

Master of Science in Exercise Science Curriculum:

	COURSE NO.	COURSE TITLE	SEMESTER HOURS	
REQUIRED COURSES (33 SEMESTER HOURS)	Required Core Classes			
	EX 500	Research Design & Methods in Exercise Science	3	
	EX 510	Applied Exercise Physiology	3	
	EX 520	Sport Nutrition	3	
	EX 600	Sport Psychology	3	
	EX 620	Fitness & Health Promotion	3	
	EX 640	Sports Performance Training	3	
			18	
	Concentrations (Choose <u>One</u> Concentration) 12 Student Hours Each			
		Strength Training & Conditioning Concentration 12 HR		
	EX 530	Essentials of Strength Training and Conditioning	3	
	EX 540	Advanced Strength and Conditioning Theory	3	
	EX 650	Practicum in Strength and Conditioning Theory	3	
	EX 660	Seminar in Strength and Conditioning	3	
		Health & Human Performance Concentration 12 Hours		
	EX 550	Health & Fitness Coaching	3	
	EX 570	Advanced Exercise Testing & Prescription	3	
	EX 660	Exercise Counseling & Behavior Modification	3	
	EX 670	Exercise for Special Populations	3	
			12	
	Capstone Assessment Project			
	EX 690	Capstone Research Project	3	
TOTAL SEMESTER HOURS			33	

The titles and descriptions for the courses in the Master of Science in Exercise Science are outlined below:

EX 500 - Research Design & Methods in Exercise Science (3 hours): This course focuses on a study of research methods, procedures, and design in exercise science. Emphasis will be placed on critical thinking, evaluation, and application.

EX 510 - Applied Exercise Physiology (3 hours): Examination of physiological adaptations to exercise training in health and disease along with physiological responses to environmental stress.

EX 520 - Sport Nutrition (3 hours): Sports Nutrition enables students to translate theory into practice and to relate content to fitness and sports. Included are topics on weight and body composition, eating disorders and guidelines for proper nutrition.

EX 600 - Sport Psychology (3 hours): This course examines the application of psychological theories and research to sports, exercise, and health behaviors. Case studies from a variety of sports will be explored to develop a set of psychological skills that can be applied across sports.

EX 620 - Fitness & Health Promotion (3 hours): This course is for students currently working in or preparing for careers in the health and fitness industry. This course prepares students for the certified personal trainer exam of the NSCA or the ACSM.

EX 640 - Sport Performance Training (3 hours): An analysis of sport performance training methods and techniques utilized to assist athletes achieve maximum performance.

EX 530 - Essentials of Strength Training and Conditioning (3 hours): This class explores the foundations of strength and conditioning as established by the National Strength and Conditioning Association (NSCA). Students will design and critique program based on NSCA guidelines. This course is designed to prepare students interested in becoming Certified Strength and Conditioning Specialists (CSCS) through the NSCA.

EX 540 - Advanced Strength and Conditioning Theory (3 hours): This class examines the principles and practices of periodization. Students will develop periodization programs based on foundational and current literature and learn to critique and justify program selection.

EX 650 - Practicum in Strength Training and Conditioning (3 hours): This class provides students the opportunity to develop and implement a strength and conditioning program through working with an athletic team under the supervision of a CSCS. Students are responsible for program selection and assessment of program results.

EX 660 - Seminar in Strength Training and Conditioning (3 hours): This class provides exploration analysis of advanced topics strength and conditioning. Evaluation of current industry trends and practices. Creation of a personal strength and conditioning, Christ-centered philosophy.

EX 550 - Health & Fitness Coaching(3 hours): This course explores professional health coaching to prepare students to assist clients to make behavioral changes from a Christian perspective.

EX 570 - Advanced Exercise Testing & Prescription (3 hours): This course is a study of the laboratory and field tests used for assessing physical fitness components as well as principles of exercise prescription. Test results are used in developing individualized exercise prescriptions to improve cardiorespiratory fitness, muscular fitness, body weight and body composition, and flexibility.

EX 660 - Exercise Counseling & Behavior Modification (3 hours): This course explores professional health coaching preparing students to assist clients make behavioral changes from a Christian perspective.

EX 670 - Exercise for Special Populations (3 hours): This course presents exercise prescription relative to diseases of the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems.

EX 690 - Capstone Assessment Project (3 hours): Students will be required to sit for either the NSCA-CSCS or the ACSM-EPC exam based on their area of concentration. Results from the exam will be shared with professors from these areas.