

# Physical Activity and Health, MS

## - INACTIVE

ECEXERMS

ASU is no longer accepting new students to this program. Interested students should apply to the [Strength and Conditioning MS](#) program.

Would you like to improve health and chronic disease outcomes across the human life span or develop, implement and evaluate the effectiveness of exercise and fitness programs? This flexible program prepares you to make an impact in corporate, clinical or community settings.

### **Program description**

#### **Degree awarded: MS Physical Activity and Health**

The MS program in physical activity and health offers an opportunity for advanced training in exercise science, physical activity and aging, or physical activity and health promotion alongside faculty who are immersed in the latest research.

This program prepares students to translate and apply evidence-based exercise science, fitness and lifestyle behavior change approaches to improve health and well-being and prevent chronic disease across the life span.

Students in the program develop competencies in research design, statistical methods and the ethical conduct of research studies. They have the opportunity to conduct a mentored research project as part of a thesis, if desired. They also learn to apply theoretical models of behavior change for the development and implementation of interventions in order to facilitate the adoption and maintenance of physical activity and other health and wellness behaviors. Students develop and demonstrate their knowledge of the causes, risk factors and impact of exercise, physical activity and fitness on cardiovascular disease, Type 2 diabetes, metabolic syndrome, cancer, musculoskeletal health and functional fitness through a critical examination of epidemiological research and exercise intervention studies.

The skills and knowledge acquired during the course of training enable each student to develop professional competencies that can be applied to significant problems and issues within the fields of exercise science and health promotion.

## At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)

## Degree requirements

32 credit hours and a thesis, or

32 credit hours and a written comprehensive exam, or

32 credit hours including the required applied project course (EXW 593)

### **Required Core (9 credit hours)**

EXW 501 Research Statistics (3)

EXW 536 Physiological Aspects of Physical Activity and Chronic Disease (3)

EXW 542 Health Promotion (3)

### **Research (5 credit hours)**

EXW 500 Research Methods (3)

EXW 591 Exercise and Wellness Seminar (2)

### **Focus Area (12 credit hours)**

### **Electives (0 or 6 credit hours)**

### **Culminating Experience (0 or 6 credit hours)**

EXW 599 Thesis (6) or

EXW 593 Applied Project (6) or

written comprehensive exam (0)

### **Additional Curriculum Information**

Students choose one of three focus areas: exercise science, exercise and aging, or physical activity and health promotion. Students should contact the academic unit for a list of approved focus area courses.

The program permits students to select from a thesis, applied project, or written comprehensive examination for the culminating experience. A thesis involves conducting research that is guided by a recognized research paradigm (e.g., scientific, interpretive) and producing a scholarly report of the process and results, making it a good option for students who are interested in pursuing more advanced graduate study. An applied project or written comprehensive examination is an option for students who

seek to continue their education, advance their skill level as practitioners or advance their current careers. Students who choose the written comprehensive exam must complete an additional six credit hours of coursework, to be selected with program approval.

## **Admission requirements**

Applicants must fulfill the requirements of both the Graduate College and the College of Health Solutions.

Applicants are eligible to apply to the program if they have earned a bachelor's or master's degree in a related field from a regionally accredited institution. Students are expected to have completed the coursework and have undergraduate credit for the basic courses required for a BS degree in exercise and wellness. Students who do not have these course competencies can be admitted with deficiencies. Deficiencies are determined upon admission, and these courses must be completed, usually by the end of the first year of study. These courses are not considered part of the graduate plan of study. A graduate course may be substituted for a deficiency but will be evaluated on a case-by-case basis.

Applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in the last 60 hours of their first bachelor's degree program, or applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in an applicable master's degree program.

All applicants must submit:

1. graduate admission application and application fee
2. official transcripts
3. resume
4. statement of career or research interests
5. three professional letters of recommendation
6. proof of English proficiency

### **Additional Application Information**

An applicant whose native language is not English must submit proof of English proficiency regardless of their current residency.

Applicants must have the following competencies complete prior to starting the program:

- Human Anatomy and Physiology with Laboratories (BIO 201 and BIO 202)
- Human Nutrition (NTR 241)
- Exercise Physiology with Laboratory (SSP 315 and SSP 316)
- Exercise Testing and Laboratory (EXW 420)
- Statistics (HCD 300, STP 226, or PSY 230)

The letter of intent should address the applicant's area of professional or scholarly interest, their professional goals, and relevant experience, background and training.

Academic references are preferred for the letters of recommendation.

## **Tuition information**

When it comes to paying for higher education, everyone's situation is different. Students can learn about [ASU tuition and financial aid](#) options to find out which will work best for them.

## **Application deadlines**

**Fall**

[expand](#)

## **Career opportunities**

Professionals with expertise in exercise science and chronic disease prevention, physical activity and health promotion, wellness or exercise across the life span are in demand across sectors and industries, including commercial fitness and wellness centers, health care systems, corporate fitness and wellness programs, research settings and public health.

Career examples include:

- corporate fitness coordinator or director
- exercise physiologist
- fitness and wellness coordinator
- fitness trainer or aerobics instructor
- health promotion specialist or health educator
- personal trainer
- research coordinator

## **Contact information**

[College of Health Solutions](#) | HLTHN 401AA

[CHSGrad@asu.edu](mailto:CHSGrad@asu.edu) | 602-496-3300