

STRENGTH AND CONDITIONING (MS)

Code	Title	Credits
KHS 513	Scientific Principles of Strength and Conditioning	3
KHS 600	Advanced Exercise Physiology	3
KHS 590	Psychology of Sport and Exercise	3
KHS 610	Research Methods	3
KHS 585	Advanced Functional Anatomy & Biomechanics in Exercise Science	3
KHS 605	Advanced Nutrition and Metabolism	3
KHS 514	Exercise and Fitness Assessment	3
KHS 524	Advanced Program Design for Special Populations	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 513	Scientific Principles of Strength and Conditioning	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 585	Advanced Functional Anatomy & Biomechanics in Exercise Science	3
KHS 605	Advanced Nutrition and Metabolism	3
Credits		18
Second Year		
First Semester		
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		9
Total Credits		27