

**Program:** Wellness Management      **Dept:** Kinesiology & Health Studies  
**Major:** Wellness Management - Exercise Science      **College:** Education and Professional Studies  
**Degree:** Master of Science (M.S.)      **Major Code:** 3670

**Wellness Management - Exercise Science, M.S.**

The Master of Science in Wellness Management with an emphasis in Exercise Science is designed to prepare the student to promote and manage healthy and active lifestyles. It is designed to provide to the corporate, industrial, recreational, educational, and medical settings trained personnel who are capable of conducting adult physical fitness testing and developing personal fitness training programs that involve exercise and physical activity. The student will gain knowledge in the core foundation, exercise prescription for normal and special populations, wellness management, administrative tasks, professional development, and practical experience.

**Graduate Admissions:**      **Carlie Wellington**  
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- Thesis. If applicable, complete an acceptable thesis and successfully defend it publicly, submit two paper copies of the thesis to the library and one electronic copy to the library through Proquest, and submit the thesis' title page, original signature page, summary and abstract page to the JCGS.
- Final Requirements. Apply for graduation through the JCGS by advertised deadline.

**Admission Requirements**

Submit the following items to:

Jackson College of Graduate Studies  
 100 N. University Drive, NUC 404  
 Edmond, OK 73034

- Admission to the Wellness Management-Exercise Science program is for **Fall Semester only**.
- Online application for admission ([www.uco.edu/graduate/](http://www.uco.edu/graduate/)).
- Official copies of undergraduate and graduate transcripts from each institution attended with all degrees posted. All transcripts must be from accredited institutions. Undergraduate transcripts must show a minimum 2.75 GPA overall or 2.75 GPA in the last 60 hours attempted. \*
- Students with a native language other than English must submit evidence of English language proficiency. See [Admission to Graduate Studies - English Language Proficiency \(pp. 17-18\)](#).
- The following courses are required prerequisites for certain graduate required courses: HLTH 3223 Applied Anatomy, PHED 3503 Physiology of Exercise, PHED 3333 Mechanical Principles of Movement, KINS 4513 Fitness Assessment, and KINS 4523 Exercise Prescription. Similar courses may be substituted with permission of the Program Coordinator. Students missing one or more required prerequisites will be admitted on a conditional basis due to missing prerequisites.

*\*Students falling below these standards may qualify for conditional admission. See [Admission to Graduate Studies \(p.17\)](#).*

**Other Requirements**

- Plan of Study. Each student must file a plan of study with their graduate program advisor and the Jackson College of Graduate Studies (JCGS) by the end of the first semester of graduate work. The plan must be signed and dated by the student and the graduate program advisor before it can be considered official.
- Academic Standards. Meet the following course work standards:
  - Overall GPA of 3.00 or higher.
  - No more than six hours of "C".
  - No more than six advisor-approved hours from traditional correspondence courses.

**Graduation Requirements**

**Required Courses.....27 Hours**

Course Prefix	Course No.	Course Title
HLTH	5523	Physical Activity & Public Health
KINS	5013	Foundations of Wellness Management
KINS	5103	Physiological Basis of Human Movement
KINS	5113	Legal/Ethical Princ. of Wellness Mgmt.
KINS	5233	Assessment in Wellness Management
KINS	5303	Exercise Testing & Prescription
KINS	5333	Exercise Apps for Special Populations
KINS	5393	Research in Wellness Management
KINS	5403	Biomechanical Basis of Human Movement

**Capstone Experience ..... 3-6 Hours**

Choose One

Course Prefix	Course No.	Course Title
KINS	5950	Internship (3 credit hours)
KINS	5980	Graduate Project (3 credit hours)
KINS	5990	Thesis (6 credit hours)

**Guided Electives..... 3-6 Hours**

Course Prefix	Course No.	Course Title
HLTH	5213	Organizational Behavior & Leadership
HLTH	5223	Contemporary Issues in Health Promotion
HLTH	5313	Program Planning & Evaluation
HLTH	5333	Health Equity and Determinants
KINS	5423	Strength Develop. & Training Methods
NTRN	5422	Nutrition for Sports Professionals
PHED	5313	Applied Sport Psychology
KINS	5203	Physical Activity & Aging

**TOTAL HOURS REQUIRED ..... 36 HOURS**