Mission Statement
The mission of the program is to provide formal graduate level academic instruction in the science and theory of resistance training, as well as to promote student production of research that directly relates to the neuromuscular adaptations involved with resistance training.

Goals
The goals of this program in the Department of Exercise and Nutrition Sciences are to:

- Establish scientific basis for the value of anaerobic exercise, and to provide internal and external programs that promote health behaviors across the lifespan;
- Meet an increasing demand for well-educated professionals capable of delivering a broad range of exercise-based preventive, technical, educational, and rehabilitative services;
- Gain insight into strategies for the prevention and treatment of sarcopenia, osteoporosis, and childhood obesity;
- Provide advanced training in exercise physiology as it relates specifically to resistance training for the purpose of increasing athletic performance and the prevention or treatment of inactivity-related health disorders; and
- Prepare students with knowledge and skills to take the Certified Strength and Conditioning Specialist (CSCS) exam offered through the NSCA, and the level one weightlifting coaching course offered through United States Weightlifting (USAW).

This program is primarily delivered online. Contact the Program Director for additional information.

REQUIREMENTS
The following requirements must be fulfilled: 36 credits, including 17 credits in core course, 19 credits in program-specific courses, a graduate internship, and successful completion of the comprehensive examination.

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<td>Prerequisites</td>
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<td>Undergraduate exercise physiology - must be completed prior to beginning coursework at GW and must receive a grade of B or better.</td>
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<td>Core courses</td>
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Graduation requirements
1. Graduate credit requirement: 36 graduate credits
2. Course requirements: successful completion of core and program specific courses
3. Examination requirement: pass the American College of Sports Medicine Clinical Exercise Specialist® certification examination (clinical exercise physiology only)
4. Grade point requirement: 3.0 (B average) overall grade-point average
5. Time limit requirement: the degree must be completed within four years
6. Transfer credit policy: up to 12 graduate credits that have not been applied to a previous graduate degree may be transferred to the MSES Courses need to have been taken within the past three years from an accredited institution with a grade of B or above