# 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) 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).
- 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).

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

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

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

Term: Fall Year Three			Term: Spring Year Three			
Course Number & Title	Cr.	LA	Course Number & Title	Cr.	LA	
HSCI 106: Physiology- Exercise	3	3	HPR 194: Assessment of Physical Fitness	3		
HSCI 106 Lab: Physiology- Lab			HPR 198: Implementing Fitness Programs	3		
Liberal Arts Elective	3	3	Business Elective	3		
(Select with advisement.)			(Select with advisement.)			
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	3	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	3-4	HPR 117: Health Counseling Issues	3		
Liberal Arts Elective	3	3	PSY 089: Health Psychology and Behavioral	3	3	
(Select with advisement.)			Medicine			
Liberal Arts – 2 credits	2	2				
If Necessary (Select with advisement.)						
Term credit total	17	17	Term credit total	16-17	3	

Term: Fall Year Four			Term: Spring Year Four			
Course Number & Title	Cr.	LA	Course Number & Title	Cr.	LA	
HPR 197: Applied Exercise Physiology: Evaluation	3		HPR 149A: Internship in Exercise and Wellness	3		
Techniques						
HPR 199: Practicum: Student Fitness Trainer	3		Business Elective	3		
			(Select with advisement.)			
HPR 181: Fitness Programming for Special	3		HPR 191: Sports Nutrition	3		
Populations			OR HPR 114: Applied Nutrition, Diet, and Exercise			
HPR 275: Retrieval and Review of Professional	3		HPR 069: Stress Management	1		
Literature in Physical Education, Exercise and Sport						
HPR 292: Strength and Conditioning Techniques	3		HPR 280: Internship in Sports Science	3		
			HPR 290: Scientific Foundations of Strength and	3		
			Conditioning			
Term credit total	15	0	Term credit total	16		

Term: Fall Year Five			Term: Spring Year Five			
Course Number & Title	Cr.	LA	Course Number & Title	Cr.	LA	
RES 258: Understanding Research Methodology	3		HPR 239: Skeletal Muscle Physiology	3		
HPR 241: Exercise Prescription for Special	3		HPR 240: Advanced Lab Techniques and Assessment	3		
Populations						
Elective	3		Elective	3		
(Select with advisement.)			(Select with advisement.)			
HPR 277: Capstone Project	1		Elective	3		
OR WSC 232: Advanced Scientific Writing			(Select with advisement.)			
Term credit total	10		Term credit total	12		

Program Totals: Total Credits: 150 Liberal Arts Credits: 63