The MS Program in Exercise and Health Sciences
Department of Exercise and Health Sciences
University of Massachusetts Boston

Overview
The Master of Science program 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).

Depending on the concentration chosen, students fulfill program requirements by: (1) completing a thesis or (2) designing and completing a practicum project.

Our program provides students with the unique opportunity to study issues regarding exercise science and physical activity related health promotion in a diverse urban and multicultural environment. The program’s goals will enhance the career growth potential of our students, whether they choose to apply their knowledge and skills for pursuit of an advanced degree, a research-related career, or a professional position in the health field (e.g., exercise physiologist, worksite wellness director).

A wide range of courses and faculty research areas complement the core courses’ focus on applied exercise physiology, advanced health fitness and nutrition assessment and advanced physical activity and health. Students are encouraged early in the program to choose a faculty mentor with whom they wish to study. Faculty research interests include cardiovascular, neurovascular and muscular exercise physiology, physical activity epidemiology, physical activity for persons with disabilities, physical activity and health promotion in clinical and community settings, and obesity treatment and prevention.

Our Program Prepares Students
To pursue careers in research or to become practitioners and leaders in areas that include (but are not limited to):

- Exercise Physiologist
- Fitness Director
- Health Promotion Practitioner
- Research Coordinator/Project Director
- Research Scientist
- Worksitewellness Director

Curriculum Requirements
The program is designed to take 2 years of full-time study, and students are required to complete 33 graduate credits (30 core credits and 3 elective credits for the Thesis option; 27 core credits and 6 elective credits for the Non-Thesis option).

The 33-credit hour master’s degree program encompasses courses that are shown in the sample curriculum.

Sample Courses and Curriculum
The following shows a sample semester progression for our program.

First Semester (9 credits)
- EHS 630 Advanced Health, Nutrition and Assessment (3 cr)
- EHS 685 Applied Exercise Physiology (3 cr)
- NURSING 760 Introduction to Biostatistics (3 cr)

By the end of the first semester, each student should identify a major faculty advisor who will chair the student’s thesis committee or practicum advisor with whom they will conduct their research or practicum. The major faculty advisor will help the student identify an area of focus, advise the student on relevant coursework for their elective credits, and guide and mentor the student in their selected option.

Second Semester (9 credits)
- EHS 625 Quantitative Research Methods (3 cr) (for Thesis) OR EHS 650 Obesity and Weight Management (3 cr) (for Non-Thesis)
- EHS 659 Advanced Physical Activity and Health (3 cr)
- EHS 680 Clinical Exercise Physiology (3 cr) (for AEP) OR EHS650 Designing Exercise and Health Promotion Interventions (3cr) (for PAHP)

Third Semester (9 credits)
- EHS 682 Exercise Metabolism (3 cr) (for AEP) OR EHS 656 Advanced Nutrition and Health (3 cr) (for PAHP)
- EHS 690 Proposal Development (3 cr) (for Thesis) OR EHS 635 Program and Project Management (3 cr) (for Non-Thesis)
- EHS elective (3 cr)

During their third semester, each student’s faculty advisor will help identify at least two additional faculty to comprise the student’s thesis committee. The committee, once approved by the Graduate Program Director and the Dean of Graduate Studies, guides the student in completing their thesis as well as the oral defense of their thesis.

Fourth Semester (6 credits)
- EHS 698 Practicum (3 cr) (for Non-Thesis) AND EHS Elective (3 cr) (for Non-Thesis)
- EHS 699 Thesis (6 cr)

 Completing the Thesis Option
The student who elects this option intends to pursue further academic or scientific study in the field. The student will identify a thesis topic in consultation with their major faculty advisor and thesis committee, consisting of the major advisor and two other faculty members selected for their expertise relative to the student’s topic. The thesis option requires the student to demonstrate their ability to carry out a research project in two stages. The thesis proposal stage involves a literature review, writing objectives and aims, study design, and a written and oral presentation of the proposed research (3rd semester).

The second stage of the thesis involves conducting the research, analyzing the results, writing the thesis, and passing an oral defense (4th semester). The final thesis product will be in a manuscript-ready format eligible for submission to a peer-reviewed journal. The student’s major faculty advisor will coordinate the student’s oral defense of the thesis.

Completing the Non-Thesis Option
The student who elects this option wishes to strengthen their scientific knowledge and management/leadership skills in the workplace. This option provides students with an opportunity to acquire and apply the experiential skills necessary to prepare students for entry into the health field (e.g. exercise physiologist, worksite wellness director).

The practicum is designed to supports students’ translation of knowledge acquired in EHS 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 and/or implementation of a site based evaluation, or development and presentation of evidence-based training materials.

In close consultation with the course instructor and site advisor, the student is placed in an EHS Department approved site to complete a minimum of 100 hours of experience (4th semester). The student’s faculty advisor will coordinate the student’s oral presentation of the capstone project (4th semester).
The MS Program in Exercise and Health Sciences

Faculty and Research Expertise
Faculty in the Department of Exercise and Health Sciences are nationally recognized for their cutting edge research in areas such as Exercise Physiology, Behavioral Science and Public Health.

