

# M.S.E.S. in Exercise Science

[Overview](#)

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## Description

The M.S. in exercise science prepares students for careers in fitness and allied health and research. The degree also prepares students for advanced study at the doctoral (Ph.D.) level.

## Minimum Total Credit Hours: 32

### Course Requirements

For the M.S. in exercise science, a minimum of 33 semester hours of graduate study is required. Requirements for the M.S. in exercise science are a minimum of 12 hours from the exercise science core curriculum, 6 hours of supporting curriculum, 6 hours of research design and statistics, a minimum of 3 hours of electives, and either 6 hours of thesis or 9 hours of internship or 6 additional hours of adviser-approved elective course work as the capstone learning experience.

#### Core Curriculum

**(12 hours)**

- ES 512-Foundations of Biomechanics\* (3)
- ES 611-Exercise Physiology I\* (3)
- ES 614-Cardiovascular Physiology (3)
- ES 632-Advanced Structural Kinesiology (3)

#### Supporting Curriculum

**(6 hours)**

- ES 514-Applied EMG (3)
- ES 609-Motor Behavior (3)
- ES 608-Methods and Procedures of Graded Exercise Testing (core) (3)
- ES 612-Instrumentation and Analysis in Biomechanics (3)
- ES 613-Health Aspects of Physical Activity (3)
- ES 615-Physiological Aspects of Aging (3)
- ES 616-Exercise Physiology II (3)
- ES 618-Advanced Muscle Physiology (3)
- ES 620-Selected Topics in Exercise Science (3)
- ES 644-Control of Human Movement (3)
- ES 548-Biomechanics of Injury (3)

#### Electives

**(3-9 hours)**

- ES 651-Advanced Individual Study (3)
- ES 652-Advanced Individual Study (3)
- Any non-core course (adviser-approved) (3)

#### Research and Statistics

**(6 hours)**

- ES 625-Research Design and Evaluation (3)
- ES 652-Statistics (adviser-approved) (3)



**Capstone Learning  
Requirement**

**(6 or 9 hours)**

ES 610-Internship in Exercise Science (9)

ES 697-Thesis (6)

Adviser-approved elective course work (6)

\*Requires completion of equivalent undergraduate level course or approval of instructor.

