

# MASTER OF SCIENCE IN HEALTH AND EXERCISE SCIENCE, PLAN A



The Master of Science in Health and Exercise Science, Plan A, offers students a health-oriented, science-based curriculum and research experience. The program is a scientifically rigorous, research-focused program that prepares students for further education and/or careers in health and exercise science-related fields. The program is structured to prepare students for further education including doctoral study, physical and occupational therapy, and medicine (e.g., physicians, physician assistants, and nursing). Graduates are represented by careers in health-related research and development and medical and allied health professions.

## Learning Objectives

Students will:

1. Refine and demonstrate practical knowledge and skills within the research laboratory and the classroom (leadership, administrative, teaching/communication, and professional attitude) in exercise science through laboratory and teaching experiences.
2. Demonstrate the ability to disseminate knowledge effectively through writing and verbal communication. Writing skills will focus on abilities to synthesize, integrate, and apply health and exercise science disciplinary knowledge at a professional level.
3. Demonstrate critical thinking and the ability to apply knowledge related to the key concepts, issues, and tools fundamental to health and exercise science.
4. Demonstrate the ability to design and implement novel scientific experiments.

[Learn more about the Master's in Health and Exercise Science on the Department of Health and Exercise Science website.](#)

[Students interested in graduate work should refer to the Graduate and Professional Bulletin.](#)

## Requirements Effective Fall 2022

Code	Title	Credits
HES 510	Bioethics–Concepts and Controversies	3
HES 600	Research Design in Health/Exercise Science	3
Select 6 credits from the following:		6
HES 500	Environmental Exercise Physiology	
HES 602	Advanced Physiology of Exercise	
HES 608	Physical Activity Intervention Development	
HES 610	Exercise Bioenergetics	
HES 619	Advanced Neural Control of Movement	
HES 620	The Science of Healthspan	
HES 693	Seminar (1 credit seminar, min 2 semesters required) <sup>1</sup>	2
HES 793	Bioenergetics Seminar	1
Statistics <sup>2</sup>		3
Electives <sup>3</sup>		6
HES 699	Thesis	12
<b>Program Total Credits:</b>		<b>36</b>

A minimum of 36 credits are required to complete this program.

- <sup>1</sup> Seminar must be taken for a minimum of 2 credits (2 semesters) but can be taken more than twice.
- <sup>2</sup> Select three credits of statistics with approval of advisor.
- <sup>3</sup> Select enough 500-level or above elective credits with approval of advisor to bring the program total to 36 credits.

## Requirements for All Graduate Degrees

For more information, please visit Requirements for All Graduate Degrees (<http://catalog.colostate.edu/general-catalog/graduate-bulletin/graduate-study/procedures-requirements-all-degrees/>) in the Graduate and Professional Bulletin (<http://catalog.colostate.edu/general-catalog/graduate-bulletin/>).

## Summary of Procedures for the Master's and Doctoral Degrees

NOTE: Each semester the Graduate School publishes a schedule of deadlines. Deadlines are available on the Graduate School website (<https://graduateschool.colostate.edu/deadline-dates/>). Students should consult this schedule whenever they approach important steps in their careers.

Forms (<https://graduateschool.colostate.edu/forms/>) are available online.

Step	Due Date
1. Application for admission (online)	Six months before first registration
2. Diagnostic examination when required	Before first registration
3. Appointment of advisor	Before first registration
4. Selection of graduate committee	Before the time of fourth regular semester registration

5. Filing of program of study (GS Form 6)	Before the time of fourth regular semester registration
6. Preliminary examination (Ph.D. and PD)	Two terms prior to final examination
7. Report of preliminary examination (GS Form 16) - (Ph.D. and PD)	Within two working days after results are known
8. Changes in committee (GS Form 9A)	When change is made
9. Application for Graduation (GS Form 25)	Refer to published deadlines from the Graduate School Website
9a. Reapplication for Graduation (online)	Failure to graduate requires Reapplication for Graduation (online) for the next time term for which you are applying
10. Submit thesis or dissertation to committee	At least two weeks prior to the examination or at the discretion of the graduate committee
11. Final examination	Refer to published deadlines from the Graduate School Website
12. Report of final examination (GS Form 24)	Within two working days after results are known; refer to published deadlines from the Graduate School website
13. Submit a signed Thesis/ Dissertation Submission Form (GS Form 30) to the Graduate School and Submit the Survey of Earned Doctorates (Ph.D. only) prior to submitting the electronic thesis/ dissertation	Refer to published deadlines from the Graduate School website.
14. Submit the thesis/dissertation electronically	Refer to published deadlines from the Graduate School website
15. Graduation	Ceremony information is available from the Graduate School website