**M.S. Exercise Science**

**Concentration in Health and Rehabilitation Sciences (Non-Thesis)**

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| --- | --- | --- |
| **Prefix and Number** |  | **SCH** |
|  | **Core Courses** | **15** |
| ESS 5346 | Research Methods in Health and Human Performance  |  |
| ESS 5356 | Applied Statistics in Health and Human Performance |  |
| ESS 5304 | Motor Learning and Performance |  |
| ESS 5309 | Biomechanics of Exercise and Sports Science |  |
| Choose **one** of the following courses: |  |  |
| ESS 5306 | Advanced Exercise Physiology |  |
| ESS 5310 | Cardiopulmonary Physiology |  |
| ESS 5311 | Applied Neuromuscular & Skeletal Muscle Physiology |  |
|  | **Required Courses** |  **9** |
| AT 5310 | Proprioceptive and Neuromuscular Control in Rehabilitation |  |
| AT 5311 | Biomechanics of Musculoskeletal Injury |  |
| PH 5321 | Advanced Health Behavior Theory |  |

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|  | **Prescribed Electives** | **6** |
| ESS 5110 (1-3 X) | Graduate Research Seminar |  |
| ESS 5305  | Advance Fitness Assessment and Exercise Prescription |  |
| ESS 5306 | Advanced Exercise Physiology |  |
| ESS 5307 | Advanced Resistance Training |  |
| ESS 5308 | Physical Activity, Disease Prevention & Treatment |  |
| ESS 5310 | Cardiopulmonary Physiology |  |
| ESS 5311 | Applied Neuromuscular & Skeletal Muscle Physiology |  |
| ESS 5312 | Applied Exercise Metabolism |  |
| ESS 5322 | Inclusion and Diversity in Physical Activity & Sport  |  |
| ESS 5327 | Application of Strength and Conditioning Principles |  |
| ESS 5344 | Science of Teaching in Health and Human Performance |  |
| NUTR 5364 | The Science of Nutrition and Exercise |  |
| PH 5320 | Foundations of Public Health |  |
| PH 5330A | Health Disparities |  |
| PSY 5335 | Foundations of Health Psychology |  |
| PT 5400 | Human Structure & Function |  |
| REC 5325 | Philosophical Foundations of Therapeutic Recreation |  |
| ESS 5398 | Internship in Exercise Science |  |
| ESS 5698 | Internship in Exercise Science |  |
| **Culminating Experience** |  | **6** |
| ESS 5347 (2 X) | Independent Study |  |
| **Total** | **36** |

**M.S. Exercise Science**

**Concentration in Health and Rehabilitation Sciences (Thesis)**

|  |  |  |
| --- | --- | --- |
| **Prefix and Number** |  | **SCH** |
|  | **Core Courses** | **15** |
| ESS 5346 | Research Methods in Health and Human Performance  |  |
| ESS 5356 | Applied Statistics in Health and Human Performance |  |
| ESS 5304 | Motor Learning and Performance |  |
| ESS 5309 | Biomechanics of Exercise and Sports Science |  |
| Choose **one** of the following courses: |  |  |
| ESS 5306 | Advanced Exercise Physiology |  |
| ESS 5310 | Cardiopulmonary Physiology |  |
| ESS 5311 | Applied Neuromuscular & Skeletal Muscle Physiology |  |
|  | **Required Courses** |  **9** |
| AT 5310 | Proprioceptive and Neuromuscular Control in Rehabilitation |  |
| AT 5311 | Biomechanics of Musculoskeletal Injury |  |
| PH 5321 | Advanced Health Behavior Theory |  |

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|  | **Prescribed Electives** | **6** |
| ESS 5110 (1-3 X) | Graduate Research Seminar |  |
| ESS 5305  | Advance Fitness Assessment and Exercise Prescription |  |
| ESS 5306 | Advanced Exercise Physiology |  |
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| NUTR 5364 | The Science of Nutrition and Exercise |  |
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| ESS 5398 | Internship in Exercise Science |  |
| ESS 5698 | Internship in Exercise Science |  |
| ESS 5347 | Independent Study in Exercise Science |  |
| **Thesis** |  | **6** |
| ESS 5399A  | Thesis |  |
| ESS 5399B | Thesis |  |
| **Total** | **36** |