

# Program Change Request

Date Submitted: 01/11/22 2:48 pm

Viewing: **EXSCMS : Exercise Science, Master of Science**

Last approved: 03/31/21 9:09 am

Last edit: 02/02/22 2:26 pm

Changes proposed by: pcallej

Catalog Pages Using  
this Program

[Exercise Science \(EXSC\)](#)

Submitter: 575-2854      User ID: pcallej      Phone:

Program Status      Active

Academic Level      Graduate

Type of proposal      Major/Field of Study

Select a reason for this modification

Making Minor Changes to an Existing Certificate or Degree (e.g. changing 15 or fewer hours, changing admission/graduation requirements, adding/changing Focused Study or Track)

Are you adding a concentration?

No

Are you adding or modifying a track?

No

Are you adding or modifying a focused study?

No

Effective Catalog Year      Fall 2023

College/School Code

## In Workflow

1. EDUC Dean Initial
2. GRAD Dean Initial
3. Director of Curriculum Review and Program Assessment
4. Registrar Initial
5. Institutional Research
6. HHPR Chair
7. EDUC Curriculum Committee
8. EDUC Dean
9. Global Campus
10. Provost Review
11. University Course and Program Committee
12. Graduate Council
13. Faculty Senate
14. Provost Final
15. Registrar Final
16. Catalog Editor Final

## Approval Path

1. 01/24/22 5:13 pm  
Matthew Ganio (msganio):  
Approved for EDUC Dean Initial
2. 01/24/22 5:15 pm  
Jim Gigantino (jgiganti): Approved

College of Education and Health Professions (EDUC)

Department Code

Department of Health, Human Performance and Recreation (HHPR)

Program Code EXSCMS

Degree Master of Science

CIP Code

for GRAD Dean  
Initial

3. 01/25/22 8:59 am  
Alice Griffin  
(agriffin): Approved  
for Director of  
Curriculum Review  
and Program  
Assessment
4. 01/26/22 10:05 am  
Gina Daugherty  
(gdaugher):  
Approved for  
Registrar Initial
5. 01/26/22 11:35 am  
Doug Miles  
(dmiles): Approved  
for Institutional  
Research
6. 01/26/22 11:44 am  
Michelle Gray  
(rgray): Approved  
for HHPR Chair
7. 02/02/22 2:26 pm  
Matthew Ganio  
(msganio):  
Approved for EDUC  
Curriculum  
Committee
8. 02/02/22 2:56 pm  
Matthew Ganio  
(msganio):  
Approved for EDUC  
Dean
9. 02/02/22 5:28 pm  
Suzanne Kenner  
(skenner): Approved  
for Global Campus
10. 02/02/22 5:29 pm  
Ketevan

Mamiseishvili  
(kmamisei):  
Approved for  
Provost Review

## History

1. Aug 15, 2014 by  
Leepfrog  
Administrator  
(clhelp)
2. Jun 1, 2016 by  
Charlie Alison  
(calison)
3. Jun 1, 2016 by  
Charlie Alison  
(calison)
4. Oct 30, 2017 by  
Charlie Alison  
(calison)
5. May 8, 2020 by Paul  
Calleja (pcallej)
6. Mar 31, 2021 by  
Charlie Alison  
(calison)

31.0505 - Exercise Science and Kinesiology.

Program Title

Exercise Science, Master of Science

Program Delivery

Method

On Campus

Is this program interdisciplinary?

No

Does this proposal impact any courses from another College/School?

No

What are the total hours needed to 33

complete the program?

## Program Requirements and Description

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### Requirements

#### **Application Prerequisites to Degree Program:**

The Exercise Science program undertakes a holistic review of applicants. For acceptance to the program, a student must meet the general requirements for admission to the Graduate School, have earned an undergraduate degree in exercise science (or in a related field) and meet the following admission standards: a 3.00 GPA on the last 60 hours of undergraduate course work and GRE scores. Students who have been accepted into the program have had average GRE scores of: Quantitative — 147, Verbal — 146, and Writing — 3.5. Further, the student will also need to submit a resume/curriculum vitae, 500-word interest statement, and the contact information for three references to be considered for program admission consideration.

