

# EXERCISE SCIENCE (MS)

## Master of Science

This program is offered in an Online format.

## Program Description

The Master of Science in Exercise Science (MSES) prepares candidates for mid- and high-level positions in a variety of fitness, sports, and health care settings working with diverse populations. The MSES core curriculum provides students with a strong foundation in the areas of exercise physiology, sports nutrition, sports psychology, research methods, and program organization and administration. Based on this foundation, students develop expertise in Clinical Exercise Physiology. Through additional course work students will be qualified to sit for the American College of Sports Medicine's (ACSM) Clinical Exercise Physiologist (CEP) exam.

## Admission Requirements

- Completed Graduate Application for Admission ([aurora.edu/auapply](http://www.aurora.edu/auapply) (<http://www.aurora.edu/auapply/>))
- Official transcripts for all prior college and/or university credit
- Complete a baccalaureate degree from a regionally accredited institution of higher learning with a major in exercise science, kinesiology, or related area with a 3.0/4.0 GPA. Those without the appropriate major must complete the prerequisite courses as listed below.
- Prerequisite required courses: Anatomy and Physiology and Exercise Physiology
- Bridge courses are available for those not meeting the above prerequisite courses
- Submit a current TB screen/test (within past 12 months). Cost incurred by student.
- Complete a criminal background check through the university. Cost incurred by student.

### Program Prerequisites:

- Anatomy and Physiology
- Exercise Physiology

### Bridge Courses (for those not meeting program prerequisites):

Code	Title	Credits
BIO-2650	Essentials of Anatomy and Physiology	4
EXS-3230	Physiology of Exercise	4

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## Program Requirements - MSES

The MSES degree requires 30 semester hours: 18 semester hours of required core courses plus the completion of either the sports performance or clinical exercise physiology specialization (12 semester hours).

### Program Prerequisites:

- Anatomy and Physiology
- Exercise Physiology

Code	Title	Credits
<b>Required Core Courses</b>		
EXS-6010	Research Methods in Exercise and Sport	3
EXS-6020	Nutrition for Sports Performance	3
EXS-6030	Applied Sports and Exercise Psychology	3
EXS-6040	Management in Exercise and Sport	3
EXS-6100	Advanced Exercise Physiology	3
EXS-6110	Advanced Exercise Physiology Lab	3
<b>Specializations</b>		
Select one of the following specializations:		12
<b>Sports Performance Specialization</b>		
EXS-6250	Advanced Methods of Strength and Conditioning	
EXS-6260	Program Evaluation and Analysis	
EXS-6270	Applied Biomechanical Principles	
EXS-6400	Exercise Physiology Graduate Internship	
<b>Clinical Exercise Physiology</b>		
EXS-6350	Advanced Exercise Assessment and Prescription	
EXS-6360	Advanced Cardiovascular Physiology and ECG Interpretation	
EXS-6370	Advanced Clinical Exercise Physiology	
EXS-6400	Exercise Physiology Graduate Internship	
<b>Total Credits</b>		<b>30</b>

## Graduate Degree Requirements

- When a student's academic performance does not meet minimum standards, the instructor should send an academic alert to the student.
- A student is placed on academic warning at the end of any semester when their cumulative or semester program/major GPA is less than 3.0.
- A student, placed on academic warning for a second time (not necessarily consecutive semesters) will be academically dismissed, for poor scholarship.
- A student, will be academically dismissed if their Term GPA is 0.00 in any given semester.
- A graduate student, who is dismissed from Aurora University for poor scholarship may apply for readmission after one full semester away (Spring, Summer, or Fall).
- To be considered for readmission, a new application for admission and a petition for readmission are both required to be filed no less than 30 days prior to the requested semester of return, with the Office of Admissions.
- The petition will be reviewed by an academic program committee, comprised of the academic program director/chair and two faculty designated by the Jurisdictional Academic Dean, to make a determination based on the academic standards of the program. The academic program committee may require an in person meeting with the student as deemed necessary.
- Should readmission be granted, the student will be readmitted on Academic Warning. Should the cumulative program GPA fall below

3.0 in a subsequent semester, the student will be dismissed from the university.

- i. A student who had already had their petition for readmission denied by the academic program may appeal the decision to the Jurisdictional Academic Dean over the program. The step must be completed in the form of a written request to the Academic Dean within one calendar week after the student has been informed of the program committee decision. The Academic Dean will appoint two faculty members to serve on an ad hoc committee working to review the student's appeal. The ad hoc appeal committee will review all relevant materials and meet with the student and others, as deemed necessary. The decision of this ad hoc appeal committee is final. The ad hoc appeal committee will then report back to the program and the University Registrar regarding the final decision and its reasoning.

## Learning Outcomes

Candidates will:

- a. Synthesize and critically analyze scientific literature in the field of exercise science and communicate clearly and concisely in both the written and oral forms.
- b. Select and administer the appropriate health-related and sport-specific assessments to evaluate individuals across diverse populations and health conditions.
- c. Create, implement and modify various programs and interventions to improve the overall health and wellbeing of various populations.
- d. Understand the role of various psychological variables (personality, motivation, stress) and their impact on exercise and sport performance.
- e. Evaluate the role of nutrition on the disease process, disease prevention, and exercise and sport performance.
- f. Demonstrate effective management practices and professional behavior that aligns with ethical standards in the field of exercise science.