



SOUTHERN CONNECTICUT STATE UNIVERSITY
 PLANNED PROGRAM OF GRADUATE STUDY

Banner I.D.: _____

**MASTER OF SCIENCE
 EXERCISE SCIENCE**

Human Performance

Name: _____
 Address: _____

 Home Phone: _____
 Work Phone: _____
 SS Number: _____

PREREQUISITES (12 credits)	Credits	ELECTIVES (3-6 credits)	Credits
EXS 281-282 Anatomy and Physiology I & II	6	EXS 553 Psychology of Sport	3
EXS 383 Kinesiology	3	EXS 570 Human Fitness, Exercise, and Aging	3
EXS 384 Physiology of Exercise	3	EXS 572 Adaptations to Endurance Training	3
		EXS 574 Adult Fitness and Cardiac Rehabilitation	3
RESEARCH COMPONENT (6-9 credits)		EXS 576 Heart Physiology	3
EXS 554 Research Techniques	3		
EXS 590 Thesis Seminar	3		
EXS 591 Thesis Completion	3		
EXS 600 Independent Study	3		
CORE (18 credits)			
EXS 552 Biomechanics or EXS 568 Motor Learning or EXS 585 Bionutrition of Exercise and Sport	3		
EXS 558 Physiology of Exercise	3		
EXS 565 Physiological Basis and Application Principles of Designing Resistance Training Programs	3		
EXS 571 Methods and Procedures of Physical Fitness Testing	3		
EXS 573 Sports Medicine	3		
EXS 583 Physiology of Exercise II	3		
			TOTAL CREDITS IN PROGRAM
			30
		<input type="checkbox"/> THESIS	<input type="checkbox"/> COMPREHENSIVE EXAM

OTHER REQUIREMENTS/CONDITIONS:

Student: _____ Date: _____

Advisor: _____ Date: _____

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

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