

# 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
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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.

### 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

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
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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.