There is an increasing need for professionals with an advanced degree in exercise science and physical education as:

- the nation grapples with obesity and diabetes epidemics
- physicians place more emphasis on preventive care
- the population continues to age
- the need for school and community-based physical activity grows

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, health organizations, public schools and universities, as physical educators, coaches, grant specialists/coordinators and directors of health clubs and wellness programs.

The Exercise and Sports Science faculty specialize in several academic disciplines within kinesiology, the scientific study of human movement. Our two master’s degree programs emphasize the application of scientific theory, techniques and strategies that enhance physical activity and sport performance.
Exercise and Sports Science Degree Options

Exercise Science
The master of science in exercise science 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 training. Graduates will appreciate the value and importance of research-based literature and have the critical thinking, research and technical skills to:

• understand research-based literature
• use innovative approaches to problem solving
• successfully pursue a doctoral degree in exercise science or related disciplines
• work in athletic, clinical (e.g. cardiopulmonary rehabilitation and diagnostic testing), education and fitness settings
• sit for advanced professional certifications (e.g., the American College of Sports Medicine Certified Clinical Exercise Specialist, Certified Health Fitness Specialist, Certified Strength and Conditioning Specialist or Registered Clinical Exercise Physiologist)

Physical Education
The master of education in physical education is designed to prepare individuals for careers and/or advanced studies in the dynamic discipline of physical education. Graduates will appreciate the value and importance of research-based literature and have the critical thinking, research and technical skills to:

• understand research-based literature
• use evidenced based teaching curricula and strategies
• successfully pursue a doctoral degree in physical education teacher education, curriculum and instruction or sport pedagogy
• direct and instruct physical education, physical activity, as well as coach and direct sport programs in school, university or community-based settings.

Certification
The masters and teacher certification (MAC) specialization provides the student with a master’s degree plus teacher certification in PE. This 42-hour program includes course work and student teaching. Upon completion, graduates are qualified to take the Texas examination for teacher certification.

Admission Policy
An applicant to the graduate program in physical education must have taken a minimum of 18 semester hours of undergraduate PE course work, exclusive of PE activity courses. Applicants who do not have a minimum of 18 semester hours of undergraduate PE course work may be required to complete specific background leveling courses (15–18 semester hours) in conjunction with the required graduate courses.

Applications are reviewed with a holistic approach of evaluating all materials submitted. Each applicant must submit the following:

• the online Graduate College application through ApplyTexas
• application fee
• one official transcript from each four-year college or university attended
• official Graduate Record Exam (GRE) test scores.
See www.gradcollege.txstate.edu/pe.html for GRE preferred requirements.

Additional Application Requirements:
• three letters of recommendation (including at least two academic references) regarding professional competence and character
• a résumé
• a typed, double-spaced, 500-word statement of purpose that addresses the following:
  1. professional goals
  2. reasons for pursuing education and training in Exercise Science
  3. summary of major strengths and weaknesses with respect to being admitted into the program. This statement will be evaluated for content, style and quality.

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Visit www.gradcollege.txstate.edu/apply for access to an online application and additional details. The application deadline is May 15 for the fall semester, October 15 for the spring semester and January 15 for the summer semester.

Financial Assistance
Graduate Teaching and Research Assistantships
The Department of HHP annually awards competitive graduate assistantships to highly qualified individuals interested in serving as either research or teaching assistants. Selection is based on the students’ academic background and professional experience. The application deadline to be considered for hire during:

• the fall semester is March 1 of the preceding spring semester
• the spring semester is November 1 during the preceding fall semester

For more information about scholarships, financial aid and application deadlines, visit the Graduate College website at www.graduatecollege.txstate.edu and click on Financing Your Graduate Education. Please note that program admission priority deadlines must be met in order to be considered for scholarships, fellowships and assistantships.

Graduate Coordinator
Exercise and Sports Science Division
Department of Health and Human Performance
Texas State University
601 University Drive
San Marcos, Texas 78666-4684
km66@txstate.edu
512.245.2952

Texas State University is an equal opportunity educational institution. This information is available in alternate format upon request from the Office of Disability Services. Texas State University is a tobacco-free campus.