

MOVEMENT SCIENCES



MS

Movement & Leisure Sciences

3 Specializations

**Learning/
Delivery
Options**

**Recreation,
Sport, & Tourism
Management**

**Physical
Activity &
Dance Pedagogy**

**Exercise, Sport,
& Health
Sciences**



University of Idaho

College of Education,
Health and Human Sciences

**MOVEMENT SCIENCES**

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The [Department of Movement Sciences](#)' (MVSC) faculty and staff welcome you to the [University of Idaho](#) MS Movement and Leisure Sciences Program. We are excited that you have chosen to advance your professional knowledge in order to explore, discover, and engage in the MVSC profession. Your professional advancement and personal wellness are of high priority to faculty and staff, as your success and joy in life is central to the department. As our vision and mission statements indicate, we aspire to cultivate healthy and physically active lifestyles of all people in both their professional and personal lives. It is our desire that you will recognize these fundamental core aspects in the personal and professional lives of the faculty and staff, as we live our mission and seek our vision.

MVSC has a rich history at the University. Since 1909, the University has had a Department of Physical Education. In its early history, the men and women's departments were separate. In 1978, the men and women's physical education departments joined, thus the Division of Health, Physical Education, Recreation and Dance (HPERD) was established. HPERD was the department name until 2011, and the department name changed to Movement Sciences. In 2017, the college changed its name to the College of Education, Health and Human Sciences. In the 1960s and 1970s, the department's first master's degree programs were established. In the 1980s, the department developed its first specialization in the PhD in Education. Our most recent graduate program additions were the Doctorate in Athletic Training (2011), and the Master of Science in Athletic Training (2013). We are grateful to be a part of the great tradition of Physical Education and HPERD, and continue the outstanding tradition of preparing graduate students for advanced and scholarly practice.

The overarching goal of our graduate programs is for graduates to fulfill the departmental mission and to catch the vision. Graduate studies in MVSC will provide engagement in nationally and internationally recognized research, advanced content, leadership, and authentic environments. In order to connect with our students, we offer online, residential, and combined program options. Graduate student program options are at the master's and doctoral levels. All of our faculty have the background, skills and training to teach, research and/or outreach in MVSC. We celebrate the diversity of background and knowledge our graduate students bring to the University of Idaho.

The department, [College of Education, Health and Human Sciences](#), and the [College of Graduate Studies](#) are here to foster and guide your educational experience at the University of Idaho. Contact us if you have questions about your graduate program of study.

Sincerely,

Philip W. Scruggs, PhD
Department Chair

MVSC GRADUATE DEGREES

The MVSC Department offers graduate degree programs at the master's and doctoral levels. Master's degrees offered are: MEd Physical Education (MEd PE); MS Athletic Training; and MS Movement and Leisure Sciences with specializations in Exercise, Sport, and Health Sciences (ESHS), Recreation, Sport, and Tourism Management (RSTM), and Physical Activity and Dance Pedagogy (PADP). Doctoral degrees offered are: PhD in Education with specializations in Exercise Science, and Healthy Active Lifestyles; and Doctorate in Athletic Training. This handbook will focus on the MS MLS with the program specializations of ESHS (face-to-face option only), RSTM (face to face and online options), and PADP (face-to-face and online options).

MS MOVEMENT AND LEISURE SCIENCES

Purpose

The MS MLS master's degree is designed to develop advanced knowledge and skills for a diversity of movement and leisure sciences fields. Research and/or authentic professional skills are avenues for student focused plans of study. Both online and face-to-face learning experience options are available to MS MLS students in two of the three MS MLS specializations.

Mission

We prepare advanced movement sciences professionals to create, disseminate, and evaluate current research in a combination of movement, physical activity, exercise, fitness, recreation, sport and/or health fields.

Vision

To lead in developing the highest quality movement sciences professionals that cultivate healthy and physically active lifestyles within the diversity of movement sciences fields.

Goal

MS MLS goals are centered on students engaging in inquiry to effectively explore scientific content and authentic problems through a holistic perspective in order to be ethical leaders within the MS MLS fields.

