Master of Science (M.S.), Major in Exercise Science

Major Program

Students seeking a master of science (M.S.) with a major in exercise science will appreciate the value and importance of research-based literature and have the critical thinking, research, and technical skills to:

1. understand research-based literature;
2. use innovative approaches to problem solving;
3. successfully pursue a doctoral degree in exercise science or related discipline;
4. work in athletic, clinical (e.g., cardiopulmonary rehabilitation and diagnostic testing), educational, and fitness settings; and
5. sit for advanced professional certifications (e.g., the American College of Sports Medicine Certified Clinical Exercise Specialist, Certified Health Fitness Specialist, Certified Strength and Conditioning Specialist, or Registered Clinical Exercise Physiologist).

Application Requirements

The items listed below are required for admission consideration for applicable semesters of entry during the 2017-2018 academic year. Submission instructions, additional details, and changes to admission requirements for semesters other than the 2017-2018 academic year can be found on the program’s web page (http://gradcollege.txstate.edu/programs). International students should review the International Admission Documents (http://mycatalog.txstate.edu/graduate/admission-documents/international) section of the catalog for additional requirements.

- completed online ApplyTexas application
- $40 nonrefundable application fee
- $50 nonrefundable international evaluation fee (if applicable)
- baccalaureate degree from a regionally accredited university
- official transcripts required from each institution where course credit was granted
- minimum 2.75 GPA in your last 60 hours of undergraduate course work (plus any completed graduate courses)*
- official GRE scores not required*
- resume/CV
- statement of purpose
- three letters of recommendation

TOEFL or IELTS Scores

Non-native English speakers who do not qualify for an English proficiency waiver:

- official TOEFL iBT scores required with a 78 overall
- official IELTS (academic) scores required with a 6.5 overall and
- minimum individual module scores of 6.0

This program does not offer admission if the scores above are not met.

*Additional Information

If your last-60-hours GPA is 3.0 or below, please submit the following:

- official GRE scores with a preferred minimum of 291 (verbal and quantitative sections combined)

Course Work Requirements

Thesis Option

Exercise Science Course Work

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ESS 5304</td>
<td>Motor Learning and Performance</td>
<td>3</td>
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<tr>
<td>ESS 5309</td>
<td>Biomechanics for Exercise &amp; Sports Science</td>
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Choose 3 hours from the following:

- ESS 5306 Advanced Exercise Physiology
- ESS 5310 Cardiopulmonary Exercise Physiology
- ESS 5311 Applied Neuromuscular and Skeletal Muscle Physiology

Exercise Science Electives

Choose 12 hours from the following:

- ESS 5305 Advanced Fitness Assessment and Exercise Prescription
- ESS 5306 Advanced Exercise Physiology
- ESS 5307 Advanced Resistance Training and Conditioning
- ESS 5308 Physical Activity, Exercise, and Epidemiology
- ESS 5310 Cardiopulmonary Exercise Physiology
- ESS 5311 Applied Neuromuscular and Skeletal Muscle Physiology
- ESS 5322 Inclusion and Diversity in Physical Activity and Sport
- ESS 5398 Internship in Exercise and Sports Science
- ESS 5344 Improving Instruction and Assessment in Physical Activity and Sport
- ESS 5353 Curriculum and Instruction in Physical Activity and Sport
- ESS 5354 Developmental Sports Education I
- ESS 5355 Developmental Sports Education II
- ESS 5698 Internship in Exercise and Sports Science

Prescribed Electives

Choose 3 hours from the following:

- AT 5310 Proprioception and Neuromuscular Control in Rehabilitation
- AT 5311 Biomechanics of Musculoskeletal Injury
- BIO 5441 Cellular Physiology
- H ED 5321 Theoretical Foundations of Health Education
- H ED 5330 Topics in Health Education
- NUTR 5302G Pediatric Obesity
- NUTR 5364 The Science of Nutrition and Exercise
- NUTR 5366 Nutrient Metabolism I
- PHIL 5322 Professional Ethics
- PHIL 5326 Philosophy and Sport
- PHIL 5327 Medical Ethics and Bio-ethics
- PSY 5335 Foundations of Health Psychology

