

Health, Leisure, & Exercise Science, M.S.

Health, Leisure, & Exercise Science

The M.S. in Health, Leisure, and Exercise Science offers specializations in Exercise Science (39 sh) and Physical Education and Human Performance (36 sh). 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 Physical Education and Human Performance specialization emphasizes applied study of physical activity promotion and 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:

- 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 Health, Leisure, and Exercise Science must meet the requirements listed below.

Exercise Science Core

HLP 6535	Research Procedures	3
HLP 6595	Research Seminar	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		33

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		3-6

Internship Track

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

Physical Education and Human Performance Specialization

The Physical Education and Human Performance Master's degree specialization is an advanced educational program designed to prepare one to lead individuals in areas of physical education, physical activity, 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 his or her interest or profession. Those who are interested in enhancing their teaching skill will find that their coursework will revolve around curriculum, units, and lessons. Current or future coaches will align their coursework to season goals, sport-specific skill, and practices. Fitness, training, and health professionals will address prescription, instruction, and assessment. The two-year online program culminates with a project in lieu of thesis which conceptually makes a significant contribution to a PEHP field.

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
- Work Experience as reflected in a résumé

Degree Requirements

In addition to general University requirements, students seeking the Physical Education and Human Performance M.S. in Health, Leisure, and Exercise Science must meet the requirements listed below.

Physical Education (36 sh)

HLP 6535	Research Procedures	3
PET 5701	Systematic Observation in Sport and Physical Activity	3
PET 5702	Advanced Management of Physical Activity Programs	3
PET 5708	Physical Activity Program Development	3

PET 5709	Advanced Physical Activity Program Development	3
PET 5805	Analysis and Supervision in Sport and Physical Activity	3
PET 6015	Professional Issues in Physical Activity Disciplines	3
PET 6706	Analysis of Research in Physical Activity Disciplines	3
PET 6707	Advanced Research Procedures	3
PET 6223	Teaching and Motivation for Physical Activity Leaders	3
Choose one of the following:		6
HLP 6971	Thesis	
PET 6950	Project in Lieu of Thesis	
<hr/> Total Hours		36