M.S. in Exercise Science

The M.S. in Exercise Science prepares students for careers in fitness, allied health, research or advanced study at the doctoral (Ph.D.) level. The program prepares students for a broad range of health and fitness related professions through a curriculum that focuses on the applied sciences of exercise physiology, biomechanics and motor control. The curriculum ensures that students are presented with the most contemporary issues and trends in the application of exercise for weight management, cardiopulmonary health, maintenance of functional movement throughout the lifespan, and the application of exercise science to athletic performance. **Total Hours: 36**

**Program Core Requirements (12 hours)**
- ES 609: Motor Behavior (3)
- ES 611-Exercise Physiology I (3)
- ES 614-Cardiovascular Physiology (3)
- ES 616: Exercise Physiology II (3)

**Supporting Curriculum (6 hours)**
- ES 514-Applied EMG (3)
- ES 609-Motor Behavior (3)
- ES 608-Methods and Procedures of Graded Exercise Testing (core) (3)
- ES 612-Instrumentation and Analysis in Biomechanics (3)
- ES 613-Health Aspects of Physical Activity (3)
- ES 615-Physiological Aspects of Aging (3)
- ES 616-Exercise Physiology II (3)
- ES 618-Advanced Muscle Physiology (3)
- ES 620-Selected Topics in Exercise Science (3)
- ES 644-Control of Human Movement (3)
- ES 548-Biomechanics of Injury (3)

**Electives (3-9 hours)**
- ES 651-Advanced Individual Study (3)
- ES 652-Advanced Individual Study (3)
- Any non-core course (adviser-approved) (3)

**Research and Statistics (6 hours)**
- ES 625-Research Design and Evaluation (3)
- ES 652-Statistics (adviser-approved) (3)

**Capstone Learning Requirement (6 or 9 hours)**
- ES 610-Internship in Exercise Science (9)
- ES 697-Thesis (6)
- Adviser-approved elective course work (6)

Coursework is designed to give students a strong foundation in human physiology and how that physiology changes with exercise.

Students have the opportunity to conduct and publish research with faculty who are experts in the field of exercise science.

Students volunteer with and learn from experts outside of academia through our internship program.

Application available online: gradschool.olemiss.edu/apply-now