MASTER OF SCIENCE IN EXERCISE SCIENCE & WELLNESS (M.S.)

Purpose

The Master of Science in Exercise Science and Wellness is an advanced degree designed to broaden understanding of nutrition, wellness, fitness, and performance in a variety of populations. This program gives students the opportunity to further their knowledge in the core of exercise science and wellness (exercise physiology, fitness assessment and programming, nutrition, statistics, and research methods), while specializing in one of two concentration areas:

1. Fitness and Performance
2. Nutrition and Wellness

Program Learning Outcomes

The student will be able to:

- Evaluate and explain the concepts in all core curricular areas of exercise science and wellness.
- Synthesize research data utilizing knowledge of the exercise science and wellness literature and other scientific writings.
- Understand and display ethical choices and professional practices in the exercise science and wellness sectors from a Christian worldview.

Fitness & Performance Concentration

- The student will be able to develop programming that will enhance fitness and performance parameters of general, athletic, or occupational performance sectors.

Nutrition & Wellness Concentration

- The student will be able to develop wellness programming that will enhance the health and wellness of the general, below averagely fit, and averagely fit populations.

Program Specific Admission Procedures

In addition to the general admission requirements, admission to the ***Master of Science in Exercise Science and Wellness*** program requires:

1. Earned baccalaureate degree or its equivalent from an institution accredited by an agency recognized by the U.S. Department of Education (e.g., SACSCOC, TRACS, ABHE, etc.)
2. An undergraduate cumulative GPA of 3.00 or above (on a 4.00 scale)
3. Self-Certification Form (for students in the final term of their bachelor's degree)
4. Additional admission requirements for International Students. See International Admission section in this catalog.

Students who do not meet the minimum GPA requirement may be admitted on Academic Caution status. Students who have less than an undergraduate 2.50 GPA will not be admitted to the program.

Transfer Credit

Students may transfer up to 15 hours from an accredited institution subject to department approval. In order to transfer credit, students must have earned the minimum grade of B-, and courses must have been completed within 10 years of the start date of the program. Credits from a prior degree on the same academic level earned through Liberty University are considered transfer credits.

Programs of Study
Delivery Format: Residential and Online

- Exercise Science & Wellness (M.S.) - Fitness & Performance
- Exercise Science & Wellness (M.S.) - Nutrition & Wellness

Career Opportunities

- Fitness Trainer
- Wellness Coach
- Medical Fitness Specialist
- Corporate, University, Commercial, or Resort Fitness Trainer
- Nutrition and Exercise Specialist
- Ministry Wellness Specialist
- Exercise Physiologist
- Sports Performance Coach
- Strength and Conditioning Coach