



Department of Health, Leisure and Exercise Science

Master's Degree Program Information for Exercise Science

APPALACHIAN STATE UNIVERSITY

Appalachian State University, founded in 1899 as Watauga Academy, is a comprehensive university within the consolidated University of North Carolina System, which is comprised of 17 institutions. Located in Boone, North Carolina in the heart of the Blue Ridge Mountains, the surrounding area offers numerous outdoor activities including hiking, camping and skiing. With an enrollment of over 16,000, the University is comprised of some 48 buildings on a 250 acre campus. Over 45 graduate degrees are offered by a faculty and administration dedicated to excellence in teaching, research, and service. The department of Health, Leisure and Exercise Science (HLES) is housed within the Holmes Convocation Center (HCC). In addition to the multi-purpose arena which seats 9,040 people, the building contains thirteen laboratories, six classrooms and thirty-two offices.

PROGRAM DESCRIPTION

The Master of Science in Exercise Science degree requires 42 semester hours of approved course work culminating in an original research endeavor in the form of a thesis or research project. The exercise science program permits students to elect from three concentration options: 1) a **Research Concentration** which includes coursework and experiences in biology, chemistry, and exercise science for those who plan to pursue a Ph.D.; 2) a **Clinical/Cardiopulmonary Rehabilitation Concentration** which includes coursework and field experiences in preparation for careers in corporate or hospital-based wellness/fitness programs, and cardiac and/or pulmonary rehabilitation; and 3) a **Strength and Conditioning Concentration**

which includes courses in exercise science, nutrition, and field experiences for careers in sports performance and corporate fitness. All students are encouraged to assist in on-going research in the Human Performance, Biomechanics, and Neuromuscular laboratories. In addition, students are encouraged to engage in research that culminates in a professional presentation or publication. Individual research projects (ES 5560), or thesis (ES 5999), should be initiated by the end of the first year. Research/teaching, clinical, and strength and conditioning assistantships are available for qualified students.

ADMISSION REQUIREMENTS

All applicants for admission to the Cratis D. Williams Graduate School must hold a baccalaureate degree from a college or university of recognized standing and must have an undergraduate background appropriate for the proposed graduate program. In addition, all applicants must submit scores from the Graduate Record Examination (GRE). The GRE contains a writing section which is required for admission. In order to qualify for admission into the Graduate School, an applicant must have the following:

Basic Criteria for Consideration:

- Cumulative undergraduate GPA of 2.5 or higher
- GRE Verbal + GRE Quantitative = 900 or higher
- GRE writing of 3.0 or higher

Prerequisites (will be assessed at discretion of program director):

- Baccalaureate degree from an accredited college or university
- Undergraduate course work in the following:

- Human Anatomy and Physiology

- Biomechanics

- Exercise Physiology

- Two additional science courses (chemistry advisable)

Other Criteria: Three letters of recommendation, resume, and personal statement all uploaded to the graduate school application website. The

personal statement should reflect the applicant's professional goals and how the MS in Exercise Science at ASU will help achieve those goals, as well as the faculty members at ASU with which the applicant is most interested in working.

Deadline:

March 1st; Fall entry only; no spring or summer entry permitted except as a non-degree student who is completing prerequisites for entry into the program (see above). Admission is highly competitive, with only 15-25% of applicants accepted. NO APPLICATIONS WILL BE EXAMINED UNTIL THE DEADLINE, WHEN ALL COMPLETE FILES WILL BE CONSIDERED TOGETHER AND OFFERS MADE TO THE TOP 12-15 STUDENTS.

APPLICATION PROCEDURES

All applicants for admission to the Graduate School must submit (1) a completed online application with a \$50 non-refundable, non-deductible application processing fee, (2) three letters of recommendation, (3) official GRE scores, (4) official transcripts of ALL previous academic work, and (5) a current resume and personal statement. The personal statement is required only by the department, not the graduate school, but is submitted at the time of application. The department is not allowed to assess any application until all official documents are on file. It is the applicant's responsibility to monitor the application process. All online applications and inquiries can be found at:

