

Master of Science

Exercise Science (MS)

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The Master of Science in Exercise Science is designed for the student who desires to pursue advanced study in the science of exercise. The coursework will help strengthen the background of those individuals already involved in conducting fitness programs for various age groups or to prepare individuals for careers in other health-related fields that utilize exercise as a preventative medicine.

Admission

Admission and Entrance Requirements

Applicants for the M.S. in Exercise Science are required to submit credentials for consideration through the Office of Graduate Admissions at Old Dominion University. Students applying for admission with regular status must have:

- A completed online application via www.odu.edu/admission/graduate (<http://www.odu.edu/admission/graduate/>)
- A baccalaureate degree from a regionally-accredited institution or an equivalent degree from a foreign institution
- 2.8 cumulative GPA or higher (on a 4.0 scale) *
- 3.0 GPA or higher in the undergraduate major *
- A combined GRE score of 291 or higher (verbal and quantitative sections) *
- Personal essay (no more than two pages) addressing motivations to apply to program, career interests, and ability to complete graduate level work
- Three letters of recommendation (from former professors or employers)
- Current copy of résumé
- Transcripts from all prior postsecondary institutions
- Test of English as a Foreign Language (TOEFL) score of 550 on the paper-based test (or 79-80 on the iBT) for non-native English speakers

* Students who have a low GPA or a low GRE score may be considered for admission with provisional status.

* The program admissions committee will consider GRE waiver requests for high potential candidates by considering application elements that demonstrate the ability to take on the rigor of graduate level studies. A request for a waiver does not guarantee that a waiver will be granted.

Prerequisites include anatomy and physiology, one semester of exercise physiology, one semester of physics, and one semester of biomechanics.

Curriculum

Exercise Science Core	12
EXSC 630	Exercise Physiology
EXSC 642	Clinical Exercise Testing and Prescription
EXSC 661	Nutrition for Sports and Health
EXSC 727	Advanced Biomechanics
Research Core	3
FOUN 612	Applied Research Methods in Education *
Concentrations	
Select one of the following:	15
<i>Thesis Concentration</i>	
FOUN 722	Introduction to Applied Statistics and Data Analysis **
EXSC 698	Thesis Research in Exercise Science

EXSC 699 Thesis in Exercise Science

Restricted Electives

Internship Concentration

EXSC 668 Internship in Exercise Science

Restricted Electives

Research Problem Concentration

EXSC 636 Research Problems in Exercise Science

FOUN 722 Introduction to Applied Statistics and Data Analysis

Restricted Electives

Restricted Electives

6-9 hours with advisor approval. Some options listed below:

BIOL 523 Cellular and Molecular Biology

BIOL 524 Comparative Animal Physiology

BIOL 590 Advanced Human Physiology

EXSC 528 Exercise Prescription for Chronic Disease

EXSC 531 Wellness Programming and Administration

EXSC 621 Strength and Conditioning Applications

EXSC 740 Ergogenic Aids in Sport and Human Performance

HMS 697 Independent Study

KRS 820 MATLAB Programming for Kinesiology and Rehabilitation

KRS 851 Motor Performance: Rhythmic/Cyclic Tasks

PSYC 651 Developmental Psychology

PSYC 731 Human Cognition

Total Credit Hours

30

* FOUN 612 is required in all tracks.

** FOUN 722 is required for the Thesis Track and the Research Problem Track.

Additional Requirements

Continuance and Exit Requirements

Students must meet all requirements for continuance as outlined in the graduate continuance policy for the University. Students completing the program must:

- Have an overall grade point average of 3.0 or higher
- Have a grade point average of 3.0 or higher in the major
- Demonstrate writing proficiency
- Satisfy all course competencies
- Complete an internship, research problem, or thesis
- If completing an internship or research problem, must also pass a comprehensive examination
- Have an exit interview with the program director
- File the necessary paperwork for graduation