

EXERCISE SCIENCE M.S.

All students must meet the Requirements for the Master's Degree.

OVERVIEW

The Master of Science in Exercise Science is for future exercise professionals to acquire a defined scope of theoretical understanding and translational knowledge, skills, and abilities related to the science of exercise, health, and physical performance. Students are provided with a sound understanding of the theoretical underpinnings of human movement and exercise prescription. This knowledge base and skills are critical to address the growing need for evidence-based exercise applications in healthy aging, injury prevention and recovery, prevention and management of chronic disease, and optimizing human performance. With the option for two tracks, non-thesis and thesis, the curriculum has a set of core classes anchoring students in fundamentals of critical inquiry and statistics.

Students develop competencies in exercise science through four core courses. Additionally, students in the thesis track will develop strengths in understanding and using the research tools within exercise science. The program affords elective pathways that enable students to tailor their M.S. program to their individual academic and professional goals, including the option to earn their certificate in Health and Wellness Coaching with eligibility to sit for national board certification.

SPECIFIC REQUIREMENTS

Minimum Degree Requirements

There is a 30-credit requirement for students who choose the non-thesis Master's Degree in Exercise Science, and a 36-credit requirement for students who choose the thesis option.

Requirement Description		Credits
Required courses		6
NH 6899	Fundamentals Critical Inquiry	3
STAT 5020	Applied Statistics I	3
or PH 6030	Biostatistics I:App Rsch in PH	
or CTS 6200	Analyze Clin&Translational Res	
12 credits from the following choices:		12
EXSC 6045	Advanced Exercise Physiology	
EXSC 6010	Physical Activity and Health	
EXSC 6018	Advanced Biomechanics	
EXSC 6024	Sports Medicine and Performanc	
EXSC 6032	Adv Motor Control and Learning	
EXSC 6012	Metabolism, Chronic Conditions	
EXSC 6035	Lived Experience & Technology	

EXSC 6058	Research Methods in Exsc Sc	
Non-Thesis Students		
EXSC 6090	Capstone Experience (for non-thesis students)	3
9 credits of electives		9
Thesis Students		
EXSC 6995	Graduate Independent Research	6
EXSC 6391	Master's Thesis Research (for thesis students)	6
6 credits of electives		6

At least 6 credits must be course credits at the 6000-level or above. With the prior approval of their program and the Graduate College, students may apply one 3000- or 4000-level course toward their graduate program.

The program can be completed in 3 or 4 semesters (1.5-2 academic years, respectively).

A maximum of 9 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, course(s) content overlaps with program curriculum content, and the credit conforms to all other Graduate College requirements. Up to 6 additional credits taken at UVM prior to admission may also be transferred.

Comprehensive Examination

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

Requirements for Advancement to Candidacy for the Degree of Master of Science

Successful completion of all required courses and the comprehensive examination. Students who choose the thesis option are required to successfully defend a thesis proposal by the mid-point of their 3rd semester in the program.