

# EXERCISE SCIENCE, MASTER OF SCIENCE (MS)

The **Master of Science in Exercise Science** is designed to develop students' passion, knowledge, and hands-on skills in the field of exercise science. Students graduating from this program will be high quality exercise science professionals who promote and support healthy active lifestyles in athletes, healthy adults, and individuals with chronic diseases. Students will learn through a blend of traditional classroom and hands-on learning approaches that integrate evidence-based knowledge to support hypothesis-driven learning. Students will have access to state-of-the-art equipment in the Jack R. Leighton Human Performance Laboratory to support inquiry and learning.

## Entry Requirements

Students applying for the **MS in Exercise Science** at Eastern Washington University should meet the following requirements:

- A minimum of a 3.0 GPA from a BS in Exercise Science or related field.
- Completed a series in Anatomy and Physiology, and
- A minimum of a C+ in at least three of the following courses:
  - Applied Nutrition
  - Biomechanics
  - Exercise Physiology
  - Exercise Testing and Prescription
  - Functional Anatomy
  - Motor Control / Motor Learning
  - Sports Nutrition
  - Strength and Conditioning
- Other relevant coursework may be considered if the above courses have not been completed.

### Required Core

EXSC 500	RESEARCH WRITING IN EXERCISE SCIENCE	2
EXSC 501	RESEARCH METHODS IN EXERCISE SCIENCE	3
EXSC 502	STATISTICS IN EXERCISE SCIENCE	3
EXSC 510	CARDIOVASCULAR PHYSIOLOGY	3
EXSC 520	SKELETAL MUSCLE PHYSIOLOGY	3
EXSC 530	PHYSICAL ACTIVITY OF HEALTH & DISEASE	3
EXSC 540	LAB TECHNIQUES IN EXERCISE SCIENCE	3
EXSC 550	ADVANCED BIOMECHANICS	3
EXSC 560	ADVANCED PRINCIPLES OF STRENGTH & CONDITIONING	3
EXSC 570	NEUROMECHANICS AND MOTOR CONTROL	3
EXSC 580	NUTRITION IN SPORT AND EXERCISE	3

### Approved Electives

EXSC 411	PHYSICAL ACTIVITY, MENTAL HEALTH, AND COGNITION
EXSC 440	EXERCISE COUNSELING AND BEHAVIOR CHANGE
EXSC 452	CLINICAL BIOMECHANICS
EXSC 481	ELECTROCARDIOLOGY INTERPRET
EXSC 555	CARE AND PREVENTION OF INJURIES
EXSC 695	INTERNSHIP
EXSC 696	COLLEGE TEACHING INTERNSHIP

**Culminating Project - Students pursuing the Experiential Portfolio option will need to take an additional 3 elective credits to meet minimum credit requirements** 9

EXSC 600 or EXSC 605	THESIS EXPERIENTIAL LEARNING PORTFOLIO
-------------------------	---

### Total Credits

48

### Students who earn an MS in Exercise Science from EWU should be able to:

- demonstrate an understanding of advanced theories in exercise science;
- apply theoretical knowledge to practical situations or issues in exercise science;
- conduct laboratory-based testing in exercise science;

- understand the research process and how it is used to inform practices in exercise science;
- disseminate exercise science knowledge across diverse populations.