

MASTER OF SCIENCE IN HUMAN PERFORMANCE (M.S.)

Purpose

The Master of Science in Human Performance is an advanced degree designed to broaden understanding of health, wellness, and performance in a variety of client populations. This program gives students the opportunity to further their knowledge in the core of exercise science (exercise physiology, biomechanics, sports nutrition, statistics and research methods), while specializing in one of four cognate areas: human performance, nutrition, clinical, or community physical activity.

Program Learning Outcomes

The student will be able to:

- Evaluate and explain the concepts in all core curricular areas of exercise science.
- Interpret scientific information in the area of exercise science.
- Synthesize research data and scientific writings in the area of exercise science.
- Develop programming that will enhance health and performance parameters of general, athletic, or clinical populations.
- Evaluate ethical choices and professional practices in exercise science from a Christian worldview.

Course Requirements

The Master of Science in Human Performance is a 35-hour program that offers four cognates: Clinical, Fitness and Wellness, Strength Training and Conditioning, and Nutrition. Students complete 17 core hours in five disciplines: exercise physiology, biomechanics, sports nutrition, statistics and research methods, with labs in exercise physiology and biomechanics. These classes are combined with 12 credit hours in one of the four cognate areas and 6 credit hours of either thesis or internship.

Program Specific Admission Procedures

In addition to the general admission requirements, admission to the *Master of Science in Human Performance* 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. TOEFL Scores for students who speak English as a second language (score of 600 paper –based test; 250 computer-based test, 80 internet-based test)

Undergraduate Class Prerequisites: A specific undergraduate prerequisite class must be completed prior to enrolling in EXSC 510 Advanced Exercise Physiology (3 c.h.), EXSC 520 Statistical Analysis in Exercise Science (3 c.h.), and EXSC 550 Advanced Biomechanical Analysis (3 c.h.):

Code	Title	Hours
EXSC 510	Advanced Exercise Physiology	3
EXSC 520	Statistical Analysis in Exercise Science	3
EXSC 550	Advanced Biomechanical Analysis	3

Note, students can still be admitted into the MS in Human Performance Program without prereq classes. Prereq requirements may be met via previously completed undergraduate coursework or by enrolling in the missing courses or EXSC 505 Foundations of Human Performance (3 c.h.) after admission to the program:

- Physiology or Exercise Physiology
- Biomechanics or Physics
- Statistics

Students who do not have any or all of the above undergraduate prerequisite classes must enroll in EXSC 505 Foundations of Human Performance (3 c.h.) prior to enrolling in EXSC 510 Advanced Exercise Physiology (3 c.h.), EXSC 520 Statistical Analysis in Exercise Science (3 c.h.) and EXSC 550 Advanced Biomechanical Analysis (3 c.h.).

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 graduate credit 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

- Human Performance (M.S.) - Clinical
- Human Performance (M.S.) - Fitness & Wellness
- Human Performance (M.S.) - Nutrition
- Human Performance (M.S.) - Strength Training & Conditioning

Career Opportunities

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