Thesis Course Work

Choose a minimum 6 hours:
Non-thesis Option

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Total Hours 36


The student must submit an official Thesis Proposal Form (http://www.gradcollege.txstate.edu/forms.html) and proposal to his or her thesis committee. Thesis proposals vary by department and discipline. Please see your department for proposal guidelines and requirements. After signing the form and obtaining committee members’ signatures, the graduate advisor’s signature if required by the program and the department chair’s signature, the student must submit the Thesis Proposal Form with one copy of the proposal attached to the dean of The Graduate College for approval before proceeding with research on the thesis. If the thesis research involves human subjects, the student must obtain exemption or approval from the Texas State Institutional Review Board prior to submitting the proposal form to The Graduate College. If the thesis research involves vertebrate animals, the proposal form must include the Texas State IACUC approval code. It is recommended that the proposal form be submitted to the dean of The Graduate College by the end of the student’s enrollment in 5399A. Failure to submit the thesis proposal in a timely fashion may result in delayed graduation.

Thesis Committee

The thesis committee must be composed of a minimum of three approved graduate faculty members.

Thesis Enrollment and Credit

The completion of a minimum of six hours of thesis enrollment is required. For a student’s initial thesis course enrollment, the student will need to register for thesis course number 5399A. After that, the student will enroll in thesis B courses in their field, e.g., ENG 5399A, ENG 5199B, ENG 5299B, ENG 5399B, ENG 5599B, and ENG 5999B, in each subsequent semester until the thesis is defended with the department and approved by The Graduate College. Preliminary discussions regarding the selection of a topic and assignment to a research supervisor will not require enrollment for the thesis course.

Students must be enrolled in thesis credits if they are receiving supervision and/or are using university resources related to their thesis work. The number of thesis credit hours students enroll in must reflect the amount of work being done on the thesis that semester. It is the responsibility of the committee chair to ensure that students are making adequate progress toward their degree throughout the thesis process. Failure to register for the thesis course during a term in which supervision is received may result in postponement of graduation. After initial enrollment in 5399A, the student will continue to enroll in a thesis B course as long as it takes to complete the thesis. Thesis projects are by definition original and individualized projects. As such, depending on the
topic, methodology, and other factors, some projects may take longer than others to complete. If the thesis requires work beyond the minimum number of thesis credits needed for the degree, the student may enroll in additional thesis credits at the committee chair’s discretion. In the rare case when a student has not previously enrolled in thesis and plans to work on and complete the thesis in one term, the student will enroll in both 5399A and 5399B.

The only grades assigned for thesis courses are PR (progress), CR (credit), W (withdrawn), and F (failing). If acceptable progress is not being made in a thesis course, the instructor may issue a grade of F. If the student is making acceptable progress, a grade of PR is assigned until the thesis is completed. The minimum number of hours of thesis credit (“CR”) will be awarded only after the thesis has been both approved by The Graduate College and released to Alkek Library.

A student who has selected the thesis option must be registered for the thesis course during the term or Summer I (during the summer, the thesis course runs ten weeks for both sessions) in which the degree will be conferred.

Fee Reduction
A master’s degree candidate for graduation may be eligible for a one-time fee reduction under V.T.C.A. Education Code, Section 54.054. Please refer to the section titled Fee Reduction in the Additional Fees and Expenses chapter of this catalog for more information.

Thesis Deadlines and Approval Process
Thesis deadlines are posted on The Graduate College (http://www.gradcollege.txstate.edu) website under “Current Students.” The completed thesis must be submitted to the chair of the thesis committee on or before the deadlines listed on The Graduate College website.

The following must be submitted to The Graduate College by the thesis deadline listed on The Graduate College website:

1. The Thesis Submission Approval Form bearing original (wet) and/or electronic signatures of the student and all committee members.
2. One (1) PDF of the thesis in final form, approved by all committee members, uploaded in the online Vireo submission system.

After the dean of The Graduate College approves the thesis, Alkek Library will harvest the document from the Vireo submission system for publishing in the Digital Collections database (according to the student’s embargo selection). NOTE: MFA theses will have a permanent embargo and will never be published to Digital Collections.

While original (wet) signatures are preferred, there may be situations as determined by the chair of the committee in which obtaining original signatures is inefficient or has the potential to delay the student’s progress. In those situations, the following methods of signing are acceptable:

- signing and faxing the form
- signing, scanning, and emailing the form
- notifying the department in an email from their university’s or institution’s email account that the committee chair can sign the form on their behalf
- electronically signing the form using the university’s licensed signature platform.

