**Master of Science in Health Sciences**

***Fitness & Wellness Specialization***

The degree is 33 total credit hours. Students take 6 research core credits, 9 extended core credits, and 12 – 15 credits of approved content electives.

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|  **Research Core** | **Hour** |  |
| HS 54000 Research Methods (FA/SP) | 3 |  |
| HS 54200 Statistical Analysis (FA/SP)  | 3 |  |
| Research Core Total: 6 credit hours |  |

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| **Extended Core** | **Hour** |  |
| HS 53700 – Health & Well-being in Society (FA) | 3 |  |
| HS 53800 – Employee Wellness Programming /Worksite Wellness (SP) | 3 |  |
| HS 55000 – Human Physiology and Nutrition (FA) | 3 |  |
| Extended Core Total: 9 credit hours |  |  |

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| **Non-Thesis Route** | **Hour** |  |
| Elective #1 | 3 |  |
| Elective #2 | 3 |  |
| Elective #3 | 3 |  |
| Elective #4 | 3 |  |
| Elective #5 | 3 |  |
| HS 54100 – Internship (F/SP/SUM) orHS 55100 – Independent Study (F/SP/SUM) | 3 |  |
|  HS 58100 – Comprehensive Exams (F/SP) | 0 |  |

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| **Thesis Route\*** | **Hour** |  |
| HS 65001 – Thesis I | 3 |  |
| HS 65001 – Thesis II | 3 |  |
| Elective #1 | 3 |  |
| Elective #2 | 3 |  |
| Elective #3 | 3 |  |
| Elective #4 |  |  |
| \* = must be enrolled in Thesis credit until successful defense (HS 65002 Thesis Extension) |

Research Core: 6 hours

Extended Core: 9 hours

Culminating Experience: 3 – 6 hours

Electives: 12 – 15 hours

Total Credit Hours: 33 hours

Comprehensive Exam Requirement

Thesis: Satisfied via Written/Oral thesis proposal/defense

Non-Thesis: Written, four (4) questions, 90 min each. Three (3) core & extended core, one (1) elective. All core & extended core **MUST be COMPLETED** before enrolling in HS 58100.

**Fall 20XX**

HS 54000 Research Methods

HS 53700 Health & Well-being in Society

HS 55000 Human Physiology and Nutrition

**Spring 20XX**

HS 542 Statistics

HS 538 Employee Wellness & Programming

Elective #1

**Summer 20XX**

**Fall 20XX**

Elective #2

Elective #3

Elective #4 or Thesis I

**Spring 20XX**

Elective #5 or Thesis II

HS 54100/HS 55100

HS 58100