



# College of Health Professions

## MASTER OF SCIENCE IN EXERCISE SCIENCE & NUTRITION

The **Masters of Science (MS) in Exercise Science and Nutrition** degree program will prepare graduates to gain and utilize knowledge in exercise physiology, nutrition, and clinical testing and assessment of the cardiovascular and musculoskeletal systems. Students will be able to apply this advanced knowledge in clinical settings that provide cardiac and pulmonary rehabilitation and sport specific performance training for athletes.

In accordance with the mission of the College of Health Professions, our graduates will be prepared to lead and manage in a variety of settings such as clinical practice, coaching and fitness and conditioning industry. With an innovative curriculum and flexible scheduling, the MS program is suited to both full-time and part-time students.

### PROGRAM DESCRIPTION

The three major components of the curriculum are: (1) core courses, (2) two major tracks (clinical and performance) of which each student will select one, and (3) a thesis or graduate project requirement. The full degree program requires 37 credits taken over two academic years full-time. **Clinical field work requirements are specific to performance and clinical track courses.**

### THE PROFESSION

Graduates of the program will have opportunities in hospital settings working in cardiac and pulmonary rehabilitation and long term rehabilitation of cancer and disease patients, as well as fitness and sports performance settings such as health clubs, fitness facilities, athletic teams and community sports and recreation programs.

### EMPLOYMENT OUTLOOK

According to the U.S. Department of Labor, employment in the fitness industry is expected to increase, much faster than the average for all occupations, through 2018. Jobs for health and fitness professionals are expected to increase by 29%. This growth is expected because an increasing number of people are spending time and money on fitness, and more businesses are recognizing the benefits of health and fitness for their employees. Graduates of the MS in Exercise Science & Nutrition will be prepared as leaders in this field in positions such as clinical and project managers, fitness specialists and exercise physiologists, and adjunct faculty in the health professions.

### FACILITIES & EQUIPMENT

The program utilizes motion analysis, human performance and human cadaver laboratories. Students will have access to a metabolic cart, BOD POD Body Composition Tracking System, force plates, EMG, EKG, a Wattbike Trainer, high speed video cameras, and other equipment suited for cardiovascular, pulmonary, and musculoskeletal testing and exercise. State-of-the-art classrooms are housed at the new College of Health Professions building at the University's Cambridge Campus.

### *Sacred Heart University*

- Was founded in 1963 as a coeducational, independent, comprehensive institution in the Catholic intellectual tradition.
- Is the second-largest Catholic university in New England with over 6,000 in attendance.
- Is set on 65 acres in suburban Fairfield, Connecticut, ranked in the top places to live in the Northeast and #9 in the country in *Money* magazine's list of "Best Places to Live." Fairfield is 90 minutes from Manhattan and 150 minutes from Boston.
- *The Princeton Review* includes SHU among the *Best 376 Colleges*; while *U.S. News & World Report's America's Best Colleges* ranks SHU in the top tier of Master's Universities in the North in its annual college rankings.
- In recent years the University has achieved phenomenal growth in enrollment faculty and facilities.





# MASTER OF SCIENCE IN EXERCISE SCIENCE AND NUTRITION

## PREREQUISITES

Prerequisites for the MS program include the completion of a Bachelor's degree in a related clinical science, such as Exercise Physiology, Exercise Science, Physical Education, Public Health, Psychology, Applied Physiology, or Nutrition. Additionally, applicants will need to demonstrate undergraduate course work in the following courses, or their equivalent:

- **Anatomy & Physiology I and II** (with labs)      8 credits
- **Exercise Physiology**      3-4 credits
- **Nutrition**      3 credits
- **Physics** (only for performance track)      4 credits
- **Statistics**      3 credits

## CURRICULUM

(All students will be required to complete the core curriculum and their chosen track)

CORE CURRICULUM (18 CREDITS)	PERFORMANCE TRACK (19 CREDITS)	CLINICAL TRACK (19 CREDITS)
<b>Advanced Applied Physiology I</b> 3 credits	<b>Applied Biomechanics</b> 3 credits	<b>Exercise Prescription for Rehabilitation</b> 4 credits
<b>Advanced Applied Physiology II</b> 4 credits	<b>Performance Testing and Program Design</b> 4 credits	<b>Clinical Testing and Assessment</b> 3 credits
<b>Research Methods</b> 4 credits	<b>Coaching Methods</b> 3 credits	<b>Behavioral Aspects of Physical Activity</b> 3 credits
<b>Professional Seminar I</b> 2 credits	<b>Nutrition and Performance</b> 3 credits	<b>Clinical Nutrition</b> 3 credits
<b>Functional Anatomy</b> 2 credits	<b>Thesis or Graduate Project Preparation &amp; Completion</b> 6 credits	<b>Thesis or Graduate Project Preparation &amp; Completion</b> 6 credits
<b>Nutrition &amp; Chronic Disease Prevention</b> 3 credits		

## GRADUATE ADMISSIONS

This program is designed for the academically talented student who has a strong background in a related field and success in the prescribed prerequisite coursework.

### Application requirements include:

- Bachelor of Arts or Science degree with a 3.0 GPA from an accredited four-year college or university (official transcripts required)
- Completed online Graduate Application:  
[www.sacredheart.edu/gradapp.cfm](http://www.sacredheart.edu/gradapp.cfm)
- Non-refundable \$50 application fee
- Two Letters of Recommendation
- Scientific Writing Sample (research paper, lab report, etc)
- Current Resume

### WHO CAN I CALL IF I HAVE MORE QUESTIONS?

**Tara Chudy**

Associate Director of Graduate Admissions

Phone: 203-365-4735

Email: [chudyt@sacredheart.edu](mailto:chudyt@sacredheart.edu)

## FINANCIAL ASSISTANCE

There are a limited number of research and staff assistantships available to full-time graduate students on a competitive basis. Student loans, deferred payment plans and a variety of other programs are available through the Office of Student Financial Assistance at (203) 371-7980.

