Master of Science

Exercise Science (MS)

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The Master of Science in Exercise Science is designed for the student who desires to pursue advanced study in the science of exercise. The coursework will help strengthen the background of those individuals already involved in conducting fitness programs for various age groups or to prepare individuals for careers in other health-related fields that utilize exercise as a preventative medicine.

Admission

Admission and Entrance Requirements

Applicants for the M.S. in Exercise Science are required to submit credentials for consideration through the Office of Graduate Admissions at Old Dominion University. Students applying for admission with regular status must have:

- A completed online application via www.odu.edu/admission/graduate (http://www.odu.edu/admission/graduate/)
- A baccalaureate degree from a regionally-accredited institution or an equivalent degree from a foreign institution
- 2.8 cumulative GPA or higher (on a 4.0 scale) *
- 3.0 GPA or higher in the undergraduate major *
- A combined GRE score of 291 or higher (verbal and quantitative sections) *
- Personal essay (no more than two pages) addressing motivations to apply to program, career interests, and ability to complete graduate level work
- Three letters of recommendation (from former professors or employers)
- Current copy of résumé
- Transcripts from all prior postsecondary institutions
- Test of English as a Foreign Language (TOEFL) score of 550 on the paper-based test (or 79-80 on the iBT) for non-native English speakers

* Students who have a low GPA or a low GRE score may be considered for admission with provisional status.

* The program admissions committee will consider GRE waiver requests for high potential candidates by considering application elements that demonstrate the ability to take on the rigor of graduate level studies. A request for a waiver does not guarantee that a waiver will be granted.

Prerequisites include anatomy and physiology, one semester of exercise physiology, one semester of physics, and one semester of biomechanics.

Curriculum

Exercise Science Core		**12**
EXSC 630	Exercise Physiology	
EXSC 642	Clinical Exercise Testing and Prescription	
EXSC 661	Nutrition for Sports and Health	
EXSC 727	Advanced Biomechanics	
Research Core		**3**
EXSC 612	Applied Research Methods in Exercise and Health Science *	
Concentrations		
Select one of the following:		15
Thesis Concentration		
FOUN 722	Introduction to Applied Statistics and Data Analysis **	
EXSC 698	Thesis Research in Exercise Science	
EXSC 699	Thesis in Exercise Science	
Restricted Electives		
Internship Concentration		
EXSC 668	Internship in Exercise Science	
Restricted Electives		
Research Problem Concentration		
EXSC 636	Research Problems in Exercise Science	
FOUN 722	Introduction to Applied Statistics and Data Analysis	
Restricted Electives		
Restricted Electives		
6-9 hours with advisor approval. Some options listed below:		
BIOL 523	Cellular and Molecular Biology	
BIOL 524	Comparative Animal Physiology	
BIOL 590	Advanced Human Physiology	
EXSC 521	Strength and Conditioning Applications	
EXSC 528	Exercise Prescription for Chronic Disease	
EXSC 531	Wellness Programming and Administration	
EXSC 697	Independent Study in Exercise Science	
EXSC 740	Ergogenic Aids in Sport and Human Performance	
HLSC 585	Health Informatics	
HSR 776	Global Health	
HSR 802	Health Management	
HSR 811	Quantitative Research Methods in Health Care	
KRS 820	MATLAB Programming for Kinesiology and Rehabilitation	
KRS 851	Motor Performance: Rhythmic/Cyclic Tasks	
KRS 855	Neurosciences of Motor Control	
PSYC 651	Developmental Psychology	
PSYC 731	Human Cognition	
PUBH 525	Health Aspects of Aging	
PUBH 550	Public and Community Health Administration	
Total Credit Hours		**30**

* EXSC 612 is required in all tracks.

** FOUN 722 is required for the Thesis Track and the Research Problem Track.

Additional Requirements

Continuance and Exit Requirements

Students must meet all requirements for continuance as outlined in the graduate continuance policy for the University. Students completing the program must:

- Have an overall grade point average of 3.0 or higher
- Have a grade point average of 3.0 or higher in the major
- Demonstrate writing proficiency
- Satisfy all course competencies
- Complete an internship, research problem, or thesis
- If completing an internship or research problem, must also pass a comprehensive examination
- Have an exit interview with the program director
- File the necessary paperwork for graduation