

Movement Sciences & Health, M.S.

The M.S. in Movement Sciences & Health offers specializations in Exercise Science and Sports Performance and Coaching. The Exercise Science specialization emphasizes in-depth study of the human body's response to exercise and physical activity and performance across the lifespan. The Sports Performance and Coaching specialization emphasizes applied study of physical activity promotion and sports performance in both the K-12 and community settings.

Exercise Science Specialization

Admission Requirements

In addition to the University graduate admission requirements described in the [Admissions section](#) of the catalog, the department bases decisions for regular admission on a holistic review of credentials in which the following criteria are used to assess the potential success of each applicant:

- Bachelor's degree from an accredited college or university
- A minimum of 3.00 cumulative grade point average (GPA) and a grade of "C" or better on all prerequisite courses. The following prerequisite coursework ("C" grade or higher) is required for admission:
 - Anatomy/Physiology with lab - 2 courses
 - Chemistry - 1 course
 - Exercise Physiology - 1 course
 - Nutrition - 1 course
 - Psychology - 1 course
 - Statistics - 1 course
- Undergraduate Institutional GPA
- Undergraduate Senior Year/Major GPA
- Academic Preparation as demonstrated by undergraduate degree major
- Submission of letter of intent describing reasons for applying to this program and associated career goals
- Submission of a list of three references that includes names, title, and contact information
- Work Experience as reflected in a résumé

Degree Requirements

In addition to general University requirements, students seeking the Exercise Science M.S. in Movement Sciences & Health must meet the requirements listed below.

Exercise Science Core

HLP 6535	Research Procedures	3
APK 5702	Statistics in Exercise Science	3
APK 5116C	Applied Physiology in Muscular Development	3
APK 5204	Applied Motor Learning/Control in Exercise Science	3
APK 5601	Preventative Health in the Aging Population	3
APK 6172C	Cardiac Electrophysiology	3
APK 6111C	Advanced Exercise Physiology	3

APK 6127C	Clinical Exercise Testing and Interpretation	3
APK 6167C	Advanced Human Nutrition and Metabolism	3
APK 6226	Analysis of Human Movement	3
Total Hours		30

Thesis or Internship Track

Students will choose one of the following tracks.

Thesis Track

APK 6970	Research for Master's Thesis	3-6
Total Hours:		6

Internship Track

APK 6940	Internship in Exercise Science	3-6
Total Hours:		6

Sports Performance and Coaching Specialization

The Sports Performance and Coaching Master's degree specialization is an advanced educational program designed to prepare one to lead individuals in areas of coaching (collegiate, high school, youth), physical activity, physical education, fitness, wellness, and health. Each of these areas requires leaders who can successfully and effectively plan, motivate, communicate, explain, connect, demonstrate, and reflect. These professional behaviors are all developed through subject-specific pedagogy.

Course instructors allow students to learn pedagogy through individualized instruction. In other words, one will be allowed to shape course requirements and assignments around their interest or profession. Those who are interested in enhancing their coaching skills will align their coursework to season goals, sport-specific skills, and practices. Current or future teachers will find that their coursework will revolve around curriculum, units, and lessons. Fitness, training, and health professionals will address prescription, instruction, and assessment.

Admission Requirements

In addition to the University graduate admission requirements described in the [Admissions section](#) of the catalog, the department bases decisions for regular admission on a holistic review of credentials in which the following criteria are used to assess the potential success of each applicant:

- Undergraduate Institutional GPA
- Undergraduate Senior Year/Major GPA
- Academic Preparation as demonstrated by undergraduate degree major
- Submission of letter of intent describing reasons for applying to this program and associated career goals
- Submission of three references

Degree Requirements

In addition to general University requirements, students seeking the Sports Performance and Coaching M.S. in Movement Sciences and Health must meet the requirements listed below.

Physical Education (36 sh)

PET 5701	Systematic Observation in Sport and Physical Activity	3
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PET 5702	Advanced Management of Physical Activity Programs	3
PET 5708	Physical Activity Program Development	3
PET 5709	Leadership in Physical Activity and Sport	3
PET 5805	Analysis and Supervision in Sport and Physical Activity	3
PET 6015	Professional Issues in Physical Activity Disciplines	3
PET 6535	Research Methods in Sport Performance	3
PET 6514	Predictive Sport Performance Analytics	3
PET 6706	Analysis of Research in Physical Activity Disciplines	3
PET 6223	Teaching and Motivation for Physical Activity Leaders	3
Choose 6 credit hours of coursework from the following in consultation with your academic advisor:		6
PET 6536	Advanced Strategies and Tactics of Sport Performance	
SPM 5408	Sport Promotion and Communication	
HLP 6971	Thesis	
PET 6950	Project in Lieu of Thesis	

Total Hours **36**