

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

Program Director: T.A. Miller

The master of science in the field of exercise science with a strength and conditioning concentration provides formal graduate-level academic instruction in the science and theory of resistance training, as well as promotes students to produce research directly relating 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

Visit the Milken Institute School of Public Health website (<https://publichealth.gwu.edu/>) for additional information about academic programs and information about GWSPH. Graduate admissions information, including application requirements and deadlines, can be found on the GWSPH Graduate Admissions website (<https://publichealth.gwu.edu/admissions/graduate-admissions/>).

## REQUIREMENTS

The following requirements must be fulfilled: 36 credits, including 17 credits in core courses; 10 credits in concentration courses; 3 credits in elective courses; and a 6-credit culminating experience, which may be either a thesis or an internship with a comprehensive examination.

| Code | Title | Credits |
|------|-------|---------|
|------|-------|---------|

### Prerequisites

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

### Required exercise science core courses

|           |   |
|-----------|---|
| EXNS 6202 | Advanced Exercise Physiology I                |
| EXNS 6203 | Advanced Exercise Physiology II               |
| EXNS 6207 | Psychological Aspects of Sport and Exercise   |
| EXNS 6208 | Physical Activity in Public Health            |
| PUBH 6002 | Biostatistical Applications for Public Health |
| PUBH 6619 | Fundamentals of Nutrition Science             |

|           |                           |
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| PUBH 6080 | Pathways to Public Health |
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### Concentration courses

|           |   |
|-----------|---|
| 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

Students complete one of the following culminating experiences:

|                       |                                    |
|-----------------------|------------------------------------|
| EXNS 6261 & EXNS 6998 | Thesis Seminar and Thesis Research |
|-----------------------|------------------------------------|

or

|           |  |
|-----------|--|
| EXNS 6233 | Graduate Internship (with comprehensive examination) |
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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.