

Master of Science in Exercise and Sport Science

The Masters in Exercise and Sport Science program is a 30-credit hour program which offers two concentration options for degree completion. The Exercise Science concentration is for graduates interested in learning about human performance, disease prevention, and cardiac rehabilitation. The Physical Education, Sport, and Recreation concentration is for graduates interested in learning about contemporary curricula, teaching methods, and the management of programs and facilities in physical education, sport, and recreation.

Admission Requirements

Applicants can find University Graduate Admissions requirements here (<http://catalog.neiu.edu/admissions/graduate-students/>) in the Academic Catalog. Additional application information can be found on the Admissions website (<https://admissions.neiu.edu/admission-requirements/>).

Exercise Science Concentration

Code	Title	Hours
Required Courses		18
EXSC-403	Research Methods In Exercise Science, Physical Education, Sport, And Recreation Settings	3
EXSC-404	Exercise Testing And Prescription	3
EXSC-418	Current Topics In Exercise And Sport Science	3
EXSC-419	Psychology Of Exercise & Health Behaviors	3
EXSC-421	Motor Control And Learning	3
EXSC-422	Biomechanics	3

Code	Title	Hours
Elective Courses		12
EXSC-405	Applied Nutrition	
EXSC-416	Practices In Cardiac Rehabilitation	
EXSC-420	Prevention Of Chronic Disease Through Diet & Exercise	
EXSC-427	Adapted Physical Education, Recreation, And Sport Programs	
EXSC-430	Internship	
EXSC-431	Independent Study/Research	
EXSC-433	Rehabilitation And Performance Injuries	
EXSC-435	Theory & Methodology Of Coaching	
EXSC-442	Sports-Specific Exercise Training	
EXSC-444	Cellular Physiology Of Exercise	
EXSC-445	Cardiovascular & Respiratory Physiology Of Exercise	
EXSC-5901	Thesis Hours (Thesis Hours)	
EXSC-5902	Thesis Hours (Thesis Hours)	
EXSC-5903	Thesis Hours (Thesis Hours)	

or other courses as approved by the EXSC advisor.

Physical Education, Sport, and Recreation Concentration

Code	Title	Hours
Required Courses		6
EXSC-403	Research Methods In Exercise Science, Physical Education, Sport, And Recreation Settings	3
EXSC-418	Current Topics In Exercise And Sport Science	3
Elective Courses		24
PEMT-400	Adventure Education	
PEMT-410	Socio/Cultural Influences On Physical Activity, Sport, And Recreation	
PEMT-440	Contemporary Curricula In Physical Education	
PEMT-445	Contemporary Teaching Methods In Physical Education	
EXSC-404	Exercise Testing And Prescription	

EXSC-413	Development And Management Of Physical Education, Recreation, And Sport Programs
EXSC-419	Psychology Of Exercise & Health Behaviors
EXSC-421	Motor Control And Learning
EXSC-422	Biomechanics
EXSC-427	Adapted Physical Education, Recreation, And Sport Programs
EXSC-430	Internship
EXSC-431	Independent Study/Research
EXSC-433	Rehabilitation And Performance Injuries
EXSC-435	Theory & Methodology Of Coaching
EXSC-444	Cellular Physiology Of Exercise
EXSC-445	Cardiovascular & Respiratory Physiology Of Exercise
EXSC-442	Sports-Specific Exercise Training
EXSC-5901	Thesis Hours
EXSC-5902	Thesis Hours
EXSC-5903	Thesis Hours

or other courses as approved by the EXSC advisor.

Graduate Student Requirements:

In addition to program-specific requirements, all graduate students must abide by university graduate policies (<http://catalog.neiu.edu/graduate-studies-research/graduate-policies/>), which can be found in the Academic Catalog in the section of the College of Graduate Studies and Research.

Culminating Requirements for the Degree

In addition to satisfactorily completing the required concentration-specific coursework, students can select whether to complete coursework, an internship, a capstone project, or a thesis prior to earning the degree.

EXIT REQUIREMENTS

Successful completion of all program requirements.

This sample curricular map is provided to guide you in the planning of your progression for this major. This guide should not replace regular consultations with your program advisor. For specific recommendations of courses not identified, please consult your program advisor.

First Year

Term 1		Hours
EXSC-403	Research Methods In Exercise Science, Physical Education, Sport, And Recreation Settings	3
EXSC-404	Exercise Testing And Prescription	3
EXSC-418	Current Topics In Exercise And Sport Science	3
Term Hours		9
Term 2		
EXSC-445	Cardiovascular Respiratory Physiology Of Exercise	3
EXSC-444	Cellular Physiology Of Exercise	3
EXSC-419	Psychology Of Exercise Health Behaviors	3
Term Hours		9
Second Year		
Term 1		
EXSC-421	Motor Control And Learning	3
EXSC-422	Biomechanics	3
1 Elective Course		3
Term Hours		9

Term 2		
EXSC-430	Internship	3
EXSC 590 - Thesis Hours		
OR 2 Elective Courses		6
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	Term Hours	9
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	Total Hours:	36