

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

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The Master of Science in Health and Exercise Science, Plan A, offers students a health-oriented, science-based curriculum and research experience. The program is a scientifically rigorous, research focused program that prepares students for further education and/or careers in health and exercise science related fields. The program is structured to prepare students for further education that includes doctoral study, physical and occupational therapy, and medicine (e.g., physicians/physician assistant and nursing). Graduates are represented by careers in health-related research and development, and medical and allied health professions.

[Learn more about the Master's in Health and Exercise Science on the Department of Health and Exercise Science website.](#)

[Students interested in graduate work should refer to the Graduate and Professional Bulletin \(https://catalog.colostate.edu/general-catalog/graduate-bulletin/\).](https://catalog.colostate.edu/general-catalog/graduate-bulletin/)

## Learning Objectives

Upon successful completion of the program, students will be able to:

1. Demonstrate practical knowledge and critical thinking skills within the research laboratory and the classroom (leadership, administrative, teaching/communication, and professional attitude).
2. Complete the steps involved in conducting scientific inquiry (e.g., problem identification, hypothesis development, experimental design, data analysis, dissemination, etc.) and demonstrate the ability to complete novel scientific experiments.
3. Appraise the ethical issues related to conducting research, best scientific practices and standards for rigor and reproducibility, and apply these in their thesis.
4. Disseminate knowledge effectively through written and verbal communication.