

M.A. PROGRAM OF STUDY SPORT & EXERCISE SCIENCE

The students' advisory committees determine course requirements for individual students, but the following courses typically appear on the plans of study.

Core Curriculum (36-39 hrs.) Courses are typically chosen from among the following:

PAES 714	Responses and Adaptations to Exercise	(4 hrs.)
PAES 685	Adult Exercise Program - Implementation	(3 hrs.)
PAES 660.01	Introductory labs in Exercise Physiology	(1 hr.)
PAES 726	Changing Physical Activity Behavior	(3 hrs.)
PAES 886	Colloquium in Exercise Science (taken each quarter)	(6-7 hrs.)
PAES 893.20	Advanced Individual Studies in Exercise Sciences	(4 hrs.)
PAES 889	Practicum	(7 hrs.)
HUM NTR 610	Advanced Human Nutrition	(5 hrs.)
or		
HUM NTR 705	Nutrition and Exercise	(3 hrs.)
Physiology 601	Organ System Physiology I	(5 hrs.)

Focus Areas

Clinical Exercise Science (36 hrs.)

PAES 660.02	Intermediate Laboratories in Exercise Physiology	(2 hrs.)
PAES 660.03	Advanced Laboratories in Exercise Physiology	(2 hrs.)
PAES 686	Exercise Training for Fitness and Cardiac Rehabilitation	(3 hrs.)
PAES 884.20	Internship in Sport and Exercise Science	(15 hrs.)
Physiology 602	Organic System Physiology II	(5 hrs.)
Electives		(9 hrs.)

Exercise Science (36 hrs.)

PAES 660.02	Intermediate Laboratories in Exercise Physiology	(2 hrs.)
PAES 660.03	Advanced Laboratories in Exercise Physiology	(2 hrs.)
PAES 867	Biochemical Methods for Assessment of Human Performance	(4 hrs.)
Biochem. 511	Introduction to Biological Chemistry	(5 hrs.)
Physiology 602	Organic System Physiology II	(5 hrs.)
Electives		(18 hrs.)

Health and Physical Activity Behavior (33 hrs.)

PAES 651	Health Program Planning	(5 hrs.)
PAES 652	Health Promotion in the Workspace	(3 hrs.)
PAES 704	Evaluation in Health Education	(3 hrs.)
PAES 884.20	Internship in Sport and Exercise Science	(15 hrs.)
Electives		(7 hrs.)

TOTAL CREDIT HOURS: 69-75