**exercise science program**

**Master of Science (M.S.) Degree**

**DEGREE INFORMATION**

**Program Admission Deadlines:**

**Fall:** February 15

**Spring:** No admission

**Summer:** No admission

**Minimum Total Hours:** 33

**Program Level:** Masters

**CIP Code:** 31.0505

**Dept. Code:** EXC

**Program (Major/College):** EDP / ED

**Approved** 2011

**Concentrations available in:**

Strength and Conditioning (EST)

Health and Wellness (EHW)

**CONTACT INFORMATION**

**College:** Education

**Department:** Educational and Psychological Studies

**Contact Information:** [www.grad.usf.edu](http://www.grad.usf.edu/)

**PROGRAM INFORMATION**

**Program Description**

The M.S. in Exercise Science provides and in-depth study of applied human physiology and how it relates to athletic performance and health and wellness. The purpose of the program is to prepare fitness professionals that are equipped to meet the needs of adults in their pursuit of improved health and performance. Exercise science professionals work with adults in leadership positions in areas such as strength & conditioning, worksite health promotion, commercial and community fitness/wellness, hospital/clinical rehabilitation, personal fitness training, and sports performance. In addition, graduates of this program will have the educational background to pursue doctoral education and other advanced degree programs. The program offers three M.S. degrees: Exercise Science, Exercise Science with a concentration in Strength & Conditioning, and Exercise Science with a concentration in Health & Wellness.

**Accreditation**

Accredited by the Commission on Colleges of the Southern Association of College and Schools.

**Major Research Areas of Exercise Science Faculty**

Environmental and Occupational Health/Heat Stress

Legal Liability, Risk Management, and Fitness Safety

Physical Activity Behavior and Adherence

Psychobiology of Exercise

Sports Nutrition and Performance Enhancement

Strength & Conditioning

**ADMISSION INFORMATION**

Must meet University requirements (see Graduate Admissions)

as well as requirements listed below.

**Program Admission Requirements**

* Resume
* 2 letters of recommendation
* Letter of intent (please include career goals, any type of experience related to the field and/or research experience).

To be successful in this program, the following pre-requisite courses are recommended: Anatomy & Physiology I, Anatomy & Physiology II, Nutrition, and Exercise Physiology.

Admissions decisions are based on the following: GPA, relevant coursework, experience in the field, letter of intent, research experience, and letters of recommendation. Applicants should be aware that admission into any graduate program is granted on a competitive basis.

**DEGREE PROGRAM REQUIREMENTS**

**Total Minimum Program Hours 33 hours minimum**

**Core -** 7 hours minimum

EDF 6407 4 Statistical Analysis

PET 6536 3 Research Methods in Exercise Science

**Concentrations** - 12 hours minimum

Students select from the following options:

**STRENGTH AND CONDITIONING**

PET 6098 3 Topics in Strength and Conditioning

APK 6116 3 Neuromuscular Aspects of Exercise Physiology

PET 6367 3 Sports Nutrition and Exercise Metabolism

PET 6389 3 Fitness Assessment and Prescription

**HEALTH AND WELLNESS**

PET 6003 3 Theories and Models of Health and Physical Activity

APK 6109 3 Cardiorespiratory Aspects of Exercise Physiology

PET 6388 3 Physical Activity, Health and Disease

PET 6389 3 Fitness Assessment and Prescription

**Electives -11-14 hours minimum**

14 hours minimum (non-thesis students) or 11 hours minimum (thesis students)

Electives can be selected from the following, or other graduate course as approved by the faculty advisor and graduate program coordinator.

APK 6109 3 Cardiorespiratory Aspects of Exercise Physiology

APK 6116 3 Neuromuscular Aspects of Exercise Physiology

APK 6406 3 Psychology of Exercise

PET 6081 3 Lifespan Fitness

PET 6216 3 Sport Psychology

PET 6003 3 Theories and Models of Health and Physical Activity

PET 6098 3 Topics in Strength & Conditioning

PET 6256 3 Sport in Society

PET 6367 3 Sports Nutrition and Exercise Metabolism

PET 6388 3 Physical Activity, Health and Disease

PET 6494 3 Legal Aspects of Physical Activity

PET 6906 1-6 Independent Study

PET 6910 1-4 Research Project

PET 6947 1-6 Internship in Exercise Science

PET 6971 1-5 Thesis: Physical Education

**Comprehensive Exam**

A comprehensive exam is required. For students in the thesis option, the thesis serves in lieu of the comprehensive exam.

**Thesis** - 3 hours minimumPET 6971 1-5 Thesis: Physical Education

Thesis is not required but considered as elective hours for those who select to do a thesis. Students interested in registering for thesis credit must have the approval of a faculty member that agrees to serve as the thesis chairperson.

**Non-Thesis**

Students in the non-thesis option take an additional 3 hours of electives

**COURSES**

 See http://www.ugs.usf.edu/course-inventory