



Department of Health and Exercise Science

Master's Degree Program Information for Exercise Science

APPALACHIAN STATE UNIVERSITY

Appalachian State University, founded in 1899 as Watauga Academy, is a comprehensive university within the consolidated University of North Carolina System, which is comprised of 17 institutions. Located in Boone, North Carolina in the heart of the Blue Ridge Mountains, the surrounding area offers numerous outdoor activities including hiking, camping and skiing. With an enrollment of over 18,000, the University is comprised of some 48 buildings on a 250-acre campus. Over 45 graduate degrees are offered by a faculty and administration dedicated to excellence in teaching, research, and service. The department of Health and Exercise Science (HES) is housed within the Holmes Convocation Center (HCC). In addition to the multi-purpose arena, which seats 9,040 people, the building contains thirteen laboratories, six classrooms and thirty-two offices.

PROGRAM DESCRIPTION

The Master of Science in Exercise Science degree requires 36 semester hours of approved course work. The exercise science program permits students to elect from three concentration options: 1) the **Research Concentration** which includes coursework and experiences in exercise science, biology, chemistry, and other related areas for those who plan to pursue a Ph.D.; 2) the **Clinical Exercise Physiology Concentration** which includes coursework and field experiences in

preparation for careers in corporate or hospital-based clinical fields. With the Thesis option, the Clinical track also prepares students for entry into professional graduate programs such as Physician's Assistant, Physical Therapy, Occupational Therapy as well as MD and PhD programs; and 3) the **Strength and Conditioning Concentration** which includes courses in exercise science, nutrition, and field experiences for careers in sports performance, corporate fitness, and personal training. All students are encouraged to assist in on- going research in the Human Performance, Biomechanics, and Neuromuscular laboratories. In addition, students are encouraged to engage in research that culminates in a professional presentation or publication. Individual research projects (ES 5560), or thesis (ES 5999), should be initiated by the end of the first year. A limited number of graduate assistantships are available for qualified students.

ADMISSION REQUIREMENTS

All applicants for admission to the Cratis D. Williams Graduate School must hold a baccalaureate degree from a college or university of recognized standing and must have an undergraduate background appropriate for the proposed graduate program. In addition, all applicants must submit scores from the Graduate Record Examination (GRE). The GRE contains a writing section, which is required for admission. In order to qualify for admission into the Graduate School, an applicant must have the following:

Basic Criteria for Consideration:

3.0 GPA in the last earned degree and official scores from GRE (no minimum score required), OR 2.5 GPA in the last earned degree and official scores from GRE at the 25th percentile level

Prerequisites (will be assessed at discretion of the program director): Baccalaureate degree from an accredited college or university undergraduate course work in the following:

Human Anatomy and Physiology

Biomechanics

Exercise Physiology

Two additional science courses (chemistry advisable)

Other Criteria: Three letters of recommendation, resume, and personal statement all

uploaded to the graduate school application website. The personal statement should reflect the applicant's professional goals and how the MS in Exercise Science at ASU will help achieve those goals, as well as the faculty members at ASU with which the applicant is most interested in working.

Deadline:

The deadline for Fall consideration is April 1st however; we will begin reviewing applications after February 1st for considerations on acceptance and GA positions. The deadline for Spring admittance is July 1st. Admission is highly competitive, with only 15-25% of applicants accepted. Entry into the Exercise Science Graduate Program is by a mentor-based approach where a faculty member must agree to be the mentor to a student before they can be accepted. Thus, contact with individual faculty members in the track that interests you is essential to acceptance in the program. No applications will be examined until the February 1 (Fall) and July 1 (Spring) deadlines, when all complete files will be considered together and offers made to the top 20-25 students.

