

## **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
	<b>OR</b>	
_____	REC 575	Leadership, Programming and Marketing
_____	PEP 530	Contemporary Issues in Health & Activity
	<b>OR</b>	
_____	PEP 563	Physical Activity, Health, & Metabolic Disease

### **Specialization Coursework (9 credits)**

	<u>Content Area</u>	<u>Eligible Courses</u>
_____	Data Analysis*	WSU ED PSYCH 508, STAT 416, STAT 431**, ED 584, ED 595
_____	Exercise Physiology	PEP 518
_____	Sport Psychology	PEP 560 or 561

\*Consult with major professor

\*\*Requires Stat 251, 301, or 416 as a prerequisite

### **Electives**

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

_____	PEP 404/504	Metabolism in Exercise & Sport
_____	PEP 418	Physiology of Exercise
_____	PEP 493	Fitness Assessment & Prescription
_____	PEP 523	Physical Activity Assessment
_____	PEP 530	Contemporary Issues in Health & Activity
_____	PEP 560	Sport Psychology
_____	PEP 561	Motivation in Sport & Recreation
_____	PEP 563	Physical Activity, Health, & Metabolic Disease
_____	MVSC 486	Marketing, Implementation and Evaluation for Healthy, Active Lifestyles

### **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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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 the Movement Sciences main office ([movementsscience@uidaho.edu](mailto:movementsscience@uidaho.edu), 208-885-7921, PEB 101) or contact one of the following faculty members:

Dr. Joshua Bailey, Biomechanics

Research Interests: Effects of performance thresholds on mechanics and coordination patterns of healthy endurance runners and other athletes.

TEL: 208-885-1054      email: [joshuabailey@uidaho.edu](mailto:joshuabailey@uidaho.edu)

Dr. Ann Brown, Exercise Physiology

Research Interests: Effects of diet and exercise interventions on body composition, health, and performance

TEL: 208-885-7986      email: [afbrown@uidaho.edu](mailto:afbrown@uidaho.edu)

Helen Brown, Community Health

Research Interests: Assessment, intervention, and evaluation of community-based approaches to promote healthy active lifestyles, focusing on nutrition-related chronic disease prevention.

TEL: 208-885-0172      email: [helenb@uidaho.edu](mailto:helenb@uidaho.edu)

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](mailto:dburton@uidaho.edu)

Dr. David Paul, Exercise Physiology

Research Interests: Physical activity monitoring, physical activity behavior, and methods development

TEL: 208-885-5537      email: [dpaul@uidaho.edu](mailto: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](mailto:jeffreys@uidaho.edu)

Dr. Chantal Vella, Exercise Physiology

Research Interests: Interactions among physical activity, sedentary behavior and cardiometabolic health across the lifespan. Independent effects of physical activity and sedentary behavior on obesity, inflammation, and insulin resistance

TEL: 208-885-2189      email: [cvella@uidaho.edu](mailto:cvella@uidaho.edu)