PHYSICAL EDUCATION: EXERCISE SCIENCE

Master of Science

The MS in Physical Education: Exercise Science at Central gives you the skills and knowledge to build rewarding careers in athletic training, strength & conditioning, health & fitness institutions, clinical settings, and/or academia. Our graduates work in high school and college athletic departments, private fitness facilities, community health organizations, corporate fitness programs, and colleges/universities nationwide.

DID YOU KNOW?

Central Connecticut State University is one of only 280 universities and colleges globally to be recognized by the American College of Sports Medicine® for initiating Exercise is Medicine® to promote physical activity as a vital sign of health on campus. To learn more about Exercise is Medicine®, visit exerciseismedicine.org.

Program Features

- Starts every January, May (even years only), and August
- 30-credit program
- Attend full- or part-time
- Classes offered in the evenings on-campus
- Option for independent study enabling hands-on professional or clinical experience
- Mentorship from educators nationally recognized in their field and dedicated to teaching and research
- Access to state-of-the-art facilities to conduct research, develop science-based exercise programs, analyze data, and hone skills learned in the classroom
- Financial aid is available
- No GMAT/GRE required

CENTRAL CONNECTICUT STATE UNIVERSITY

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What You'll Gain

- Ability to design and assess the effectiveness of exercise and health programs
- Skills to interpret research and apply biomechanical, physiological, and other theories
- Knowledge of theoretical and practical skills and the tools to apply them in real-world settings
- Preparation to conduct advanced research from the fundamental cellular level, as well as applied research leading to enhanced physical performance
- Hands-on experience in our state-of-the-art Exercise Physiology Laboratory equipped with:
  - BOD POD™ Gold Standard Body Composition Tracking System for fast, accurate and safe body composition analysis
  - Electronically controlled Monark™ Wingate Cycle Ergometer for anaerobic power test
  - Parvo Medics™ Metabolic Gas Exchange system configured to a treadmill and cycle ergometer to evaluate oxygen consumption during running and cycling
- Hands-on experience in the state-of-the-art Dr. Capitao Biomechanics Laboratory equipped with:
  - BTS Bioengineering SMART Performance™ 3D motion capture system combined with in-ground force plates and wireless electromyography designed for gait analysis, evaluation of sport-specific mechanics to improve athletic/sports performance and implementation of rehabilitative/preventative strategies for musculoskeletal injuries
  - Inertial Load Cycle Ergometer built in-house to evaluate maximum concentric cycling power and surrogate measure of muscle fiber type distribution
  - Eccentric cycle ergometer built in-house as a training and rehabilitative training modality to improve muscular strength and/or power

Applying for Admission

For consideration, applicants must submit the following:

1. A completed online application with supplemental materials (ccsu.edu/apply):
   - A letter of application describing your reason for seeking this degree and plans after graduation
   - Contact information for at least two references (at least one must be a former instructor)
2. Official undergraduate and graduate transcripts from a regionally accredited institution of higher education (GPA of 2.70 or higher)

Official transcripts may be sent directly to the Graduate Recruitment & Admissions Office:

By Mail: Central Connecticut State University
Graduate Recruitment & Admissions Office
1615 Stanley Street
Central Welcome Center
New Britain, CT 06050

By Email: graduateadmissions@ccsu.edu

> **My role in the Dr. Capitao Biomechanics Laboratory Classroom combined my responsibilities as an S&C specialist and a biomechanist to develop a better understanding of factors that influence patient and athlete performance, and the risk of injury in participants with the use of 3D Motion.**
>
> *— Kris Ihde, MS '20*

ABOUT CENTRAL:
Central Connecticut State University is the largest university within the Connecticut State Colleges and Universities system. Founded in 1849, Central is also the state's oldest publicly funded university. Our campus is located in New Britain, Connecticut. Central is accredited by the New England Commission of Higher Education (NECHE).

09/24