

Master of Science in Physical Activity and Wellness Science (PAWS) 2-year curriculum

Year 1

Fall		Spring	
EXSC 302 Evidence-based practice in Physical Activity	3	EXSC 350 Physiological Aspects of Physical Activity and Chronic Disease	3
EXSC 345 Exercise Assessment and Prescription	3	EXSC 365 Activity in the Underserved	3
EXSC 360 Physical Activity, Weight Management, and Energy Balance	3	Elective Graduate Course	3
Credits	9	Credits	9

Year 2

Fall		Spring	
EXSC 303 Physical Activity and Chronic Disease Epidemiology	3	EXSC 368 Physical Activity and Wellness Program Design	3
EXSC 354 Physical Activity and Wellness Promotion	3	EXSC 370 Physical Activity and Wellness: Communication and Evaluation	3
Credits	6	Credits	6

Master of Science in Physical Activity and Wellness Science (PAWS) 1-year curriculum

Fall		Spring	
EXSC 302 Evidence-based practice in Physical Activity	3	EXSC 350 Physiological Aspects of Physical Activity and Chronic Disease	3
EXSC 303 Physical Activity and Chronic Disease Epidemiology	3	EXSC 368 Physical Activity and Wellness Program Design	3
EXSC 345 Exercise Assessment and Prescription	3	EXSC 370 Physical Activity and Wellness: Communication and Evaluation	3
EXSC 354 Physical Activity and Wellness Promotion	3	EXSC 365 Activity in the Underserved	3
EXSC 360 Physical Activity, Weight Management, and Energy Balance	3	Elective Graduate Course	3
Credits	15	Credits	15

Although the program can be completed in 1 year, completing over a 2-year period is recommended.