Revised 5/07/2013

M.S. in Movement & Leisure Sciences (30 credits minimum)

Specialization: Exercise Science & Health
Department of Movement Sciences
University of Idaho

Core Coursework (9 credits)

_____	MvSc 570	Research in Physical Activity, Theory, and Design
_____	PEP 570	Ethical Practice and Communication in Physical Activity
	OR	
	REC 575	Leadership, Programming and Marketing
_____	PEP 530	Contemporary Issues in Health & Activity
	OR	
	PEP 532	Health and Community Development

Specialization Coursework (9 credits)

	Content Area	Eligible Courses
_____	Data Analysis*	WSU Ed Psy 508, STAT 416**, STAT 431**, ED 584, ED 595
_____	Exercise Physiology	PEP 518
_____	Sport Psychology	PEP 560 or 561

*Consult with major professor
**STAT courses may require a prerequisite (Stat 251) or general statistics class

Electives

Students may select 3-9 credits from the following courses (or other courses outside the department) in consultation with your major professor:

_____	PEP 504	Physical Activity, Health and Metabolic Disease
_____	PEP 504	Character Development
_____	PEP 516	Neuromechanics of Human Movement
_____	PEP 518	Advanced Physiology of Exercise
_____	PEP 530	Contemporary Issues in Health & Activity
_____	PEP 532	Health & Community Development
_____	PEP 560	Sport Psychology
_____	PEP 561	Motivation in Sport & Recreation
_____	PEP 593	Fitness Assessment & Prescription

Culminating Experience

_____ Written comprehensive exams + 6 additional elective credits

_____ Project (3-6 credits) *Students completing a 3 credit project must also take comprehensive exams*

_____ PEP 598 Internship (240 hours, 6 credits) *Supervised field experience to demonstrate leadership skills in an appropriate physical activity or leisure setting.*

_____ PEP 500 Thesis (6 credits) *Plan, implement, and write up research project using thesis format*

Students must file their major professor form in the first semester of study. Students are encouraged to file their study plan in the first semester, but must file their study plan after successful completion of 12 credits. These forms can be found at http://www.uidaho.edu/cogs/forms. *Please type all forms and submit a hard copy with original signatures to the Department Chair in PEB 101.*

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M.S. in Movement & Leisure Sciences: Exercise Science

University of Idaho
Department of Movement Sciences

This program provides students the opportunity to develop the skills, tools, and philosophy to be leaders in physical activity, recreation, and exercise science. Faculty members are currently involved in research and community outreach programs that are designed to increase community and individual participation in healthy, active lifestyles.

For more information contact Ms. Kristin Lincoln (movementsciences@uidaho.edu, 208-885-7921) or contact one of the following faculty members:

Dr. Damon Burton, Sports Psychology
Research Interests: Motivation, stress/anxiety, leadership, evaluation of mental skills training, periodization of training
TEL: 208-885-2186 email: dburton@uidaho.edu

Dr. David Paul, Physical Activity Behavior
Research Interests: Physical activity monitoring, physical activity and the built environment
TEL: 208-885-5537 email: dpaul@uidaho.edu

Dr. Jeffrey Seegmiller, Athletic Training/Biomechanics
Research Interests: Jumping and landing mechanics, musculoskeletal injury mechanisms and injury prevention
TEL: 208-885-0355 email: jeffreys@uidaho.edu

Dr. Chantal Vella, Exercise Physiology
Research Interests: Effects of obesity and inactivity on inflammation and metabolic disease, cardiovascular disease prevention in young adults
TEL: 208-885-2189 email: cvella@uidaho.edu