Outcomes

The learning outcomes of the MS MLS Program are to:

1. Apply inquiry skills (e.g., exploring through questions, testing and reflection), techniques (e.g., case study, authentic field experience) and tools (e.g., Vicon Motion Capture system) to effectively investigate problems and communicate knowledge related to healthy active lifestyles,
2. Analyze wellness through a holistic perspective in relation to a healthy active lifestyle, and
3. Evaluate effective leadership, marketing and/or ethics in working with individuals and/or groups to lead a healthy active lifestyle.

Uniqueness

The MS MLS Program is uniquely structured with asynchronous and synchronous online learning formats, along with face to face learning formats. The program options allow for students to build study plans to meet their professional career goals, along with the options of online and/or face to face learning experiences. Detailed MS MLS Program information can be found at [MS MLS Exercise, Sport, and Health Sciences](#); [MS MLS Recreation, Sport, and Tourism Management](#); and [MS MLS Physical Activity and Dance Pedagogy links](#).

Thesis and Non-Thesis Options

The department offers both thesis and non-thesis options for the MS MLS Degree. Students selecting the thesis option will engage in original research that demonstrates independent and critical thought on a topic related to the MS MLS specializations and approved by the major professor. A thesis topic must be publically proposed and the original results must be publically defended. Thesis work will be evaluated by the major professor and committee (see the Committee Section below as to the committee structure). See the [Thesis and Dissertation Resources](#) for more information (e.g., Thesis and Dissertation Handbook, examples, dates and deadlines, etc).

Students selecting the thesis option (i.e., 6 credits) must have identified thesis as the option on the initial application to the program. If a student wants to change from a non-thesis to a thesis option, then the student will need approval from a major professor and two additional faculty members agreeing to be on the student's committee. Students must complete the [Request to Proceed with Final Defense Form](#) 10 business days prior to the defense of the thesis.

A non-thesis MS MLS student has three options for a culminating work: a) culminating project (i.e., HS, PEP, or RSTM 502 3 or 6 credits), b) written comprehensive exams, or c) field-based internship (i.e., HS, PEP, or RSTM 598) of 270 to 360 hours (i.e., 6 credits) in an approved physical activity, sport,

recreation, fitness or health setting. If a 3 credit culminating project is selected, then 3 additional credits of elective course work is needed and a comprehensive exam is required. If a written comprehensive exam without a project is selected, then 6 additional elective credits are required. A non-thesis culminating project or internship must be approved by the major professor prior to starting the work and registering for the credits. Students following the non-thesis option must have the major professor complete the reporting of non-thesis requirement. The major professor will receive an automated email when an application to graduate is submitted by the student.

A culminating project (HS, PEP, or RSTM 502) is a student led independent and original piece of scholarly engaged work that is completed in the final semester of graduate studies. The purpose of the project should be to explore, plan, implement and evaluate scholarly engaged outreach to clients, communities and/or organizations. The culminating project must be on a topic related to the MS MLS specializations and approved by the major professor. A 3 or 6 credit culminating project or an internship must include a culminating presentation. The major professor and student will decide on the type of culminating presentation.

Guidelines for a comprehensive exam include: a) 70% of the coursework (i.e., 21 of the 30 total credits) must be completed; b) the exam date is set by the major professor and must be scheduled during the final term in which the student is enrolled; c) the major professor coordinates the exam experience for the student; d) the major professor collects at least six questions from professors of coursework appearing on the student's study plan; e) a computer from the MVSC Office can be scheduled for use; f) exam questions are evaluated by the faculty member who submitted the question; g) exam questions should be evaluated within 2 weeks of the scheduled exam; h) the exam is graded as Pass/Fail (i.e. receiving a passing evaluation on each exam question); i) if a student fails a question or the overall exam, then the student has 2 weeks in which the failed portion of the exam can be retaken; and j) a second failure of the overall exam will result in failing the exam and a reporting of not passing the non-thesis requirement, and thus not completing the degree.

