

EXERCISE AND SPORT SCIENCE, MASTER OF SCIENCE (M.S.)

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<https://www.eku.edu/chs/parks-recreation-exercise-and-sport-science/>
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The MS in Exercise and Sport Science (Exercise and Wellness Concentration) prepares graduate students to become practitioners with a solid foundation of knowledge and theory as well as practical application in the fields of exercise, fitness, wellness, and strength and conditioning. The program prepares students the foundation skills for future certifications or pursue advanced degrees.

The MS in Exercise and Sport Science (Sport Administration Concentration) prepares graduate students for successful careers in the complex and challenging sports industry. The program is designed to develop leadership and management skills for students to pursue multiple pathways to impact sport and those involved while pursuing areas of personal interest.

Admission Requirements

To be considered for admission, applicants must meet the general admission requirements of the Graduate School. Additional requirements established by the program are as follows:

1. Bachelor's degree in a related field
2. Minimum 2.5 undergraduate GPA
3. Two letters of reference uploaded directly to the ECU Graduate School application.

Applicants who do not meet the Graduate School's GPA requirement for admission must submit official GRE scores to be considered for Probationary Admission. Expected target scores on the GRE for Probationary Admission are 147 on the Verbal and Quantitative sections and an Analytical Writing score of 3.5.

Admission into the Master of Science degree program in Exercise and Sport Science requires demonstration of adequate undergraduate preparation in a field related to graduate study in Exercise and Sport Science. Adequate preparation may be demonstrated in one of two ways:

1. Completion of a baccalaureate degree program with a major or minor or equivalent in physical education/exercise sport science or similarly named major or related discipline. Transcripts serve as adequate documentation for admission.
2. Submission of a professional portfolio, which includes a combination of relevant academic and experiential preparation. Presentation of a professional portfolio of work experiences serves as documentation for admission consideration. Portfolio materials must document experiences and may include assessments by supervisors or other valid assessment reports.

Note: Students must submit relevant documents with their original application for admission to the Graduate School.

Program Requirements

CIP Code: 31.0505

Probation and Progress in the Program

If, in any semester of study, a student's graduate grade point average falls below 3.0 for all courses taken after admission to the program, the student will automatically be on academic probation. The student will be dismissed from the program following any second semester with a cumulative GPA below 3.0. A student in the program is allowed to earn no more than one "C" and no "D"s or "F"s in courses taken after admission to the program.

Code	Title	Hours
Core Courses		
ESS 800	Research Methods	3
ESS 823	Psychology of Sport & Exercise	3
ESS 835	Legal Issues in Sports Science	3
ESS 869	Org Behavior & Leadership in ESS	3
ESS 875	Seminar in Exercise and Sport	3
Concentrations		
Exercise and Wellness		15
Total Hours		30

Exercise and Wellness Concentration

Code	Title	Hours
Concentration Courses		
<i>Required Courses</i>		
ESS 717	Bioenergetics of Performance and Sports Nutrition	3
ESS 812	Lifetime Fitness and Wellness	3
ESS 821	Physiological Bases of Phy Fit	3
<i>Supporting Course Requirements</i>		
Choose from 3 hours of the following: (*thesis students must take three hours of ESS 897)		3
ESS 720	Advanced Strength and Conditioning	3
ESS 762	Adapted Physical Activity and Special Populations Programming	
ESS 775	Tests & Measurements	3
ESS 790	Special Topics in Ex/Sport Sci	
ESS 822	Sociology of Sport	3
ESS 897	Thesis	
700 and/or 800 Level course with prior departmental approval from non-ESS graduate departments		3
<i>Exit Requirements</i>		
ESS 871	Internship: Exercise/Wellness	3
or ESS 897	Thesis	3
Choose from one of the following:		0
GRD 888D	MS Exercise and Sport Science Project Oral Defense (non-thesis)	3
GRD 887B	MS Exercise and Sport Science Written Comprehensive Exam (thesis students)	
Total Hours		15

Sports Administration Concentration

Code	Title	Hours
Concentration Courses		
<i>Required Courses</i>		
ESS 814	Sport Mkt/Prom/Fund Raising	3
ESS 896	Sports Administration Capstone (B or higher grade)	3
<i>Supporting Course Requirements</i>		
Choose from six hours of the following:		6
ESS 730	Sports Communications	
ESS 810	Financial Aspects of Sport	
ESS 822	Sociology of Sport	
ESS 825	Policy and Governance of Sport	
ESS 850	Event and Facility Management	
700 and/or 800 Level course with prior departmental approval from non-ESS graduate departments		
<i>Exit Requirements</i>		
ESS 870	Internship Sports Administrati	3
Total Hours		15

A maximum of nine hours of 700 level course works is allowed.

Comprehensive Examination

(GRD 887B MS Exercise and Sport Science Written Comprehensive Exam or GRD 888D MS Exercise and Sport Science Project Oral Defense)

Candidates in Exercise and Wellness will be required to successfully complete a project, with a summary and oral presentation for fulfillment of exit requirements.

Note: The comprehensive exam exit requirement for students who successfully complete ESS 897 Thesis the written comprehensive exam is waived. However, the student must enroll in GRD 887B MS Exercise and Sport Science Written Comprehensive Exam for exit requirement. The score of Satisfactory or Unsatisfactory will be assigned according to the thesis defense outcome.

Sports Administration Capstone Course

Candidates in Sports Administration Concentration shall perform satisfactorily (B or higher grade) in ESS 896 Sports Administration Capstone.