EXERCISE SCIENCE, M.S. - HUMAN PERFORMANCE

For further information: ExerciseScienceGrad@southernct.edu

Application Deadline

Complete files will begin to be reviewed on April 1/Nov 1 and considered until the cohort is full.

Admission Requirements for the M.S. Degree Program

• undergraduate quality point ratio of 3.0 or higher
• personal essay
• two letters of recommendation

(admission requirements should be mailed directly to: Southern Connecticut State University Office of Graduate Studies Application Processing Center. PO Box 8057 Portsmouth, NH 03802)

Master of Science Degree

The graduate program in exercise science serves students who have excelled in their undergraduate work and show an aptitude for advanced study which will further prepare them for their professional careers.

The degree options and the areas of specialization allow flexibility to meet the various needs of the applicant.

Human Performance

The Commission on Accreditation of Allied Health Education Programs (CAAHEP) granted Applied Exercise Physiology status in 2017. This concentration is designed to afford the student opportunity for advanced study in the exercise sciences which include: exercise physiology, strength and conditioning, sports medicine, biomechanics, nutrition of exercise and sport and adult fitness and cardiac rehabilitation. Graduates are prepared to accept leadership roles under the fitness umbrella known as sports medicine. The research/teaching laboratory is equipped to assess anaerobic power cardio-pulmonary fitness, autonomic physiology, body composition, isokinetic, muscle strength, balance and stability, EMG analysis, resting and exercise metabolism, sport psychological assessment, body mechanics and human gait analysis. Thirty credits of course work are offered on an annual rotating basis. Prerequisites: Equivalent of EXS 281 Anatomy & Physiology I; EXS 282 Anatomy & Physiology II; EXS 383 Biomechanics; EXS 384 Exercise Physiology.
Program Sequence - 30 Credits

As sequencing changes, it is highly recommended that students meet with their program advisor to finalize a list of requirements for graduation.

Program Prerequisites
HMS 281-281 Anatomy and Physiology I & II – 6 credits
HMS 383 – Biomechanics – 3 credits
HMS 384 – Exercise Physiology – 3 credits

Core (18 credits)
HMS 552 – Biomechanics – 3 credits
HMS 558 – Physiology of Exercise – 3 credits
HMS 565 – Physiological Basis and Application Principles of Designing Resistance Training Programs – 3 credits
HMS 571 – Methods and Procedures of Physical Fitness Testing – 3 credits
HMS 573 – Sports Medicine – 3 credits
HMS 583 – Physiology of Exercise II – 3 credits

Electives (3-6 credits)
HMS 553 – Psychology of Sport – 3 credits
HMS 570 – Human Fitness, Exercise, and Aging – 3 credits
HMS 574 – Adult Fitness and Cardiac Rehabilitation – 3 credits
HMS 576 – Heart Physiology – 3 credits

Research Requirement (3 credits)
HMS 554 - Research Techniques - 3 credits

Capstone (3-6 credits)
Thesis Track: HMS 590 Thesis Seminar- 3 credits and HMS 591 - Thesis Completion - 3 credits, or
Exam Track: HMS 600 Independent Study- 3 credits and Comprehensive Exam