

# EXERCISE AND SPORT SCIENCE MASTER OF SCIENCE

Exercise and Sport Science students in the graduate school at USC Upstate are prepared in multiple health related specialties and professions within the broad scope of Exercise Physiology, Cardiac Rehabilitation and Psychosocial Kinesiology as well as for the professionals to further their education for careers in research and collage instruction.

## Required Courses

Code	Title	Hours
<b>Core Courses</b>		
<i>Year 1 - Fall</i>		
EXSC U730	Statistical Analysis in Health Application	3
EXSC U740	Advanced Exercise Physiology	3
<i>Year 1 - Spring</i>		
EXSC U700	Research Methods in Exercise Science	3
EXSC U720	Epidemiology, Research, & Practice	3
EXSC U798	Special Topics in Exercise Science	3
<b>Tracks</b>		
Select one of the following:		18
Psychosocial Kinesiology Track (p. 1)		
Exercise Physiology Track (p. 1)		
Cardiac Rehabilitation Track (p. 1)		
<b>Total Hours</b>		<b>33</b>

## Psychosocial Kinesiology Track

Code	Title	Hours
<b>Year 2 - Fall</b>		
EXSC U750	Advanced Sport Psychology	3
EXSC U760	Lab Techniques in Exercise Science	3
EXSC U810	Research Project I	3
<b>Year 2 - Spring</b>		
EXSC U755	Exercise and Brain Health	3
EXSC U811	Research Project II	6
<b>Total Hours</b>		<b>18</b>

## Exercise Physiology Track

Code	Title	Hours
<b>Year 2 - Fall</b>		
EXSC U760	Lab Techniques in Exercise Science	3
EXSC U765	Neuromuscular and Endocrine Physiology	3
EXSC U810	Research Project I	3
<b>Year 2 - Spring</b>		
EXSC U770	Advanced Cardiorespiratory Physiology	3
EXSC U811	Research Project II	6
<b>Total Hours</b>		<b>18</b>

## Cardiac Rehabilitation Track

Code	Title	Hours
<b>Year 2 - Fall</b>		
EXSC U775	Cardiopulmonary Pathophysiology	3
EXSC U780	Advanced Exercise Assessment and Prescription	3
EXSC U800	Internship I	3
<b>Year 2 - Spring</b>		
EXSC U785	Clinical Chronic Disease Management & Preventative Medicine	3
EXSC U801	Internship II	6
<b>Total Hours</b>		<b>18</b>

## Admission Standards for Degree Seeking Students

Individuals seeking admission to USC Upstate as a degree candidate will be considered for full admission when the USC Upstate Admissions Office receives all admissions materials. A baccalaureate or higher degree from a college or university accredited by a regional accrediting agency is required. All graduate admission decisions are made by the individual academic units where the program resides.

Applicants whose educational preparation is equivalent to that represented by a baccalaureate degree and who have sufficient preparation to undertake advanced study may be admitted after review of their application materials, including appropriate test scores, recommendations, and transcripts.

Academic units have the option of recommending the applicant for admission with conditions. This indicates that an admissions committee has met and determined that it is not yet ready to recommend full admission for the applicant. This conditional recommendation is appropriate for applicants who:

- need to take undergraduate courses or other prerequisites;
- need to prove themselves capable of graduate course work in the program by achieving a minimum GPA of 3.25 on the initial 12 hours of USC Upstate graduate program course work;
- need to satisfy any other valid conditions that the committee sets before full admission can be recommended

## Application Requirements for Master of Exercise and Sport Science Program

- Application, Application fee, residency form with all requested information and supporting documents
- Official transcripts showing all coursework attempted and the award of a baccalaureate or higher degree.
- Successful completion of a baccalaureate degree, BA or BS, and the following prerequisites courses:
  - Anatomy and Physiology with lab (8 hours)
  - Statistics (3 hours)
  - Exercise Physiology with lab (4 hours)
- Two letters of recommendations, preferably one academic and one professional
- 1-2 pages of personal statement describing academic and other interests.
- GPA 3.0 or above

## Suggested Course Sequence Psychosocial Kinesiology Track

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
EXSC U700	Research Methods in Exercise Science	3
EXSC U740	Advanced Exercise Physiology	3
<b>Hours</b>		<b>6</b>
<b>Spring</b>		
EXSC U720	Epidemiology, Research, & Practice	3
EXSC U730	Statistical Analysis in Health Application	3
EXSC U798	Special Topics in Exercise Science	3
<b>Hours</b>		<b>9</b>
<b>Second Year</b>		
<b>Fall</b>		
EXSC U750	Advanced Sport Psychology	3
EXSC U760	Lab Techniques in Exercise Science	3
EXSC U810	Research Project I	3
<b>Hours</b>		<b>9</b>
<b>Spring</b>		
EXSC U755	Exercise and Brain Health	3
EXSC U811	Research Project II	6
<b>Hours</b>		<b>9</b>
<b>Total Hours</b>		<b>33</b>

## Exercise Physiology Track

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
EXSC U700	Research Methods in Exercise Science	3
EXSC U740	Advanced Exercise Physiology	3
<b>Hours</b>		<b>6</b>
<b>Spring</b>		
EXSC U720	Epidemiology, Research, & Practice	3
EXSC U730	Statistical Analysis in Health Application	3
EXSC U798	Special Topics in Exercise Science	3
<b>Hours</b>		<b>9</b>
<b>Second Year</b>		
<b>Fall</b>		
EXSC U765	Neuromuscular and Endocrine Physiology	3
EXSC U760	Lab Techniques in Exercise Science	3
EXSC U810	Research Project I	3
<b>Hours</b>		<b>9</b>
<b>Spring</b>		
EXSC U770	Advanced Cardiorespiratory Physiology	3
EXSC U811	Research Project II	6
<b>Hours</b>		<b>9</b>
<b>Total Hours</b>		<b>33</b>

## Cardiac Rehabilitation Track

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
EXSC U700	Research Methods in Exercise Science	3
EXSC U740	Advanced Exercise Physiology	3
<b>Hours</b>		<b>6</b>
<b>Spring</b>		
EXSC U720	Epidemiology, Research, & Practice	3
EXSC U730	Statistical Analysis in Health Application	3

EXSC U798	Special Topics in Exercise Science	3
<b>Hours</b>		<b>9</b>
<b>Second Year</b>		
<b>Fall</b>		
EXSC U780	Advanced Exercise Assessment and Prescription	3
EXSC U775	Cardiopulmonary Pathophysiology	3
Internship I		3
<b>Hours</b>		<b>9</b>
<b>Spring</b>		
EXSC U785	Clinical Chronic Disease Management & Preventative Medicine	3
EXSC U801	Internship II	6
<b>Hours</b>		<b>9</b>
<b>Total Hours</b>		<b>33</b>