

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 MS in WAMS 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 an 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

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	COMPREHENSIVE PREPARATION	
& PHED 695	and INTERNSHIP	

Total Credits 48-51

Students who successfully earn a Master of Science in Wellness and Movement Sciences 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.