Major Professor

In order to be admitted to the MS MLS an applicant must have a MVSC faculty member agreeable to being a major professor. Any faculty member in MVSC with graduate faculty status can be a MS MLS major professor. A major professor is initially assigned upon acceptance into the program, and a major professor change can take place anytime during a student's course of study. If a MS MLS student is awarded a departmental teaching assistantship, the student must have a MVSC faculty member as a major professor. Changing a major professor may result in required changes to a plan of study, and the culminating project, internship, comprehensive exam, or thesis. See the [Major Professor and/or Committee Form](#)

Committee

A committee is only required for a MS MLS thesis student. The committee must consist of three faculty members, one of which must be a MVSC faculty as major professor, and at least two of the faculty members must hold graduate faculty status at the University of Idaho. If a non-UI faculty member committee appointment is desired, then first complete the [Non-UI Faculty Committee Member Appointment Form](#). A thesis committee should be established by the end of the first academic year or 2nd semester.

MS MLS Faculty

Name	Contact Information	Specialization
Belle Baggs, MFA	belleb@uidaho.edu	Physical Activity Pedagogy, Dance Pedagogy
Helen Brown, RD, MPH	helenb@uidaho.edu	ESHS, Health, Community Assessments
Dave Paul, PhD	dpaul@uidaho.edu	ESHS, Exercise Physiology, Physical Activity Measurement
Julie Son, PhD	jstaffordson@uidaho.edu	RSTM, Leisure & Health, Physical Activity in RSTM, and Outdoor Recreation for Wellness
Josh Bailey, PhD	joshuabailey@uidaho.edu	ESHS, Biomechanics, Mechanics of Sport and Human Performance, Movement Analysis
Damon Burton, PhD	dburton@uidaho.edu	ESHS, Sport Psychology, Survey Development
Bruce Saxman, MA	bsaxman@uidaho.edu	RSTM, Adventure Education and Motivation
Sharon Stoll, PhD	sstoll@uidaho.edu	RSTM, Sport Ethics, Moral Reasoning, Leadership
Ann Brown, PhD	afbrown@uidaho.edu	ESHS, Exercise Physiology, Metabolism, Body Composition, Performance
Cate Egan, PhD	eganca@uidaho.edu	Physical Activity Pedagogy, Whole Community, School, Child
Philip Scruggs, PhD	pwscruggs@uidaho.edu	Physical Activity Pedagogy, Active Transport, Workplace Activity
Chantal Vella, PhD	cvella@uidaho.edu	ESHS, Exercise Physiology, Cardiometabolic Health, Physical Activity, Sedentary Behavior

Application Due Dates

Applications for the MS MLS are accepted anytime during the calendar year. Priority application review deadlines are Feb. 1st, Sept. 1st and Feb. 1st for fall, spring and summer terms, respectively. U.S. applicant materials received after the priority deadline and prior to the term in which coursework is intended to commence can be reviewed, if additional students can be accepted into the program. International applicants must follow application submission deadlines due to the additional time required for processing materials. International application deadlines are May 1st, Oct. 1st and March 15th for fall, spring and summer terms, respectively.

Study Plans

The MS MLS has three specialization options (i.e., ESHS, RSTM and PADP) with common core coursework. Students should meet with their major professor prior to registering for classes each semester/term. A study plan should be developed by the student and major professor during the first semester of coursework. If a student selects the thesis option, then the student should meet with the major professor and committee concerning the study plan. Study plans are approved by the major professor, department chair and College of Graduate Studies Dean. Changes to a study plan require the same approval. A major professor must be approved prior to submitting a study plan, and a study plan is required for graduate students. Sample study plans are provided below, and can be accessed using the following links: [Exercise, Sport, and Health Sciences](#); [Recreation, Sport, and Tourism Management](#); and [Physical Activity and Dance Pedagogy](#).

MS IN MOVEMENT & LEISURE SCIENCES

Exercise, Sport & Health Sciences
Location: Moscow Campus



EXERCISE, SPORT AND HEALTH SCIENCES CAREERS

The MS in Movement and Leisure Sciences with a specialization in Exercise, Sport and Health Sciences provides opportunities for students to develop inquiry skills, advanced content knowledge, and leadership in physical activity, fitness, health and exercise science. The degree prepares students to work in settings such as public and private fitness centers, wellness programs, sports facilities, research centers, etc. Students will work with faculty members who are currently involved in research and/or outreach.