APPLICATION PROCEDURES

All applicants for admission to the Graduate School must submit (1) a completed online application with a non-refundable, non-deductible application processing fee, (2) three letters of recommendation, (3) official GRE scores, (4) official transcripts of ALL previous academic work, and (5) a current resume and personal statement. The personal statement is required only by the department, not the graduate school, but is submitted at the time of application. The department is not allowed to assess any application until all official documents are on file. It is the applicant's responsibility to monitor the application process. All online applications and inquiries can be found at: <http://www.graduate.appstate.edu/admissions/index.html>

GRADUATE ASSISTANTSHIPS AND TUITION SCHOLARSHIPS

A limited number of graduate assistantships are available for qualified students. Graduate assistants must enroll in a minimum of 9 hours of course work per semester and are responsible for 20 hours per week of service to the department. Most graduate assistantships carry a nine-

month stipend of \$9,000 and may be renewed for the second year. A VERY limited number of out-of-state tuition scholarships are available for non-NC resident students with outstanding academic credentials and require a minimum GPA 3.4. These scholarships cover the difference between in-state and out-of- state tuition. There are no in-state tuition waivers available; so all students pay some amount of tuition. A tuition scholarship can only be awarded to a graduate assistant, but a graduate assistantship does not guarantee a tuition scholarship.

Assistantships may be for departmental teaching and/or research, working with the Watauga Medical Center or working with the athletics department. Graduate assistants are selected on the basis of their formal training, strength of application, experience, and interest. Departmental graduate assistants are normally assigned to assist in the research endeavors of faculty members, and are selected on the basis of their academic credentials, research experience, interests, and familiarity with laboratory equipment and software applications. Students may also desire to contact the Office of Student Financial Aid and the Graduate School for information regarding other assistantships, scholarships and fellowships, and/or grants and loans available to graduate students (see website listed above). Any student wishing to apply for financial aid should contact the ASU Financial Aid Office (<http://www.financialaid.appstate.edu>)

GRADUATE ASSISTANTSHIPS

All admitted students will be considered for Graduate Assistantships based on information contained within the on-line graduate school applications. No other additional information is required from the applicant.

HOUSING

For information regarding housing (for both on and off campus) see the website, <http://www.reslife.appstate.edu>. Several other websites may also be helpful in finding off campus housing, including: www2.wataugademocrat.com, www.scene.appstate.edu, and www.mountaintimes.com.

MASTER OF SCIENCE DEGREE IN EXERCISE SCIENCE (842*/31.0505)

Course Requirements for the Master of Science in Exercise Science Semester Hours Required (minimum): 36

Required Courses

14 s.h.

- ES 5000: Introduction to Research Principles and Design (3)
- ES 5200: Exercise Science Seminar (first year) (1)
- ES 5591: Biomechanical and Physiological Laboratory Assessment (3)
- ES 5592: Data Analysis in Sport and Exercise Science (3)
- ES 5623: Exercise Physiology (4)

CHOOSE ONE — Concentration

22 s.h.

Clinical Exercise Physiology Concentration (Code: 842E)

- ES 5620: Cardiovascular Physiology (3)
- ES 5625: Concepts of Clinical Exercise Testing (3)
- ES 5645: Cardiopulmonary Pathophysiology and Rehabilitation (3)
- ES 5660: Exercise Prescription and Chronic Disease Management (3)

Choose one of the following (6 s.h.):

- ES 5900: Internship (6), OR
- ES 5999: Thesis (6)
- 4 s.h. of graduate electives chosen with the advisor's approval.

OR

• Research Concentration (842B):

- ES 5999: Thesis (6)
- 16 s.h. of graduate electives chosen with the advisor's approval.

OR

• Strength and Conditioning (842D):

- ES 5555: Nutritional Aspects of Exercise and Sports (3)
- ES 5600: Survey of Sports Performance (3)
- ES 5650: Theoretical and Practical Aspects of Strength/Power Conditioning (3)
- ES 5710: Biomechanics (3)

Choose one of the following (6 s.h.):

- ES 5900: Internship (6)
- ES 5900: Internship (3) AND ES 5560: Research Project (3), OR
- ES 5999: Thesis (6)
- 4 s.h. of graduate electives chosen with the advisor's approval

Other Requirements for the MS in Exercise Science:

Thesis: Required for the Research concentration; optional for the other concentrations; proposal should be approved by second fall semester

Proficiency: Not required

Candidacy: Required for thesis option; upon approval of thesis committee and proposal

Comprehensive: Required

NOTES:

During ES 5900 Internship, 50 contact hours equals 1 s.h. credit.