

MASTER OF SCIENCE IN THE FIELD OF EXERCISE SCIENCE, STRENGTH AND CONDITIONING CONCENTRATION

Program Director: T.A. Miller

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.

This program is primarily delivered online.

Visit the program website (<https://publichealth.gwu.edu/programs/strength-and-conditioning-ms/>) or contact the program director for additional information.

ADMISSIONS

Deadlines: Fall - March 15 (Applications must be complete by December 15 for priority scholarship consideration.)

Individuals interested in applying to this program should submit their application and supporting documents through SOPHAS (<http://www.sophas.org/>), a general online application for Schools of Public Health. A graduated fee is charged for this application, depending on the number of accredited schools to which you apply.

Recommendations required: Two (2) recommendations

Prior academic records:

Transcripts are required from all colleges and universities attended, whether or not credit was earned, the program was completed, or the credit appears as transfer credit on another transcript. Transcripts must be forwarded to SOPHAS (<http://www.sophas.org/>) in their original sealed envelopes directly from the institution.

Official transcripts from institutions outside the United States must be accompanied by an official transcript evaluation from an accredited independent evaluating agency. Please be sure you request a detailed evaluation that includes all course titles, credit hours, grade-point average (GPA), United States degree equivalency, and date of degree conferral. Please see the list of acceptable foreign credential evaluation services (<http://www.naces.org/members/>).

Statement of purpose:

In no more than 1500 words, state your purpose in undertaking graduate study in your chosen field. Include your academic objectives, research interests, and career plans. Also discuss your related qualifications, including collegiate, professional, and community activities, and any other substantial accomplishments not already mentioned in the application. The Committee reviews your Statement of Purpose to determine your motivation for pursuing a career in public health.

International applicants only: Please review International Applicant Information (<http://graduate.admissions.gwu.edu/international-applicants/>) carefully for details on required documents, earlier deadlines for applicants requiring an I-20 GW, and English language requirements. Detailed documentation needed for this program is available here (<https://publichealth.gwu.edu/admissions/graduate-admissions/>). PLEASE NOTE that all programs in the Milken Institute School of Public Health require the following minimum English language test scores for admission:

- Academic IELTS: an overall band score of 7.0 with no individual band score below 6.0.
- TOEFL: 100 on Internet-based.

Supporting documents not submitted online should be mailed to:

Office of Admissions
 Suite 200
 Milken Institute School of Public Health
 950 New Hampshire Ave. NW
 Washington, DC 20052

Contact for questions:

GWSPHAdmit@gwu.edu ~ 202-994-2160 (phone)
<http://publichealth.gwu.edu/admissions> (<http://publichealth.gwu.edu/admissions/>)
 9:00 am - 5:00 pm, Monday through Friday

REQUIREMENTS

The following requirements must be fulfilled: 36 credits, including 17 credits in core courses, 10 credits in program-specific courses, 3 credits in elective courses, and a 6-credit internship.

Code	Title	Credits
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Prerequisites

An undergraduate course in exercise physiology must be completed, with a minimum grade of B, prior to beginning the program.

Core

EXNS 6202	Advanced Exercise Physiology I
EXNS 6203	Advanced Exercise Physiology II
EXNS 6207	Psychological Aspects of Sport and Exercise
EXNS 6208	Physical Activity: Physiology and Epidemiology
PUBH 6002	Biostatistical Applications for Public Health
PUBH 6619	Fundamentals of Nutrition Science
PUBH 6080	Pathways to Public Health

Program-specific

EXNS 6220	Power Training for Sports Performance
EXNS 6221	Science and Theory of Training
EXNS 6222	Current Topics in Strength and Conditioning
EXNS 6223	Biomechanical Analysis

Electives

3 credits in course(s) approved by the program director.

Culminating experience

EXNS 6233	Graduate Internship
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Comprehensive examination

Successful completion of a comprehensive examination is required.

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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. Grade point requirement: 3.0 (B average) overall grade-point average
4. Time limit requirement: the degree must be completed within five years
5. Transfer credit policy: up to 12 graduate credits that have not been applied to a previous graduate degree may be approved for transfer 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 to be considered.