

# 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. This program provides an opportunity for students to focus on Exercise Science or Sports and Recreation Administration. All students are required to take a basic core of courses and then select a specialization track in Exercise Science or Sports and Recreation Administration. The Exercise Science track requires a thesis, and the Sports and Recreation Administration track has the option of a thesis, research report or written examination to complete the degree. Students may select from two tracks: Exercise Science or Sports and Recreation Administration.

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

## Prerequisites

Applicants for both tracks must complete a 300- or 400-level statistics or biostatistics course with a grade of  $\geq B$  (3.0) in order to continue past the first quarter of this program. The course must include basic probability concepts, organizing and summarizing data, sampling distributions, hypothesis testing, simple linear regression and correlation, and analysis of variance. In addition, the Exercise Science track requires the student to complete a Anatomical or Physiological Kinesiology series with a grade of  $\geq B$  (3.0), and complete a series in Anatomy and Physiology. Also recommended is a course in Mechanical Kinesiology or Physics.

## 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

PHED 550	ADVANCED BIOMECHANICS	3
PHED 554	BEHAVIOR CHANGE-THEORY AND PRACTICE	3
or PHED 557	TRAINING, PLANNING AND PERIODIZATION	
PHED 555	ADVANCED PHYSIOLOGY OF EXERCISE	3
PHED 556	ADVANCED CLINICAL EXERCISE PHYSIOLOGY	3
PHED 600	THESIS (1-9)	9

Total Credits 48-51

## 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 successfully earn an MS in Physical Education from EWU should be able to do the following:

- demonstrate familiarity with the scholarly publications, primary written works, professional organizations and certification/licensure requirements of their specialization;
- design, conduct and report scholarly work;
- discuss advanced topics in their area of specialization with an appropriate level of knowledge and application of critical thinking;
- investigate ideas and complete professional tasks as a member of a team.