

**Bachelor of Science, Exercise Science/Master of Science, Sports Science with Concentration in Exercise Physiology  
Accelerated Program**

**ADMISSION PROCEDURES**

**Sophomore/Junior Year:**

1. Confer with Undergraduate Program Director to discuss your interest in the accelerated program (including the planned program of study) and to review and sign off on all required admission forms, including the Accelerated Application and Accelerated Program Waiver/Substitution Form. Contact Sr. Assistant Dean Nicolle Tumminelli ([Nicolle.T.Tumminelli@hofstra.edu](mailto:Nicolle.T.Tumminelli@hofstra.edu)) for appropriate forms.
2. Once completed, submit all materials, including the abovementioned forms and all admission materials required by the graduate program director, to Sr. Assistant Dean Tumminelli. Additional admission requirements are:
  - a. Undergraduate grade point average of 2.75. Students with less than a 2.75 undergraduate grade point average may be admitted with additional requirements upon the recommendation of the program adviser. The probationary period will consist of no less than 12 semester hours during which the student will be required to maintain a minimum grade point average of 3.0. The additional requirements may include the GRE and other additional remedial course work. This will be established at the time of the interview.
  - b. Two letters of recommendation addressing the applicant's potential to succeed in the MS in Sports Science program and future careers within the strength and conditioning and exercise physiology fields.
  - c. A brief statement indicating the applicant's interest in the program and describing professional intent.
  - d. An interview with the graduate program director or departmental adviser.
3. You will be contacted for an interview by the Graduate Program Director.
4. If accepted, you will then receive a letter confirming your acceptance to the accelerated program from the Graduate Program Director.

**Senior Year:**

Once you successfully complete your senior year courses and your undergraduate program of study, you will receive an official acceptance letter from Graduate Admissions.

## ACCELERATED DEGREE PROGRAM REQUIREMENTS

- Students must satisfactorily complete all Hofstra University requirements for the degree of **Bachelor of Science, Exercise Science** including at least 63 s.h. in liberal arts course and a minimum 2.75 GPA. Please refer to the program's degree requirements as listed in the online University bulletin ([bulletin.hofstra.edu](http://bulletin.hofstra.edu)).
- Students must satisfactorily complete all Hofstra University requirements for the **Master of Science in Sports Science with a concentration in Exercise Physiology** with a minimum 3.0 GPA. Please refer to the program's degree requirements as listed in the online University bulletin ([bulletin.hofstra.edu](http://bulletin.hofstra.edu)).

### SAMPLE PLAN OF STUDY IN THE ACCELERATED PROGRAM:

Term: Fall Year One			Term: Spring Year One		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
WSC 001: Composition	3	<b>3</b>	WSC 002: Composition	3	<b>3</b>
RHET 001: Oral Communication (CP)	3	<b>3</b>	PSY 001: Introduction to Psychology	4	<b>4</b>
HPR 010: First Aid and Safety or HPR 011: Emergency Response for Healthcare Professionals	3		HPR 161: Care and Prevention of Athletic Injury	3	
Humanities Elective* (Select with advisement.)	3	<b>3</b>	SOC Elective (Select with advisement.)	3	<b>3</b>
Liberal Arts Elective (Select with advisement.)	3	<b>3</b>	HPR 062: Personal and Community Health	3	
<b>Term credit total</b>	<b>15</b>	<b>12</b>	<b>Term credit total</b>	<b>16</b>	<b>10</b>

<b>Term: Fall Year Two</b>			<b>Term: Spring Year Two</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
HSCI 103 Anatomy and Physiology I	4	<b>4</b>	HSCI 105: Anatomy and Physiology II	4	<b>4</b>
HPR 106: Structural and Mechanical Kinesiology	3		HPR 172: Functional Human Anatomy for Injury Assessment	3	
PSY 054: Adolescent Psychology OR PSY 063: Psychology of Aging OR PSY 153: Child Development (Select with advisement.)	3	<b>3</b>	PESP 25: Fitness for Life	2	
Liberal Arts Elective (Select with advisement.)	3	<b>3</b>	HPR 070: Epidemiology	3	
Liberal Arts Elective (Select with advisement.)	3	<b>3</b>	Liberal Arts Elective (Select with advisement.)	3	<b>3</b>
			Liberal Arts Elective (Select with advisement.)	1	<b>1</b>
<b>Term credit total</b>	<b>17</b>	<b>13</b>	<b>Term credit total</b>	<b>16</b>	<b>8</b>

<b>Term: Fall Year Three</b>			<b>Term: Spring Year Three</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
HSCI 106: Physiology- Exercise	3	<b>3</b>	HPR 194: Assessment of Physical Fitness	3	
HSCI 106 Lab: Physiology- Lab			HPR 198: Implementing Fitness Programs	3	
Liberal Arts Elective (Select with advisement.)	3	<b>3</b>	Business Elective (Select with advisement.)	3	
BIO 100: Statistics PSY 040: Statistics OR SOC 180: Statistics Math 008: Elementary Statistics (3 credit option) OR CSC 005: Overview of Computer Science (3 credit option)	3-4	<b>3</b>	PESP 38B: Weight Training (1 cr.) OR HPR 193: Resistance Training Techniques and Progressions (2 cr.)	1-2	
Natural Science Elective (Select with advisement.)	3-4	<b>3-4</b>	HPR 117: Health Counseling Issues	3	
Liberal Arts Elective (Select with advisement.)	3	<b>3</b>	PSY 089: Health Psychology and Behavioral Medicine	3	<b>3</b>
Liberal Arts – 2 credits <b>If Necessary</b> (Select with advisement.)	<b>2</b>	<b>2</b>			
<b>Term credit total</b>	<b>17</b>	<b>17</b>	<b>Term credit total</b>	<b>16-17</b>	<b>3</b>

