MASTER OF SCIENCE IN THE FIELD OF EXERCISE SCIENCE WITH A CONCENTRATION IN STRENGTH AND CONDITIONING

Program Director T.A. Miller

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.

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

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

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

Comprehensive examination
Successful completion of a comprehensive examination is required.

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 five 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.