

APPLIED EXERCISE PHYSIOLOGY & HUMAN PERFORMANCE (MS)

Health and Human Enrichment

Overview

The MS in Applied Exercise Physiology and Human Performance is offered to current students in the form of a **3+2 program**. For non-PSU students and PSU alumni, a **2-year program** is available. In each program, students can elect the **Thesis** or **Non-thesis** option.

The thesis option will give students the opportunity to develop a research project driven by their own interests in exercise and sport physiology. Thesis students will work closely with a faculty supervisor and will be guided through the thesis process through work in the Graduate Seminar and Graduate Thesis classes.

Students who elect the Non-thesis option will complete practicum experiences, which will give them the hands on skills they will need to be successful across a variety of fields in exercise science. Practicum experiences may include strength and conditioning, clinical exercise physiology, or general health and wellness. Non-thesis students will work closely with a faculty supervisor and will be guided through the practicum process through work in the Graduate Seminar and Advanced Practicum I and II classes.

Admission Requirements

Requirements

The Applied Exercise Physiology and Human Performance degree requires the following materials to be submitted through our online application (<https://www.plymouth.edu/apply-to-psu/>)

- Recommended 3.0 or better GPA in undergraduate coursework
- Official transcripts from any/all college level work
- Three professional recommendations
- Current Resume
- Statement of Interest
- NH Residency Verification form (NH residents only)
- \$75 application fee (waived for current PSU students and alumni)

Deadlines

Admission to the Applied Exercise Physiology and Human Performance degree is only available for the fall semester each year.

Fall 2021

Early Decision: June 1

Final Deadline: August 1

**We suggest submitting your documentation at least two weeks prior to the posted date to ensure your application is complete and can be reviewed by the deadline.*

Degree Requirements MS Applied Exercise Physiology & Human Performance

Course	Title	Credits
EX 5310	Research Methods in Exercise Science	3
EX 5410	Applied Research in Exercise Science	4
EX 5500	Graduate Seminar in Exercise Science	3
EX 5520	Advanced Exercise Testing & ECG	4
EX 5610	Advanced Strength and Conditioning	4
EX 5620	Behavioral Intervention Strategies	4
EX 5700	Advanced Practicum in Exercise Science I	4
EX 5730	Advanced Topics in Exercise Physiology	4
EX 5840	Exercise Biochemistry & Sports Nutrition	4
EX 5920	Exercise Physiology in Clinical Populations	4
Elective		3-4
Thesis or Non-thesis Track		6-12
EX 6200	Graduate Thesis in Exercise Science	
or EX 6100	Advanced Practicum in Exercise Science II	
Total Credits		47-57