

# MASTER OF SCIENCE IN HEALTH AND EXERCISE SCIENCE, PLAN A

## Requirements Effective Fall 2025

| Code                                 | Title                                                             | Credits   |
|--------------------------------------|-------------------------------------------------------------------|-----------|
| HES 510                              | Bioethics--Concepts and Controversies                             | 3         |
| HES 600                              | Research Design in Health/Exercise Science                        | 3         |
| Select 6 credits from the following: |                                                                   | 6         |
| HES 500                              | Environmental Exercise Physiology                                 |           |
| HES 602                              | Advanced Physiology of Exercise                                   |           |
| HES 608                              | Physical Activity Intervention Development                        |           |
| HES 610                              | Exercise Bioenergetics                                            |           |
| HES 619                              | Advanced Neural Control of Movement                               |           |
| HES 620                              | The Science of Healthspan                                         |           |
| HES 693                              | Seminar (1 credit seminar, min 2 semesters required) <sup>1</sup> | 2         |
| HES 793                              | Bioenergetics Seminar                                             | 1         |
| Statistics <sup>2</sup>              |                                                                   | 3         |
| Electives <sup>3</sup>               |                                                                   | 6         |
| HES 699                              | Thesis                                                            | 12        |
| <b>Program Total Credits:</b>        |                                                                   | <b>36</b> |

A minimum of 36 credits are required to complete this program.

<sup>1</sup> Seminar must be taken for a minimum of 2 credits (2 semesters) but can be taken more than twice.

<sup>2</sup> Select three credits of statistics with approval of advisor. Typical statistics credits taken by HES M.S. students include, but are not limited to, the following: STAR 511 and/or STAR 512.

<sup>3</sup> Select a minimum of 3, 500-level or above elective credits with prior approval of advisor to bring the program total to 36 credits. Typical elective credits taken by HES M.S. students include, but are not limited to, the following: BIOM 550; BIOM 750; BMS 545; FSHN 530; FSHN 551; NB 505.