

EXERCISE SCIENCE MASTER'S



Exercise Science Master's Program at the University of Montevallo is for those who desire advanced academic training in exercise science with a special emphasis on strength and conditioning. The Master's in Exercise Science has received Program Recognition by the National Strength and Conditioning Association.

Our highly qualified faculty, premier laboratory equipment, small class size and opportunities for applied practice offer students an exceptional graduate experience. Students will choose either a thesis or internship completion option.

Students who complete their degree are prepared for careers of distinction in the many fields of exercise science and strength and conditioning.

COURSEWORK OVERVIEW

All coursework must be completed with a minimum overall GPA of 3.0. Capstone assessments and the comprehensive exam must be completed.

Semester One**

- EXNS 508** Research Methods in Exercise Science (3)
- EXNS 510** Advanced Sports Nutrition (3)
- EXNS 580** Advanced Exercise Physiology (4)
- EXNS 586** Current Issues and Trends in Exercise Science (3)

Semester Two**

- EXNS 581** Applied Muscle Function and Biomechanics (3)
- EXNS 596** Advanced Strength and Conditioning (3)
- EXNS 591** Thesis (3)*
- EXNS 598** Statistical Measurement in Exercise Science (3)

Semester Three**

- EXNS 588** Environmental Exercise Physiology (3)
- EXNS 595** Internship in EXNS (6) OR
- EXNS 591** Thesis (3)*
- EXNS 599** Advanced Exercise Assessment and Prescription (4)

*Those choosing the thesis option will take EXNS 591 twice across two semesters for a total of 6 hours.

**This course rotation represents a sample of the typical rotation for students who are enrolled full time.

Please note: This is not an official degree checksheet and is for general information purposes only.

ADMISSION REQUIREMENTS

- Online application at montevallo.edu/apply
- Bachelor's degree (recommended minimum 3.0 GPA) from a regionally accredited college/university.
- Undergraduate degree in Exercise Science or related field is preferred.
- Three letters of recommendation (waived for UM EXNS alumni)
- Two-page personal statement
- Vita or résumé

Conditional admission is available in some circumstances to students who have not satisfactorily met all admission requirements.

CONTACT US

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