Exercise and Health Sciences M.S.

The graduate program in Exercise and Health Sciences leads to a Master of Science (M.S.) degree. Exercise and Health Sciences graduate students may select one of three concentration areas: Sport Science, Public Health, or Clinical Exercise Physiology. The Sport Science concentration prepares students for careers as sport coaches, sport scientists, strength and conditioning professionals, and exercise specialists, where their primary duties are initiating, directing, and evaluating exercise and testing programs for athletes or healthy individuals. The Public Health concentration provides a broad background in public health and prevention, epidemiology, biostatistics, and other related disciplines. The concentration is ideal for individuals seeking employment in health-related fields or for practicing health and medical professionals who seek to further their education at the graduate level. The Clinical Exercise Physiology concentration prepares students for careers where their primary role is testing or prescribing exercise for people with chronic disease or long-term injuries. Graduates pursue careers in applied clinical practice and research. Graduates of all concentrations are adequately trained for entrance into terminal degree programs.

Admissions

Applicants to the Exercise and Health Science program who are not adequately prepared with an exercise or basic science background may be required to complete leveling courses in preparation for the graduate program. The student's faculty adviser determines prerequisite course requirements.

Degree Requirements

Shared Core Requirements (18 hours)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHS 5130</td>
<td>Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5131</td>
<td>Applied Exercise Physiology: Neuromuscular</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5132</td>
<td>Applied Exercise Physiology: Cardiopulmonary</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5338</td>
<td>Exercise in Chronic Disease: Musculoskeletal and Neurologic</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5335</td>
<td>Exercise in Chronic Disease: Cardiopulmonary and Metabolic</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 6032</td>
<td>Advanced Seminar in Sports Medicine</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 6035</td>
<td>Biostatistics</td>
<td>3</td>
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</table>

Additional Information

- Students selecting any concentration may complete either EXHS 5138 or EXHS 5335 as a core course.

Concentrations (18 Hours)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHS 5333</td>
<td>Sports Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5231</td>
<td>Technology in Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 6033</td>
<td>Laboratory Techniques and Research Design</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 6036</td>
<td>Biomechanics of Sports and Exercise</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 6037</td>
<td>Advanced Seminar in Peak Performance</td>
<td>3</td>
</tr>
</tbody>
</table>
### Public Health Concentration (18 hours)

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHS 5135</td>
<td>Social and Behavioral Aspects of Public Health</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5136</td>
<td>Health Policy Management</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5137</td>
<td>Environmental &amp; Occupational Health</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5931</td>
<td>Research Topics in Health</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 6330</td>
<td>Advanced Seminar in Public Health</td>
<td>3</td>
</tr>
<tr>
<td>CRCL 5035</td>
<td>Health and Human Rights</td>
<td>3</td>
</tr>
<tr>
<td>CRCL 5533</td>
<td>Community Health in Cross-Cultural Perspective</td>
<td>3</td>
</tr>
<tr>
<td>GEOG 5134</td>
<td>Introduction to Geographic Information Systems</td>
<td>3</td>
</tr>
<tr>
<td>SOCI 6734</td>
<td>Women’s Health</td>
<td>3</td>
</tr>
<tr>
<td>SOCI 6737</td>
<td>Medical Sociology</td>
<td>3</td>
</tr>
</tbody>
</table>

### Additional Information
- EXHS 5135, EXHS 5136, EXHS 5137, and EXHS 6330 are required for students in the public health concentration.
- Students should choose an additional 6 hours from the remaining elective courses.

### Clinical Exercise Physiology Concentration (Select 18 hours) - Coming Fall 2020

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHS 5134</td>
<td>Clinical Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5138</td>
<td>Exercise in Chronic Disease: Musculoskeletal and Neurologic</td>
<td>3</td>
</tr>
<tr>
<td>EXHS 5335</td>
<td>Exercise in Chronic Disease: Cardiopulmonary and Metabolic</td>
<td>3</td>
</tr>
</tbody>
</table>

### Additional Information
- Students in the Clinical Exercise Physiology concentration are required to complete both EXHS 5138 and EXHS 5335.

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Note: Any student planning to enroll in EXHS 6739 must meet with their program adviser and secure an internship location the semester prior to beginning the course. Additional courses may be substituted into a student's concentration area with approval from the student's program adviser.

### Master’s Option (6 hours)

**Master’s Option Course (6 Hours)**

Exercise and Health Sciences students in any concentration may choose to complete a master’s thesis. In such case, students will complete the thesis (EXHS 6939) in lieu of 6 approved hours in the concentration. Thesis credit requires continuous registration during each fall and spring semester until completion for a minimum of six hours. If students do not maintain continuous registration in the master's thesis, previously accumulated master's option credits will not count toward the master’s degree.