

# Accelerated BS in MS in Exercise Science

## Exercise Science PLUS

The accelerated 4+1 BS to MS in exercise science (called Exercise Science PLUS) is specifically designed to prepare qualified students for graduate level work in exercise science through a coordinated accelerated program leading to both a Bachelor of Science in exercise science and a Master of Science in exercise science. A student admitted into the accelerated program is allowed to enroll in courses for graduate credit while completing their undergraduate degree requirements for exercise science.

## Admission

The student should apply for tentative graduate admission to the accelerated program at least one semester before the semester in which they desire to obtain credit at both the undergraduate and graduate levels.

To be considered for admission to the accelerated 4+1 program, the following must be satisfied:

1. An undergraduate GPA of 2.750 overall;
2. Completion of at least 60 credit hours of undergraduate study (junior standing);
3. Currently hold and maintain a nationally accredited CPR/AED certification; and
4. Completion of EXSC prerequisite courses for the master's program.

## Exercise Science PLUS Program Requirements

A student admitted into the accelerated program is allowed to enroll in up to 9 credit hours of courses for graduate credit while completing their undergraduate degree requirements for exercise science.

All students majoring in exercise science are required to hold and maintain a nationally accredited CPR/AED certification throughout the program. First Aid certification is recommended.

Course	Title	Hours
<b>Exercise Science Course Electives</b>		
Must be a 500-level or higher course		
EXSC 510	Coaching Principles	3
EXSC 590	Independent Study	1-3
EXSC 715	Body Composition and Weight Management	3
EXSC 732	Pathophysiology of Cardiovascular Disease	3
EXSC 750L	Motivation	3
EXSC 780	Physical Dimensions of Aging	3
EXSC 790	Applied Exercise Physiology	3
EXSC 795	Physiology of Athletic Performance	3
EXSC 797	Exercise in Health and Disease	3
Electives outside the EXSC subject may be considered for "ES Course Electives" upon approval.		

## Graduate Exercise Science (ES) Curriculum

(Post Accelerated Process)

Fall Semester		Credit Hours
EXSC 815	Fitness Assessment/Exercise Recommendations	3

EXSC 800	Recent Literature in the Profession	3
Special Topics		3
Elective		3
<b>Credit Hours</b>		<b>12</b>
<b>Spring Semester</b>		
EXSC 860	Research Methods in the Profession	3
EXSC 830	Advanced Physiology and Anatomy of Exercise	3
Elective		3
<b>Credit Hours</b>		<b>9</b>
<b>Total Credit Hours</b>		<b>21</b>