



## Human Performance and Fitness Master of Science

Lehman College's M.S. in Human Performance and Fitness Program aims to equip students with the necessary skills and competencies required to function effectively in the field of exercise science, physical fitness, and wellness. With personal health and fitness occupying much of our nation's attention, a graduate degree that ties together the studies of anatomy, kinesiology, physiology, sports nutrition and other related exercise science disciplines, is an excellent way to tap into a plentiful job market whose goal is the promotion of a healthier nation through exercise and fitness interventions. In addition, the program utilizes the Human Performance Laboratory, with its state-of-the-art equipment, and the additional resources of the APEX facility, including its fitness, and weight training centers.

The program prepares students for careers in corporate and community fitness programs, health clubs, and similar fitness-related industries. Although the program does not fulfill teacher certification requirements, it is of particular appeal to public school teachers (primary and secondary) in health and physical education, who are required by New York State to obtain a master's degree for continued employment. Positions in sales or marketing of medical, fitness, sports supplements, and sports-related equipment may also be appropriate for students with this degree. In addition, the program prepares students for doctoral programs in areas related to exercise science and to carry out research that advances the emerging body of literature in human health, fitness and performance.

### ADMISSIONS REQUIREMENTS

- Official transcripts from all post-secondary institutions attended
  - A bachelor's degree from an accredited college or university
  - Attainment of a minimum undergraduate Grade Point Average (GPA) of 3.0 in the undergraduate record as a whole and a 3.0 in courses specific to exercise science
- A minimum of 30 credit hours in exercise-related coursework
- A 500-word personal statement indicating the applicant's preparation for master's work and interest in pursuing a career in the fitness field
- Current professional resume
- Three letters of recommendation, at least two of which must be from a person directly involved in the field of exercise, either as a professor, researcher, or practitioner

## DEGREE REQUIREMENTS

- The M.S. in Human Performance and Fitness program offers two options: Thesis or Capstone Project.

<b>OPTION 1: Thesis</b>		
<b>Core Courses (18 credits)</b>		<b>Credits</b>
EXS 501	Physical Activity, Exercise and Fitness	3
EXS 502	Advanced Exercise Physiology	3
EXS 503	Advanced Research Methods in Exercise Science	3
EXS 504	Advanced Exercise Testing and Prescription	3
EXS 505	Advanced Sports Nutrition	3
EXS 506	Applied Training Methodologies	3
<b>Elective Courses (9 credits)</b>		<b>Credits</b>
EXS 615	Advanced Kinesiology and Biomechanics	3
EXS 616	Advanced Motor Learning and Performance	3
EXS 617	Advanced Training Methods for Strength and Hypertrophy	3
EXS 626	Fitness Management and Marketing	3
EXS 665	Psychology of Sport	3
EXS 680	Selected Topics in Exercise Science	3
<b>Thesis (6 credits)</b>		<b>Credits</b>
EXS 790	Thesis Workshop 1	3
EXS 791	Thesis Workshop 2	3
<b>OPTION 2: Capstone Project</b>		
<b>Core Courses (18 credits)</b>		<b>Credits</b>
EXS 501	Physical Activity, Exercise and Fitness	3
EXS 502	Advanced Exercise Physiology	3
EXS 503	Advanced Research Methods in Exercise Science	3
EXS 504	Advanced Exercise Testing and Prescription	3
EXS 505	Advanced Sports Nutrition	3
EXS 506	Applied Training Methodologies	3
<b>Elective Courses (12 credits)</b>		<b>Credits</b>
EXS 615	Advanced Kinesiology and Biomechanics	3
EXS 616	Advanced Motor Learning and Performance	3
EXS 626	Fitness Management and Marketing	3
EXS 665	Psychology of Sport	3
EXS 680	Selected Topics in Exercise Science	3
<b>Capstone Project (3 credits)</b>		<b>Credits</b>
EXS 795	Capstone Project Workshop	3

### Questions about the program?

Prof. Bradley Schoenfeld

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### Questions about admissions?

The Office of Graduate Admissions

<http://www.lehman.edu/admissions>