas and the nation. These professionals will be employed in a variety of venues, including education settings, health care institutions, private health clinics, rehabilitation centers, businesses, fitness and wellness programs, and sport/athletic facilities. Students will have the opportunity to improve their intellectual and professional skills through advanced classroom instruction, participation in behavioral research, and community service learning activities.

Admission Requirements

The following materials should be submitted to the UALR Graduate School when applying to the program:

- Undergraduate transcript. Applicants are expected to have a baccalaureate degree from an accredited university. A 3.0 grade point average is generally expected.
- Graduate Record Examination (GRE) Scores. Applicants are required to take the GRE General Test resulting in a minimum score at or above the 50th percentile.
- Reference letters. Applicants should obtain three letters of reference from college professors or individuals familiar with their academic work. Applicants should ask each writer of a reference letter to place the letter in an envelope, seal it, and sign across the seal. Applicants should collect the sealed reference letters and forward them to the UALR Graduate School.
- Letter of intent. Each applicant must submit a letter of intent describing the field or specialty within Health, Human Performance and Sport Management for which training is sought and describing how the proposed training relates to the student’s career goals. Letters are not to exceed 500 words.

Applicants for admission to the MS in Health, Human Performance and Sport Management program are evaluated on a competitive basis by the faculty, and acceptance is conferred to the most qualified applicants. Fulfilling admission requirements is necessary to be considered for admission but in no way guarantees acceptance into the program. Students may be admitted in one of the admission status categories outlined in the Graduate Catalog.

Application for admission should be received by the UALR Graduate School by March 15 for students anticipating Fall matriculation and October 15 for Spring matriculation in order to get full consideration for admittance. Applications received after these dates will be considered as long as program openings remain available. Students who do not meet the above requirements for admission may apply to the Department of Health, Human Performance and Sport Management for a faculty review of their qualifications.

Transfer Credit

Subject to faculty approval, a combined maximum of 12 semester credit hours of transfer credit and/or credit taken as a special student may be applied to the degree. Successful completion of course work taken as a special student does not guarantee acceptance into the program.

Program Requirements

Master of Science in Health, Human Performance and Sport Management students must complete nine hours of core requirements as well as twenty-seven hours in a chosen area of emphasis (Health Education, Exercise Science, or Sports Management), as follows:

Core Requirements (9 hours)

All students seeking a Master of Science in Health, Human Performance and Sport Management must complete the following three core courses:

- HHPS 7301 Research Methods in Health Sciences
- HHPS 7302 Basic Statistics in Health Sciences
- HHPS 7303 Evaluation of Health Programs

Health Education Emphasis (27 hours)

In addition to the nine core hours, students seeking an emphasis in Health Education must complete 21 hours from the following courses as well as a Thesis or Project (6 hours), including the following:

- HHPS 7310 Theoretical Foundations of HLED
- HHPS 7311 Concepts & Methods HLED
- HHPS 5430 Epidemiology

Electives (8 hours)

- HHPS 7699 Thesis Preparation (6 hours) plus HHPS 7313 Advanced Stats for HHPS (3 hours), or HHPS 7698 Project Preparation (6 hours) plus HHPS 7314 HLED Curriculum Development (3 hours)
Exercise Science Emphasis (27 hours)
In addition to the 9 core hours, students seeking an emphasis in Exercise Science must complete 21 hours from the following courses as well as a Thesis or Project (6 hours):

- HHPS 7320 Curriculum Development in PE
- HHPS 7321 Advanced Motor Learning
- HHPS 7322 Admin of PE & Sport
- HHPS 7323 Biomechanics
- HHPS 7324 Advanced Exercise Physiology

Electives (6 hours)
- HHPS 7699 Thesis Preparation (6 hours)
  or HHPS 7698 Project Preparation (6 hours)

Sports Management Emphasis (27 hours)
In addition to the 9 core hours, students seeking an emphasis in Sports Management must complete 21 hours from the following courses as well as a Thesis or Project (6 hours):

- HHPS 7330 Management & Leadership in Sport Organizations
- HHPS 7331 Sport Law
- HHPS 7332 Planning & Management of Facilities
- HHPS 7333 Issues & Ethics in Sport Management
- HHPS 7334 Sport Marketing
- HHPS 7335 Event Development & Management
- HHPS 7336 Fiscal Management of Sport Organizations

Electives (3 hours)
- HHPS 7699 Thesis Preparation (6 hours)
  or HHPS 7698 Project Preparation (6 hours)

Graduation Requirements
- Students must successfully complete 36 hours of approved courses, a comprehensive exam, and a thesis or project.

