

MS Degree in Exercise Sciences

Effective Fall 2016 – Last Updated: May 2015 ❖ **Application Deadline: FEBRUARY 1**

This degree provides students with advanced training in the exercise sciences with the ability to focus on an emphasis such as athletic training, exercise physiology, or health promotion, if desired. Upon completing this degree, students will be *prepared* to assume leadership roles in clinical, research, and corporate programs. They will also be prepared to enter allied health and medical programs to successfully pursue further education at the doctoral level. Course work, research, and writing experiences in the major are designed to expand the student's appreciation of the scientific bases of the exercise sciences.

ADMISSION REQUIREMENTS

- A. Fulfill all requirements for admission to the BYU graduate school. (See the current University Catalog.)
- B. Graduate with a bachelor's degree in Exercise Sciences or a related field, including the *majority* of courses listed below or equivalents:
 1. EXSC 390 and PDBio 220 Adv Musculoskel Human Anat Human Anatomy
 2. PDBio 305 or PDBio 362 Essentials in Human Physiology Advanced Physiology
 3. EXSC 463/464 Exercise Physiology and Lab
 4. EXSC 362 Kinesiology/Biomechanics
 5. EXSC 387 Lifestyle and Chron Dis Prev
 6. EXSC 410 Stress Management
 7. EXSC 455 Worksite Health Promotion
 8. EXSC 480 Obesity and Weight Management
 9. PHSCS 105/106/107 College Physics
 10. MATH 110 College Algebra or higher
 11. CHEM 105/106/107 College Chemistry
 12. STAT 121 Principles of Statistics
- C. Athletic Training applicants – must be BOC certified or eligible to become certified.
- D. Have a minimum GPA of 3.2 for the last 60 semester hours of undergraduate academic work.
- E. Achieve satisfactory scores on the GRE – minimum 300 and a 4.0 on the analytic writing portion. GRE scores must be within 5 years.
- F. Submit a 1–2-page letter of intent which includes (*NOTE: Put "LETTER OF INTENT" at the top of your letter*):
 1. Your preparation and background for an MS degree in Exercise Sciences, including personal characteristics that may enhance success in graduate studies and your career.
 2. Reasons for applying to Brigham Young University.
 3. A brief explanation of your professional/career goals.
 4. An area of interest you wish to pursue in your studies.
 5. Research interests, including faculty advisors with whom you would like to do research. It is highly recommended that you **contact** potential advisors regarding their research.
 6. Explanations for any expected deviation from completing your degree within two years, or any specific circumstances or objectives you wish to have taken into consideration.

COURSE WORK

To qualify for a Master of Science degree, you must complete a minimum of 26 semester hours of credit, plus 6 hours of thesis, with a GPA of 3.0 (B or better) for a minimum total of 32 hours. At the discretion of your advisory committee, 3 credits hours of 400-level undergraduate course work may be included in the program of study. All course work must be approved by your advisory committee and the graduate coordinator. You will be required to remove any deficiencies or strengthen any weaknesses in your undergraduate preparation, writing ability, and computer literacy early in your program of study.

Exercise Sciences Skill Required Classes – 4 credit hrs

Take 1 of the following:

STAT 511 Statistical Methods for Research 1 (3)

EXSC 630 Research Methods (3)

and

EXSC 691 Seminar (1)

Thesis – 6 credit hrs

EXSC 699R Master's Thesis (6)

Exercise Sciences Core Required Classes – 10–12 credit hrs

Take 4 of the following 5 classes:

EXSC 663 Res Techniques in Biomechanics of Sport (2)

EXSC 666 Exercise Physiology (3)

EXSC 667 Laboratory Methods and Procedures (2)

EXSC 668 Orthopaedic Anatomy (4)

EXSC 671 Adv Lifestyle and Chron Disease Prevention (3)

Any required class (above) not taken may be used as an elective.

Electives – 12 credit hrs (minimum)

Select a minimum of 12 credit hours from the following:

EXSC 560 Orthopaedic Pathomechanics (2)

EXSC 625R Adv Topics in Physical Med & Rehab (2–8)

EXSC 629R Athletic Training Practicum (2)

EXSC 640 Physical Activity and Health (3)

EXSC 661 Advanced Worksite Wellness (3)

EXSC 662 Mechanical Analysis of Activities (2)

EXSC 669 Exercise, Testing, and Prescription (2)

EXSC 673 Adv Obesity and Weight Management (3)

EXSC 688R Graduate Internship (3)

EXSC 693R Graduate Seminar in Readings (1)

EXSC 766 Adv Exerc Phy Cardiopulmonary (3)

EXSC 769 Adv Exerc Phys: Skeletal Muscle (3)

PDBio 565 Endocrinology (3)

Other courses as approved by your advisory committee and the graduate coordinator (not including prerequisites or deficiencies).

TOTAL: 32–34 credit hours

Fall admittance is recommended for proper class sequencing