

**MS Degree in Exercise Sciences**Effective Winter 2024 – Last Updated: December 2023 ❖ **Application Deadline: FEBRUARY 1**

This degree provides students with advanced training in the exercise sciences with the ability to focus on an emphasis such as athletic training, exercise physiology, or health promotion, if desired. Upon completing this degree, students will be *prepared* to assume leadership roles in clinical, research, and corporate programs. They will also be prepared to enter allied health and medical programs 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 the exercise sciences.

Students are expected to contact potential faculty advisors within the Department of Exercise Sciences (<https://exsc.byu.edu/faculty-staff>) to discuss admission requirements and potential research interests.

**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 Exercise Sciences or a related field, including 8 of these 11 courses:
  1. Human Anatomy
  2. Human Physiology
  3. Exercise Physiology
  4. Biomechanics/Kinesiology
  5. College Chemistry
  6. College Physics
  7. College Algebra or higher
  8. Principles of Statistics
  9. Exercise Prescription
  10. Weight Management
  11. Disease Prevention
- C. Have a minimum GPA of 3.2 for the last 60 semester hours of undergraduate academic work.
- D. Submit a 1–2-page letter of intent which includes (*NOTE: Put "LETTER OF INTENT" at the top of your letter*):
  1. Your preparation and background for an MS degree in Exercise Sciences, including personal characteristics that may enhance success in graduate studies and your career.
  2. Reasons for applying to Brigham Young University (commitment to BYU and Exercise Sciences).
  3. A brief explanation of your professional/career goals.
  4. An area of interest you wish to pursue in your studies.
  5. Research interests, including faculty advisors with whom you would like to do research. It is highly recommended that you **contact** potential advisors regarding their research.
  6. Explanations for any expected deviation from completing your degree within two years, or any specific circumstances or objectives you wish to have taken into consideration.
- E. Letters of recommendation – one LOR must be from your 1<sup>st</sup> choice faculty mentor (but not all three faculty choices).

**COURSE WORK**

To qualify for a Master of Science degree, you must complete a minimum of 26 semester hours of credit, plus 6 hours of thesis, with a GPA of 3.0 (B or better) for a minimum total of 32 hours. At the discretion of your advisory committee, 3 credits hours of 400-level undergraduate course work may be included in the program of study. All course work must be approved by your advisory committee and the graduate coordinator. You will be required to remove any deficiencies or strengthen any weaknesses

in your undergraduate preparation, writing ability, and computer literacy early in your program of study.

**Exercise Sciences Required Classes – 4 credit hrs**

**Take at least 1 of the following:**

STAT 511 Statistical Methods for Research 1 (3)

EXSC 630 Research Methods (3)

**And take:**

EXSC 693R Graduate Seminar in Readings (1)

**Thesis – 6 credit hrs**

EXSC 699R Master's Thesis (6)

**Exercise Sciences Support Classes – 22 credit hrs (minimum)****Health Promotion**

EXSC 640 Physical Activity and Health (3)

EXSC 661 Advanced Worksite Wellness (3)

EXSC 671 Adv Lifestyle and Chron Disease Prevention (3)

EXSC 673 Adv Obesity and Weight Management (3)

EXSC 688R Graduate Internship (3)

**Physiology**

EXSC 501 Pathophysiology for AT (3)

EXSC 666 Exercise Physiology (3)

EXSC 667 Laboratory Methods and Procedures (2)

EXSC 766 Adv Exerc Phys: Cardiopulmonary (3)

EXSC 769 Adv Exerc Phys: Skeletal Muscle (3)

**Exercise Science**

EXSC 625R Adv Topics in Physical Med & Rehab (2–8)

- Clinical & Educational Admin (TC 011)

- Electrotherapy, US, & Diathermy (TC 013)

- Functional Testing & Exercise (TC 014)

- Joint Mobilization & Manual Therapy (TC 015)

- Neural Basis of Rehab (TC 016)

- Diagnostic Testing (TC 020)

- Mechanical Spinal Impair & Mobil (TC 023)

EXSC 662 Motion Analysis Techniques (2)

EXSC 663 Neuromechanical Signal Collection (2)

EXSC 664 Biomechanical Modeling (3)

EXSC 665 Computer Programming (3)

EXSC 668 Orthopaedic Anatomy (4)

Other graduate courses as approved by your advisory committee and the graduate coordinator (not including prerequisites or deficiencies).

**\*HLTH 611 is required if epidemiological data are being used.**

**TOTAL: 32–35\* credit hours**

*Fall admittance is recommended for proper class sequencing*