

EXERCISE PRESCRIPTION (MS)

The Master of Science in Exercise Prescription (M.S.E.P.) is an online, non-thesis, master's degree program designed to provide the knowledge and critical thinking necessary to effectively prescribe exercise to a variety of populations. Prior coursework in Exercise Physiology, Nutrition, and Psychology is encouraged. Students complete 30 credits, including 24 required credits and six elective credits.

Requirements

Course	Title	Credits
Required Courses		
KINS 5507	Fundamentals of Exercise Prescription	3
KINS 5508	Exercise Prescription for Individuals with Chronic Diseases and Health Conditions	3
KINS 5509	Clinical Exercise Physiology	3
KINS 5511	Sitting is the New Smoking	3
KINS 5222	Mental Health Considerations in Exercise and Sport	3
KINS 5594	Fundamentals of Conducting Systematic Reviews	3
KINS 5595	Special Topics in Exercise Prescription	3
KINS 5596	Capstone in Exercise Prescription	3
Elective Courses		
Six credits of related graduate-level coursework from any of the following departments chosen in consultation with a student's advisor: AH, KINS, or NUSC.		
Recommended Electives		
KINS 5099	Independent Study	1-6
KINS 5220	Exercise and Sport Psychology	3
KINS 5223	Lifestyle Medicine	3