FLORIDA ATLANTIC UNIVERSITY

NEW/CHANGE PROGRAM REQUEST
Graduate Programs

UGPC Approval _____
UFS Approval _____
Banner Posted _____
Catalog _____

Department Exercise Science & Health Promotion

College Science

Program Name	☐ **New Program**	**Effective Date** *(TERM & YEAR)*
MS Exercise Science & Health Promotion	☑ **Change Program**	Fall 2025

Please explain the requested change(s) and offer rationale below or on an attachment

Our proposed changes are outlined on the following page.

Faculty Contact/Email/Phone	**Consult and list departments that may be affected by the change(s) and attach documentation**
Chris Boerum cboerum@fau.edu 954-892-8001	N/A

Approved by	***Date***
Department Chair	3-9-25
College Curriculum Chair	3/11/25
College Dean	3/11/2025
UGPC Chair	
UGC Chair	
Graduate College Dean	
UFS President	
Provost	

Email this form and attachments to UGPC@fau.edu one week before the UGPC meeting so that materials may be viewed on the UGPC website prior to the meeting.

The National Strength & Conditioning Association (NSCA), one of the main governing bodies of our industry, is moving towards a program accreditation model. For our students to be eligible to sit for the Certified Strength & Conditioning Specialist (CSCS) exam (required for employment in the strength and conditioning industry), they must soon have graduated from an accredited program. To begin the accreditation application, the department must make the following changes to align with accreditation guidelines:

1. Have a concentration with "Strength & Conditioning" in the title.
2. Ensure sufficient coverage of NSCA's CSCS exam material in the curriculum. Specifically, the following course changes are proposed:
    a. Add a new required course Advanced Athletic Conditioning Principles (PET 6389). This new course will also be available as an elective in the other concentrations.
    b. Move Advanced Exercise Physiology 1 (APK 6111) and Advanced Exercise Physiology 2 (APK 6116) from required to elective courses.
    c. Move Exercise Neuroscience (PET 5077) and Skeletal Muscle Physiology (PET 6382) from elective to required courses.
3. As required by accreditation guidelines, an internship in the concentration must be included through our pre-existing Practical Applications course (PET 5947). Additional language is provided in the catalog description to outline accreditation guidelines.

We also request that the credit limit in our Directed Independent Study course (PET 6905) be increased from 1-5 to 1-6 in all concentrations.

Name_____ Z#_____ Date of Birth _____

Phone Number_____ FAU Email_____

Other Email_____

Address_____ City _____ State_____ Zip code _____

Note: This document is not a substitute for Form 6, but a worksheet to proceed through the program.

Student should complete this sheet within the first or second semester of coursework with ESHP advisor.

Worksheet-FAU, Strength & Conditioning Concentration:								
Check when completed	Course Title	Course No.	Credits	Rotation	Grade	Subsitute	Institution	Advisor & Grad Coord. Approval
Required Courses: 24 hours								
	Exercise Neuro Science	PET 5077	3	Fall				
	Research & Eval	PET 6505C	3	Fall				
	Skeletal Muscle Physiology	PET 6382	3	Spring				
	Advanced Sports Nutrition	HUN 6247	3	Spring				
	Advanced Exercise Testing and Prescription	PET 5521	3	Summer				
	Strength & Conditioning Program Design	PET 5391	3	Summer				
	Advanced Athletic Conditioning Prinicples	PET 6389	3	Varies				
	Practical Applications	PET 5947	3	All				
Elective Courses: 6 hours								
(required courses for other tracks maybe used for electives and/or the student may choose from the following.)								
	Advanced Exercise Physiology 1	APK 6111	3	Fall				
	Needs Assesessment & Program Planning	HSC 6248	3	Fall				
	Drug Abuse behavior	HSC 5156	3	Fall				
	Health Behavior, Hlth Ed & Hlth Promo	HSC 6585	3	Fall				
	Chronic Stress & Population Health	HSC 5177	3	Spring				
	Advanced Concepts in HP	HSC 5587	3	Spring				
	Evaluation of Health Promotion/Ed	HSC 6115	3	Spring				
	Advanced Exercise Physiology 2	APK 6116	3	Spring				
	Human Obesity	HSC 5178	3	Summer				
	Personal & Community Health	HSC 5203	3	Summer				
	Epidemiological Basis of Health	HSC 6505	3	Summer				
	Direct Independent Study	PET 6905	1 to 6	All				
	Special Topics	PET 5930	1 to 4	All				
(Others are approved by ESHP graduate committee)								
Thesis Option: 6 hours		PET 6971	1 to 6	All				

Read the following information thoroughly.

1. MS Degree is a minimum of 30 hours
2. If choosing the thesis option there are 6 thesis hours
3. Up to 6 credits of Directed Independent Study (PET 6905) may be counted toward this degree
4. FAU students who applied through the accelerated BS/MS program may carry in 12 graduate credits from UG degree
5. Thesis student must adhere to thesis deadlines. See ESHP graduate coordinator and thesis chair.
6. All students must turn in graduate application according to FAU calendar.
7. Advanced Ex. Phys courses are not sequential.
8. Students must complete an internship (PET 5947) in accordance with guidelines posted on the department website.

Other Comments:

Student_____ Date_____

Advisor_____ Date_____

Dept. Chair_____ Date_____

EXERCISE SCIENCE AND HEALTH PROMOTION
MASTER OF SCIENCE (M.S.)

