EXERCISE SCIENCE (MS)

The Master of Science (M.S.) in Exercise Science is designed to accommodate a broad range of student interests and professional goals who wish to advance their knowledge and skills in the field of Exercise Science. The 30-hour program includes a required 18-hour core with the remaining 12 hours consisting of elective courses designed to meet the professional goals and needs of each individual student. Students can choose between a thesis or non-thesis option, with the thesis option for students who have the ability and desire to pursue an individualized research topic within the field of Exercise Science.

Students enrolled in the program will have the opportunity to personally interact with program faculty in the classroom and laboratory. The Exercise Science “Human Performance Laboratory” is equipped with state of the art equipment such including the Moxus Modular VO2 System (AEI Technologies), True-One 2410 Metabolic Measurement System (ParvoMedic), Bod Pod (COSMED Inc.), Excalibur Sport Anaerobic Power System (LODEBV), Ergomedic 894E Peak Bike (Monark), Quinton Q4500 Stress Test System, 12-lead Electrocardiograph, and numerous other equipment.

Career Opportunities

Exercise Science is the gateway degree for individuals who wish to work in any phase of the fitness industry, e.g., corporate- and hospital-based Wellness, club fitness, YMCA, geriatric programming, personal training, etc. In addition, many students currently at CSU are using the degree as a pre-professional program for graduate programs in Athletic Training, Occupational Therapy, Physical Therapy, and Physician’s Assistant. Finally, the educational content in Exercise Science also helps prepare students for success in careers such as pharmacology sales, military science, orthotics, etc. (e.g., many health/fitness related fields where the career path is not fixed).