EXERCISE AND SPORT SCIENCE, B.S. - SPORT SCIENCE-HUMAN PERFORMANCE
M.S. ACCELERATED PATHWAY

The program outline and graduation requirements are listed below. In addition, free electives are selected to reach 120 credits overall and a 3.0 cumulative GPA is required for graduation.

The department website provides an overview of the program, admission requirements (when applicable), faculty biographies, learning outcomes, and careers: https://www.southernct.edu/academics/hms/programs

GENERAL EDUCATION REQUIREMENTS

All bachelor’s degree programs include liberal education (LEP) and writing (W) course requirements. To review more detailed information regarding these requirements, please visit Degree Requirements >> General Education (LEP) Requirements. Courses in the major and/or cognate may also be used to satisfy LEP requirements where noted below (*).

MAJOR REQUIREMENTS (53 Credits)

Exercise and Sport Science Requirements (47 Credits)
HMS 160 - Introduction to Human Performance (C- or better)
HMS 204 - Field Experience in Group Exercise Instruction
HMS 281 - Human Anatomy & Physiology I (C- or better)
  or BIO 200 - Human Biology I (C- or better)
HMS 282 - Human Anatomy & Physiology II (C- or better)
  or BIO 201 - Human Biology II (C- or better)
HMS 283 - Functional Anatomy (C- or better)
HMS 301 - Exercise and Nutrition (C or better)
HMS 380 - Sport Psychology (C or better)
HMS 383 - Biomechanics (C or better)
HMS 384 - Exercise Psychology (C or better)
HMS 387 - Standard First Aid and Personal Safety
HMS 392 - Conditioning for Strength and Human Performance (C or better)
HMS 401 - Exercise for Special Populations (C or better)
HMS 421 - Organization and Administration in Human Performance (C or better)
HMS 455 - Conditioning for Strength and Human Performance II
HMS 485 - Measurement and Statistics in Exercise Science (C or better)
HMS 497 - Exercise and Sport Science Internship (T3)*

Accelerated Pathway Requirements (6 Credits)
HMS 554 - Research Methods ('C' or better)
HMS 552 - Biomechanics & Applied Kinesiology ('C' or better)

**COGNATE REQUIREMENTS (18 Credits)**

Select one (C- or better) (T2LE)*:
BIO 100 - General Zoology
BIO 120 - Microbiology

Select one (C- or better) (T1QR)*:
MAT 107 - Elementary Statistics
MAT 122 - Precalculus

PCH 200 - Introduction to Nutrition (C- or better)
PHY 103 - Physics and Technology for Healthcare Professionals (C- or better) (T1TF)*
PSY 100 - Introduction to Psychology (C- or better) (T2MB)*
PSY 228 - Personality