

**SOUTHERN CONNECTICUT STATE UNIVERSITY**  
**PLANNED PROGRAM OF GRADUATE STUDY**

**MASTER OF SCIENCE**  
**EXERCISE SCIENCE**  
**Strength & Conditioning**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 SS Number: \_\_\_\_\_

PREREQUISITES (6-9 credits)	Credits	CORE COURSES (18-21 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 558 Physiology of Exercise	3	
		EXS 565 Physiological Basis of Strength & Conditioning	3	
		EXS 574 Adult Fitness and Cardiac Rehabilitation	3	
		EXS 583 Physiology of Exercise II	3	
RESEARCH COMPONENT (6-9 credits)		EXS 585 Bionutrition of Exercise and Sport	3	
EXS 554 Research Techniques	3			
EXS 590 Thesis I: Proposal Development	3	ELECTIVES (0-3 credits)		
EXS 591 Thesis II: Thesis Completion	3	EXS 568 Motor Learning	3	
EXS 600 Independent Study	3	EXS 571 Methods & Procedures of Physical Fitness Testing	3	
		EXS 573 Sports Medicine	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: