**M.S. Exercise Science**

**Concentration in Strength & Conditioning and Sport Coaching (Non-Thesis)**

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| **Prefix and Number** | **Required Courses** | **SCH** |
|  | **ESS Core Courses** | **15** |
| ESS 5304 | Motor Learning and Performance |  |
| ESS 5309 | Biomechanics of Exercise and Sports Science |  |
| ESS 5346 | Research Methods in Health & Human Performance |  |
| ESS 5356 | Applied Statistics in Health & Human Performance |  |
| **Choose one:**  ESS 5306  ESS 5310  ESS 5311 | Advanced Exercise Physiology  Cardiopulmonary Physiology  Neuromuscular Physiology |  |
|  | **Concentration Courses** | 12 |
| ESS 5307 | Advanced Resistance Training & Conditioning |  |
| ESS 5327 | Application of Strength and Conditioning Principles |  |
| ESS 5354 | Developmental Sports Education: Youth Participants |  |
| ESS 5355 | Developmental Sports Education: High-Level Athletes and Coaching Effectiveness |  |
| **Sub-total** | | **27** |

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| **Prefix and Number** | **Prescribed Elective Courses**  **(choose 3 courses from the following list)** | **9** |
| ESS 5110 | Graduate Research Seminar  (1 credit course; can be taken up to 3 times) |  |
| ESS 5305 | Advanced Fitness Assessment and Exercise Prescription |  |
| ESS 5306 | Advanced Exercise Physiology |  |
| ESS 5308 | Physical Activity, Disease Prevention and Treatment |  |
| ESS 5310 | Cardiopulmonary Physiology |  |
| ESS 5311 | Neuromuscular Physiology |  |
| ESS 5312 | Applied Exercise Metabolism |  |
| ESS 5322 | Inclusion and Diversity in Sport and Physical Activity |  |
| ESS 5344 | Science of Teaching in Health and Human Performance |  |
| ESS 5347 | Independent Study in Exercise Science |  |
| ESS 5353 | Curriculum & Instruction in Physical Activity & Sport |  |
| ESS 5398 or 5698 | Internship in Exercise Science |  |
| REC 5330 | Applications of Management in RLS Organizations |  |
| REC 5380 | Administering Leisure Delivery Services |  |
| PHIL 5322 | Professional Ethics |  |
| PHIL 5326 | Philosophy and Sport |  |
| C&I 5314 | Human Growth & Development |  |
| **Total** | | **36** |

**M.S. Exercise Science**

**Concentration in Strength & Conditioning and Sport Coaching (Thesis)**

|  |  |  |
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| **Prefix and Number** | **Required Courses** | **SCH** |
|  | **ESS Core Courses** | **15** |
| ESS 5304 | Motor Learning and Performance |  |
| ESS 5309 | Biomechanics of Exercise and Sports Science |  |
| ESS 5346 | Research Methods in Health & Human Performance |  |
| ESS 5356 | Applied Statistics in Health & Human Performance |  |
| **Choose one:**  ESS 5306  ESS 5310  ESS 5311 | Advanced Exercise Physiology  Cardiopulmonary Physiology  Neuromuscular Physiology |  |
|  | **Concentration Courses** | 18 |
| ESS 5307 | Advanced Resistance Training & Conditioning |  |
| ESS 5327 | Application of Strength and Conditioning Principles |  |
| ESS 5354 | Developmental Sports Education: Youth Participants |  |
| ESS 5355 | Developmental Sports Education: High-Level Athletes and Coaching Effectiveness |  |
| ESS 5399A | Thesis |  |
| ESS 5399B | Thesis |  |
| **Sub-total** | | **33** |

|  |  |  |
| --- | --- | --- |
| **Prefix and Number** | **Prescribed Elective Courses**  **(choose 1 course from the following list)** | **3** |
| ESS 5110 | Graduate Research Seminar  (1 credit course; can be taken up to 3 times) |  |
| ESS 5305 | Advanced Fitness Assessment and Exercise Prescription |  |
| ESS 5306 | Advanced Exercise Physiology |  |
| ESS 5308 | Physical Activity, Disease Prevention and Treatment |  |
| ESS 5310 | Cardiopulmonary Physiology |  |
| ESS 5311 | Neuromuscular Physiology |  |
| ESS 5312 | Applied Exercise Metabolism |  |
| ESS 5322 | Inclusion and Diversity in Sport and Physical Activity |  |
| ESS 5344 | Science of Teaching in Health and Human Performance |  |
| ESS 5347 | Independent Study in Exercise Science |  |
| ESS 5353 | Curriculum & Instruction in Physical Activity & Sport |  |
| ESS 5398 or 5698 | Internship in Exercise Science |  |
| REC 5330 | Applications of Management in RLS Organizations |  |
| REC 5380 | Administering Leisure Delivery Services |  |
| PHIL 5322 | Professional Ethics |  |
| PHIL 5326 | Philosophy and Sport |  |
| C&I 5314 | Human Growth & Development |  |
| **Total** | | **36** |