The Accelerated MS Program in Exercise and Health Sciences

Department of Exercise and Health Sciences
University of Massachusetts Boston

Overview
The Accelerated Master of Science degree is typically a 5-year BS to MS program that offers advanced study in exercise and health sciences (EHS). The program offers two concentrations: (1) Applied Exercise Physiology (AEP) and (2) Physical Activity and Health Promotion (PAHP). All students will fulfill program requirements by designing and completing a capstone practicum.

Our Program Prepares Students
To become practitioners and leaders in health professional areas that include (but are not limited to):
- Clinical Exercise Physiologist
- Fitness Director
- Health Promotion Program Coordinator
- Health and Wellness Manager
- Project Director
- Worksite Wellness Director
- Research Manager/Coordinator

Curriculum Requirements
The program is designed to be completed as part of a 5-year BS to MS program and usually begins in the 4th year of the student's undergraduate studies. All graduate courses will be taken during years 4-5 and will coincide with some undergraduate courses.

Students are required to complete a minimum of 141 credits (108 undergraduate credits and 33 graduate credits).

As well as other required courses, all students are required to take the following core courses:
- EHS 630 Advanced Fitness Assessment
- EHS 685 Applied Exercise Physiology
- EHS 655 Advanced Physical Activity & Health
- NU 760 Biostatistics

Students will be required to maintain a GPA of 3.0 or above when classified as a master's student to be consistent with the requirements of the Master's program.

Sample Courses and Curriculum
The following shows a sample of graduate courses for our program. Some of these courses will be taken concurrently with undergraduate courses up through year 4.

Course requirements differ based on whether students are pursuing the AEP or PAHP concentration. Students are also expected to take two graduate level elective courses.

- EHS 630 Advanced Fitness Assessment (Core course)
- EHS 635 Program and Project Management
- EHS 650 Obesity and Weight Management
- EHS 655 Advanced Physical Activity and Health (Core course)
- EHS 656 Advanced Nutrition and Health (for PAHP)
- EHS 670 Designing Exercise and Health Promotion Interventions (for PAHP)
- EHS 680 Clinical Exercise Physiology (for AEP)
- EHS 682 Exercise Metabolism (for AEP)
- EHS 685 Applied Exercise Physiology (Core course)
- EHS 698 Practicum
- NU 760 Biostatistics (Core course)

Completing the Practicum
The practicum provides students with an opportunity to strengthen their scientific knowledge and practical skills in the workplace, and prepare students for further entry into the health field (e.g., exercise physiologist, worksite health promotion).

The practicum is designed to support students' translation of knowledge acquired in graduate courses to hands-on, skill based practice. One of the main objectives is to complete a work product such as, but not limited to, participation in the development of evidence-based training materials. In close consultation with the course instructor and practicum site supervisor, the student is placed in an approved site to complete a minimum of 100 hours of experiential learning.

Admission Requirements
Students are eligible to apply for admission into the accelerated MS program once they have accumulated 64 undergraduate credits and have completed at least 30 credits on campus. Before moving from undergraduate status to graduate student status, students will be required to complete a form to be signed by their advisor in their undergraduate major certifying that they meet the following requirements: enrolled as an undergraduate EHS student, be in high academic standing, and completed all of their General Education Requirements such as distribution and diversity requirements, 100 and 200 level EHS courses and all writing requirements.

The Application Process
Applicants are strongly encouraged to apply by May 15.

A completed application includes:
- A completed graduate application form
- A two part Statement of Interest: **Part one**: The applicant’s reasons for wishing to pursue graduate study (at least 350 words)
  **Part two**: An essay stating the applicant’s specific interests and the type of work they will pursue in the field.
  - One or more examples of written work from another course
  - An official transcript indicating high academic standing in all undergraduate courses
  - Two letters of recommendation (at least one has to be from an EHS professor)

GRE scores may be waived for this program. Please contact us for more information regarding this option.

To request application materials or for more information, please visit https://admissions.umb.edu/graduate-students

If you have questions about the program, please contact:

Tongjian You, PhD
Graduate Program Director
Email: tongjian.you@umb.edu

Carlos Salas, MS
Graduate Program Assistant
Email: carlos.salas@umb.edu