

# EXERCISE AND SPORT SCIENCE (M.S.)

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The Exercise and Sport Science degree provides students with a scientific-based curriculum for improving human performance and wellness; and is an ideal preparation for successful entry into a variety of graduate professional programs such as nursing, occupational therapy, physician assistant, physical therapy, athletic training, or medical school.

Students develop application skills for sport and fitness activities, assessment and evaluation of various populations and fitness levels, and human movement systems from subdisciplines of kinesiology.

Career options include corporate wellness, exercise physiologist, cardiac rehabilitation, strength and condition coach, and a wide variety of therapeutic exercise and recreation positions.

## Admission Requirements

Admission to this program is contingent upon admission to the Graduate School (<http://bulletins.wayne.edu/graduate/general-information/admission/>) and the Division of Kinesiology, Health and Sport Studies (<http://bulletins.wayne.edu/graduate/college-education/academic-regulations/>).

## Program Requirements

The Master of Science with a major in Exercise and Sport Science is a total of 30 credits minimum and offered under the following options:

- **Plan A:** A minimum of thirty credits including an eight credit thesis
- **Plan B:** A minimum of thirty credits including a three-credit project
- **Plan C:** A minimum of thirty credits including an internship (variable credit option)

The required courses are 15-21 credits, electives credits are between 3-9 credits, and the culminating experience is between 1-8 credits.

Code	Title	Credits
<b>Required Courses</b>		
KIN 5523	Physical Activity and Exercise Psychology	3
KIN 6310	Exercise Physiology II	3
KIN 6320	Fitness Assessment and Exercise Prescription	3
KIN 7580	Biomechanical Analysis of Motor Activity	3
KIN 8530	Motor Learning	3

### Culminating Experience

Select one of the following:

KHS 7999	Master's Essay and Project Direction
KHS 8999	Master's Thesis Direction
KHS 8750	Internship in Kinesiology, Health and Sport Studies

### Elective Courses

Select courses as approved by advisor to complete the thirty credits required for graduation