

WELLNESS AND MOVEMENT SCIENCES, MASTER OF SCIENCE (MS)

The Master of Science degree in Wellness and Movement Sciences prepares students for a diverse array of careers in areas including athletic administration, coaching, directing fitness facilities and programs in a variety of settings. Additionally, the degree is applicable to those students interested in pursuing advanced graduate studies in related areas.

Within this degree, students have the opportunity to select from two tracks - either Exercise Science or Sports and Recreation Administration.

All students are required to take a basic core of courses and then select a specialization area.

Note: each student must successfully complete one of two options: a thesis or other research project; or a written examination, before an MS in WAMS degree is awarded.

Prerequisites

- A minimum GPA of 3.0 from a Bachelor's degree in a related field from an accredited institution;
- Program applicants for both tracks must complete an upper division course (i.e., 300- or 400-level) in statistics or biostatistics with a grade of \geq B (3.0);
- For students pursuing the Exercise Science track, the following are required:
 - Anatomical or Physiological Kinesiology with a grade of \geq B (3.0);
 - Completed series in Anatomy and Physiology
 - A course in Mechanical Kinesiology and/or Physics is *recommended*.

Exercise Science

Required Core

PHED 500	INTRODUCTION TO GRADUATE STUDIES	1
PHED 505	CURRENT ISSUES AND ETHICS	3
PHED 517	SURVEY RESEARCH	3
PHED 518	REVIEW OF LITERATURE	3
PHED 519	STATISTICS IN PHYSICAL EDUCATION	3
PHED 520	RESEARCH METHODS IN PHYSICAL EDUCATION	3

Approved Electives 11-14

Required Exercise Science Courses

EXSC 580	NUTRITION IN SPORT AND EXERCISE	3
PHED 550	ADVANCED BIOMECHANICS	3
PHED 555	ADVANCED PHYSIOLOGY OF EXERCISE	3
PHED 556	ADVANCED CLINICAL EXERCISE PHYSIOLOGY	3
PHED 557	TRAINING, PLANNING AND PERIODIZATION	3
PHED 600	THESIS (1-9)	9

Total Credits 51-54

Sports and Recreation Administration

Required Core Courses

PHED 500	INTRODUCTION TO GRADUATE STUDIES	1
PHED 505	CURRENT ISSUES AND ETHICS	3
PHED 517	SURVEY RESEARCH	3

PHED 518	REVIEW OF LITERATURE	3
PHED 519	STATISTICS IN PHYSICAL EDUCATION	3
PHED 520	RESEARCH METHODS IN PHYSICAL EDUCATION	3

Approved Electives 11-14

Sports and Recreation Administration Courses

PHED 507	ADMINISTRATION AND MANAGEMENT IN HEALTH AND PHYSICAL EDUCATION	3
PHED 522	RISK MANAGEMENT: SPORT AND SCHOOL LAW	3
PHED 524	SPORTS MARKETING	3
PHED 525	FACILITIES PLANNING, OPERATIONS AND MANAGEMENT	3

PHED 600	THESIS	9
or PHED 601	RESEARCH REPORT	
or PHED 602 & PHED 695	COMPREHENSIVE PREPARATION and INTERNSHIP	

Total Credits 48-51

Students who earn an MS in Wellness and Movement Sciences should be able to:

- pursue careers in health & fitness, administration, physical education, or sport performance, or for advanced graduate studies in related fields;
- foster critical thought, problem solving skills, and reflective thinking;
- develop skills in oral and written communication;
- design, conduct, and report scholarly work;
- develop collaborative and group interaction skills;
- develop personal character through opportunities to demonstrate responsibility, integrity, self-discipline, creativity, and persistence.