

**Sample Program for Exercise Physiology M.S. Concentration
(Thesis and Non-Thesis Options)**

ESS Required Breadth Core

<u>Course number</u>	<u>Short title</u>	<u>Credits</u>
<i>Biophysical Studies</i>	ESS 670 Physiology of Exercise	3
<i>Sociocultural/Behavioral studies</i>	Any listed	3

Research Techniques (3 hours)

ESS 611	Research Methods for Exercise & Sport Science	3
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Exercise Physiology Electives

<u>Course number</u>	<u>Short title</u>	<u>Credits</u>
ESS 570	Development and Implementation of Fitness Prog.	3
ESS 576	Nutrition and Physical Fitness	3
ESS 579	Exercise and Older Adult Tiidus 2000	3
ESS 650	Scientific Factors Affecting Human Performance	3
ESS 665	Physical Activity and Health	3
ESS 667	Exercise ECG and Cardiopulmonary Medications	3
ESS 668	Advanced Exercise Assessment	3
ESS 669	Advance Exercise Prescription	3
ESS 675	Applied Human Work Physiology	3
ESS 679	Exercise and Older Adults: Advanced	3
ESS 696	Laboratory Technology in Exercise Science	1 or 2
ESS 677 (718)	Muscular Aspects of Exercise Physiology	3
ESS 678 (719)	Cardiovascular Aspects of Exercise Physiology	3

Courses chosen from list with approval of the advisor and/or the master's committee must be 500-700 level coursework that complements the specialized knowledge base of the student.

ESS Required Breadth Core	6 credits
Research Techniques	3 credits
Elective Exercise Physiology courses (minimum)	6 credits
Other Electives (6 credits)	6 credits
May include course work, research, or internship	

Research and Thesis Option

ESS 699	Thesis	6 credits
And may also have		
ESS 695	Independent Research	3 credits
		<u>Total minimum credits 30</u>

Non- Thesis Option

Integrative Experience	3-6 credits
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Total minimum credits 36