

# EXERCISE PHYSIOLOGY AND HUMAN PERFORMANCE, AREA OF EMPHASIS

---

## Plan Of Study

### Exercise Physiology and Human Performance Area of Emphasis for the M.S. in Exercise Science Program

The Exercise Physiology and Human Performance track prepares a student to work in performance enhancement, fitness, and weight loss industries as an exercise professional who specializes in applying the integrated sciences of biochemistry, biomechanics, and physiology to the athletic and adult fitness populations.

Code	Title	Credit Hours
ESS 578	Exercise Metabolism	3
ESS 623	Adv Ex Phys II (Neuromuscular and Environmental Adaptation)	3
or ESS 542	Strength and Cond	
ESS 683	Cardiovascular Assessment	3
HS 566	Biomechanical Analysis	3
or HS 610	Adv Biomechanics	
ESS 660	Internship	6
or ESS 681	Thesis	
Advisor-approved elective		3
<b>Total Credit Hours</b>		<b>21</b>