

MS in Exercise Science

Admission

Admission to the master's degree program in exercise science requires students to have completed an undergraduate degree from a regionally accredited institution and have a grade point average of at least 2.750 (4.000 system) in all coursework including any postbachelor's graduate work in accordance with university graduate school admission policy.

Students applying to the program must complete the following prerequisite courses. Students who have 9 credit hours or less of prerequisites remaining may be granted admission on a full-standing basis, but must complete all remaining prerequisites within one year of admission.

Course	Title	Hours
CHEM 110	Preparatory Chemistry (or equivalent)	3
HPS 313	Exercise and Sport Nutrition (or equivalent)	3
HPS 328	Kinesiology (or equivalent)	3
HPS 490	Physiology of Exercise (or equivalent)	3
Human Anatomy Course		3

Program Requirements

The Master of Science (MS) in exercise science program offers a 31-credit-hour thesis option, a 30-credit-hour nonthesis with internship option, and a 30-credit-hour nonthesis without internship option. The thesis option requires an oral examination on the research; the nonthesis with internship and nonthesis without internship options require a written comprehensive examination.

All program students are required to take HPS 860, preferably in their first year in the program, to satisfy the professional and scholarly integrity training requirement.

Course	Title	Hours
Core Courses		
HPS 800	Recent Literature in the Profession	3
HPS 815	Fitness Assessment/Exercise Recommendations	3
HPS 830	Advanced Physiology and Anatomy of Exercise	3
HPS 860	Research Methods in the Profession	3

Specialty Courses

Complete four (12 credit hours) of the following courses for option one.
Complete three (9 credit hours) of the following courses for option two.
Complete five (15 credit hours) of the following courses for option three.

HPS 510	Coaching Principles	3
HPS 541	Seminar in Strength and Conditioning	3
HPS 715	Body Composition and Weight Management	3
HPS 716	Psychosocial Aspects of Sports Injury, Illness and Rehabilitation	3
HPS 732	Pathophysiology of Cardiovascular Disease	3
HPS 750L	Motivation	3
HPS 762	Statistical Concepts in Human Performance Studies	3
HPS 780	Physical Dimensions of Aging	3

HPS 781	Cooperative Education	1-3
HPS 790	Applied Exercise Physiology	3
HPS 795	Physiology of Athletic Performance	3
HPS 797	Exercise in Health and Disease	3
HPS 890	Special Topics	1-4
HPS 895	Applied Research	1-4

Thesis Option

Course	Title	Hours
Complete the four required core courses		12
Select four specialty courses		12
Select one elective course ¹		3
HPS 875	Thesis Research ²	2
HPS 876	Thesis ²	2
Successfully compete the required oral defense of thesis		
Total Credit Hours		31

Nonthesis Option with Internship

Course	Title	Hours
Complete the four required core courses		12
Select three specialty courses (including HPS 890 Special Topics)		9
Select one elective course ¹		3
HPS 857	Internship in Exercise Science/Wellness ^{2, 3}	6
Successfully complete the required written comprehensive exam		
Total Credit Hours		30

Nonthesis Option without Internship

Course	Title	Hours
Complete the four required core courses		12
Select five specialty courses		15
Select one elective course ¹		3
Successfully complete the required written comprehensive exam		
Total Credit Hours		30

¹ Elective courses are to be selected with advisor's approval.

² Applied learning/experiential class that does not formally meet in a classroom.

³ All required core and specialty courses must be completed before taking the internship.

Sample Elective Courses Outside of the HPS Department

Course	Title	Hours
CSD 517	Communication in Special Populations: Aging	3
CSD 812	Aphasia	3
IME 549	Industrial Ergonomics	3
PHS 710	Perspectives on an Aging Society	3

Applied Learning

Students in the exercise science (MS) program are required to complete an applied learning or research experience to graduate from the program. The requirement can be met by the following:

- For students choosing the thesis option, complete HPS 875 and HPS 876.
- For students choosing the nonthesis option with internship, complete HPS 857.
- For students choosing the nonthesis option without internship, complete HPS 860.