<http://www.graduate.appstate.edu/admissions/index.html>

GRADUATE ASSISTANTSHIPS AND TUITION SCHOLARSHIPS

A limited number of graduate assistantships are available for qualified students. Graduate assistants must enroll in a minimum of 9 hours of course work per semester and are responsible for 20 hours per week of service to the department. Most graduate assistantships carry a nine-month stipend of \$9,000 and may be

renewed for the second year. A VERY limited number of out-of-state tuition scholarships are available for non-NC resident students with outstanding academic credentials. These scholarships cover the difference between in-state and out-of-state tuition. There are no in-state tuition waivers available, so all students pay some amount of tuition. A tuition scholarship can only be awarded to a graduate assistant, but a graduate assistantship does not guarantee a tuition scholarship. Assistantships may be for departmental teaching and/or research, working with the Watauga Medical Center (clinical concentration students only), or with the ASU strength and conditioning program (strength and conditioning concentration students only). Graduate assistants are selected on the basis of their formal training, strength of application, experience, and interest. Departmental graduate assistants are normally assigned to assist in the research endeavors of faculty members, and are selected on the basis of their academic credentials, research experience, interests, and familiarity with laboratory equipment and software applications. Students may also desire to contact the Office of Student Financial Aid and the Graduate School for information regarding other assistantships, scholarships and fellowships, and/or grants and loans available to graduate students (see website listed above). Any student wishing to apply for financial aid should contact the ASU Financial Aid Office (<http://www.financialaid.appstate.edu>)

PROCEDURES FOR APPLYING FOR GRADUATE ASSISTANTSHIPS

1. Complete the admission procedures for graduate school as described. Admission to the graduate school is required before consideration for an assistantship can be made, but it is best to apply for both at the same time.
2. Complete and return the graduate assistantship form which is available on the departmental website (www.hles.appstate.edu) under the graduate program link. This form can be mailed, emailed, or faxed directly to the Exercise Science Graduate Program Director.

HOUSING

For information regarding housing (for both on and off campus) see the website, <http://www.reslife.appstate.edu>. Several other websites may also be helpful in finding off campus housing, including: www2.wataugademocrat.com, www.scene.appstate.edu, and www.mountaintimes.com.

MASTER OF SCIENCE DEGREE IN EXERCISE SCIENCE (562*)

Required Core (for ALL concentrations):

ES 5000 Introduction to Research Principles and Design 3 cr.

ES 5591 Biomechanical and Physiological Lab Assessment 3 cr.

ES 5592 Data Analysis in Sport and Exercise Science 3 cr.

ES 5621 Exercise Physiology I: Cardiopulmonary and Metabolic Aspects 3 cr.

ES 5622 Exercise Physiology II: Neuromuscular and Endocrine Aspects 3 cr.

ES 5710 Biomechanics 3 cr.

ES 5200 Exercise Science Seminar 2 cr.

Subtotal Credit Hours 20

AND (choose one)

Research Concentration (562B):

Required:

ES 5999 Thesis 6 cr.

Electives:

From ES or other departmental graduate courses (varies individually) 16 cr.

Subtotal Credit Hours 22

OR

Clinical/Cardiopulmonary Rehabilitation Concentration (562C):

Required:

ES 5625 Concepts of Clinical Exercise Testing 3 cr.

ES 5635 Electrocardiographic Interpretation 3 cr.

ES 5645 Cardiopulmonary Pathophysiology and Rehabilitation 3 cr.
ES 5660 Exercise Prescription and Chronic Disease Management 3 cr.
ES 5670 Clinical Exercise Practicum I 1-2 cr.
ES 5680 Clinical Exercise Practicum II 1-2 cr.
ES 5900 Internship 6 cr.

Electives:

From ES or other departmental graduate courses (varies individually) 0-2 cr.

Subtotal Credit Hours 22

OR

Strength and Conditioning Concentration (562D):

Required:

ES 5060 Practicum: Strength and Conditioning 3 cr.
ES 5600 Survey of Sports Performance 3 cr.
ES 5555 Nutritional Aspects of Exercise and Sports 3 cr.
ES 5650 Theoretical and Practical Aspects of Strength/Power Conditioning 3 cr.
ES 5900 Internship 3-4 cr.
ES 5560 Research Project 3 cr. OR ES 5999 Thesis 6 cr.

Electives:

From ES or other departmental graduate courses (varies individually) 0-4 cr.

Subtotal Credit Hours 22

MINIMUM TOTAL CREDIT HOURS 42

Language Proficiency: None required.

Comprehensive: Written and oral comprehensive exams are required.

NOTES:

- During ES 5900 Internship, 50 contact hours equal 1 credit hour.
- If ES 5999 Thesis option is chosen, the prospectus should be approved before the beginning of the 2nd Fall Semester.