

MS Degree in Exercise Science with Exercise Physiology Specialization

Effective Fall 2008 – Last Updated May 2008

Application Deadline: FEBRUARY 1

This program provides students with advanced training in exercise physiology. Students are prepared to assume leadership roles in the broad field of professional exercise science (i.e., corporate fitness, personal training), to enter medical programs (i.e., to become a doctor, physical therapist, physician's assistant), or to successfully pursue further education at the doctoral level. Course work, research, and writing experiences in the major are designed to expand the student's appreciation of the scientific bases of exercise physiology.

ADMISSION REQUIREMENTS

- A. Fulfill all requirements for admission to the BYU graduate school. (See the current University Catalog.)
- B. Graduate with a Bachelor's degree in Physical Education, Exercise Sciences or a related field, including courses in
 1. Kinesiology/Biomechanics (EXSC 362)
 2. Exercise Physiology (EXSC 463, EXSC 464)
 3. Philosophical and Ethical Issues in Exercise Sciences (EXSC 302)
 4. Problems in Conditioning (EXSC 468)
 5. Functional Anatomy (EXSC 400)
 6. College Physics (Physics 105/107)
 7. College Algebra (Math 110)
 8. College Chemistry (Chem 105/106/107)
 9. Essentials in Human Physiology (PDBio 305) or Advanced Physiology (PDBio 362)
 10. Statistics (Stats 221)
- C. Have a minimum GPA of 3.0 for the last 60 semester hours of undergraduate academic work.
- D. Achieve satisfactory scores on the GRE.
- E. Submit a letter of intent which includes the following:

NOTE: Place "LETTER OF INTENT" at the top of your letter.

1. Your preparation and background for applying to the Exercise Physiology specialization.
2. The special emphasis which you hope to pursue in your program.
3. The basic reasons for your choice of career.
4. Special qualities and talents that would enhance success in your particular career.
5. Research interests, including faculty you would like to do research with.
6. Your professional goals.
7. Your particular reasons for applying to Brigham Young University.
8. The specific duration for accomplishing your graduate degree.
9. (Optional) Any specific circumstances or objectives you wish to have taken into consideration.

COURSE WORK

To qualify for a Master of Science degree, you must complete a minimum of 24 semester hours of credit, plus 6 hours of thesis, with a GPA of 3.0 (B or better). With the approval of the advisory committee and the graduate coordinator a limited number of 300 – 400 level courses may be included in the program of study. All course work must be approved by your advisory committee and graduate coordinator. Students who select a historical study for their thesis are required to take a course on historical research and writing.

During the first semester, each graduate student will enroll in EXSC 691—Graduate Seminar. A review will be made of your undergraduate preparation and competency in the areas of writing ability and computer use. You will be required to remove any deficiencies or weaknesses.

EXERCISE SCIENCE CORE - 12 credit hours:

EXSC 630	Research Methods (3)
EXSC 631	Research Design (2)
EXSC 691	Seminar (1)
EXSC 699R	Thesis (6)

REQUIRED CLASSES - EXERCISE PHYSIOLOGY SPECIALIZATION - 7 credit hours:

EXSC 666	Exercise Physiology (3)
EXSC 667	Laboratory Methods and Procedures (2)
EXSC 669	Exercise Testing and Prescription (2)

ELECTIVES - Select 11 credit hours from the following:

Chem 481	Biochemistry (3)
PDBio 565	Endocrinology (3)
EXSC 659	Theory of Motor Learning (2)
EXSC 662	Mechanical Analysis of Activities (2)
EXSC 663	Research Tech in Biomechanics of Sport (2)
EXSC 671	Advanced Lifestyle and Chronic Disease Prevention (3)
EXSC 673	Adv Obesity and Weight Management (3)
EXSC 693R	Graduate Seminar in Readings (1)
EXSC 766	Adv Exercise Phys – Cardiopulmonary (3)
EXSC 769	Adv Exercise Phys – Skeletal Muscle (3)

Other courses as approved by your advisory committee.

TOTAL: 30 credit hours
(not including prerequisites or deficiencies)

Summer or Fall admittance is recommended for proper class sequencing.