

## Master of Science in Health Sciences Sport Science & Performance Specialization

The degree is 33 total credit hours. Students take 18 core credits (6 research core and 12 extended core), 3-6 culminating experience credits, and 9 – 12 hours of approved electives.

Research Core – 6hrs	Hour	
HS 54000 Research Methods (Sp)- hyflex/online	3	
HS 54200 Statistical Analysis (Fa)- hyflex/online	3	
Extended Core – 12 hrs	Hour	
HS 53500 – Advanced Exercise Testing & Prescription (Fa)- <b>IN PERSON</b>	3	
HS 57200 – Exercise Metabolism, Endocrinology & Biomarkers (Fa)- hyflex/online	3	
HS 57600 – Cardiorespiratory & Neuromuscular Exercise Physiology (Sp)-hyflex/online	3	
HS 57700 – Sport Nutrition & Body Composition (Sp)- hyflex/online	3	



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

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

Research Core: 6 hours

Extended Core: 12 hours

Culminating Experience: 3 – 6 hours

Electives: 9 – 12 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.

## Sample Program outline

### Fall 20XX

- HS 535 Adv Ex Testing
- HS 542 Stats
- HS 572 Ex Metab

### Spring 20XX

- HS 540 Research Methods
- HS 576 Cardio/Neuro Phys
- HS 577 Sport Nutrition

### Summer 20XX

### Fall 20XX

- Elective #1
- Elective #2
- Elective #4 or Thesis I

### Spring 20XX

- Elective #3
- HS 541 Internship or Thesis II
- HS 581 Comps (0 credit)