

# Master of Science in Exercise Science (M.S.E.S.): Strength and Conditioning Track

## Degree Type

Master of Science in Exercise Science

## Mission

The Master of Science (MS) in Exercise Science is an online graduate program that provides students with foundational content in exercise science, exercise and sport nutrition, exercise and behavior psychology, strength and conditioning and exercise prescription. There are two tracks which offer you the flexibility to select course work in specific areas of interest.

1. The applied exercise Science graduate track course work is designed to optimize skills for developing exercise prescriptions for athletes, healthy individuals, and individuals with various health challenges. The 9-month optional fellowship will also prepare you to work in a variety of settings to include non-invasive clinical environments, health and wellness centers, and corporate fitness.
2. The strength and conditioning graduate track course will prepare students to work with athletes as a strength and conditioning coach in secondary schools, collegiate/professional programs, and private settings. The 9-month optional fellowship will allow you to apply coursework to a professional setting.

## Learning Outcomes

Following completion of the Master of Science in Exercise Science, Strength and Conditioning track, students will:

1. Design and implement strength and conditioning programs for a sport, general fitness client or those with various health challenges.
2. Develop nutritional plans that promote physical performance and rehabilitation.
3. Correctly critique and correct an individual's exercise form to include resistance exercise, plyometric exercise, speed/agility, power and endurance.
4. Demonstrate integrated scientific knowledge & practical knowledge/skills in a successful capstone project.
5. Be adequately prepared to pass national certification exams.

## MSES Program Progress to Completion Requirements

Total M.S. in Exercise Science Credits: 32 credits

MSES may be completed either full-time (32 credits) or part-time (16 credits per year).

Students have seven years to complete a master's degree.

## Required Prerequisites

Satisfactory completion of Anatomy and Physiology I and II.

## Suggested Registration Sequence

### Fall Semester (Full-Time)

Item #	Title	Credits
MSES 500	Advanced Strength and Condition	4.0
MSES 520	Advanced Exercise Physiology	3.0
MSES 530	Advanced Sport & Behavioral Psychology	3.0
MSES 540	Exercise Prescription & Chronic Disease	4.0
MSES 587	Field Experience I	2.0

## Spring Semester (Full-Time)

Item #	Title	Credits
MSES 550	Advanced Sport & Exercise Nutrition	3.0
MSES 560	Practicum in Strength & Conditioning	4.0
MSES 580	Current Topics in Exercise Science	4.0
MSES 590	Comprehensive Assessment Project	3.0
MSES 588	Field Experience II	2.0

## Fall 1 (Part-Time)

Item #	Title	Credits
MSES 500	Advanced Strength and Condition	4.0
MSES 520	Advanced Exercise Physiology	3.0

## Spring 1 (Part-Time)

Item #	Title	Credits
MSES 550	Advanced Sport & Exercise Nutrition	3.0
MSES 580	Current Topics in Exercise Science	4.0

## Fall 2 (Part-Time)

Item #	Title	Credits
MSES 530	Advanced Sport & Behavioral Psychology	3.0
MSES 540	Exercise Prescription & Chronic Disease	4.0
MSES 587	Field Experience I	2.0

## Spring 2 (Part-Time)

Item #	Title	Credits
MSES 560	Practicum in Strength & Conditioning	4.0
MSES 588	Field Experience II	2.0
MSES 590	Comprehensive Assessment Project	3.0