

M.S. Degree in Health Studies

Concentration in Exercise, Sport & Movement Sciences

Name:	SID#:
Advisor:	Semester/Year Admitted:

I. Health Studies Core Courses (6 hours)			Grade	Sem/Yr
HMSE	7010	(3) Research Methods in Health Studies (Fall)		
EDPR	7541	(3) Statistical Methods Applied to Education I (Fall) OR		
PUBH	7150	(3) Biostatistical Methods I (Fall)		
II. Concentration Requirement Courses (18 hours) <i>Sequence suggested for statistics.</i>			Grade	Sem/Yr
EDPR	7542	(3) Statistical Methods Applied to Education II OR		
PUBH	7152	(3) Biostatistical Methods II (Spring)		
ESMS	7020	(3) Publications/Proposals in Health & Biomedical Sciences (Spring)		
ESMS	7123	(3) Mechanical Analysis of Motor Skills (Spring)		
ESMS	7163	(3) Advanced Motor Learning (Fall)		
ESMS	7201	(3) Physiology of Exercise: Musculoskeletal Aspects (Fall)		
ESMS	7202	(3) Physiology of Exercise: Metabolic/Cardiorespiratory Aspects (Spring)		
III. Elective Courses (6 hours) <i>Choose from the following courses or other courses with approval of the advisor</i>			Grade	Sem/Yr
BIOL	6511	(3) Biochemistry I		
BIOL	6503	(2) Biochemistry I Lab		
BIOL	6512	(3) Biochemistry II		
BIOL	6504	(2) Biochemistry II Lab		
BIOL	6630	(3) General Endocrinology		
BIOL	7010	(3) Principles & Methods of Systematic Biology		
BIOL	7031	(3) Cellular Physiology		
ESMS	6000	(3) Exercise Testing & Interpretation Laboratory		
ESMS	6603	(3) Advanced Methods of Strength and Conditioning		
ESMS	3902-11	(4) Special Topics in Exercise, Sport & Movement Sciences		
ESMS	7133	(3) Current Readings in ESMS		
ESMS	7152	(3) Problems in Exercise, Sport & Movement Sciences (Independent Study)		
ESMS	7800	(3) Internship in Exercise, Sport & Movement Sciences		
ESMS	7902-11	(3) Special Topics in Exercise, Sport & Movement Sciences		
NUTR	7000	(3) Sport Nutrition		



THE UNIVERSITY OF
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College of Health Sciences

CONTINUED

M.S. DEGREE IN HEALTH STUDIES | CONCENTRATION IN EXERCISE, SPORT & MOVEMENT SCIENCES

NUTR 7001	(3)	Nutraceuticals & Dietary Supplements		
NUTR 7002	(3)	Exercise & Nutrition Immunology		
NUTR 7412	(3)	Cellular Nutrition I		
NUTR 7422	(3)	Cellular Nutrition II		

IV. Culminating Experience (6 hours) Choose <u>one</u> of the following four options:			Grade	Sem/Yr
1) ESMS 7900	(6)	Research Lab Residency		
2) ESMS 7950	(6)	Applied Project in ESMS		
3) HMSE 7996	(6)	Thesis		
4) Non-Research: Additional Advisor-Approved Electives	(6)			

In all cases, successful completion of one of the following comprehensive exam experiences is required for graduation:

- *ESMS 7900 requires a committee-approved oral defense of the residency experience.*
- *ESMS 7950 and HMSE 7996 require successful completion of a committee-approved research project under the direction of the major professor that culminates in a formal write-up and oral defense of same.*

The non-research option requires successful completion of both advisor-approved courses and a written comprehensive exam covering the Health Studies core and required coursework in the ESMS concentration. (Contact program coordinator for further details)

A minimum of 36 credit hours is required for this concentration.

I. Occasionally-offered acceptable electives in ESMS			Grade	Sem/Yr
ESMS 6406	(3)	Exercise Testing & ECG Interpretation		
ESMS 7173	(3)	Exercise & Sport Psychology		
ESMS 7210	(3)	Analysis of Muscle Function		
ESMS 7220	(3)	Advanced Considerations of Skeletal Muscle Structure & Function		
ESMS 7230	(3)	Exercise Endocrinology		
ESMS 7240	(3)	Atherosclerosis & Cardiovascular Disease: Pathophysiology & Interventions		
ESMS 7250	(3)	Motor Control: A Behavioral Emphasis		
ESMS 7532	(3)	Research Methods in Sport Neuromechanics		
ESMS 7542	(3)	Advanced Kinesiology		

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