Department Mission

The mission of the Department of Health and Human Performance is to create and disseminate knowledge promoting evidence-based practice in health promotion, exercise science and recreation professions. The department aims to be a national leader in promoting human performance and health-related quality of life for all.

The mission of the exercise and sports science program is to nurture students into lifelong learners through effective and innovative teaching, research and service. The program also aims to cultivate graduates into models of healthy behaviors that advance the profession.

Degrees Offered

» M.S. in Exercise Science
» M.Ed. in Physical Education*

*Optional teacher certification available

My experience in the physical education program has helped me discover my academic and professional goals with creative research and a strong student-centered faculty.

– Dannon Cox, current M.Ed. student at Texas State University, Recipient of the ESS Outstanding Graduate Student Award, 2016

As a graduate student, I’ve been able to work alongside professors committed to my development and success. With personalized support and opportunity for research, I was able to not just consume knowledge but produce knowledge and contribute to the field of exercise science.

– Katherine Forester, M.S. student, Exercise Science at Texas State University

Students learn and apply scientific principles, techniques and strategies that enhance physical activity and sport performance.
Why choose Texas State?
Members of the graduate faculty are nationally known for their research, teaching and service within the profession. Faculty devote time to student-centered learning in classrooms, laboratories and community settings. Facilities include neuromuscular, exercise physiology, biomechanics and sport medicine, motor ability and sport pedagogy laboratories.

Course Work
Graduate studies in exercise science and physical education will equip students with knowledge, skills and abilities necessary to address health issues related to physical inactivity and obesity and to enhance human performance using evidence-based principles. Graduates will gain the critical thinking, research and technical skills to understand research-based literature and use innovative approaches to problem solving and gain the competencies to successfully work with children, adolescents, adults and seniors. Students can choose from the thesis or non-thesis options in both exercise science and physical education programs.

Faculty
The exercise and sports science faculty specialize in several academic disciplines within kinesiology, the scientific study of human movement. Faculty conduct research in state-of-the-art laboratories for neuromuscular and exercise physiology, biomechanics and sport medicine, as well as in community and school settings. Collectively the faculty examine critical issues related to both the physiological, psychological and cognitive components and variables that influence participation in physical activity and sports.

Career Options
Graduates with an M.S. in exercise science or an M.Ed. in physical education will be in demand and able to work in all sectors of the workforce, including federal, state and local government health agencies, public schools and universities. Positions include clinical exercise physiologists, strength, conditioning, and sport coaches, directors of fitness and wellness programs, and physical education teachers.

Important Deadlines*
Admissions
Priority Fall: March 1
Fall: May 15
Spring: November 1
Summer: January 15

Please note that the M.Ed. in Physical Education with certification has different deadlines: March 1 for fall admission and October 1 for spring admission.

Funding: Scholarships, Fellowships and Assistantships
Applications must be complete by the priority deadline to be considered for funding.

How to Apply
For information regarding admission requirements and submission instructions, please visit:
gradcollege.txstate.edu/apply

*International applicants can view specific deadlines and requirements at:
gradcollege.txstate.edu/intl_home

For information on deadlines, admission requirements and funding, visit:
Exercise Science
gradcollege.txstate.edu/exercise_science
Physical Education
gradcollege.txstate.edu/physical_ed