

Exercise, Performance & Health Optimization — MS

Code	Title	Hours
Exercise, Performance & Health Optimization - MS (thesis option)		
KINE 6400	Exercise Assessment, Prescription, & Programming	3
KINE 7010	Research Methods in Physical Activity	3
KINE 7630	Strength & Conditioning Preparation	3
KINE 7680	Advanced Physiology of Exercise I	3
KINE 7990	Research and Thesis (required for thesis option)	6
Select Advisor Approved 10-14 Credits in @ 6000-8999		15
Total Hours		33

Code	Title	Hours
Exercise, Performance & Health Optimization - MS (non-thesis option)		
KINE 6400	Exercise Assessment, Prescription, & Programming	3
KINE 7010	Research Methods in Physical Activity	3
KINE 7630	Strength & Conditioning Preparation	3
KINE 7680	Advanced Physiology of Exercise I	3
Select Advisor Approved 16-20 Credits in @ 6000-8999		21
Total Hours		33