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## 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 7170 Strength and HIIT Training in Group Fitness Exercise
- EXSC 7570 Cardiovascular and Flexibility Training in Group Fitness Exercise
- EXSC 7870 Key Concepts in Fitness and Wellness

### **Optional Elective Courses:**

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