Exercise and Wellness, MS

Would you like to improve health and chronic disease outcomes across the lifespan or develop, implement and evaluate the effectiveness of specialized programs for athletes? This flexible program prepares you for a variety of careers in corporate, clinical or community settings, or in personal training.

Program Description

Degree Awarded: MS Exercise and Wellness

The MS program in exercise and wellness offers unique opportunities for those interested in becoming scholarly professionals with advanced training in fitness and wellness, strength and conditioning, exercise and physical activity health promotion, or exercise and chronic disease prevention.

The degree program is appropriate for those who wish to pursue careers in commercial fitness and wellness, strength and conditioning, worksite or corporate fitness, community physical activity health promotion, and personal training for health and performance or life coaching. It is for professionals in education, counseling, nutrition or other health related fields who wish to expand their knowledge and skill for working with fitness, exercise and physical activity behavior, and it is for those who wish to pursue further graduate study in fields such as exercise physiology, public health or physical therapy.

At a Glance

- **College/School:** College of Health Solutions
- **Location:** Downtown Phoenix campus

Accelerated Program Options

This program allows students to obtain both a bachelor's and master's degree in as little as five years. It is offered as an accelerated bachelor's and master's degree with:
Acceptance to the graduate program requires a separate application. During their junior year, eligible students will be advised by their academic departments to apply.

Degree Requirements

36 credit hours and a applied project, or
36 credit hours and a thesis, or
36 credit hours and a written comprehensive exam

Required Core (9 credit hours)
EXW 501 Research Statistics (3)
EXW 536 Physiological Aspects of Physical Activity and Chronic Disease (3)
EXW 542 Health Promotion (3)

Research (6 credit hours)
EXW 500 Research Methods (3)
EXW 591 Exercise and Wellness Seminar (2)
EXW 592 Research (1)

Electives (15-21 credit hours)

Culminating Experience (0-6 credit hours)
EXW 599 Thesis (6) or
EXW 593 Applied Project (6) or
written comprehensive exam (0)

Additional Curriculum Information

All students must focus their plan of study in one of four areas: fitness and conditioning, exercise science, physical activity health promotion, or exercise and aging. The focus determines the choice of electives available to students. For a list of approved elective courses, students should see the academic unit.

Fitness and Conditioning -- This is focused study in areas such as resistance training, sport and fitness conditioning, advanced sport nutrition, advanced exercise testing and prescription, health behavior theory, motivational interviewing, and exercise for obesity and aging. This focus area is a good option for students who are interested in pursuing careers in strength and conditioning and the fitness industry, and who may be pursuing further graduate study in applied exercise science or physical therapy.

Exercise Science -- This is focused study in areas such as advanced exercise physiology, muscle physiology, fuel metabolism, exercise endocrinology, advanced exercise testing and prescription, physiology of physical activity and chronic disease, biomechanics, and motor control. This focus area is a good option for students who are interested in pursuing further graduate study in the area of exercise science.
Physical Activity Health Promotion -- This is focused study in areas such as health promotion program planning, implementation and evaluation, physical activity policy in public health, health behavior change theory, motivational interviewing, physiology of physical activity and chronic disease, exercise for obesity, aging and sleep, and the role of mindfulness in stress, health and health behavior. This focus area is a good option for students who are interested in pursuing careers in health promotion, corporate wellness or public health, and who may be pursuing further graduate study in health promotion or public health.

Exercise and Aging -- This is focused study on the impact of aging and physical activity, the management and treatment of chronic disease, advanced exercise testing and prescription, geriatric nutrition, motor control and aging, and perspectives and policies for healthy aging. This focus area is a good option for students who are interested in designing and delivering physical activity and exercise programs specifically for aging populations.

All students are admitted to the nonthesis option but may apply to the thesis option.

The nonthesis option requires an applied project or a written comprehensive exam as the culminating experience. The nonthesis option is an appropriate choice for those students who cannot devote full-time to their research endeavors or for students who are seeking to continue their education, advance their skill level as practitioners or advance their current careers. Students who take the written comprehensive exam are required to take six additional elective courses in the focus area.

In the thesis option, the thesis is considered the final integrative experience of the degree; it involves conducting research that is guided by a recognized research paradigm (e.g., scientific, interpretive) and producing a scholarly report of the process and results. The thesis option is a good choice for students who are interested in pursuing more advanced graduate study in the field.

### Admission Requirements

Applicants must fulfill the requirements of both the Graduate College and the College of Health Solutions.

Applicants are eligible to apply to the program if they have earned a bachelor's or master's degree in a related field from a regionally accredited institution. Students are expected to have the coursework and undergraduate credit for the basic courses required for a BS degree in exercise and wellness. Students who do not have these course competencies can be admitted with deficiencies. Deficiencies are determined upon admission, and these courses must be completed, usually by the end of the first year of study. These courses are not considered part of the graduate plan of study. A graduate course may be substituted for a deficiency but will be evaluated on a case-by-case basis.
Applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in the last 60 hours of their first bachelor's degree program, or applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in an applicable master's degree program.

All applicants must submit:

1. graduate admission application and application fee
2. official transcripts
3. GRE scores
4. statement of career or research interests
5. three professional letters of recommendation
6. proof of English proficiency

Additional Application Information
An applicant whose native language is not English must submit proof of English proficiency regardless of current residency.

BIO 201 and BIO 202 must be completed prior to admission to the master's degree program. Other deficiency courses may be taken prior to or during the master's degree program. The corresponding ASU course can be found in parentheses:

Human Anatomy and Laboratory (BIO 201 Human Anatomy and Physiology I)
Human Physiology and Laboratory (BIO 202 Human Anatomy and Physiology II)
Human Nutrition (NTR 241 Human Nutrition)
Exercise Physiology and Laboratory (EXW 315 Physiological Foundations of Movement)
Kinesiology and Laboratory (EXW 330 Kinesiological Foundations of Movement)
Exercise Testing and Laboratory (EXW 420 Exercise Testing)
Exercise Prescription (EXW 425 Exercise Prescription)

An undergraduate course in statistics is strongly recommended.

Students should see the program website for application deadlines.

Application Deadlines

Fall

Contact Information

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