

EXERCISE AND SPORT SCIENCES - M.S.

Summary

Code	Title	Credits
	Concentration Major Requirements	16 to 19
	Thesis or Non Thesis	11 to 18
	Total Credits	30 or 34

Major Requirements

Code	Title	Credits
ESSG 61000	Research and Statistics in Exercise and Sport Sciences I	2
ESSG 61100	Research and Statistics in Exercise and Sport Sciences II	2
ESSG 64000	Seminar	0

¹ Taken for 0 credits in both Fall and Spring semesters of the first year

Human Performance Major Requirements

Code	Title	Credits
ESSG 51200	Theoretical Perspectives of Mental Performance in Sport and Exercise	3
ESSG 52000	Human Movement Biomechanics of Sport and Exercise	3
ESSG 54000	Physiological Mechanisms of Exercise	3
ESSG 54300	Tests and Measurement and Analytics in Sport and Exercise	3
ESSG 60500	The Development of Expertise in Sport and Exercise	3
	Total Credits	15

Human Performance Non-Thesis Option Requirements

Code	Title	Credits
ESSG 51900	Group Dynamics in Sport and Exercise	3
ESSG 53500	Special Populations and Exercise	3
ESSG 53800	Strength and Conditioning: Current Concepts and Applications	3
ESSG 62500	Applied Capstone in Exercise and Sport Science	3
ESSG XXXXX		3
	Total Credits	15

Human Performance Thesis Option Requirements

Code	Title	Credits
ESSG 62000	Thesis I	4
ESSG 62100	Thesis II	4
ESSG XXXXX		3
	Total Credits	11

Mental Performance Major Requirements

Code	Title	Credits
ESSG 51200	Theoretical Perspectives of Mental Performance in Sport and Exercise	3
ESSG 51300	Applications of Mental Performance in Sport and Exercise	3
ESSG 51400	Concepts and Theory of Supportive Relationships in Sport	3
ESSG 61400	Ethics & Professional Issues in Mental Performance and Coaching	3
	Total Credits	12

Mental Performance non-Thesis Option Requirements

Code	Title	Credits
ESSG 60200	Diversity in Sport and Exercise	3
ESSG XXXXX		15
	Total Credits	18

Mental Performance Thesis Option Requirements

Code	Title	Credits
ESSG 62000	Thesis I	4
ESSG 62100	Thesis II	4
ESSG XXXXX		6
	Total Credits	14