

Bachelor of Science, Exercise Science/Master of Science, Sports Science with Concentration in Strength and Conditioning 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 Strength and Conditioning** 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		
<i>Course Number & Title</i>	Cr.	LA	<i>Course Number & Title</i>	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 or HPR 011: Emergency Response for Healthcare Professionals	3		HPR 161: Care and Prevention of Athletic Injury	3	
Humanities Elective* (Select with advisement.)	3	3	SOC Elective (Select with advisement.)	3	3
Liberal Arts Elective (Select with advisement.)	3	3	HPR 062: Personal and Community Health	3	
Term credit total	15	12	Term credit total	16	10

Term: Fall Year Two			Term: Spring Year Two		
<i>Course Number & Title</i>	Cr.	LA	<i>Course Number & Title</i>	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 Assessment	3	
PSY 054: Adolescent Psychology OR PSY 063: Psychology of Aging OR PSY 153: Child Development (Select with advisement.)	3	3	PESP 25: Fitness for Life	2	
Liberal Arts Elective (Select with advisement.)	3	3	HPR 070: Epidemiology	3	
Liberal Arts Elective (Select with advisement.)	3	3	Liberal Arts Elective (Select with advisement.)	3	3
			Liberal Arts Elective (Select with advisement.)	1	1
Term credit total	17	13	Term credit total	16	8

Term: Fall Year Three			Term: Spring Year Three		
<i>Course Number & Title</i>	Cr.	LA	<i>Course Number & Title</i>	Cr.	LA
HSCI 106: Physiology- Exercise	3	3	HPR 194: Assessment of Physical Fitness	3	
HSCI 106 Lab: Physiology- Lab	0		HPR 198: Implementing Fitness Programs	3	
Liberal Arts Elective (Select with advisement.)	3	3	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	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 (Select with advisement.)	3	3	PSY 089: Health Psychology and Behavioral Medicine	3	3
Liberal Arts – 2 credits If Necessary (Select with advisement.)	2	2			
Term credit total	17	17	Term credit total	16-17	3

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

Term: Fall Year Five			Term: Spring Year Five		
<i>Course Number & Title</i>	Cr.	LA	<i>Course Number & Title</i>	Cr.	LA
RES 258: Understanding Research Methodology	3		HPR 237: Measurement and Evaluation in Sports Science	3	
Elective (Select with advisement.)	3		HPR 293: Strength and Conditioning Program Development	3	
Elective (Select with advisement.)	3		Elective (Select with advisement.)	3	
HPR 277: Capstone Project OR WSC 232: Advanced Scientific Writing	1				
Term credit total	10		Term credit total	9	

Program Totals: Total Credits: **146-147** Liberal Arts Credits: **63**