If this process results in more than one document with signatures, all documents need to be submitted to The Graduate College together.

No copies are required to be submitted to Alkek Library. However, the library will bind copies submitted that the student wants bound for personal use. Personal copies are not required to be printed on archival quality paper. The student will take the personal copies to Alkek Library and pay the binding fee for personal copies.

Master’s level courses in Health and Human Performance: ESS

Courses Offered
Exercise Science Specialization (ESS)

ESS 5101. Graduate Assistant Development.
This course is required of all graduate teaching and instructional assistants in the department. This course provides regular in-service and planned periodic evaluations of instructional and professional responsibilities. This course does not earn graduate credit. Graded on a credit (CR), no-credit (F) basis
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.
Course Attribute(s): Graduate Assistantship|Exclude from Graduate GPA
Grade Mode: Leveling/Assistantships

ESS 5117. Laboratory in Exercise Physiology.
Students in this leveling laboratory course perform experiments that highlight the physiological responses to exercise. The course introduces students to basic techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. Prerequisite: BIO 2430 or equivalent. Co-requisite: ESS 5317
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA|Leveling
Grade Mode: Leveling/Assistantships

ESS 5199B. Thesis.
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5201. Graduate Assistant Development.
This course is required of all graduate teaching and instructional assistants in the department. This course provides regular in-service and planned periodic evaluations of instructional and professional responsibilities. This course does not earn graduate credit. Graded on a credit (CR), no-credit (F) basis
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Graduate Assistantship|Exclude from Graduate GPA
Grade Mode: Leveling/Assistantships

ESS 5299B. Thesis.
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

Master of Science (M.S.), Major in Exercise Science

Leveling/Assistantships
ESS 5304. Motor Learning and Performance.  
This course is designed to provide students the foundation for understanding the principles involved in enhancing motor skill acquisition, and physiological, neurological, and psychological factors affecting motor learning and performance. Inquiry is made into the various motor learning theories and concepts. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

ESS 5305. Advanced Fitness Assessment and Exercise Prescription.  
This course provides an intensive study of current scientifically based exercise testing and prescription procedures. Students will learn how to evaluate fitness and prescribe exercise through laboratory experiences. 
3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.  
Grade Mode: Standard Letter

ESS 5306. Advanced Exercise Physiology.  
This advanced course will provide students with a thorough understanding of the acute responses to exercise and the physiological adaptations that occur in response to exercise training. Additional topics to be covered include environmental influences, aging, and sex differences. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

This course will include the development, instruction, and evaluation of resistance training exercises and programs for diverse populations and settings. Physiological and mechanical principles related to resistance training will be applied to study human performance, injury prevention, and rehabilitation. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

ESS 5308. Physical Activity, Exercise, and Epidemiology.  
This course will provide students with opportunities to examine the role of physical inactivity in the development of chronic diseases and the benefits of activity in prevention efforts. A special emphasis will be placed on activity assessment and intervention research. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

Review of current research and research techniques in the biomechanics of exercise and sport science. Students will develop skills in reviewing, planning, and conducting biomechanical research. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

ESS 5310. Cardiopulmonary Exercise Physiology.  
The course will provide students with a thorough understanding of the structure, function, neural mechanisms, and integrated responses of the human cardiopulmonary system to acute and chronic exercise. In addition, basic cardiopulmonary pathology, pharmacology, and electrocardiography will be introduced. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

ESS 5311. Applied Neuromuscular and Skeletal Muscle Physiology.  
The course will provide students with a thorough understanding of the structure and function of neuromuscular and skeletal muscle physiology. This course will examine mechanisms that regulate skeletal muscle force production and human performance in response to acute and chronic exercise. In addition, advanced laboratory techniques will be introduced. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

ESS 5317. Exercise Physiology.  
This leveling course provides an overview of the acute and chronic physiological responses to exercise. Emphasis is on muscle bioenergetics, muscle contractile properties, optimizing human performance through training and supplementation, as well as cardiopulmonary and endocrine responses to exercise. Prerequisite: BIO 2430 or equivalent. Corequisite: ESS 5117.  
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Course Attribute(s): Exclude from Graduate GPA|Lab Required|Leveling  
Grade Mode: Leveling/Assistantships

