

# EXERCISE SCIENCE, M.ED.

## PROGRAM OVERVIEW:

The Master of Education in Exercise Science has several purposes that can enhance the quality of life in the region and nation. Graduates of this program are well-prepared to provide education on how to adopt a healthier and more rewarding lifestyle that will lead to increased fitness, wellness, and life expectancy. Graduates have the knowledge and skills to address chronic health problems impacting our region and nation including obesity, heart disease, diabetes, and impaired quality of life through exercise, diet, and lifestyle changes.

This M.Ed. concentration is designed for individuals seeking to enhance their career opportunities, improve their professional practice, and prepare for advanced study in related fields by advancing their knowledge of exercise physiology, fitness and wellness. Candidates entering this program include public school teachers and coaches, professional coaches and trainers, and graduates of related undergraduate programs seeking advanced study to enhance their career options. Employment opportunities for program graduates are found in athletics programs, exercise/fitness centers, hospital wellness programs, corporate fitness/wellness programs, rehabilitation centers, and allied health careers. Graduates also go on to pursue advanced study in a number of related fields and professions.

In addition to preparing highly qualified professionals, the program also serves as a resource to the state and region by creating and expanding opportunities in the following ways:

- Meeting the increased demand for exercise scientists/wellness specialists;
- Providing an option for graduate study for undergraduate majors in Exercise Science as well as those seeking a practitioner-based graduate option from other area institutions;
- Expanding options and opportunities in clinical preparation in region for people already working in the Exercise Science, Fitness, and Wellness fields.



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**FAIRMONT STATE  
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**College of Education, Health &  
Human Performance**

# EXERCISE SCIENCE, M.ED.

## PROGRAM OF STUDY:

### NON-THESIS TRACK (30 CREDIT HOURS)

#### M.Ed. Core Courses (6 Credit Hours):

EDUC 6301: RESEARCH IN EDUCATION	3
PHED 6395: CAPSTONE RESEARCH PROJECT	3

#### Exercise Science Courses (24 Credit Hours):

PHED 6405: LAB TECHNIQUES IN HEALTH PROMOTION/EXERCISE SCIENCE	3
PHED 6406: STATISTICS IN EXERCISE SCIENCE	3
PHED 6412: CARDIOVASCULAR/PULMONARY EXERCISE PHYSIOLOGY I	3
PHED 6413: NEUROMUSCULAR EXERCISE PHYSIOLOGY II	3
PHED 6416: ADVANCED STRENGTH & CONDITIONING	3
PHED 6417: IMPACT OF EXERCISE ON HEALTH & DISEASE	3
PHED 6418: WELLNESS PROGRAMMING	3
PHED 6480: SEMINAR IN EXERCISE SCIENCE	3

### Tuition & Fees 2023-24

Cost Per Credit Hour	\$572
Total For 18 Credit Hours	\$17,160

Current tuition and fee information can be found at:

[fairmontstate.edu/student-services/student-accounts/tuition-fees-charts](http://fairmontstate.edu/student-services/student-accounts/tuition-fees-charts)

### THESIS TRACK (33 CREDIT HOURS)

Students will take courses noted above in addition to the following course:

PHED 6499: Thesis	3
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### COURSE PLAN\*

#### Fall Start

##### Semester 1 (Fall)

EDUC 6301  
PHED 6405  
PHED 6412

##### Semester 2 (Spring)

PHED 6406  
PHED 6413  
PHED 6480

##### Semester 3 (Fall)

PHED 6416  
PHED 6418  
PHED 6395

##### Semester 4 (Spring)

PHED 6417  
PHED 6499 (Thesis Track Only)

#### Spring Start

##### Semester 1 (Spring)

EDUC 6301  
PHED 6406  
PHED 6413

##### Semester 2 (Fall)

PHED 6405  
PHED 6412  
PHED 6418

##### Semester 3 (Spring)

PHED 6417  
PHED 6395  
PHED 6480

##### Semester 4 (Fall)

PHED 6416  
PHED 6499 (Thesis Track Only)

**\*Non-Thesis Track can be completed in three semesters. Course order may vary.**



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### CONTACT INFORMATION

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