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NEIU Website:
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HPERA Page:
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College of Education → Departments &
Programs → Health, Physical Education,
Recreation and Athletics

EXSC Page:
www.neiu.edu/Home → Academics →
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Programs → Health, Physical Education,
Recreation and Athletics → Graduate
Programs → M.S. in Exercise Science

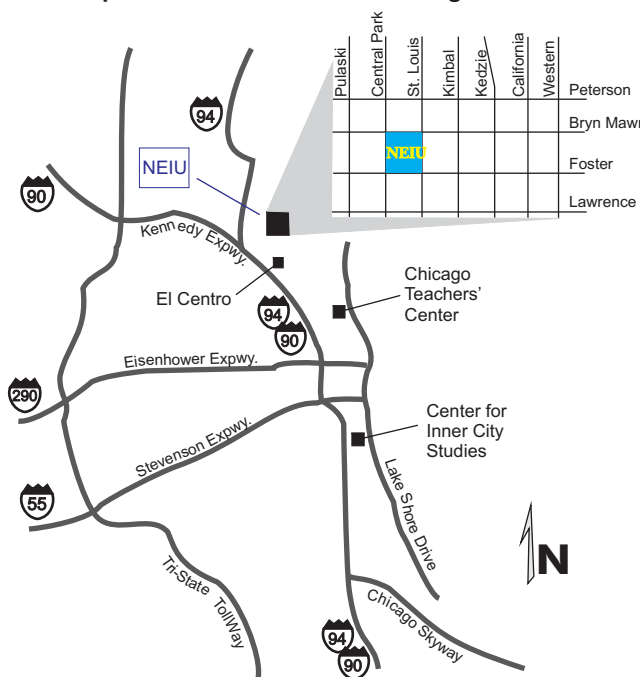
NCATE

The Standard of Excellence
in Teacher Preparation

About NEIU



Northeastern Illinois University (NEIU) is a comprehensive state university serving more than 11,000 commuter students. Located in a residential area on the northwest side of Chicago, the University offers more than 70 undergraduate and graduate majors. Northeastern's diverse population provides a microcosm of the Chicago metropolitan area and the world at large.



The College of Education

As one of the oldest and largest education colleges in the greater Chicago metropolitan area, Northeastern's College of Education offers a comprehensive range of programs and areas of concentration at both the undergraduate and graduate levels. The College of Education is accredited by the National Council for Accreditation of Colleges of Teacher Education (NCATE), the premier accrediting body approved by the U.S. Department of Education. The College of Education theme, "Reflective Professionals Building Learning Communities", underpins our emphasis on fourteen performance standards that are aligned with the Illinois Standards for School Professionals.

Master of Science Exercise Science

Department of Health,
Physical Education, Recreation,
and Athletics



COLLEGE OF EDUCATION
Reflective • Collaborative • Transformative

The Department of HPERA is located in the Physical Education Complex at the south end of campus.

Opened in January, 1988, this facility houses two gymnasiums, a suspended jogging track, four racquetball courts, two exercise/dance studios, a 60 x 120 foot swimming pool, a weight training room, two tennis courts, a baseball field, a softball field, HPERA's Human Performance Laboratory, classrooms, and faculty/staff offices.

Northeastern
ILLINOIS UNIVERSITY

The Mission

The mission of the Exercise Science Graduate Program is to promote fitness, wellness, and optimal human health through teaching, research, and service in the exercise sciences. The program seeks to advance the exercise science disciplines through the discovery and dispersion of health- and exercise-related knowledge. A critical aspect of these efforts is to provide students with the knowledge and skills for advanced study or careers in the exercise science-related fields, and to develop graduates who are self-reflective professionals and lifelong learners.

Who Should Take This Degree?

The MS in Exercise Science is a viable option for professionals who are currently active in the health, wellness, and fitness-related professions who wish to become more effective in their career by gaining greater scientific insight into current health, fitness, and performance-related issues of concern to their students, athletes, patients, or clients.

Professionals in the following fields may be particularly interested in the graduate training this degree offers:

Physical education, health education, and science educators in the public schools; physical therapy, health and fitness club professionals, professional and school sports coaching, community health & wellness, personal training, nutrition, dietetics, gerontology, athletic training, or nursing.

The MS in Exercise Science curriculum also can help prepare you for career positions in cardiac rehabilitation, fitness industries, physical/occupational rehabilitation, sports medicine, and other related professional areas.

Advanced Education Options:

In addition to the above career areas, The MS in Exercise Science also will prepare students for entry into a variety of doctoral programs in the exercise science disciplines, particularly if the thesis option is selected.

MS in EXSC Degree

The **MS in Exercise Science** degree provides graduate level training in the various disciplines of the Exercise Sciences. Ten courses are required for a total of 30 credit hours. The remaining 6 credits can be taken either as a 6 credit research thesis, a 3 credit internship plus 1 elective course, or 2 elective courses. Comprehensive exams are required for all non-thesis programs.

Required Courses

EXSC-401	Exercise Physiology I
EXSC-402	Exercise Physiology II
EXSC-403	Research Methods & Statistics
EXSC-404	Exercise Testing & Prescription
EXSC-405	Applied Nutrition for Health/Performance
EXSC-414	Development/Management in Health Promotion
EXSC-415	Exercise Management of Chronic Diseases and Disabilities
EXSC-418	Current Topics in Exercise Science
EXSC-419	Psychology of Exercise and Health Behaviors
EXSC-421	Motor Control & Learning

Thesis Option

EXSC-432	Thesis Research (no comprehensive exam)
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Internship Option

EXSC-430	Clinical or Research Internship - plus 1 elective course & comprehensive exam
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All Course Option

Any 2 elective courses & comprehensive exam

Selected Elective Courses

EXSC-413	Development/Management in Fitness
EXSC-416	Practices in Cardiac Rehabilitation
EXSC-417	Human Sexuality
EXSC-422	Biomechanics
EXSC-425	Exercise & Environmental Physiology
EXSC-426	Growth & Maturation
EXSC-433	Injury Management
EXSC-434	Physiology of Aging & Activity

Admission Requirements

For admission into the MS in EXSC program a grade of B or better must be earned in the undergraduate prerequisite courses: Biology, Chemistry, Human Anatomy, Psychology, and Exercise Physiology.

Two letters of recommendation should accompany your application and academic or practical experience in the fitness, wellness, or exercise science areas would be very beneficial.

A GRE general test score also must be on record for admission into the graduate school.

Application Procedures

The MS in EXSC admits students for the fall semester only; applications must be received by the first of July.

Applications can be made online from the NEIU website as follows:

First, create your application account here:
<https://www.applyweb.com/public/account?neiu>

Instructions for online applications are here:
https://www.applyweb.com/apply/neiu/instruct_neiug.html

Application materials also can be obtained through the mail. Write to the Director of Graduate Admissions at:

The Graduate College

Northeastern Illinois University
5500 N. St. Louis Ave.
Chicago IL 60625-4699 773.442.6005

For information on taking the GRE test please go to:
<http://www.ets.org/gre/>

For further questions regarding admission to the graduate college you may contact:

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