Overview
The mission of the MS in Exercise Science program is to provide optimal education in the sciences of human performance and preventive health through currency and excellence in teaching, research, and service. The program provides students with the knowledge and skills for advanced study or for advancement within careers in the exercise & health science-related fields. Our graduates understand and can explain the integrative roles of anatomy, biomechanics, physiology, cell biology, metabolic biochemistry, motor learning, and biopsychology of behavior, that underlie effective lifestyle-programming for improved health, fitness, and performance.

Credit hours required: 36

Careers
The Exercise Science Specialist educates their clients (students, athletes, patients) to utilize physical activity and diet to optimize health and sports performance and to understand the scientific principals behind their use. Our graduates have opportunities to advance their employment in the adult wellness/fitness and performance fields in personal, corporate, or hospital settings; or to continue their formal education at the PhD level.

Program of Study
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 & Human Performance
EXSC-418 Current Topics in EXSC
EXSC-419 Psychology of Exercise & Health Behaviors
EXSC-420 Prevention of Chronic Disease
EXSC-421 Motor Control and Learning
EXSC-422 Biomechanics
Two graduate level approved electives

Subject to change. See current University catalog for up-to-date information.

Admissions
Students must fulfill requirements for admission to the College of Graduate Studies and Research. In addition, students must have a grade of B or better in: biology, chemistry, human anatomy, psychology, and exercise physiology. (Exceptions to these prerequisites can be made based on relevant certifications and/or experience). Applications for this program are accepted for FALL SEMESTER admission only.
GRE: Not required

Attending Northeastern
• Classes are offered in the evening hours to accommodate professionals working full-time
• Students may attend either part-time or full-time
• Current in-state graduate tuition is less than $400 per credit hour (tuition & fees)
• Financial support: Financial aid (loans), merit tuition scholarships, and graduate assistantships are often available to help fund your graduate education. Contact us for further details.

Contact Us
Give us a call: (773) 442-6001
Email us: graduateadmissions@neiu.edu
Visit us at the Graduate Admissions office:
M-Th: 8:30 a.m.–7 p.m. Fri: 8:30 a.m.–4:30 p.m.
5500 North St. Louis Avenue, Chicago, IL 60625
Room D-101D
Visit our website: www.neiu.edu/graduatestudies

Newsweek magazine has named Northeastern Illinois University the Sixth Best Investment among all universities in the nation and number one in Illinois.