#### **Application to Degree Program (4+1 Program):**

**Applicants to the EXSCMS under the 4+1 Program must be a University Arkansas undergraduate pursuing a bachelor's degree in exercise science, completed at least 60 credit hours towards the EXSCBS degree, and must have a cumulative GPA of at least 3.25.**

**All prospective students who apply through the 4+1 program are evaluated by the Exercise Science Program Faculty and using a variety of factors including GPA, resume/Curriculum vita, 500 word interest statement, and the contact information for three references . GRE Scores are not required to apply to M.S. program through the 4+1 program.**

#### **Courses Completed during the Final Undergraduate Year:**

**4+1 students may take up to 12 hours of graduate coursework (5000 and 6000 level coursework) in the last 12 months of their undergraduate degree that will be counted toward both their B.S. and M.S. degrees. The three required courses and timing of completion are [EXSC 5513](#) (Fall), [EXSC 5593](#) (Fall), and [HHPR 5353](#) (Spring). The final course which is taken in the spring can be chosen from the following: [EXSC 5333](#), [EXSC 5523](#), [EXSC 5533](#), [EXSC 5643](#), [EXSC 5773](#), and [EXSC 6443](#). Upon completion of the B.S. degree (including the graduate courses), the 4+1 students who have at least an average 3.0 GPA in EXSC and HHPR graduate courses will be accepted by the program faculty into the EXSC M.S. degree program after admittance into the Graduate School.**

**Requirements for the Master of Science Degree:** Candidates for the M.S. degree in Exercise Science must complete 27 semester hours of graduate work and a thesis (6 credit hours) or 33 semester hours without a thesis. A graduate GPA of 3.0 or better is required for graduation. In addition, all degree candidates must successfully complete a written comprehensive examination.

Students should also be aware of Graduate School requirements with regard to [master's degrees](#).

Required Research Component (6 hours)

|                           |  |   |
|---------------------------|--|---|
| <a href="#">ESRM 5393</a> | Statistics in Education and Health Professions       | 3 |
| <a href="#">HHPR 5353</a> | Research in Health, Human Performance and Recreation | 3 |

Required Core Courses (9 hours)

|                           |   |   |
|---------------------------|---|---|
| <a href="#">EXSC 5323</a> | Biomechanics I                          | 3 |
| <a href="#">EXSC 5513</a> | Physiology Exercise I                   | 3 |
| <a href="#">EXSC 5593</a> | Practicum in Laboratory Instrumentation | 3 |

Required Project or Thesis (3-6 hours)

|                           |                      |     |
|---------------------------|----------------------|-----|
| <a href="#">KINS 589V</a> | Independent Research | 1-3 |
| <a href="#">KINS 600V</a> | Master's Thesis      | 1-6 |

Approved Electives

12-15

|                           |   |
|---------------------------|---|
| <a href="#">EXSC 5333</a> | Instrumentation in Biomechanics                         |
| <a href="#">EXSC 5353</a> | Exercise Psychology                                     |
| <a href="#">EXSC 5443</a> | Seminar in Brain Injury and Behavior                    |
| <a href="#">EXSC 5523</a> | Muscle Metabolism in Exercise                           |
| <a href="#">EXSC 5533</a> | Cardiac Rehabilitation Program                          |
| <a href="#">EXSC 5543</a> | Cardiovascular Function in Exercise                     |
| <a href="#">EXSC 5613</a> | Physical Dimensions of Aging                            |
| <a href="#">EXSC 5643</a> | Advanced Psychology of Sports Injury and Rehabilitation |
| <a href="#">EXSC 5773</a> | Performance and Drugs                                   |
| <a href="#">EXSC 6313</a> | Muscle Physiology                                       |
| <a href="#">EXSC 6323</a> | Biomechanics II   |
| <a href="#">EXSC 6343</a> | Physiology of Exercise II                               |
| <a href="#">EXSC 6443</a> | Thermoregulation and Fluid Balance                      |

Total Hours

33

Are Similar Programs available in the area?

No

Estimated Student Demand for Program NA

Scheduled Program Review Date 2023-2024

Program Goals and Objectives

**Program Goals and Objectives**

1. To provide advanced experience for the students in exercise science that improves skills related to exercise and for entry-level allied health professions health professions.
2. Prepare students to serve as exercise specialist or sports science consultants.
3. Prepare students interest in research for doctoral work in health or exercise science, aimed to serve Arkansas and beyond.

Learning Outcomes

### Learning Outcomes

1. Students will be able to integrate and problem-solve using management techniques across a variety of different situations in health, fitness and disease.
2. Students will be able to design a research project relative to exercise science.
3. Students will be able to demonstrate their knowledge of the current literature by writing and presenting in EXSC 5513 (Exercise Physiology) and EXSC 5323 (Biomechanics).

#### Description and justification of the request

| Description of specific change                    | Justification for this change  |
|---|--|
| A 4+1 program was created for the EXSCBS program. | The 4+1 program will enable the HHPR department to attract and retain high achieving undergraduates at the UA and produce a more streamlined pipeline to the EXSCMS program. |

#### Upload attachments

#### Reviewer Comments

**Alice Griffin (agriffin) (01/25/22 8:54 am):** Hyperlinked courses in 4+1 paragraph.

**Matthew Ganio (msganio) (02/02/22 2:26 pm):** clarified the GPA is average and clarified that courses can be taken the last 12 months of their undergrad. Also clarified the application process.