Curricular Requirements (*online):

Total Credits for Graduation: 30

CORE COURSEWORK (9 CRS)

*MVSC 570 Research in Physical Activity, Theory, and Design	3
*PEP 570 Ethical Practice and Communication in Physical Activity OR	3
*REC 525 Programming and Marketing in Movement and Leisure Sciences	
*PEP 530 Contemporary Issues in Health and Activity OR	3
PEP 563 Physical Activity, Health, and Metabolic Disease	

SPECIALIZATION COURSEWORK (9 CRS)

ED 584 Univariate Quantitative Research in Education <i>prereq: ED 571</i> OR	3
ED 595 Survey Design for Social Science Research OR	
WSU ED PSYCH 508 Educational Statistics OR	
STAT 431 Statistical Analysis <i>prereq: STAT 251, STAT 301, STAT 416</i>	
PEP 518 Advanced Physiology of Exercise	3
PEP 560 Sport Psychology OR	3
PEP 561 Motivation in Sport & Recreation	

ELECTIVES (6 CRS)

PEP 504 Special Topics	3
*PEP 523 Physical Activity Assessment and Enrichment	3
*PEP 530 Contemporary Issues in Health & Activity	3
PEP 563 Physical Activity, Health and Metabolic Disease	3
PEP 560 Sport Psychology	3
PEP 561 Motivation in Sport and Recreation	3
Upper division undergraduate courses (consult with major professor)	3

CULMINATING PROJECT (6 CRS)

PEP 598 Internship OR	6
PEP 500 Master's Thesis Research OR	6
Comprehensive Exams plus 6 additional elective credits OR	6
PEP 502 Project (3 cr project requires a written comprehensive exam and 3 additional elective crs)	3/3 or 6

For More Information, Please Contact:

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MS IN MOVEMENT & LEISURE SCIENCES

Recreation, Sport, and Tourism Management
Location: Moscow Campus or Online



RECREATION, SPORT, AND TOURISM CAREERS

The **MS in Movement & Leisure Sciences** with a specialization in **Recreation, Sport, and Tourism Management** prepares students to work in settings such as special events, the tourism industry, sports facilities, municipal recreation programs, and the like. Students will learn to develop skills such as planning, organizing, and implementing experiences for different audiences. Furthermore, Idaho's location allows ample opportunity for students to explore outdoor settings such as lakes, mountains, and rivers, as well as popular tourism destinations.

Curricular Requirements (*online):

Total Credits for Graduation: 30

CORE COURSEWORK (9 CRS)

*MVSC 570 Research in Physical Activity, Theory, and Design	3
*PEP 570 Ethical Practice and Communication in Physical Activity OR *RSTM 525 Programming and Marketing in Movement and Leisure Sciences	3
*PEP 530 Contemporary Issues in Health and Activity OR PEP 563 Physical Activity, Health, and Metabolic Disease	3

SPECIALIZATION COURSEWORK (15 CRS)

PEP 475 Moral Reasoning in Sport	3
*PEP 522 Pedagogy Applied to Health, Physical Education, Recreation and Dance	3
*PEP 523 Physical Activity Assessment and Enrichment	3
*PEP 530 Activity and Health in Movement and Leisure Sciences	3
PEP 560 Sport Psychology	3
PEP 561 Motivation in Sport and Recreation	3
PEP 563 Physical Activity, Health and Metabolic Disease	3
*PEP 570 Ethical Practice and Communication in Physical Activity	3
*RSTM 525 Programming and Marketing in Movement and Leisure Sciences	3
*RSTM 585 Trends and Policies in Recreation, Sport, and Tourism Management	3
*RSTM 590 Experience and Event Management in Recreation, Sport, and Tourism Management	3
RSTM 504 Special Topics, RSTM 599 Research, RSTM 408 Experiential Education, and/or other courses approved by the Major Professor.	3

CULMINATING PROJECT (6 CRS)

RSTM 598 Internship OR RSTM 500 Master's Thesis Research OR Comprehensive Exams plus 6 additional specialization credits	6
*RSTM 502 Project (3 cr project requires a written comprehensive exam and 3 additional crs)	3/3 or 6

For More Information, Please Contact:

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MS IN MOVEMENT & LEISURE SCIENCES

Physical Activity Pedagogy

Location: Moscow Campus or Online



University of Idaho

College of Education,
Health and Human Sciences

PHYSICAL ACTIVITY AND DANCE PEDAGOGY CAREERS

The MS in Movement & Leisure Sciences with a specialization in Physical Activity and Dance Pedagogy prepares students to teach, evaluate, and promote healthy lifestyles in schools and community organizations. By working alongside faculty, students will be able to learn the skills needed to examine and address issues concerning physical activity, health, and active lifestyles. Students will also gain experience planning, developing, and implementing health-related programming.

