

## PHYSICAL ACTIVITY AND WELLNESS SCIENCE M.S.

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

### OVERVIEW

The Master's program in Physical Activity and Wellness Science provides the competencies necessary to promote health and wellness, assist in reducing health risks, and improve quality of life for individuals and communities. The curriculum examines the science underlying the relationship between physical (in)activity and chronic disease and emphasizes health interventions based on scientific data and established behavioral and learning theories. The program offers a cohesive set of courses pertaining to the planning, development, evaluation and dissemination of evidence-based, physical activity and wellness programming that prepares the student to become a health educator and physical activity practitioner in communities, workplaces, 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: Research Methods
- TOEFL scores (international students; minimum of 90)
- Statement of Career Interests
- 3 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. At least 6 of the 30 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 1 or 2 academic years (2 or 4 semesters, respectively). The curriculum includes coursework in exercise programming, 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 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.

#### 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.

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

Successful completion of all required courses and the comprehensive examination.