

## **Graduate Strength and Conditioning Program**

### **Sequencing Guide**

#### **Thesis Option (M.S.)**

##### **1<sup>st</sup> Fall Semester**

AEXS 670 (3) – Strength and Conditioning

AEXS 671 (1) – Strength and Conditioning Applications

AEXS 681 (2) – Strength and Conditioning On-Campus Internship

RSCH 610 (3) – Foundations and Methods of Research

##### **1<sup>st</sup> Spring Semester**

AEXS 540 (3) – Nutrition for Athletic Performance

AEXS 604 (3) – Neuromuscular Function of Exercise

RSCH 612 (2) – Thesis Proposal and Design

RSCH 635 (1) - Thesis

##### **1<sup>st</sup> Summer Semester**

AEXS 682 (1) – Fieldwork I

##### **2<sup>nd</sup> Fall Semester**

RSCH 620 (3) – Statistics

6 credits of electives

##### **2<sup>nd</sup> Spring Semester**

AEXS 613 (3) – Exercise Testing and Prescription for Special Populations

AEXS 680 (3) – Advanced Strength and Conditioning

RSCH 635 (3) – Thesis

##### **2<sup>nd</sup> Summer Semester**

AEXS 683 (2) – Fieldwork II

## **Independent Study Option (M.Ed.)**

### **1<sup>st</sup> Fall Semester**

AEXS 670 (3) – Strength and Conditioning

AEXS 671 (1) – Strength and Conditioning Applications

AEXS 681 (2) – Strength and Conditioning On-Campus Internship

RSCH 610 (3) – Foundations and Methods of Research

### **1<sup>st</sup> Spring Semester**

AEXS 540 (3) – Nutrition for Athletic Performance

AEXS 604 (3) – Neuromuscular Function of Exercise

HPER 626 (2) – Independent Study Proposal and Design

AEXS 692 (1) – Independent Study

### **1<sup>st</sup> Summer Semester**

AEXS 682 (1) – Fieldwork I

### **2<sup>nd</sup> Fall Semester**

RSCH 620 (3) – Statistics

6 credits of electives

### **2<sup>nd</sup> Spring Semester**

AEXS 613 (3) – Exercise Testing and Prescription for Special Populations

AEXS 680 (3) – Advanced Strength and Conditioning

AEXS 692 (1) – Independent Study

2 credits of electives

### **2<sup>nd</sup> Summer Semester**

AEXS 683 (2) – Fieldwork II