EXERCISE SCIENCE (MS)

The Master of Science in Exercise Science is designed to advance the skills and knowledge of current and future exercise science professionals. By utilizing a combination of theoretical inquiry and practical application, students will gain greater insight regarding exercise testing and prescription as they relate to working with diverse populations. Major topics discussed include exercise physiology, exercise testing, applied exercise prescription, biomechanics, nutrition, and metabolism as well as psychology of sport and exercise. This program prepares students to become leaders within the exercise science industry.

Code	Title	Credits
KHS 585	Advanced Functional Anatomy & Biomechanics in Exercise Science	3
KHS 600	Advanced Exercise Physiology	3
KHS 590	Psychology of Sport and Exercise	3
KHS 610	Research Methods	3
KHS 595	Clinical Exercise Assessment	3
KHS 605	Advanced Nutrition and Metabolism	3
KHS 513	Scientific Principles of Strength and Conditioning	3
KHS 580	Mechanisms of Skilled Neuromuscular Behavior	3
KHS 615	Advanced Exercise Prescription	3
KHS 570	Ethics and Sociology in Sport and Exercise Science	3
KHS 620	Master's Capstone	3
Total Credits		**33**

Course	Title	Credits
First Year		
First Semester		
KHS 585	Advanced Functional Anatomy & Biomechanics in Exercise Science	3
KHS 600	Advanced Exercise Physiology	3
Second Semester		
KHS 590	Psychology of Sport and Exercise	3
KHS 610	Research Methods	3
Third Semester		
KHS 595	Clinical Exercise Assessment	3
KHS 605	Advanced Nutrition and Metabolism	3
	Credits	**18**
Second Year		
First Semester		
KHS 513	Scientific Principles of Strength and Conditioning	3
KHS 580	Mechanisms of Skilled Neuromuscular Behavior	3
Second Semester		
KHS 615	Advanced Exercise Prescription	3
KHS 570	Ethics and Sociology in Sport and Exercise Science	3
Third Semester		
KHS 620	Master's Capstone	3
	Credits	**15**
	Total Credits	**33**