Arizona's elderly population will increase to 24 percent of the state's population by 2020. As the number of persons living longer also is increasing, there is an urgent need to train personnel to apply exercise programs with a goal of maintaining the strength, power and balance necessary for health and independent living.

Program Description

**Degree Awarded: MS Exercise and Wellness (Healthy Aging)**

The MS program in exercise and wellness with a concentration in healthy aging prepares the graduate student in the delivery of physical activity programs to older adults. Program content includes the theories of aging; the impact of aging on functional capacity and motor abilities; the role of lifestyle behaviors in aging, physical activity assessment and programming for older adults; physical activity and nutritional influences on healthful aging; and the relationship of exercise and chronic disease.

At a Glance

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

Degree Requirements

36 credit hours and a thesis, or
36 credit hours and a written comprehensive exam, or
36 credit hours including a capstone course (EXW 597)

**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)

**Concentration (15 credit hours)**
EXW 535 Advanced Exercise Assessment and Prescription (3)
EXW 540 Mindfulness, Stress and Health (3)
EXW 568 Management and Treatment of Chronic Disease for the Clinical Exercise Physiologist (3)
KIN 523 Motor Control and Aging (3) OR EXW 635 Physical Activity and Aging (3)
NTR 551 Geriatric Nutrition (3)

**Research (6 credit hours)**
EXW 500 Research Methods (3)
EXW 591 Seminar (1)
EXW 592 Research (2)

**Other Requirement (6)**
EXW 584 Internship (6)

**Culminating Experience (0 or 6 credit hours)**
EXW 597 Capstone Project (6) OR
EXW 599 Thesis (6) OR
written comprehensive exam (0)

**Additional Curriculum Information**
EXW 584 Internship is only taken by students who select the written comprehensive exam culminating experience option.

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**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 from a regionally accredited institution.

Applicants must have a minimum of a 3.00 cumulative GPA (scale is 4.00 = "A") in the last 60 hours of a student's first bachelor's degree program, or applicants must have a minimum of a 3.00 cumulative GPA (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
Applicants 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.

The following courses must be completed prior to or during the master's degree as deficiencies. 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.

An applicant whose native language is not English (regardless of current residency) must submit a proof of English proficiency via a TOEFL score unless they meet the requirements for an exception.

Students should see the program website for application deadlines.

Application Deadlines

Fall

Contact Information

School of Nutrition and Health Promotion | HLTHN 401AA
CHSGrad@asu.edu | 602-496-3300