**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 |

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| **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**

|  |  |  |
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| ESS 5306 | Advanced Exercise Physiology |  |
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| **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 |