

Doctor of Philosophy, Exercise Science with Health Promotion Specialization
Department of Exercise Sciences

Application Deadline: FEBRUARY 1
Last Update: October 2006

- 60 Credits; Residence Requirement
- Comprehensive Exam and Dissertation required
- Research presentation or publication
- Teach professional courses

Students with this degree are qualified to assume positions of leadership within their profession. Most students become university or college faculty, while some work in research settings or direct large health promotion programs. Graduates understand the scientific bases of health promotion, have an in-depth understanding of the scientific literature, teach college courses, and do independent research.

ADMISSION REQUIREMENTS

- A. Fulfill requirements for BYU Graduate School admission
- B. Bachelor's or master's degree in Exercise Science or a related field with competencies in:
 1. Measurement and Evaluation/Elementary Statistics (EXSC 360 or STAT 221)
 2. Motor Learning (EXSC 361)
 3. Kinesiology/Biomechanics (EXSC 362)
 4. Physiology of Activity (EXSC 363)
 5. Problems in Conditioning (EXSC 468)
 6. Philosophical and Ethical Issues in Exercise Sciences (EXSC 302)
 7. Anatomy and Physiology (PDBIO 220, 362)
 8. College Chemistry (CHEM 105, 106)
 9. College Algebra (MATH 110)
 10. Research Methods (EXSC 630)
 11. Statistics (EXSC 631 or STAT 510, and STAT 511 and 512)
- C. GPA of 3.5 for last 60 semester hours of academic work.
- D. Satisfactory scores on the GRE (Graduate Record Examination).
- E. A letter of intent that includes:
 1. Preparation and background for the program
 2. Areas of interest and professional goals
 3. Reasons for career choice
 4. Special qualities and talents that enhance success
 5. Particular reasons for applying at BYU
 6. Statement of research interests
- F. Master's thesis or a publishable research manuscript.
Note: A student who has not completed a master's thesis is required to complete a publishable research manuscript before beginning work on a dissertation. These 4 hours are in addition to the 4 hours required (EXSC 797R, 4 hrs) and do not count toward the required 60 hours.

COURSE WORK

Minimum of 60 hours beyond bachelor's degree in addition to all prerequisites. No 100 through 400 level classes apply. All doctoral students are expected to be engaged in a continual program of research during their studies, either original or collaborative, and to present at a regional, national, or international conference or submit a manuscript to a refereed journal. This is in addition to the thesis (or manuscript described above in lieu of a thesis) and dissertation.

PhD students are also required to gain teaching experience by teaching or team-teaching appropriate courses in the undergraduate major or minor curriculum as approved by the department chair.

RESEARCH CORE (27–31 hours)

| | |
|-----------|--|
| EXSC 691 | Graduate Seminar (1) |
| EXSC 693R | Graduate Seminar Readings (2–6) |
| EXSC 751 | Doctoral Seminar: Professional and Scholarly Writing (1) |
| EXSC 753 | Doctoral Seminar: Research and Grantsmanship (1) |
| EXSC 797R | Individual Research and Study (4) |
| EXSC 799R | Dissertation (18) |

HEALTH PROMOTION SPECIALIZATION (16 hours)

| | |
|----------|--|
| EXSC 661 | Fitness/Wellness in the Workplace (3) |
| EXSC 666 | Exercise Physiology (3) |
| EXSC 667 | Exercise Physiology Laboratory Methods (2) |
| EXSC 669 | Exercise Testing and Prescription (2) |
| EXSC 671 | Health Risk Management (3) |
| EXSC 673 | Obesity and Weight Management (3) |

SUPPORTING AREAS Complete a minimum of 17 hours in supporting areas approved by your committee that add depth or breadth to your specialization. Following are suggested supporting areas:

Biomechanics/Advanced Exercise Physiology

| | |
|----------|--|
| EXSC 662 | Mechanical Analysis of Activities (2) |
| EXSC 663 | Research Techniques in Biomechanics of Sport (2) |
| EXSC 766 | Advanced Exercise Physiology—Cardiopulmonary (3) |
| EXSC 769 | Advanced Exercise Physiology—Skeletal Muscle (3) |

Health

| | |
|----------|--------------------------------------|
| HLTH 602 | Principles of Epidemiology (3) |
| HLTH 604 | Principles of Biostatistics (3) |
| HLTH 608 | Determinants of Health Behavior (3) |
| HLTH 612 | Program Planning and Evaluation (3) |
| HLTH 615 | Health Promotion Interventions 2 (3) |
| HLTH 668 | Health and Aging Process (2) |

Nutrition

| | |
|-----------|---------------------------------|
| NDFS 601 | Advanced Human Nutrition 1 (3) |
| NDFS 602 | Advanced Human Nutrition 2 (3) |
| NDFS 631R | Selected Topics in FSN (0.5–3) |
| NDFS 632 | Diet & Cancer (3) |
| NDFS 638 | Advanced Clinical Nutrition (4) |

Statistics

| | |
|----------|-----------------------------|
| STAT 522 | Theory of Linear Models (3) |
| STAT 525 | Statistical Inference (3) |
| STAT 531 | Experimental Design (3) |
| STAT 534 | Sampling (3) |

Teacher and Program Evaluation

| | |
|------------|-------------------------------|
| IP&T 661 | Evaluation in Education (3) |
| Other IP&T | courses numbered 560 or above |

Summary

| | |
|----------------------|-----------------|
| Research Core | 27 hours |
| Specialization | 16 hours |
| Electives/Supporting | <u>17 hours</u> |
| | 60 hours |