ESS 5320. Biomechanics.  
This leveling course provides an introduction to the mechanical foundations of anatomical function and human movement. Qualitative and quantitative biomechanical analyses of human movement are introduced to inform the prescription of technique, equipment, and training interventions. Prerequisite: BIO 2430 or equivalent.  
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Course Attribute(s): Exclude from Graduate GPA|Leveling  
Grade Mode: Leveling/Assistantships

ESS 5322. Inclusion and Diversity in Physical Activity and Sport.  
This course is designed to prepare physical activity and sport educators with knowledge, skills, and strategies to create inclusive learning environments. Culturally responsive teaching strategies that best accommodate the individual needs of children, adolescents, and adults, with diverse ethnic, racial, cultural, socio-economic, physical, and cognitive needs will be emphasized. 
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

ESS 5329. Motor Learning.  
This leveling course provides students with an understanding of the physiological, neurological, and psychological factors affecting performance and acquisition of motor skills. Students will examine the structural components underlying the learning of motor skills and draw upon examples from sport, physical activities, and rehabilitation. This course does not earn graduate degree credit.  
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Course Attribute(s): Exclude from Graduate GPA|Leveling  
Grade Mode: Leveling/Assistantships

ESS 5344. Improving Instruction and Assessment in Physical Activity and Sport.  
This course is a comprehensive study of pedagogical research examining effective teaching and assessment strategies in physical activity and sport. The use of assessment to improve instruction, learning outcomes, and programming will be emphasized. The course is designed to promote reflective physical activity and sport educators.  
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter
A study of research methods related to techniques for searching the professional research literature, understanding, planning, and conducting professional research projects, as well as development of skills for writing research proposals related to human performance.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5347. Independent Study in Exercise Science.
The course allows students to receive individualized instruction while working on a professional project with a supervising faculty member. This course will require students to enhance their writing, research, teaching, and/or presentation skills. Repeatable once for credit.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5353. Curriculum and Instruction in Physical Activity and Sport.
This course examines contemporary evidenced-based curriculum models. It is designed to enable students to develop and implement developmentally appropriate and theoretically based physical activity and sport programs in schools, communities, and athletic venues.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5354. Developmental Sports Education I.
This course is designed to provide sport educators with theory, research, and application strategies to implement developmentally appropriate sports programs. Pedagogical, philosophical, psychosocial, and physiological variables impacting youth participation in sport are examined. Emphasis is placed on promoting positive youth development by applying evidenced-based practices in sports education.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5355. Developmental Sports Education II.
The purpose of this course is to provide sport education professionals with the theoretical and practical information necessary to design and implement a quality sports experience for adolescents and/or adults. This course will focus on a theory to practice approach and will include a bio-psychosocial perspective.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

A study of quantitative statistical methods for planning and conducting experimental and correlational research, as well as techniques for statistical data analysis and interpretation applicable to health and human performance.
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5398. Internship in Exercise and Sports Science.
This 240-hour internship provides students with work-related experience with children, adults, older individuals, or athletes in exercise settings. Students are provided an opportunity to prescribe and supervise age- and fitness-appropriate exercise programs and perform exercise tests. Prerequisite: ESS 5306
3 Credit Hours. 0 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5399A. Thesis.
This course represents a student’s initial thesis enrollment. No thesis course credit is awarded until the student has completed the entire thesis required in ESS 5399B. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisites: ESS 5346 and ESS 5356
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5399B. Thesis.
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5599B. Thesis.
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A
5 Credit Hours. 5 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5624. Principles and Practices for Teaching Physical Education.
This is a leveling class for graduate students pursuing teaching certification in physical education. Particular emphasis is placed on methods of teaching physical education. This course does not earn graduate credit. Departmental Approval required
6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA|Leveling
Grade Mode: Leveling/Assistantships

ESS 5698. Internship in Exercise and Sports Science.
This full-time internship provides students with a minimum of 480 hours of field experience. Students will work with children, adults, older individuals, or athletes in exercise or health care settings, and prescribe and supervise age and fitness appropriate exercise programs and perform comprehensive health-related assessments.
6 Credit Hours. 0 Lecture Contact Hours. 40 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5999B. Thesis.
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A
9 Credit Hours. 9 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit