PHYSICAL ACTIVITY AND WELLNESS SCIENCE M.S.

All students must meet the Requirements for the Master’s Degree

OVERVIEW

The main objective of the Master’s degree in Physical Activity and Wellness Science is to offer students exposure to cutting-edge content in the dissemination, application, and delivery of physical activity and wellness programming. The science underlying the relationship between physical (in)activity and chronic disease will be examined and the subsequent impact at an individual level as well as the population. The program includes a cohesive set of courses that prepare the student to become a research-trained, physical activity practitioner in community, healthcare, and/or public health settings.

SPECIFIC REQUIREMENTS

Requirements for Admission to Graduate Studies for the Degree of Master of Science

• UVM Graduate Application Form
• Undergraduate degree from an accredited college or university
• Minimum overall GPA of 3.0
• Undergraduate transcripts
• Recommended coursework: Physiology (e.g. Human Physiology, Anatomy & Physiology, Exercise Physiology) and Statistics
• TOEFL scores (international students; minimum of 90)
• Statement of Career Interests
• Three letters of recommendation

Minimum Degree Requirements

UVM’s Master’s degree in Physical Activity and Wellness Science is a 30-credit, non-thesis graduate program that is designed to be completed in one academic year (2 semesters). The curriculum includes coursework in exercise assessment and prescription, physical activity epidemiology, research methods, exercise and energy balance, chronic disease and exercise, health and wellness promotion, and behavior change and theory.

A maximum of six (6) credits may be transferred into the program. Transfer credit may be completed prior to admission to the program provided that the credit is approved by the student’s graduate studies committee and that the credit conforms to all other Graduate College requirements.

Comprehensive Examination

Students must complete a comprehensive exam, integrating their knowledge of core course material in a written paper and/or oral format, by the end of their final semester in the program.