

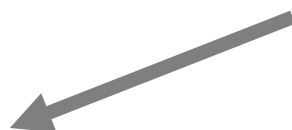
## Master of Science in Health Sciences *Fitness & Wellness Specialization*

The degree is 33 total credit hours. Students take 6 research core credits, 6 extended core credits, and 15 – 18 credits of approved content electives.

Research Core	Hour
HS 54000 Research Methods (F)	3
HS 54200 Statistical Analysis (SP) or IPC 54200 Statistical Analysis	3
Research Core Total: 6 credit hours	



Extended Core	Hour
HS 53700 Community Health	3
HS 53800 - Employee Wellness Programming /Worksite Wellness	3
Extended Core Total: 6 credit hours	



Approved Content Electives (see below)	Hour
Thesis Route: 15 credit hours	15
Non-Thesis Route: 18 credit hours	18

Culminating Experience	Hour
<i>Thesis Route:</i> Hs 65000 – Thesis (F/SP) – two semesters	6
<i>Non-Thesis Route:</i> HS 54100 – Internship (F/SP/SUM) or HS 55100 - Independent Study (F/SP/SUM) and HS 58100 – Comprehensive Exams (F/SP)	3
Extended Core Total: 3 - 6 credit hours	



**Suggested electives based on chosen specialty area:**

**Coaching: HS, PE/REC cross-listed**

**Fitness and Wellness Management: HS, MGMT, HRM, ENTR, NPA**

**Health Behavior Management: HS, EDU, IPC**

**Health Education: HS, EDU, IPC, PHS cross-listed**

**Therapeutic Recreation: HS, EDU, IPC**

**Sports and Recreation Administration: HS, SPMGT, NPA**

**Strength and Conditioning: HS, EXS cross-listed**

**Other: as approved by advisor**

<p>Research Core: 6 hours            Extended Core: 6 hours            Culminating Experience: 3 – 6 hours  <u>Electives: 15 – 18 hours</u>            Total Credit Hours: 33 hours</p> <p><u>Prerequisites:</u> Fitness/Nutrition Course, Anatomy &amp; Physiology Course, Exercise Physiology / Kinesiology course or Program Director approval</p> <p><u>Comprehensive Exam Requirement</u>            Thesis: Satisfied via Written/Oral thesis proposal/defense</p> <p>Non-Thesis: Written, 4 questions, 90 min each, Must take: HS 537 Community Health and HS 53800 – Employee Wellness Programming and two electives taught by faculty prepared to develop a suitable graduate comprehensive examination.</p>
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