Curricular Requirements (*online):

Total Credits for Graduation: 30

CORE COURSEWORK (9 CRS)

*MVSC 570 Research in Physical Activity, Theory, and Design	3
*PEP 570 Ethical Practice and Communication in Physical Activity OR	3
*REC 525 Programming and Marketing in Movement and Leisure Sciences	
*PEP 530 Contemporary Issues in Health and Activity OR	3
PEP 563 Physical Activity, Health, and Metabolic Disease	

SPECIALIZATION COURSEWORK (9 CRS)

*PEP 522 Pedagogy Applied to Health, Physical Education, Recreation, and Dance	3
*PEP 523 Physical Activity Assessment and Enrichment	3
*PEP 544 Program Development	3

ELECTIVES (6 CRS)

*PEP or DAN 504 Special Topics	3
PEP 518 Advanced Physiology of Exercise	3
*PEP 530 Contemporary Issues in Health and Activity	3
PEP 560 Sport Psychology	3
PEP 561 Motivation in Sport & Recreation	3
PEP 563 Physical Activity, Health, and Metabolic Disease	3
*RSTM 525 Programming and Marketing in Movement and Leisure Sciences	3
*REC 590 Experience and Event Management in Recreation, Sport, and Tourism Management	3
*MVSC 586 Healthy Active Lifestyle Assessment and Intervention	3

CULMINATING PROJECT (6 CRS)

PEP 598 Internship OR	6
PEP 500 Master's Thesis Research OR	6
Comprehensive Exams plus 6 additional elective credits OR	6
*PEP or DAN 502 Project (3 cr project requires a written comprehensive exam and 3 additional elective crs)	3/3 or 6

For More Information, Please Contact:

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MOVEMENT SCIENCES TEACHING ASSISTANTSHIPS

The awarding of teaching assistantships (TA) in MVSC is a competitive process. MVSC TA applications can be obtained from the following link: <https://www.uidaho.edu/ed/mvsc/funding>. TA applications are due by **February 1st** for a fall start date. Applications are reviewed by the department chair and then made available to the department program faculty. Before awarding a teaching assistantship, the student must be accepted into one of departmental graduate programs, with an assigned major professor; and have no conditions placed on admissions status (e.g., conditional admissions based on first semester GPA). All complete and eligible TA applications will be made available to the general faculty at least one week prior to the winter meeting.

For departmental TA awards, master's and doctoral students are competing for the same awards, and students enrolled in non-MVSC degrees are not eligible for a MVSC TA award.

The departmental TA for a master's student is intended to be a 1 to 2 year financial support mechanism, and yearly renewal is contingent upon satisfactory evaluation.

GENERAL GRADUATE STUDENT INFORMATION

Academic Performance

See the COGS [Probation, Disqualification, and Reinstatement](#) information in the General Catalog. Graduate students remain in good standing if the semester GPA and the cumulative GPA are 3.00 or higher, and receives a satisfactory annual review.

In order to be eligible for graduation, a candidate for an advanced degree must have a cumulative GPA, based on all grades on his or her graduate transcript, of at least 3.00 (A = 4.00) and at least a 3.0 overall GPA across all courses listed on the approved study plan. The relevant GPA is calculated as stated in regulation E. Courses in which grades of D or F are received may not be counted toward the satisfaction of degree requirements; however, those grades are included in the GPA.

Annual Review

The graduate student is responsible for initiating the annual review process with the major professor. Annual review form link for master's students: [Master's Student Annual Review Form](#). The annual review should be completed and submitted by Mid-April. If a warning or a recommendation for dismissal has been issued, then the department chair will send the report COGS for review.