Sarah Camhi, PhD, University of Maryland: physical activity, obesity, cardiometabolic health, and exercise is medicine.

Dana Commesso, EdD, Northeastern University: strength and conditioning, exercise prescription and programming, and training for performance.

Rachel Drew, PhD, University of Birmingham: neurovascular exercise physiology, integrative physiology, nervous system control of cardiovascular system, effects of age, race, and exercise training on neurovascular responses to exercise.

Richard Fleming, PhD, University of Massachusetts Amherst: childhood obesity prevention and treatment, physical activity and oral health promotion in people with intellectual and developmental disabilities.

Phil Gona, PhD, Boston University: statistical methods for epidemiology, cardiovascular and infectious diseases epidemiology, time-to-event analysis, meta-analysis, global health.

Ana Cristina Lindsay, DrPH, Harvard T.H. Chan School of Public Health: child health and nutrition, childhood obesity prevention, community-based research, cancer health disparities, minority health, global health with a focus on Latin America.

Mario Munoz, PhD, Boston University: physical activity measurement, research methods, fitness and wellness, physical activity in childhood, childhood obesity in Latino populations, developmental coordination disorders.

Laurie Milliken, PhD, University of Arizona: body composition assessment, obesity prevention, obesity treatment.

Heidi Stanish, PhD, Oregon State University: physical activity promotion for individuals with disabilities.

Phil Troped, PhD, University of South Carolina: physical activity and public health, environmental determinants of physical activity, use of accelerometers and GPS devices in determinants and intervention studies.

Jessica Whiteley, PhD, Virginia Polytechnic Institute and State University: clinical health psychology, behavioral health promotion interventions, digital health.

Julie Wright, PhD, University of Rhode Island: digital health, computer assisted self-care interventions for diet and physical activity.

Huimin Yan, PhD, University of Illinois at Urbana-Champaign: the interaction of diet and exercise on cardiovascular function in health, disease and disability throughout the human lifespan.

Tongjian You, PhD, University of North Carolina at Greensboro: metabolic and physical dysfunctions associated with obesity and aging, lifestyle interventions using physical exercise, mind-body exercise and new technology.

Kai Zou, PhD, University of Illinois at Urbana-Champaign: Skeletal muscle metabolism in relation to obesity, diabetes, cancer and exercise.

Facilities
Our faculty have access to laboratory facilities that provide support in several dedicated laboratory spaces including: GoKids Boston, the Exercise and Health Sciences Lab, and the Exercise Physiology Research Labs.

GoKids Boston is UMass Boston’s unique research and practice-based center for working to prevent and treat obesity and related diseases through physical activity and the promotion of healthy living while reducing health disparities. GoKids Boston consists of space dedicated to fitness training research, and teaching by our exercise and health sciences faculty as well as faculty from other UMass Boston departments.

The Exercise and Health Sciences Lab is the primary facility for laboratory courses and is fully equipped with exercise physiology and fitness equipment for use in student and faculty research projects.

The Exercise Physiology Research Labs are well equipped with state of the art instruments for evaluating cardiovascular, neurovascular and muscular function in different methods using an integrative approach.

Admission Requirements
MS applicants must have a bachelor’s degree in exercise science, nutrition, or a related field from a nationally accredited college or university or its international equivalent. The admission committee will admit applicants with degrees in other disciplines at their discretion. The Graduate Program Director will review coursework from other graduate programs on a case-by-case basis to determine transferability of credits up to a maximum of 6 credits.

Preference will be given to applicants whose transcripts show attainment of a minimum overall GPA of 3.0 and completion of the following courses (also with a minimum GPA of 3.0), taken within the past seven years: one year of anatomy and physiology with lab, exercise physiology with lab, chemistry with lab, fitness assessment, and statistics.

Students may be required to address missing course work as a condition of acceptance.

The Application Process
Applicants are strongly encouraged to apply by our priority deadline of February 1. Research and teaching assistantships may be available and preference will be given to those applicants who meet the March 1 deadline. Applications will be accepted through June 1, and can be found on the Admissions website.

A completed application includes:
• Completed application form and required fee.
• Official transcripts for all undergraduate and/or graduate programs attended.
• GRE General test scores and, if applicable, TOEFL scores.
• Two letters of recommendation from persons with whom the applicant has had extensive contact.

MS applicants must also submit a typed two-part Statement of Interest and Intent:
• Part One: The applicant’s reasons for wishing to pursue graduate study (at least 300 words)
• Part Two: The applicant’s specific interests and kind of work he or she will pursue in the field. The applicant should indicate which option (Thesis or Non-Thesis) they may select to complete the program.

To request application materials or for more information, please visit the UMass Boston website by following this link.

If you have questions about the program, please contact:
Tongjian You, PhD
Graduate Program Director
Department of Exercise and Health Sciences
University of Massachusetts Boston
100 Morrissey Boulevard, Boston, MA 02125-3393
Email: tongjian.you@umb.edu

Carlos Salas, MS
Graduate Program Assistant
Department of Exercise and Health Sciences
University of Massachusetts Boston
100 Morrissey Boulevard, Boston, MA 02125-3393
Email: carlos.salas@umb.edu