

EXERCISE, FITNESS, AND HEALTH PROMOTION, MS

Banner Code: E1-MS-EFHP

Academic Advising

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This 36 credit Master of Science (MS) degree in Exercise, Fitness, and Health Promotion (EFHP) takes a science-based approach toward the fields of exercise science, sports medicine, athletic training, biomechanics, exercise physiology, sports performance and strength and conditioning.

The program focuses on the role of physical activity in the promotion of health, fitness and quality of life. The degree promotes scholarly inquiry and cultivates professionals able to understand and apply evidence-based scientific principles when working with physically-active individuals. Completion of the degree prepares individuals for employment in exercise, wellness, health and human performance-related professions or the pursuit of further academic study. The program is recognized by the NSCA Education Recognition Program (ERP) which recognizes regionally accredited academic institutions for their educational programs that have met, and continue to meet, education guidelines recommended by the NSCA.

This program offers the traditional research master's thesis option or a research project option.

Admissions & Policies

Admissions

This program has a limited number of competitive graduate research assistantships that may be available through the College of Education and Human Development or other external research funding sources. Other university funding opportunities (e.g. scholarships, assistantships, fellowships, loans) exist as well. Students may indicate their interest in being considered for an assistantship in their admission application.

Policies

For policies governing all graduate degrees, see AP.6 Graduate Policies (<http://catalog.gmu.edu/policies/academic/graduate-policies/>).

Requirements

Degree Requirements

Total credits: 36

All students are required to complete all core courses as well as courses in the concentration and a capstone thesis or research project (6 credits). The typical plan of study for the advanced practitioner concentration is 4 semesters of full-time classes (3 classes/9 credits per semester).

MS Core Coursework

Code	Title	Credits
EFHP 610	Advanced Exercise Physiology	3
EFHP 611	Movement and Fitness Assessment	3
EFHP 612	Scientific Foundation of Applied Kinesiology	3
EFHP 620	Research Methods for Applied Kinesiology	3
EFHP 640	Principles of Strength and Conditioning	3
Total Credits		15

Concentration in Advanced Practitioner (APRC)

Code	Title	Credits
EDRS 620	Quantitative Inquiry in Education	3
Three credits of		3
EFHP 599	Independent Study EFHP	
EFHP 613	Advanced Applied Biomechanics	3
EFHP 614	Advanced Exercise Nutrition	3
or EFHP 618	Exercise and Sport Psychology	
EFHP 690	Scientific Communications Seminar	3
Total Credits		15

Thesis or Project

Code	Title	Credits
Three credits of		3
EFHP 598	Special Topics	
Three credits from one of the following:		3
EFHP 798	Project ¹	
EFHP 799	Thesis ²	
Total Credits		6

¹ **Research Project Option:** students complete EFHP 598 Special Topics and EFHP 798 Project. In the topics course, students conduct a directed research project with an EFHP faculty member that is aligned with the faculty member's research agenda. Then, in the project course, students work with the EFHP faculty member to develop a paper and presentation in the format of submission to a peer-reviewed journal and presentation at professional conferences, respectively.

² **Thesis Option:** students complete EFHP 598 Special Topics and EFHP 799 Thesis. In EFHP 598 Special Topics, students develop independent research proposals. Then, in consultation with the EFHP Program Coordinator, students select two additional faculty members to form a three-member thesis committee. One committee member may be selected from faculty outside of the program. Students may not register for thesis credit until the student's thesis committee and the EFHP Program Coordinator have approved a proposal. Once the committee approves the proposal, students register for thesis credit and conduct their independent research projects.

Accelerated Master's

Bachelor's Degree (any)/Exercise, Fitness and Health Promotion, Accelerated MS

Overview

Qualified Mason undergraduates may be admitted to a bachelor's/accelerated master's program and obtain a BA or BS in any degree area and an Exercise, Fitness and Health Promotion, MS. See AP.6.7 Bachelor's/Accelerated Master's Degree (<https://catalog.gmu.edu/policies/academic/graduate-policies/#ap-6-7>) for policies related to this option.

Application Requirements

Applicants must have an overall GPA of at least 3.00 and have successfully completed BIOL 124 and BIOL 125. See the Accelerated Master's Admissions (<https://www2.gmu.edu/admissions-aid/how-apply/accelerated-masters/>) webpage to apply.

Accelerated Option Requirements

Students complete the following courses in their senior year:

Code	Title	Credits
EFHP 610	Advanced Exercise Physiology	3
EFHP 611	Movement and Fitness Assessment	3
EFHP 612	Scientific Foundation of Applied Kinesiology	3
EFHP 620	Research Methods for Applied Kinesiology	3