

Date Submitted: 02/06/25 9:00 am

Viewing: **EXSCMS : Exercise Science, Master of Science**

Last approved: 10/04/24 12:10 pm

Last edit: 02/18/25 4:56 pm

Changes proposed by: alsulliv

Catalog Pages Using this Program

[Exercise Science \(EXSC\)](#)

Submitter:	User ID:	alsulliv	Phone:
5754099			
Program Status	Active		
Academic Level	Graduate		
Type of proposal	Major/Field of Study		
Select a reason for this modification			
Making Minor Changes to an Existing Certificate, Degree or Program (including 15 or fewer hours, admission/graduation requirements, Focused Studies or Tracks)			
Are you adding a concentration?			
No			
Are you adding or modifying a track?			
No			
Are you adding or modifying a focused study?			
No			
Effective Catalog Year	Fall 2025		
College/School Code	College of Education and Health Professions (EDUC)		
Department Code	Department of Health, Human Performance and Recreation (HHPR)		

- In Workflow
1. EDUC Dean Initial

2. GRAD Dean Initial

3. Director of Curriculum Review and Program Assessment

4. Registrar Initial

5. Institutional Research

6. HHPR Chair

7. EDUC Curriculum Committee

8. EDUC Dean

9. Global Campus

10. Provost Review

11. Graduate Council

12. Faculty Senate

13. Provost Final

14. Registrar Final

15. Catalog Editor Final

- Approval Path
1. 02/07/25 1:17 pm  
Matthew Ganio (msganio):  
Approved for EDUC Dean Initial

2. 02/07/25 2:00 pm  
Ed Bengtson (egbengts):  
Approved for GRAD Dean Initial

3. 02/18/25 1:07 pm  
Lisa Kulczak (lkulcza): Approved for Director of Curriculum Review

Program Code            EXSCMS  
Degree                    Master of Science  
CIP Code

- and Program  
Assessment
4. 02/18/25 4:56 pm  
Gina Daugherty  
(gdaugher):  
Approved for  
Registrar Initial
5. 02/18/25 4:59 pm  
Doug Miles  
(dmiles): Approved  
for Institutional  
Research
6. 02/20/25 5:07 pm  
Michelle Gray  
(rgray): Approved  
for HHPR Chair
7. 03/05/25 2:12 pm  
Matthew Ganio  
(msganio):  
Approved for EDUC  
Curriculum  
Committee
8. 03/05/25 2:26 pm  
Matthew Ganio  
(msganio):  
Approved for EDUC  
Dean
9. 03/05/25 3:15 pm  
Suzanne Kenner  
(skenner): Approved  
for Global Campus
10. 03/06/25 9:00 pm  
Jim Gigantino  
(jgiganti): Approved  
for Provost Review
11. 03/21/25 3:49 pm  
Phyllis Howell  
(pahowell):  
Approved for  
Graduate Council

History

- 1. Aug 15, 2014 by Leepfrog Administrator (clhelp)
- 2. Jun 1, 2016 by Charlie Alison (calison)
- 3. Jun 1, 2016 by Charlie Alison (calison)
- 4. Oct 30, 2017 by Charlie Alison (calison)
- 5. May 8, 2020 by Paul Calleja (pcallej)
- 6. Mar 31, 2021 by Charlie Alison (calison)
- 7. Oct 11, 2022 by Paul Calleja (pcallej)
- 8. May 26, 2023 by Matthew Ganio (msganio)
- 9. Jan 3, 2024 by alsulliv
- 10. Oct 4, 2024 by Jean Mitchell (jem03)

26.0908 - Exercise Physiology and Kinesiology.

Program Title  
Exercise Science, Master of Science

Program Delivery  
Method  
On Campus

Is this program interdisciplinary between two or more colleges or schools?  
No

Do the proposed changes impact any specific course(s) from another college or school?  
No

What are the total 30  
hours needed to  
complete the  
program?

## Program Requirements and Description

### Requirements

#### Application to Degree Program:

The Exercise Science program undertakes a holistic review of applicants. For acceptance to the program, a student must meet the general requirements for admission to the Graduate School, have earned an undergraduate degree in exercise science (or in a related field) and meet the following admission standard: a 3.00 GPA on the last 60 hours of undergraduate course work. Further, the student will also need to submit a resume/curriculum vitae, 500-word interest statement, and the contact information for three references to be considered for program admission consideration.

#### Application to Accelerated Degree Program (4+1 Program):

Applicants for the Exercise Science M.S. under the Accelerated Program must be a University of Arkansas undergraduate pursuing a bachelor's degree, ~~degree in exercise science~~, completed at least 60 credit hours of undergraduate coursework, ~~towards the EXSCBS degree~~, enrolled in or has completed EXSC 31503, and must have a cumulative GPA of ~~of~~ at least 3.25.

