

Summary of Graduate Curriculum Changes

Ouachita Baptist University
March 2022

The faculty **approved** these curriculum changes at a faculty meeting on March 8, 2022.

Master of Science (M.S.) in Exercise Science

Overview

The Master's Degree in Exercise Science will emphasize development of knowledge and skills for those pursuing advanced careers in cardiac rehabilitation, advanced sports testing, research in kinesiology, health promotion and advanced health and clinical careers. Students will be leaders in the field of health and fitness and will perform assessment, design individual programs, and educate clients on a healthy lifestyle.

A full long form, which includes the Application for Consideration and the Proposal form for this program can be found in the Graduate Council folder in the M: Drive > Committee Archive > Graduate Council > Meeting Minutes > 2021-22 > 01-26-22. The program has been approved by the Planning Committee. This final step in the approval process requires full faculty approval of the curriculum of the program as well as the admissions requirements. Additional policies related to the program will be developed if it gains faculty approval.

Admissions Requirements

- Undergraduate GPA of 2.75
- College Algebra (Grade of C or higher)
- Anatomy & Physiology (C or higher)
- Nutrition or Sports Nutrition (C or Higher)
- Nine (9) or more hours in Kinesiology undergraduate coursework recommended (Biomechanics, Exercise Physiology, Exercise Testing, Special Populations, Strength and Conditioning, Structural Basis of Human Movement, Sports Nutrition, or other relevant coursework)
- Incoming students who have not completed their prerequisites may be considered for conditional admittance. In this case, the student will be permitted to enroll in a limited number of program hours while they simultaneously complete the remaining prerequisites.

Proposed Curriculum

All courses will be listed at the 6000-level except for Care and Prevention of Injury and Exercise Testing and Prescription, which will be cross-listed with existing undergraduate courses and will be numbered at the 5000-level.

Course	Semester	Format	Hours
6xx3 Introduction to Human Performance An introductory course for the Exercise Science professional looking at historical evidence of physical activity and global impact Exercise is Medicine [®] has on healthy populations.	Summer (8 week-term)	hybrid	3
6xx3 Exercise Science The study of the metabolic and systemic effects of exercise on the human body.	Summer (8-week term)	hybrid	3
6xx3 Evidence Based Research in Exercise Science A study of the use of the scientific method to answer a question and test a hypothesis, the techniques used in exercise science related research, as well as the ethical means of completion and dissemination of this research.	Summer (8-week term)	online	3
5xx3 Care & Prevention of Injury A study of the means to minimize risk of injury related to exercise testing and prescription, health screening and diagnostics, and basic life support training.	Fall (16-week term)	online	3
6xx3 Leadership & Ethics in Human Performance A study of the legal and ethical considerations regarding the field of exercise science, client interactions, research and dissemination.	Fall (8-week term)	online	3
6063 Sports Nutrition Exercise physiology and nutrient requirements in sports and exercise: macronutrient, micronutrient and fluid needs of athletes engaged in specific sports, pre/post exercise meals, gender specific requirements, role of ergogenic aids, eating disorders, and role of exercise in weight management and chronic disease.	Fall (8-week term)	online	3

<p>6xx3 Special Populations in Exercise Science A study of cardiovascular and pulmonary physiology related to exercise as well as the endocrine system and the impacts of stress and chronic disease on the system.</p>	Spring (16-week term)	online	3
<p>6xx3 Statistics A study of existing measurements and analytical equations that can be used to test a hypothesis, how to use tools such as SPSS to implement the tests and how to interpret the results.</p>	Spring (8-week term)	online	3
<p>6xx3 Health Education and Counseling A study of methods of motivational interviewing, models of health behavior change, and effective intervention and counseling techniques.</p>	Spring (8-week term)	online	3
<p>6xx3 Exercise Testing and Prescription Advanced study of maximal and submaximal exercise testing methods, interpretation of results, and the use of results to prescribe safe and effective exercise programs.</p>	Summer (8 week-term)	hybrid	3
<p>6xx6 Internship On-site training and opportunity to practice the student learning outcomes in a career setting.</p> <p><i>or</i></p> <p>6xx6 Thesis in Exercise Science Student driven production and defense of research related to exercise science.</p>	Summer (8 week-term)	hybrid	6
Total Hours			36