

Master of Science in Exercise Science

Department of Exercise Science and Sport Studies
State University of New York
College at Cortland

The M.S. in Exercise Science degree program at SUNY Cortland provides students with an in-depth study of the scientific aspects of exercise and sport. This program prepares individuals for careers in exercise and sport research and in the fitness, wellness, and associated industries. The program also prepares students for further graduate study in the sub-disciplines of exercise science (biomechanics, exercise physiology, and motor control) and in the allied health professions (medicine, nursing, physical therapy, physician's assistant, etc.). The program requirements include: completion of 15 credit hours of core courses including one course in each of the science-based sub-disciplines of exercise science (biomechanics, exercise physiology, and motor control), one course in research methods, and one course in statistics; 9 credit hours of electives from an approved list of courses; and a 6 credit hour thesis as the final integrative experience for the degree. The flexible structure of the program allows a student to enter the program at the beginning of any semester. The 30 credit hour program is designed as a two year program.

The Department of Exercise Science and Sport Studies faculty includes at least two full-time faculty members in each of the three sub-disciplines of exercise science – biomechanics, exercise physiology, and motor behavior. The department has well equipped laboratories in each of these sub-disciplines. The biomechanics laboratory recently moved to a larger space renovated specifically for use as a biomechanics laboratory.

Individuals interested in applying to this program should contact:

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The admission requirements, degree requirements, and curriculum for the M.S. in Exercise Science degree program at SUNY Cortland are shown on the reverse side.

MASTER OF SCIENCE IN EXERCISE SCIENCE

Department of Exercise Science and Sport Studies
SUNY College at Cortland

ADMISSION REQUIREMENTS

1. Completed Admissions Application for Graduate Studies.
(available from the Graduate Studies Office, Brockway Hall, Room 122) and payment of the application fee submitted to the Graduate Studies Office.
2. A baccalaureate degree from an accredited university or college. Graduates of colleges other than SUNY Cortland must submit official transcripts of all undergraduate and post-baccalaureate work to the Graduate Studies Office. Transcripts from SUNY Cortland can be secured directly from the Registrar's Office.
3. A minimum overall undergraduate grade point average of 3.0 on a 4.0 scale..
4. A score of 1000 or greater on the combined verbal and quantitative parts of the Graduate Record Examination (GRE) with a minimum score of 400 on each part.
5. Two letters of recommendation.
6. A statement describing the applicant's professional and educational goals (250 words or less).
7. Qualified applicants without strong preparation in the basic sciences and human movement science may be provisionally accepted into the program. These students will be required to complete specific undergraduate courses within one year of their matriculation.

Exceptional applicants who do not meet all of the above requirements will be considered on an individual basis.

DEGREE REQUIREMENTS

Requirements for the Master of Science in Exercise Science include the general requirements required for all master's degrees at SUNY Cortland as well as the following specific program requirements:

1. Satisfactory completion of the 15 credits of core coursework.
2. Satisfactory completion of 9 credits of elective coursework.
3. Satisfactory completion and defense of a thesis, for which 6 credits are awarded.

CURRICULUM

1. Core courses

15 credit hours

- MOTOR CONTROL/MOTOR BEHAVIOR (select one of the following courses) 3
 - EXS 546 Behavior in Sport
 - EXS 649 Motor Learning
- EXERCISE PHYSIOLOGY 3
 - EXS 555 Physiology of Exercise II
- BIOMECHANICS 3
 - EXS 587 Advanced Biomechanics
- RESEARCH METHODS 3
 - PED 611 Research in Physical Education and Recreation
- STATISTICS (select one of the following courses) 3
 - MAT 558 Mathematical Statistics
 - MAT 610 Statistical Tools
 - PSY 508 Interpretation of Advanced Statistical Techniques

2. Elective courses (choose from the list below)

9 credit hours

- EXS 535 Neuromuscular Fitness Assessment and Programming 3
- EXS 538 Cardiovascular Fitness Assessment and Programming 3
- EXS 546 Behavior in Sport 3
- EXS 558 Physiological Principles of Conditioning for Sports 3
- EXS 565 Perceptual Motor Development 3
- EXS 575 Nutritional Aspects of Physical Fitness and Athletic Performance 3
- EXS 602 Research Project (approved by advisor) 3
- Other graduate courses as approved by the advisor

3. Thesis

6 credit hours

- EXS 650 Master's Thesis

TOTAL CREDITS:

30 credit hours