



MASTER OF SCIENCE IN EXERCISE SCIENCE

The mission of the exercise science program at Appalachian State University is to prepare qualified professionals for employment in athletics programs, exercise/fitness centers, hospital wellness programs, corporate fitness programs, rehabilitation centers, and allied health areas. Additionally, the program prepares students for advanced study in related fields such as exercise physiology, biomechanics, physical therapy, medicine, chiropractic medicine, and for research. The program relies on a scientific core which allows the student to gain a complete understanding of human physiology and biomechanics, and how exercise impacts those areas. Once the student completes the scientific core, they have the opportunity to specify areas of concentration in order to develop practical knowledge that uniquely prepares them for a career in their chosen area.

The Exercise Science program permits students to elect from three track options:

- A research concentration which includes interdisciplinary coursework and experiences in biology, chemistry, physics, and exercise science for those who plan to pursue a Ph.D.
- A clinical/cardiopulmonary rehabilitation concentration which includes coursework and experiences in chronic disease management, cardiopulmonary pathophysiology, electrocardiography, and exercise prescription in preparation for a career in the clinical, wellness, or rehabilitative setting.
- A strength and conditioning concentration which includes courses and experiences in nutrition, program design, sport training, and exercise science for careers in sports performance and fitness.

Graduate students have the opportunity to assist in on-going research in the biomechanics, exercise biochemistry, human performance, hydrostatic, and neuromuscular laboratories.

Additionally, students are encouraged to engage in research that culminates in a professional presentation or publication. Practicum hours and/or Internships are required for both the Clinical and Strength and Conditioning concentrations.

The HLES Department is home to several state-of-the-art laboratory facilities, each with a focus area. The Human Performance Laboratory Complex houses the Human Performance, Hydrostatic, and Fisher Hamilton/Nycom Biochemistry laboratories, while the Neuromuscular and Biomechanics laboratories are joined in another location in the department. <http://www.hles.appstate.edu/labs/index.php>

Academic Common Market

Appalachian State University and the State of North Carolina participate in the Southern Regional Education Board's Academic Common Market (ACM), a clearinghouse for unique programs in which out-of-state students may be eligible for a reduction in the tuition to in-state levels. Students interested in pursuing ACM status should contact the ACM representative for their state. Contact information for participating states may be found on the SREB website.

<http://www.sreb.org/programs/acm>

Appalachian State University

ASU has 15,000 students and is a member institution of the 16-campus University System of North Carolina. Ranked by US News and World Report as one of the top 15 among southern regional universities since the rankings first appeared in 1986.

Contact Information

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http://www.hles.appstate.edu/areas/graduate_program/index.php

The Graduate School

<http://www.graduate.appstate.edu/admissions/>

Appalachian
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