

LINDENWOOD

School of Health Sciences
Department of Exercise Science
Master of Science in Human Performance
Emphasis in Exercise Physiology

RESEARCH CORE (6 hours)

| Course Number | Course Name | Semester Offered | Semester Taken | Grade |
|----------------------|--------------------------|-------------------------|-----------------------|--------------|
| HP 54000 | Research Methods (3) | F | | |
| HP 54200 | Statistical Analysis (3) | S | | |

EXTENDED CORE (12 hours)

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|----------|--|-----------------------------------|--|--|
| HP 53500 | Advanced Exercise Testing and Prescription (3) | S | | |
| HP 57100 | Bioenergetics of Human Movement (3) | F | | |
| HP 57500 | Cardiovascular and Respiratory Exercise Physiology (3) | Every 3 rd semester | | |
| HP 58000 | Exercise Considerations for Aging and Metabolic Populations (3) | Every 3 rd semester | | |

INTERDISCIPLINARY EMPHASIS (6 hours)

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| HP 52100 | Exercise and Sports Nutrition (3) | S | | |
| HP 52500 | Performance Psychology (3) | F | | |

CULMINATING EXPERIENCE (3 – 6 hours)

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|---|--|-----|--|--|
| Non-Thesis Option: HP 54100 – Internship (3) or HP 55100 – Independent Study (3) | | F/S | | |
| Thesis Option: HP 65000 – Thesis (6) | | F/S | | |

ELECTIVES (3 – 6 hours)

(Non-thesis option: 6 credits; Thesis option: 3 credits)

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| HP 51000 | Advanced Strength Training (3) | S | | |
| HP 53000 | Orthopedic Injury Pathology and Exercise (3) | F | | |
| HP 53700 | Community Health (3) | F/S | | |
| HP 54100 | Internship (3) | F/S | | |
| HP 55100 | Independent Study (3) | F/S | | |
| HP 54300 | Biomechanics (3) | F/S | | |
| HP 58500 – 58599 | Special Topics | F/S | | |
| HP 51500 | Disability in Sport (3) | S | | |
| IGE 51400 | Psychosocial Aspects of Aging (3) | OLN Fall | | |
| IGE 51500 | Global Perspective and Issues in Aging (3) | OLN Fall | | |
| IGE 51600 | Physical Change and Aging Across the Lifespan (3) | OLN Fall | | |
| IGE 56000 | Community Org and Economics of Aging | OLN Win | | |
| IGE 56100 | Social Policy and Aging Service Provision to the Elderly, Grant Writing and Volunteer Services | OLN Win | | |
| SPMGT 57020 | Principles of Mgmt in Sport Administration | F MBA II | | |

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|-----------------------------|--------------------------|-----------------------|
| SPMGT 57040 | Sport Marketing | F MBA II SP MBA II |
| SPMGT 57050 | Sport Venue & Event Mgmt | F MBA II |
| SPMGT 57060 | Sport Law | F MBA I |
| MGMGT 56026 | Business Concepts | All terms |
| MGMGT 56056 | Leadership | All terms |
| MINIMUM TOTAL HOURS: | | 33 |

Program Prerequisites

Students are required to have earned a grad of “C” or better in statistics, anatomy and physiology I with lab, anatomy and physiology II with lab, exercise physiology with lab and exercise testing. Further, admission is competitive and past student performance has indicated those students who have introductory coursework in nutrition, exercise prescription, kinesiology and core sciences (biology, chemistry and physics) are better suited to handle the rigors of the program.