Courses in Health, Human Performance and Sport Management

HHPS 5340 Adapted Physical Education K-12
This course presents the philosophy and methods pertaining to the adaptation of physical education for handicapped and exceptional students. A basic knowledge of handicapped conditions and the complications thereof for participating in physical education along with classroom, laboratory and practical experience will be provided to increase the awareness of the handicapped and to facilitate the application of knowledge to real life situations. Three hours of lecture per week.

HHPS 5350 Methods and Techniques of Teaching Physical Education 6-12
Prerequisites: HHPS 3320, HHPS 3210, and HHPS 3310, or department approval. This course provides a detailed review of the analysis and application of the major responsibilities and competencies required for teaching physical education 6-12. Emphasis is on learning the State Standards for Physical Education, Wellness, & Leisure (SSPEWL) K-12 licensure requirements and preparation for the ETS PRAXIS Series exams. This is the designated capstone course for the BS in Health Human Performance and Sport Management emphasis in Health and Exercise Science, Minor in Secondary Education. Dual-listed in the UALR Undergraduate Catalog as HSCI 4350. Three hours lecture per week. Three credits hours.

HHPS 5371 Health Education Concepts and Applications
Concepts, philosophy, applications in public, private, professional, commercial organizations that exist to improve, maintain health. Three hours lecture per week. Offered in fall on even years.

HHPS 5373 Controversial Issues in Health Education
Health issues as influenced by laws, public opinion, scientific knowledge; current controversial issues in health education. (Also offered each summer in conjunction with Mid-South Summer School on Drug and Alcohol Abuse, usually last full week in June.) Three hours lecture per week. Offered on demand.

HHPS 5378 Organization and Administration of Health Education Programs
Prerequisites: HHPS 2303 and HHPS 4380 or department approval. This course is designed to provide a foundation in the organization and management of community-based health education programs. The purpose of this course is to provide an introduction to the fundamental concepts of management, administration and leadership; as well as, demonstrate their application in a variety of health education, health promotion and wellness programs. Dual listed in the UALR Undergraduate Catalog as HHPS 4378. This course is not open to students with credit for HHPS 4378. Three hours lecture per week. Three credits hours.

HHPS 5399 HHPS Special Topics
Prerequisite: HHPS 2303. Selected topics in specialized areas of health education, human performance, and sport management. Course topics will be announced in advance. Three credit hour lecture course.

HHPS 5430 Epidemiology: Environmental & Health
The principles of health and environmental epidemiology are introduced with specific emphasis on its application to various health and environmental settings. Statistical methods used for analyzing health and environmental epidemiological data are introduced. Computer applications will be presented in lecture and laboratory sessions. The role of health and environmental epidemiology in anti-terrorism programs will be presented. Lectures will be supplemented with laboratory computer exercises, site visits, and field studies.

HHPS 7301 Research Methods in Health Sciences
This course provides an overview examination of research methods applicable to the study of individual and group behavior. The course will interface behavioral theory, research design and methods, and data analysis/interpretation. The course will serve as an introduction and practical guide to conducting and critically evaluating health sciences and health behavior research.

HHPS 7302 Basic Statistics in Health Sciences
A study of fundamental statistical concepts and techniques including descriptive and inferential parametric/non-parametric tests.

HHPS 7303 Evaluation of Health Programs
This course is an introductory course in evaluation designed for practitioners. The course content includes rationales for evaluation; political, organizational, theoretical, and educational aspects of evaluation; and methods to implement a sound evaluation.

HHPS 7310 Theoretical Foundations of Health Education
This course explores the role of theory in shaping research and practice in health promotion and education, as well as historical and ongoing interaction between health education and the applied social sciences.

HHPS 7311 Concepts and Methods of Health Education
Fundamental principles and practices of public health promotion including history, ethics, cultural competence, professional responsibilities, overview of theory and models, and selection and implementation of instructional methods.

HHPS 7313 Advanced Statistics for Health Science
This course will introduce students to applied multivariable, multivariate, and data modeling analyses approaches used in health sciences research. Successful completion of HHPS 7302 (or equivalent) and permission of instructor required for enrollment.
HHPS 7314 Health Education Curriculum Development
The major focus of this course is on curriculum development and program planning in health promotion and education on a micro level. Practical aspects of curriculum development and program planning are emphasized. Learning theory and learning styles are discussed as they relate to health education curricula and program planning.