Exercise Physiology Concentration *(Minimum of 30 credits required)*
Health Promotion Concentration *(Minimum of 30 credits required)*
Strength & Conditioning Concentration *(Minimum of 30 credits required)*

The master's degree with major in Exercise Science and Health Promotion may be structured with a concentration in Exercise Physiology, Health Promotion, or Strength & Conditioning. ~~Both~~ All concentrations are offered online only.

Admission Requirements

1. The student must meet College and University requirements.
2. Any applicant seeking admission into the M.S. program with a major in Exercise Science and Health Promotion must have a minimum grade point average of 3.0 in the last 60 credits of undergraduate work attempted prior to receiving the bachelor's degree.
3. Graduate students are required to have CITI certification

Exercise Physiology Concentration

~~Exercise Physiology~~ Required Courses- 18 credits		
Advanced Exercise Physiology 1	APK 6111	3
Advanced Exercise Physiology 2	APK 6116	3
Advanced Sport Nutrition	HUN 6247	3
Strength and Conditioning Program Design	PET 5391	3
Advanced Exercise Testing and Prescription	PET 5521	3
Research and Evaluation	PET 6505C	3
Electives Courses- 12 credits		
Advanced Athletic Conditioning Principles	PET 6389	3
Drug Abuse Behavior	HSC 5156	3
Chronic Stress and Population Health	HSC 5177	3
Human Obesity	HSC 5178	3

Personal and Community Health	HSC 5203	3
Advanced Concepts in Health Promotion	HSC 5587	3
Evaluation of Health Promotion and Health Education Programs	HSC 6115	3
Needs Assessment and Program Planning in Health Promotion	HSC 6248	3
Epidemiological Basis of Health	HSC 6505	3
Health Behavior, Health Education and Health Promotion	HSC 6585	3
Exercise Neuroscience	PET 5077	3
Special Topics	PET 5930	1-4
Practical Applications in Exercise Science and Health Promotion	PET 5947	1-3
Skeletal Muscle Physiology	PET 6382	3
Directed Independent Study	PET 6905	1-~~5~~6
Thesis option		6
Total		**30 credits**

Health Promotion Concentration

~~Health Promotion~~ Required Courses - 18 credits		
Personal and Community Health	HSC 5203	3
Evaluation of Health Promotion and Health Education Programs	HSC 6115	3
Needs Assessment and Program Planning in Health Promotion	HSC 6248	3
Epidemiological Basis of Health	HSC 6505	3
Health Behavior, Health Education and Health Promotion	HSC 6585	3
Research and Evaluation	PET 6505C	3
Elective~~s~~ Courses- 12 credits		
Advanced Exercise Physiology 1	APK 6111	3
Advanced Exercise Physiology 2	APK 6116	3
Advanced Sports Nutrition	HUN 6247	3

Advanced Athletic Conditioning Principles	PET 6389	3
Drug Abuse Behavior	HSC 5156	3
Chronic Stress and Population Health	HSC 5177	3
Human Obesity	HSC 5178	3
Advanced Concepts in Health Promotion	HSC 5587	3
Exercise Neuroscience	PET 5077	3
Strength and Conditioning Program Design	PET 5391	3
Advanced Exercise Testing and Prescription	PET 5521	3
Special Topics	PET 5930	1-4
Practical Applications in Exercise Science and Health Promotion	PET 5947	1-3
Skeletal Muscle Physiology	PET 6382	3
Directed Independent Study	PET 6905	1-~~5~~6
Thesis option		6
Total		**30 credits**

Strength & Conditioning Concentration

Required Courses - 24 credits

Skeletal Muscle Physiology	PET 6382	3
Advanced Sports Nutrition	HUN 6247	3
Exercise Neuroscience	PET 5077	3
Strength and Conditioning Program Design	PET 5391	3
Advanced Exercise Testing and Prescription	PET 5521	3
Research and Evaluation	PET 6505C	3
Advanced Athletic Conditioning Principles	PET 6389	3
Practical Applications in Exercise Science and Health Promotion	PET 5947	3

Elective Courses - 6 credits

Drug Abuse Behavior	HSC 5156	3
Chronic Stress and Population Health	HSC 5177	3
Human Obesity	HSC 5178	3
Personal and Community Health	HSC 5203	3

Advanced Concepts in Health Promotion	HSC 5587	3
Evaluation of Health Promotion Education	HSC 6115	3
Needs Assessment and Program Planning in Health Promotion	HSC 6248	3
Epidemiological Basis of Health	HSC 6505	3
Health Behavior, Health Education and Health Promotion	HSC 6585	3
Special Topics	PET 5930	1-4
Advanced Exercise Physiology 1	APK 6111	3
Advanced Exercise Physiology 2	APK 6116	3
Directed Independent Study	PET 6905	1-6
Thesis option		6
Total		**30 credits**

Read the following information thoroughly:

1. A master's degree is a minimum of 30 credits.
2. If choosing the thesis option, there could be a maximum of 6 additional credits.
3. Up to ~~3~~ 6 credits of Directed Independent Study (PET 6905) may be counted toward this degree.
4. FAU students who applied through the accelerated B.S./M.S. program may count 12 credits for both degrees.
5. Thesis students must adhere to thesis deadlines. See the ESHP graduate coordinator and thesis chair.
6. All students must turn in a graduate application according to the FAU academic calendar.
7. Advanced Exercise Physiology courses are not sequential.
8. Students in strength and conditioning concentration must complete at least 300 person hours of work, but not more than 3 credit hours of internship (PET 5947), specifically from the Strength & Conditioning internship list. Additionally, during internship, students must work with two different populations in either the same or different settings. All internship questions should be addressed with the ESHP internship coordinator.