

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

## 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: 30

### Course Requirements

For the M.S. in exercise science, a minimum of 30 semester hours of graduate study is required. Requirements for the M.S. in exercise science are a minimum of 12 hours from the core curriculum, 6 hours of supporting curriculum, 6 hours of research design and statistics, and either 6 hours of thesis or 6 hours of internship or 6 additional hours of adviser-approved elective course work as the capstone learning experience.

| <b>Core Curriculum</b>  | <b>12 hours</b> |
|---|-----------------|
| ES 609-Motor Behavior   | 3               |
| ES 611-Exercise Physiology I  | 3               |
| ES 614-Cardiovascular Physiology  | 3               |
| ES 616-Exercise Physiology II   | 3               |
| <b>Supporting Curriculum</b>  | <b>6 hours</b>  |
| ES 514-Applied EMG  | 3               |
| ES 515-Stress and the Brain   | 3               |
| ES 542-Sports Psychology  | 3               |
| ES 548-Biomechanics of Injury   | 3               |
| ES 608-Methods & 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 618-Advanced Muscle Physiology   | 3               |
| ES 620-Selected Topics in Exercise Science  | 3               |
| ES 644-Control of Human Movement  | 3               |
| ES 651-Advanced Individual Study  | 3               |
| ES 652-Advanced Individual Study  | 3               |
| Any noncore course with adviser approval  | 3               |
| <b>Research and Statistics</b>  | <b>6 hours</b>  |
| ES 625-Research Design and Evaluation   | 3               |
| ES 626-Statistical Analysis I<br>OR ES-511 Applied Statistics (adviser -approved) | 3               |
| <b>Capstone Learning Requirement</b>  | <b>6 hours</b>  |
| ES 610-Internship in Exercise Science   | 6               |
| ES 697-Thesis   | 6               |
| Adviser-approved elective course work   | 6               |