HHPS 7320 Curriculum Development in Physical Education
This course focuses on the content and process of PK-12 Physical Education curriculum development for the public schools.

HHPS 7321 Advanced Motor Learning
This course focuses on the advanced study of principles/theories of human motor learning, behavior, and performance.

HHPS 7322 Administration of Physical Education and Sport
This course covers basic managerial theories and practices required to administer physical education and health programs in elementary, secondary schools and athletic settings.

HHPS 7323 Biomechanics
This course is designed to provide an advanced study of biomechanical concepts and their application to human movement and sport skills.

HHPS 7324 Advanced Exercise Physiology
This course applies physiological principles to exercise circumstance and includes critical analysis of the effect of exercise on human physiologic function with in-depth examination of current literature.

HHPS 7325 Sports and Exercise Nutrition
Prerequisite: Consent of the instructor. The Sports and Exercise Nutrition course is a study of the scientific basis of nutrition and diet on physical performance and health. Topics include energy metabolism, substrate utilization, and measurement of energy expenditure, thermoregulation, fluid balance, rehydration, weight control, eating disorders, ergogenic aids, meal planning and evaluation.

HHPS 7330 Management and Leadership in Sport Organizations
This course emphasizes the management and leadership components of sport organizations. Specifically, the course will focus on the means of improving performance and satisfaction within sport organizations. Several areas will be discussed such as developing goals, decision making, strategic planning, leadership styles, and human resource management with the objective of developing a management and leadership philosophy.

HHPS 7331 Sport Law
This course is a study of legal issues affecting the delivery of sport services; focuses on liability in sport activities.

HHPS 7332 Planning and Management of Facilities
This course is designed to develop student understanding of the competencies necessary to manage and operate sport, recreation, physical education, and public assembly facilities. Additionally, the conceptual and technical aspects related to the planning and design of recreation and athletic facilities will be addressed.

HHPS 7333 Issues and Ethics in Sports Management
Students will study ethical theories, moral reasoning, and ethical decision-making, and their value for sport managers. The application of ethical decision-making approaches relative to the major issues currently facing sport managers, and their impact on the operation of sport programs will also be addressed.

HHPS 7334: Sport Marketing
Students will develop an understanding and skill in the marketing process as relates to promotion & public relations activities in physical education, athletics and commercial sport operations. Primary focus will be on the application of marketing principles to specific sport scenarios.

HHPS 7335 Event Development and Management
This course is designed to provide students with the skills necessary to develop, propose and conduct sport-related contests and special events including game management and facility.

HHPS 7336 Fiscal Management in Sport Organizations
This course is intended to provide students a general overview of many of the traditional and innovative revenue acquisition methods available for sport managers. Initial class time is devoted to helping students understand the fundamentals of finance, accounting, and the application of key financial techniques utilized in the administration and operation of a business, including: ration analysis, cash flow management, budgeting, and general investment strategies. Subsequently, a large portion of the semester will cover a wide range of topics geared towards educating students to basic financial concepts and other financial issues related to the sports industry.

HHPS 7698 Project
All students must pass comprehensive examinations before enrolling in this course. Prerequisites for Health Education: HHPS 7301, 7302, 7303, 7310, 7311, 5430, 7314. Prerequisites for Exercise Science: HHPS 7301, 7302, 7303, 7320, 7321, 7322, 7323, 7324. Prerequisites for Sports Management: HHPS 7301, 7302, 7303, 7330, 7331, 7332, 7333, 7334, 7335. Project preparation is a mid-level research experience for master’s degree students who have elected the special project option. With the guidance of a research committee, the student will plan, conduct, and prepare a written and oral report on a specific master’s-level project containing some original research.

HHPS 7699 Thesis
All students must pass comprehensive examinations before enrolling in this course. Prerequisites for Health Education: HHPS 7301, 7302, 7303, 7310, 7311, 5430, 7313. Prerequisites for Exercise Science: HHPS 7301, 7302, 7303, 7320, 7321, 7322, 7323, 7324. Prerequisites for Sports Management: HHPS 7301, 7302, 7303, 7330, 7331, 7332, 7333, 7334, 7335. Thesis preparation is designed to provide students with graduate-level research experience. Under the direction of the student’s major advisor and graduate committee, the student will carry out original research to support her/his thesis.