Concentrations

The program consists of two concentration options:

- The **Strength and Conditioning concentration** (31 semester hours) is designed to prepare students to work with athletes as strength and conditioning coaches in college, professional, private, and secondary school settings. Students develop the skills necessary to design and implement population-specific training programs that enhance athletic performance and reduce injury risk. The foundation of course work is in areas of biomechanics, exercise physiology, performance testing, periodization, program design, and sport nutrition. In addition, all students have opportunities to complete various fieldwork experiences.

- The **Exercise Physiology concentration** (34 semester hours) is designed to prepare students to work as exercise instructors (for healthy, athletic, and special populations) or cardiopulmonary rehabilitation professionals, or within management in the health, medical, and fitness industries. Students study the acute and chronic physiological responses to and adaptations resulting from physical activity. The foundation of course work is in areas of exercise physiology, skeletal muscle physiology, laboratory techniques, exercise prescription for special populations, and exercise techniques.

For additional information, please contact:

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Mission

The mission of the Master of Science in Sports Science program is to prepare scholarly and innovative leaders in sports, physical activity, and recreation. With a focus on research and theoretical development, the program provides students with the means and understandings necessary to effectively lead physical activity programs in school and non-school settings.