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

Examples of previous theses and dissertations

MS Theses

- The Effects of Sex and Histamine Receptor Blockade on Carotid Wave Intensity Analysis at Rest and After Exercise (Applied Exercise Physiology)
- Comparisons of Mitochondrial Quality Control in Primary Myotubes from Lean, Severely Obese Non-Diabetic, and Severely Obese Type 2 Diabetic Humans (Applied Exercise Physiology)
- Effects of Tai Chi on Simple and Choice Reaction in Older Adults with Chronic Pain (Applied Exercise Physiology)
- Changes in Patterns of Accelerometer-Measured Physical Activity Among Adolescents and Young Adults with Down Syndrome in a Weight Loss Randomized Control Trial (Physical Activity and Health Promotion)
- The Validity and Reliability of Borg’s 6-20 RPE Scale Among Chinese Mandarin Speaking Young Healthy Adults (Applied Exercise Physiology)
- Correlates of Awareness and Use of the Hubway Bike Share Program and the Association with Weight Status (Physical Activity and Health Promotion)
- A Preliminary Investigation on Measuring Parent Adherence to a Family Based Weight Loss Intervention for Adolescents and Young Adults with Intellectual Disabilities (Physical Activity and Health Promotion)
- Age Related Associations Between Physical Activity and Telomere Length in the National Health and Nutrition Examination Survey, 1999-2002 (Physical Activity and Health Promotion)

PhD Dissertations

- Families Spending Time Together (FASTT) Exercising: A Family Based Study to Examine the Intensity, Enjoyment, and Acceptability of Physical Activities
- Examining the Effects of Two Types of Acute Resistance Training Sessions on Affective Responses and Psychosocial Outcomes in College Age Females
- Effects of Exergaming on Cognition and Dual-Task Function in Older Adults at Risk of Falling