
Graduate Program Requirements

Required Major Courses: (30 Credits)

- EXSC 7000 Orientation to Exercise Science and Health Promotion
- EXSC 7200 Essentials of Human Movement Science
- EXSC 7650 Nutrition for Peak Performance
- EXSC 7700 Exercise Physiology: Assessment and Exercise Prescription
- EXSC 7010 Advanced Topics in Speed, Agility, and Quickness and Endurance Training
- EXSC 7050 Industrial, Clinical, and Corporate Wellness
- EXSC 7150 Business and Entrepreneurship in the Fitness Industry
- EXSC 7600 Leadership and Professional Development
- EXSC 6501 Research Theory in Exercise Science
- EXSC 6502 Evaluating Exercise Science Research

Required Concentration Courses: (9 credits)

- EXSC 7140 Health and Wellness Coaching Competencies
- EXSC 7540 Health and Wellness Coaching - Facilitating Change
- EXSC 7840 Current Topics in Wellness Coaching

Optional Elective Courses:

- EXSC 6290 Exercise Science Research Project
- EXSC 7950 Graduate Exercise Science Internship