## PROGRAM HIGHLIGHTS

**The applied exercise science program** in the health and human performance department studies how human movement improves overall physical health and fitness. Subject areas include: performance enhancement, bioenergetics, neuromuscular physiology and clinical testing and prescription. Our students and faculty seek to advance health, physical activity and sport performance through a wide range of research. Students and faculty conduct research regarding human performance, physical activity and injury management in the Applied Neuromuscular Physiology Laboratory.

Our mission is to perform high-quality research that is both innovative and impactful. Our labs use state-of-the-art technology to investigate physiological changes with aging, training, fatigue, disease and more. Research areas include motor control, proprioception, sensory-motor integration, muscle hypertrophy and atrophy, exercise prescription and training methodologies, athletic or military performance, brain behavior and plasticity, muscle quality, nutrition, and dietary supplementation.

COLLEGE OF EDUCATION, HEALTH AND AVIATION

## ADMISSION REQUIREMENTS

Applications are reviewed on a rolling basis. Applicants are strongly encouraged to apply no later than six weeks prior to the semester for which they are applying to begin coursework. To be considered for admission to the program, applicants must have:

▷ Undergraduate degree from an accredited university with a 3.0 minimum GPA

## APPLICATION PROCESS

To be considered for admission to the program, applicants must complete and submit the following:

▷ OSU Graduate College application online at gradcollege.okstate.edu/apply

▷ Non-refundable application fee

▷ Official transcripts from all previously attended institutions

▷ Three letters of recommendation providing information related to past academic ability, potential for graduate study and writing ability

▷ Official GRE or MAT scores (within the past five years)

## COURSEWORK

**Core Courses** (12 hours)

▷ LEIS 5023 Legal Aspects of HHP and Leisure

▷ HHP 5523 Current Readings in Health

▷ HHP 5223 Introductory Statistics for Kinesiology, Applied Health and Recreation OR
REMS 5953 Elementary Statistical Methods in Education

▷ HHP 5053 Research Design and Methodology (recommended) OR REMS 5013 Research Design and Methodology

**Required Courses** (6 hours)

▷ HHP 5853 Stress Testing and Prescription

▷ HHP 5873 Bioenergetics

**Electives** (12 hours)

▷ HHP 5073 Sport: Psychological Aspects

▷ HHP 5113 Psychological Aspects of Health

▷ HHP 5603 Principles of Performance Enhancement

▷ HHP 5703 Principles of Corrective Exercise

▷ HHP 5733 Motor Learning

▷ HHP 5823 Applied Neuromuscular Anatomy and Physiology

▷ HHP 5843 Quantitative Biomechanics

▷ NSCI 5133 Advanced Nutrition for Exercise and Sport

▷ NSCI 5333 Human Nutrition and Metabolism

**Thesis Option** (6 hours)

▷ HHP 5000 Master's Thesis OR

**Non-Thesis Option** (3 hours)

▷ HHP 5030 Field Problems

## MORE INFORMATION

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