Safety and Integrity in Research

Protocol Approval: <https://www.uidaho.edu/cogs/student-resources/research/before-starting>

Conduct of Research: <https://www.uidaho.edu/apm/45/21>

Research Assurances: <https://www.uidaho.edu/research/faculty/research-assurances>

Conflicts of Interests: <http://www.webpages.uidaho.edu/fsh/5600.html>

<http://www.webpages.uidaho.edu/fsh/5650.htm>

Graduate Student Conduct and Conflict Resolution

Information concerning student conduct can be found using the following link:

<https://www.uidaho.edu/student-affairs/dean-of-students/student-conduct>

If a concern or conflict arises between a student and faculty member, or between a student and another student, the student with the concern should schedule a meeting with the given course professor or departmental employee in which there is a question and/or issue. If the issue is not associated with a given course, then the student should schedule a meeting with the major professor. If the student and other party in the department are not able to satisfactorily resolve the issue, then either the student and/or the other party can schedule a meeting with the Department Chair. If the student's issue is with the Department Chair, then the student should contact the College of Education, Health and Human Sciences Deans' Office. The student and/or department employee may also contact the Dean of Students Office and/or the [University Ombuds Office](#) concerning the issue at any step in trying to resolve an issue.

If the departmental employee or student are not able to satisfactorily resolve the issue with the Department Chair mediating, then either party may schedule a meeting with the College of Education, Health and Human Services Dean's Office.

Graduate Student Resources

COGS Website: <https://www.uidaho.edu/cogs>

General Catalog: <https://catalog.uidaho.edu/colleges-related-units/graduate-studies/>

Forms: <https://www.uidaho.edu/cogs/forms>

GPSA: <https://www.uidaho.edu/cogs/resources/student-resources/gpsa>

VandalCARE: <https://www.uidaho.edu/student-affairs/dean-of-students/vandalcare>

TA Handbook: <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/cogs/BrochuresHandbooksGuides/Teaching-Assistant-Handbook.pdf>

Thesis/Dissertation Resources: <https://www.uidaho.edu/cogs/resources/student-resources/thesis-dissertation>

Library Services: Interlibrary Load - <https://www.lib.uidaho.edu/services/ill/>
UI Library Search - <https://www.lib.uidaho.edu/>

FREQUENTLY ASKED QUESTIONS

Q 1. Is there a departmental attendance policy for all graduate students?

A. No. Each course instructor sets an attendance policy for a given course, or each degree program will set a specific attendance policy for the given program. Whether the policy is for a given course or program, it will be specifically stated in the course syllabus. The department follows the attendance policy outlined in the General Catalog. It is the student's responsibility to work with each course instructor concerning any absences from scheduled class sessions.

Q 2. If a 3 credit culminating project is selected, then does a student need to complete more than 30 total credits for the MS MLS Degree?

A. No, the 3 additional elective credits are needed to acquire the minimum 30 total credits.

Q 3. If a 6 credit culminating project is selected, then does the student need a committee?

A. No. A committee is only needed for thesis students. The major professor will be the committee for students selecting a project or internship for the culminating experience.

Q 4. What is the difference between a 3 and 6 credit project?

A. Scope of the scholarly engaged project. A 6 credit project will have a greater breadth, depth and/or reach compared to a 3 credit project.

Q 5. Can the MS MLS Degree be completed in 1 calendar year?

A. Yes. However, specific specializations, culminating experiences, and study plans may not be conducive for completing the degree in 1 calendar year. Study plan timelines must be approved by a student's major professor and the department chair.

Q 6. Can I write a thesis in publication format?

A. Yes. See the [Thesis and Dissertation Resources](#) for more information.

Q7. What type of culminating presentation is required for students completing a 3 or 6 credit project, or an internship?

A. The type of presentation for a project or internship is decided upon by the major professor and student. The purpose of the presentation is for students to disseminate their work to a professional stakeholder audience. Extensive work is invested in a culminating project or internship and the presentation provides valuable information to key stakeholders. There are multiple audiences in which students can present their work, such as, but not

limited to, a presentation to: 1) a professional agency or organization, 2) the university community (e.g., undergraduate class, a special forum or meeting, etc.) 3) a corporate organization, 4) an educational organization, 5) a government entity, etc.

TIPS

1. Thesis students should finalize a topic before the end of their 2nd semester.
2. Prospective students should talk with potential major professors about professional interests and goals prior to submitting an application.
3. Thesis students should meet with the major professor to discuss potential committee members. Students should meet in person with the faculty they are asking to be on the thesis committee.