

PHYSICAL ACTIVITY AND WELLNESS SCIENCE

<https://www.uvm.edu/cnhs/rms> (<https://www.uvm.edu/cnhs/rms/>)

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.

DEGREES

Physical Activity and Wellness Science M.S. (<http://catalogue.uvm.edu/graduate/physicalactivitywellness/physicalactivityandwellnessms/>)

FACULTY

Angelopoulos, Theodore J.; Professor, Department of Rehabilitation and Movement Science; PHD, University of Pittsburgh

Gell, Nancy M.; Assistant Professor, Department of Rehabilitation and Movement Science; PHD, Auburn University

Kasser, Susan; Professor, Department of Rehabilitation and Movement Science; PHD, Oregon State University

Tompkins, Connie L.; Associate Professor, Department of Rehabilitation and Movement Science; PHD, University of New Orleans

Tourville, Timothy; Assistant Professor, Department of Rehabilitation and Movement Science, PHD; University of Vermont

Courses

EXSC 302. EBP in Physical Activity. 3 Credits.

The course addresses the role of research in physical activity promotion and practice including utilization, dissemination and models of evidence-based practice. Refereed research and systematic reviews will be utilized to examine issues and consensus on aspects of measurement of-, factors influencing-, and promoting physical activity. Prerequisites: Undergraduate STAT course or Instructor permission.

EXSC 303. Phys Act & Chronic Dis Epidem. 3 Credits.

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.

EXSC 345. Exercise Assessment & Prescrip. 3 Credits.

Expand upon the clinical aspects of exercise physiology to evaluative and prescriptive aspects of exercise programming. Students will gain an understanding of how to evaluate testing results and prescribe safe and effective exercise programs using ACSM guidelines. Prerequisite: Master of Science in Physical Activity & Wellness Science Graduate student.

EXSC 350. Physical Activity and Disease. 3 Credits.

Empirically based exploration of the relationship between physical activity and chronic disease conditions such as obesity, cardiovascular disease, and type 2 diabetes. Prerequisite: RMS 220 or equivalent. Co-requisite: Physical Activity and Wellness Graduate student.

EXSC 354. Phys Act & Wellness Promotion. 3 Credits.

Examines leading theories of health behavior with emphasis on applying theoretical constructs in effective physical activity promotion. Multiple levels of influence on promoting behavior change, including policies, environments, social and personal factors, will be considered in light of contemporary challenges in health promotion. Prerequisite: MS in Physical Activity and Wellness Science student.

EXSC 360. Energy Balance. 3 Credits.

Empirically based exploration of human metabolism, energy balance, and weight management. An in-depth study of gold- standard and cutting- edge scientific literature regarding the impact of energy expenditure through physical activity and energy. Prerequisite: MS in Physical Activity and Wellness Science student.

EXSC 365. Activity in the Underserved. 3 Credits.

Emphasizes content areas related to access and accommodation in physical activity for individuals from underserved populations. Foci will include health promotion, physical activity barriers, and designing and modifying physical activity programs in schools, recreational programs, community settings, and sport. Prerequisite: Graduate student in Master's degree in Physical Activity and Wellness Science.

EXSC 368. Phys Act Prog Design and Mngmt. 3 Credits.

High-level review, application of designing, modifying, adapting individualized, evidence-based, exercise prescriptions. Emphasis on cardiorespiratory, muscular fitness. Students apply evidence-based knowledge related to development of comprehensive evidence based exercise programs. Co-requisite: Master of Science in Physical Activity & Wellness Science student.

EXSC 370. Phys Act: Communication & Eval. 3 Credits.

Focus on implementation of physical activity promotion which includes effective communication strategies, assessing methods of implementation, and evaluation of program outcomes. Prerequisite: Physical Activity and Wellness Science Master's student.

EXSC 390. Internship. 1-18 Credits.

On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion.

EXSC 392. Independent Study. 1-18 Credits.

A course which is tailored to fit the interests of a specific student, which occurs outside the traditional classroom/laboratory setting under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

EXSC 394. Independent Graduate Research. 1-18 Credits.

Graduate student work on individual or small team research projects under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

EXSC 396. Special Topics. 1-18 Credits.

See Schedule of Courses for specific titles.

EXSC 397. Teaching Assistantship. 1-3 Credits.

Student service as a teaching assistant, usually in an introductory level course in the discipline, for which credit is awarded. Offered at department discretion.