

MASTER OF SCIENCE (M.S.) IN EXERCISE SCIENCE



The Department of Exercise Science at Syracuse University is dedicated to educational excellence through high-quality, innovative graduate programs in exercise physiology and cutting-edge research. We seek students for our graduate programs whose aspirations include something more than competence as skilled professionals. We are educating the next generation of leaders in our field.

- Our graduate faculty are composed of leading scholars in a variety of specialties, and we have earned a reputation for excellence in every facet of academic enterprise: teaching, grant-funded research, publication, and active involvement in professional and community service projects.
- We have a dominant research focus on the basic sciences and chronic disease, and we are committed to improving people's lives through physical activity.
- We have both M.S. and Ph.D. degree programs and offer students the opportunity to follow their own research/career interests, ranging from athletic training to exercise science at the cellular, genetic, and molecular levels.
- Our graduates are in demand wherever exercise physiology is practiced: corporate fitness programs, government health initiatives, clinical facilities (including cardiac rehabilitation units), hospital-based programs, research institutions, teaching colleges, and research universities.

Master's Degree in Exercise Science

OUR MASTER OF SCIENCE (M.S.) degree program in Exercise Science has 15 to 20 master's degree candidates.

The M.S. program provides students with an understanding of how exercise and physical activity/inactivity affect various physiological systems, giving special

attention to the role of exercise in human health. The master's program provides the theoretical background and practical experience needed for students pursuing national certifications offered by the American College of Sports Medicine and the National Strength and Conditioning Association. There are two tracks within

the M.S. program to provide students with flexibility tailored to their specific career ambitions. These include the Internship and Research tracks. Both tracks share a common curriculum (see below) and require 6 credits in the elective category to fulfill either an internship or research requirement. The decision on which track to

(over)

follow is typically made in consultation with a student's faculty advisor during the first year of the program.

MASTER OF SCIENCE DEGREE CURRICULUM

Prerequisites

To matriculate, students must complete the following prerequisites: 24 total credits of natural sciences at the undergraduate level, including full-year lab-based sequences in general biology, chemistry, and human anatomy and physiology.

Requirements

The two-year M.S. degree program requires completion of 36 credits of formal course work selected in consultation with a faculty advisor and the completion of a master's thesis or master's paper (*research track*) or completion of an approved internship experience (*internship track*).

- **Four required courses**

(12 credits, 3 credits per course):

The four required courses in the program include, Current Literature in Exercise and Sport Science, Systemic Physiology and Exercise, Research Problems in Exercise and Sport Science, and Statistical Thinking and Applications.

- **Elective Courses**

(18 credits, 3 to 4 credits per course):

A variety of elective courses is offered by the department or affiliated departments within Syracuse University, e.g., Cardiovascular Rehabilitation, Skeletal Muscle Physiology, Exercise and Aging, Obesity and Body Composition, Advanced Topics in Sports Medicine, High-Altitude Physiology, Physical Activity Epidemiology.

- **Research or Internship Experience** (6 credits):

A research project leading to a formal thesis or master's paper, or an internship experience, is required. Research is mentored by a faculty member and evaluated by a department committee. Internships are arranged by the student in consultation with a faculty member.

HOW DO I APPLY?

Syracuse University has a standardized web-based application process for graduate study. Links to begin the process for both our M.S. and Ph.D. programs are available on our department web site, the School of Education web site, or through the Graduate School at Syracuse University. Students should indicate in their personal statement whether they wish to be considered for the research or internship tracks at the M.S. level.

Note: The Syracuse University Department of Sports Medicine, housed in the Division of Athletics, offers several funded graduate internships in the area of athletic training. Athletic trainer M.S. students work intensively with Division I sports teams at Syracuse University. Students should contact the Department of Sports Medicine first to inquire about the availability of internships before applying to the exercise science M.S. program.

HOW WILL I FUND MY EDUCATION?

Syracuse University has some extraordinary funding opportunities, but competition for funding is fierce.

- Master's students are eligible for scholarship support that covers full or partial tuition costs. Occasionally, M.S. students are awarded half-assistantships, which cover half of tuition and provide a stipend at half the rate of a Ph.D. assistantship. Individual faculty members may also hold grant funds that can be used to support the tuition and stipend needs of graduate students at any level of study.
- The Department of Sports Medicine offers several full assistantships to M.S. athletic trainer students. Students interested in the athletic training career track should contact the Department of Sports Medicine directly.
- Students should indicate in their personal statement what funding, if any, they wish to be considered for.

**SYRACUSE
UNIVERSITY**

CONTACT

School of Education

M.S. in Exercise Science
Department of Exercise
Science

Tom Brutsaert
Department Chair
tbrutsa@syr.edu

Donna Fecteau
Office Coordinator
defectea@syr.edu

soe.syr.edu