**M.S. Exercise Science**

**Concentration in Physical Activity Literacy**

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| --- | --- | --- |
| **Prefix and Number** | **Required/Core Courses** | **SCH** |
| ESS 5346 | Research Methods in Health & Human Performance | 3 |
| ESS 5356 | Applied Statistics in Health & Human Performance | 3 |
| ESS 5304  | Motor Learning | 3 |
| ESS 5309 | Biomechanics | 3 |
| Choose **one** of the following courses: |  | 3 |
| ESS 5306  | Advanced Exercise Physiology |  |
| ESS 5310 | Cardiopulmonary Physiology |  |
| ESS 5311 | Applied Neuromuscular & Skeletal Muscle Physiology |  |
| **Sub-total** | 15 |

|  |  |  |
| --- | --- | --- |
| **Prefix and Number** | **Concentration**  | **SCH** |
| ESS 5344 | Science of Teaching in Health and Human Performance | 3 |
| ESS 5353 | Curriculum design, implementation and evaluation in diverse activity settings. | 3 |
| **Not seeking****teacher certification:** | **Prescribed Electives (Choose 5 courses from the following list).**  |  |
|  | **\*Exercise Science Emphasis\*** |  |
| ESS 5110 | Graduate Research Seminar(1 credit course; can be taken up to 3 times) | 1-3 |
| ESS 5305 | Advanced Fitness Assessment and Exercise Prescription | 3 |
| ESS 5306 | Advanced Exercise Physiology | 3 |
| ESS 5307 | Advanced Resistance Training | 3 |
| ESS 5308 | Physical Activity, Disease Prevention and Treatment | 3 |
| ESS 5310 | Cardiopulmonary Exercise Physiology | 3 |
| ESS 5311 | Applied Neuromuscular and Skeletal Muscle Physiology | 3 |
| ESS 5312 | Applied Exercise Metabolism | 3 |
| ESS 5322 | Inclusion and Diversity in Sport and Physical Activity | 3 |
| ESS 5327 | Application of Strength and Conditioning Principles | 3 |
| ESS 5347 | Independent Study in Exercise Science | 3 |
| ESS 5354 | Developmental Sports education: Youth Participants | 3 |
| ESS 5355 | Developmental Sports Education: High-Level Athletes and Coaching Effectiveness | 3 |
|  | **\*Recreation Emphasis\*** |  |
| REC 5330 | Applications of Management in Recreation Leisure Service Organizations | 3 |
| REC 5380  | Administering Leisure Delivery Systems | 3 |
| REC 5381 | Outdoor Program Leadership and Administration | 3 |
| REC 5340 | Social Science of Recreation & Leisure | 3 |
|  | **\*History and Philosophy Emphasis\*** |  |
| PHIL 5322 | Professional Ethics | 3 |
| PHIL 5326 | Philosophy of Sport | 3 |
|  | **\*Public Health Emphasis\*** |  |
| PH 5310 | History and Philosophy of Public Health Education and Promotion | 3 |
| PH 5320 | Foundations of Public Health | 3 |
| PH 5321 | Advanced Health Behavior Theory | 3 |
| **Sub-total** | 21 |
| **Total** | 36 |

**M.S. Exercise Science**

**Concentration in Physical Activity Literacy**

 **Teacher Certification**

|  |  |  |
| --- | --- | --- |
| **Prefix and Number** | **Required/Core Courses** | **SCH** |
| ESS 5346 | Research Methods in Health & Human Performance | 3 |
| ESS 5356 | Applied Statistics in Health & Human Performance | 3 |
| ESS 5304  | Motor Learning | 3 |
| ESS 5309 | Biomechanics | 3 |
| Choose **one** of the following courses: |  | 3 |
| ESS 5306  | Advanced Exercise Physiology |  |
| ESS 5310 | Cardiopulmonary Physiology |  |
| ESS 5311 | Applied Neuromuscular & Skeletal Muscle Physiology |  |
| **Sub-total** | 15 |

|  |  |  |
| --- | --- | --- |
| **Prefix and Number** | **Concentration**  | **SCH** |
| ESS 5344 | Science of Teaching in Health and Human Performance | 3 |
| ESS 5353 | Curriculum design, implementation and evaluation in diverse activity settings. | 3 |
| **Required courses for teacher certification:** |  |  |
| CI 5314 | Human Growth and Development | 3 |
| CI 5333 | The Secondary Curriculum | 3 |
| CI 5370 | Classroom Management Discipline, and Legal Issues | 3 |
| RDG 5324 | Teaching Reading in Middle and Secondary Schools | 3 |
| CI 5363 | Strategies for Improving Secondary Teaching | 3 |
| **Sub-total** | 21 |
| **Total** | 36 |