

Curriculum: Masters Specialization in the Health Aspects of Physical Activity

Master of Science (MS)	(39 hours)
Exercise Science	15-21 hours
Research/Statistical Methods	6-9 hours
Electives	3-18 hours
Thesis ¹	6 hours

Course Number	Description	Credit Hrs.	Term	Year
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Required Courses for MS Students		6 credits		
BIOS 700/701*	Introduction to biostatistics or equivalent	3	Fall	01
EXSC 700	Exercise and public health	3	Spring	01

* 700 is more general course/701 is more in depth

Required Courses for Health Aspects of Physical Activity		18 credits		
EPID 700/701*	Introduction to epidemiology	3	Fall	01
EXSC 710	Behavioral aspects of physical activity	3	Spring	01
EXSC 754	Community-based Interventions for Physical Activity	3	Spring	02
EXSC 787	Research Design and Methods in Exercise Science	3	Fall	02
BIOS 757	Intermediate biostatistics	3	Spring	01
HPEB 700 OR HPEB 702	Concepts and methods in health promotion Planning health promotion programs	3	Fall	01

* 700 is more general course/701 is more in depth

Example List of Advisor Approved Courses for Health Aspects of Physical Activity		9 credits		
EXSC 780	Physiology of Exercise	3		
EXSC 781	Physiology, Exercise, & Disease	3		
EXSC 784	Cardiovascular/Pulmonary Testing and Programming	3		
EXSC 778	Exercise and childhood obesity	3		
EXSC 779	Exercise physiology of children and youth	3		
EXSC 863	Physical activity and the aging process	3		
HPEB 701	Theoretical foundations of health promotion	3		
HPEB 710	Evaluation of health promotion programs	3		

Electives (9-12)				

Thesis				
EXSC 799	Thesis ²	6		

Total:

¹ The option of completing a project (3 credit hours) is available and must be discussed with the student's advisor prior to enrollment

² Students are encouraged to meet with their advisor two semesters prior to conducting their thesis