

SOUTHERN CONNECTICUT STATE UNIVERSITY
PLANNED PROGRAM OF GRADUATE STUDY

MASTER OF SCIENCE
EXERCISE SCIENCE

Human Performance

Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

SS Number: _____

| PREREQUISITES (12 credits) | Credits | ELECTIVES (9-12 credits) | Credits | |
|--|---------|---|---------|----|
| EXS 281-282 Anatomy and Physiology I & II | 6 | EXS 552 Biomechanics | 3 | |
| EXS 383 Kinesiology | 3 | EXS 553 Psychology of Sport | 3 | |
| EXS 384 Physiology of Exercise | 3 | EXS 568 Motor Learning | 3 | |
| | | EXS 565 Physiological Basis of Strength & Conditioning | 3 | |
| RESEARCH COMPONENT (6-9 credits) | | EXS 570 Human Fitness, Exercise, and Aging | 3 | |
| EXS 554 Research Techniques | 3 | EXS 572 Adaptations to Endurance Training | 3 | |
| EXS 590 Thesis Seminar | 3 | EXS 574 Adult Fitness and Cardiac Rehabilitation | 3 | |
| EXS 591 Thesis Completion | 3 | EXS 576 Heart Physiology | 3 | |
| EXS 600 Independent Study | 3 | EXS 577 Youth in Sport | 3 | |
| | | EXS 578 Exercise Psychology | 3 | |
| CORE (12 credits) | | EXS 583 Physiology of Exercise II | 3 | |
| EXS 558 Physiology of Exercise | 3 | EXS 585 Bionutrition of Exercise and Sport | 3 | |
| EXS 571 Methods and Procedures of Physical Fitness Testing | 3 | | | |
| EXS 573 Sports Medicine | 3 | | | |
| EXS 553 Psychology of Sport or EXS 568 Motor Learning | 3 | | | |
| OTHER REQUIREMENTS/CONDITIONS: | | | | |
| | | TOTAL CREDITS IN PROGRAM | | 30 |
| | | <input type="checkbox"/> THESIS <input type="checkbox"/> COMPREHENSIVE EXAM | | |

Student: _____ Date: _____

Advisor: _____ Date: _____

Associate Dean or
 Dean of Graduate Studies: _____ Date: _____

Graduate Office Use Only
 Master's degree requirements must be completed by: