

MASTER OF SCIENCE IN EXERCISE SCIENCE AND HEALTH PROMOTION

Master of Science in Exercise Science and Health Promotion is designed for students interested in the exercise and health sciences professions. It is a 30 semester hour program with three concentrations: exercise science, kinesiology, and wellness and health promotion. The program of study is comprised of a 12 semester hour core, a 12 semester hour concentration, and 6 semester hours of electives which allow for thesis and non-thesis options. The written program of study must be approved by the graduate faculty advisor and the Dean of the College of Education and Human Sciences. All academic regulations are applicable for the degree and for the program general requirements, including the maintenance of appropriate grade point average and the completion of a comprehensive written examination or thesis.

Students entering this program from a discipline outside of Exercise Science and who are conditionally admitted may be subject to completing (with a minimum specified grade) select undergraduate prerequisite courses at the discretion of the program faculty. These prerequisite courses would be required in addition to the courses listed below.

Code	Title	Hours
Exercise Science and Health Promotion Core		12
HPE 600	Research Methods	
HPE 620	Introduction to Statistics: Theory and Application	
HPE 660	Advanced Exercise Physiology I	
HPE 665	Critical Analysis of Research and Professional Literature	

Choose one of the following concentrations: 18

Exercise Science Concentration

HPE 638	Stress Management
HPE 663	Laboratory Techniques in Health and Human Performance
HPE 680	Clinical Exercise Physiology
One additional course from the following:	
HPE 503	Essentials of Prescribing Resistance Training
HPE 596	Cardiopulmonary Rehabilitation and ECG Interpretation
HPE 639	Epidemiology and Prevention of Chronic Diseases
HPE 644	Integrative Health Coaching

Students will choose, and have approved by their advisor, a route for the remaining 6 hours of their coursework:

Thesis Route:

HPE 695	Thesis
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Non-Thesis Route

Choose 6 hours from the following:	
HPE 503	Essentials of Prescribing Resistance Training (if not already selected above)
HPE 510	Health Promotion
HPE 541	Principles of Nutrition Science and Metabolism (Principles of Nutrition Science and Metabolism)

HPE 542	Application of Nutritional Concepts (Application of Nutritional Concepts)
HPE 596	Cardiopulmonary Rehabilitation and ECG Interpretation (if not already selected above)
HPE 639	Epidemiology and Prevention of Chronic Diseases (if not already selected above)
HPE 641	Integrative Health
HPE 644	Integrative Health Coaching (if not already selected above)
HPE 685	Internship
SRM 665	Risk Management in Sport & Recreation Management
SRM 675	Legal Issues in Sport and Recreation Management

Kinesiology Concentration

Core Classes - 9 hours

HPE 638	Stress Management
SRM 665	Risk Management in Sport & Recreation Management
SRM 675	Legal Issues in Sport and Recreation Management

Students will choose, with advisor approval, one of the following routes:

Thesis Route - 9 hours

HPE 695	Thesis (6 hours)
Thesis Route Elective - choose 3 hours from the Kinesiology elective list below:	

Non-Thesis Route - 9 hours

Non-Thesis Route Electives - Choose 9 hours from the Kinesiology elective list below:

Kinesiology Elective List

HPE 510	Health Promotion
HPE 541	Principles of Nutrition Science and Metabolism (Principles of Nutrition Science and Metabolism)
HPE 542	Application of Nutritional Concepts (Application of Nutritional Concepts)
HPE 601	Advanced Coaching Techniques
HPE 603	Sports in American Life
HPE 639	Epidemiology and Prevention of Chronic Diseases
HPE 644	Integrative Health Coaching
HPE 680	Clinical Exercise Physiology
HPE 685	Internship
SRM 541	Outdoor Education
SRM 544	Recreation for Special Populations
SRM 600	Marketing in Sport and Recreation Management
SRM 610	Sport Facility Planning and Organizational Behavior
SRM 615	Finance & Accounting Practices in Sport & Recreation Management

Wellness and Health Promotion Concentration

HPE 510	Health Promotion
HPE 638	Stress Management
HPE 639	Epidemiology and Prevention of Chronic Diseases
HPE 644	Integrative Health Coaching

Students will choose, and have approved by their advisor, a route for the remaining 6 hours of their coursework:

Thesis Route:	
HPE 695	Thesis
Non-Thesis Route	
Choose 6 hours from the following:	
HPE 541	Principles of Nutrition Science and Metabolism (Principles of Nutrition Science and Metabolism)
HPE 542	Application of Nutritional Concepts (Application of Nutritional Concepts)
HPE 641	Integrative Health
HPE 650	Social Determinants of Health
HPE 680	Clinical Exercise Physiology
HPE 685	Internship
SRM 665	Risk Management in Sport & Recreation Management
SRM 675	Legal Issues in Sport and Recreation Management
Total Hours	30

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