~~3.25.~~

All prospective students who apply through the Accelerated program are evaluated by the Exercise Science Program faculty and using a variety of factors including GPA, resume/Curriculum vita, 500 word interest statement, and the contact information for three references. GRE Scores are not required to apply to M.S. program through the Accelerated program.

#### Courses Completed during the Final Undergraduate Year:

Accelerated students may take up to 12 hours of graduate coursework (5000 and 6000 level coursework) in the last 12 months of their undergraduate degree that will be counted toward both their B.S. and M.S. degrees. The three required courses and timing of completion are EXSC 55103 (Fall), EXSC 55903 (Fall), and HHPR 53503 (Spring). The final course which is taken in the spring can be chosen from the following: EXSC 53303, EXSC 55203, EXSC 55303, EXSC 56403, EXSC 57703, and EXSC 64403. For EXSCBS students, all ~~At~~ 12 hours are taken in lieu of general and EXSC-related electives. Students not in the EXSCBS program should meet with their academic advisor to determine how the 12 credit hours will be incorporated into their undergraduate curriculum.

Upon completion of the B.S. degree (including the graduate courses), the Accelerated students who have at least an average 3.0 GPA in EXSC and HHPR graduate courses will be accepted by the program faculty into the EXSC M.S. degree program after admittance into the Graduate School.

**Requirements for the Master of Science Degree:** Candidates for the M.S. degree in Exercise Science must complete 24 semester hours of graduate work and a thesis (6 credit hours) or 30 semester hours without a thesis. A graduate GPA of 3.0 or better is required for graduation. In addition, non-thesis candidates must successfully complete a written comprehensive examination.

Students should also be aware of Graduate School requirements with regard to [master's degrees](#).

Required Research Component (6 hours)		
<a href="#">ESRM 53903</a>	Statistics in Education and Health Professions	3
<a href="#">HHPR 53503</a>	Research in Health, Human Performance and Recreation	3
Required Core Courses (9 hours)		
<a href="#">EXSC 53203</a>	Biomechanics I	3
<a href="#">EXSC 55103</a>	Physiology Exercise I	3
<a href="#">EXSC 55903</a>	Advanced Exercise Testing and Prescription	3
Thesis Track (6 hours)		
<a href="#">KINS 6000V</a>	Master's Thesis	6
Approved Electives (9 hr if thesis;15 hr if non-thesis)		9-15
<a href="#">EXSC 53303</a>	Instrumentation in Biomechanics	
<a href="#">EXSC 53503</a>	Exercise Psychology	
<a href="#">EXSC 55203</a>	Muscle Metabolism in Exercise	
<a href="#">EXSC 55303</a>	Cardiac Rehabilitation Program	
<a href="#">EXSC 55403</a>	Cardiovascular Function in Exercise	
<a href="#">EXSC 56103</a>	Physical Dimensions of Aging	
<a href="#">EXSC 56403</a>	Advanced Psychology of Sports Injury and Rehabilitation	
<a href="#">EXSC 57703</a>	Performance and Drugs	
<a href="#">EXSC 63103</a>	Muscle Physiology	
<a href="#">EXSC 63403</a>	Physiology of Exercise II	
<a href="#">EXSC 64403</a>	Thermoregulation and Fluid Balance	
<a href="#">KINS 5890V</a>	Independent Research	
Total Hours		30

Are Similar Programs available in the area?

No

Estimated Student Demand for Program

Scheduled Program

Review Date

NA

2023-2024

Program Goals and Objectives

Program Goals and Objectives
<div>1. To provide advanced experience for the students in exercise science that improves skills related to exercise and for entry-level allied health professions health professions.</div> <div>2. Prepare students to serve as exercise specialist or sports science consultants.</div> <div>3. Prepare students interest in research for doctoral work in health or exercise science, aimed to serve Arkansas and beyond.</div>

Learning Outcomes

Learning Outcomes
<div>1. Students will be able to integrate and problem-solve using management techniques across a variety of different situations in health, fitness and disease.</div> <div>2. Students will be able to design a research project relative to exercise science.</div> <div>3. Students will be able to demonstrate their knowledge of the current literature by writing and presenting in EXSC 5513 (Exercise Physiology) and EXSC 5323 (Biomechanics).</div>

Description and justification of the request

Description of specific change	Justification for this change
Changed requirements of the Accelerated Masters Program application so any current University of Arkansas undergraduate can apply.	Increase graduate enrollment in EXSCMS program and allow students with related degrees to pursue this option.

Upload attachments

Reviewer Comments

- Matthew Ganio (msganio) (02/07/25 1:16 pm):** moved wording and did light editing.
- Lisa Kulczak (lkulcza) (02/18/25 1:00 pm):** Adjusted effective date to fall 2025; changes to existing programs generally must be in line with the catalog publication cycle.
- Gina Daugherty (gdaugher) (02/18/25 4:56 pm):** Removed Undergraduate Council from workflow.

Key: 212