

The Master of Science in Exercise Science (MS)

Lander University offers an online program leading to a Master of Science degree in Exercise Science. This degree equips professionals in physical education, sport, fitness, health and wellness, and healthcare to expand their understanding of the field of exercise science in one of three areas of concentration: Sport Performance & Rehabilitation, Clinical Exercise Physiology, or Health & Wellness.

The overall program has three student learning outcomes across all areas of emphases:

1. Students will apply scientific and theoretical concepts in the course sequence offered in the Program, deepening their understanding of the discipline of Exercise Science.
2. Students will demonstrate analytical thinking while interpreting, evaluating and reporting published research and design, conduct and analyze their own research study(ies).
3. Students will exhibit expertise in principles and techniques along with the current technologies/methods used in the assessment of physical fitness and health.

Admission

All applicants must have earned a baccalaureate degree from a regionally accredited college or university and submit official transcripts of all institutions attended to the Office of Admissions. Graduate students are required to have anatomy and physiology coursework at the undergraduate level prior to admission.

Admissions decisions are made using a holistic evaluation of the candidate's academic record and relevant work experience. GRE or MAT scores may be submitted for consideration but are not required. Applicants may receive up to nine hours of transfer academic credit for relevant previous graduate education.

Degree Requirements

1. Admission to the M.S. in Exercise Science.
2. Completion of 36 credit hours of graduate work. A student must complete an approved program of study and have no more than two courses with grades of "C" and have a GPA of 3.0 or above.
3. Master of Science degree must be completed within a period of six years. For degree completion, at least at least 27 of the total credit hours required for the degree must be earned through Lander University instruction.
4. Students must successfully complete a thesis or pass a comprehensive exam to be awarded the Master of Science degree.

Program of Study

The program of study leading to the Master of Science on Exercise Science degree consists of core courses (15 credit hours), courses in a selected concentration area (12 credit hours), and three elective courses (9 credit hours) for a total of 36 credit hours.

1. **Core Courses** (5 courses, 15 hours):

PEES 741 Advanced Research Methods & Design
PEES 726 Nutrition, Health & Disease
PEES 711 Advanced Exercise Physiology
PEES 762 Advanced Exercise/Fitness Assessment
PEES 700 Seminar in Exercise Science

2. **Concentration Courses** (4 courses, 12 hours) – Choose one concentration area from below:

Clinical Exercise Physiology

PEES 763 Exercise Prescription & Chronic Disease Management
PEES 764 Perspectives for Special Populations
PEES 712 Cardiovascular Physiology
PEES 765 Exercise Testing for Clinical Populations

Health & Wellness Concentration

PEES 730 Healthy Aging
PEES 731 Nutrition & Chronic Disease
PEES 732 Health Promotion Across Lifespan
PEES 733 Public Health & Physical Activity

Sport Performance & Rehabilitation

PEES 702 Advanced Methods in Strength & Conditioning

PEES 710 Applied Biomechanics

PEES 727 Nutrition & Human Performance

PEES 713 Rehabilitative Exercise

3. **Elective Courses** (3 of the following courses or Thesis Preparation I and II, 9 hours):

PEES 714 Exercise & Immune Function

PEES 728 Motor Learning

PEES 754 Sport Psychology

PEES 760 Business & Entrepreneurship in the Fitness Industry

or

PEES 798 Thesis Preparation I (3 hours)

PEES 799 Thesis Preparation II (6 hours)

4. **Additional Program Requirement:**

Passing Comprehensive Score Exam (non-thesis students)