



MASTER OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE

DEPARTMENT MANUAL

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MASTER OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE

INTRODUCTION

The Master of Science in Strength and Human Performance is a non-thesis option for health professionals seeking to advance their skills as practitioners. The program is an excellent interprofessional graduate degree for Chiropractors, Doctor of Osteopathic Medicine, Nurse Practitioners, Exercise Physiologists, and Nutritionists seeking to enhance their skills and promote strength and human performance education in a variety of settings at the mastery level. The mission of the program is to prepare graduates to apply evidence-based research to promote health, enhance physical performance, and prevent athletic injuries.

WHY PARKER'S MASTER OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE PROGRAM?

- A focused curriculum allows students to master one new course every 7 ½ weeks.
- Enrollment is limited to a small number of high-caliber students to ensure personalized attention from instructors who genuinely care about and respect our students.
- Experienced Dean and faculty members with extensive experience in exercise science, sports medicine, nutrition, and health care fields, who interact extensively with students.
- Industry-experienced instructors with subject matter expertise who engage students and facilitate the development of career-related competencies.
- Financial aid is available to qualified students.

MASTER OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE PROFESSIONAL OUTLOOK

While there are many career paths within this field, most professionals in the industry will deal with the prevention and treatment of sports injuries. The field as a whole can expect to see an above-average job growth over the next decade. A bachelor's degree is required for entry into this field, but candidates may need as much as a doctorate, depending on their intended career path. The U.S. Bureau of Labor Statistics (BLS) predicted job growth between 2018 and 2028 would be 7% for all physicians and surgeons, which includes sports medicine doctors and 19% for athletic trainers.

QUALITIES OF A MASTER OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE STUDENT

Students must exhibit respect for other learners within the learning community. We believe that each student brings his/her personalized experiences to the learning environment, and the diversity of perspectives contributes to the richness of the learning experience. All students are expected to be respectful to other students and instructors. Additionally, critical thinking, attention to detail, and professionalism are other qualities that will help a student be successful in various fields.

MISSION

The mission of the Master of Science degree in Strength and Human Performance program at Parker University is to prepare graduates to apply evidence-based research to promote health, enhance physical performance, and prevent athletic injuries.

GENERAL PROGRAM INFORMATION

The Master of Science degree in Strength and Human Performance provides a comprehensive study of evidenced-based research in physiology, biomechanics, and human metabolism to enhance health, function, and physical

performance. This program prepares graduates for advanced graduate work in research and for professionals in a health-related field to strengthen their knowledge and application of exercise science. The courses are designed to facilitate certifications from the American College of Sports Medicine and the National Strength and Conditioning Association.

Students may choose to enroll in the MS in Strength and Human Performance with the Internship concentration. The Internship experience simulates real-world job responsibilities in a related field. Internships require students to work full-time with assigned work schedules. Interns will perform hands-on application as relevant to the field. The Internship requires 300 hours of work-related experience and course assignments to be completed during the final semester.

Students that complete the MS in Strength and Human Performance may be eligible for the following certifications:

American College of Sports Medicine (ACSM) Certifications:

- ACSM Certified Personal Trainer (ACSM-CPT)
- ACSM Certified Exercise Physiologist (ACSM-EP)
- ACSM Certified Group Exercise Instructor (ACSM-GEI)
- ACSM Certified Clinical Exercise Physiologist (ACSM-CEP)
- ACSM Exercise is Medicine Credential
- ACSM/ACS Certified Cancer Exercise Trainer (CET)
- ACSM/NCHPAD Certified Inclusive Fitness Trainer (CIPT)
- ACSM/NPAS Physical Activity in Public Health Specialist (PAPHS)

National Strength and Conditioning Association (NSCA) Certifications:

- Certified Strength and Conditioning Specialist (CSCS)
- Certified Special Population Specialist (CSPS)
- NSCA-Certified Personal Trainer (NSCA-CPT)

PROGRAM LEARNING OUTCOMES

Graduates will demonstrate knowledge relevant to:

- Conduct scholarly research on current health related topics
- Written and verbal communication skills
- The prescription of specialized training in areas related to cardiac rehabilitation, sports injuries and rehabilitation, and other allied health professions
- The development of fitness programs that are goal-oriented to meet the needs of various populations

LENGTH OF THE PROGRAM

The degree program may be completed in 5 terms for the 30-hour program. Students that choose the Internship Concentration, the degree program may be completed in 6 terms for the 36-hour program.

MODE OF INSTRUCTION

The Master of Science in Strength and Human Performance is offered through distance education.

DEGREE REQUIREMENTS

The Master of Science in Strength and Human Performance students must complete a total of 30 graduate semester credit hours of coursework or 36 graduate semester credit hours of coursework plus 300-hours of Internship. No elective courses are offered in this program.

PREREQUISITE REQUIREMENTS

Students without a bachelor's degree in Exercise Science, or related field, will be required to complete pre-requisite requirements before starting the Master of Science in Strength and Human Performance.

- Exercise Physiology + Lab
- Biomechanics + Lab
- Exercise Prescription and Application + Lab
- Kinesiology

PROGRAM CURRICULUM

MASTER OF SCIENCE DEGREE Strength & Human Performance, Online		
GENERAL EDUCATION CORE COURSES		30 Semester Credit Hours
TOTAL		30 Semester Credit Hours
Course ID	Cr.	Course name
Required Courses		
HPER5313	3	Exercise and Health
PSYC5314	3	Applied Sports Psychology
RSMT5311	3	Research Methods
NUTR6100	3	Nutrition and Exercise Performance
HPER5333	3	Endocrinology in Health and Exercise
HPER5342	3	Cardiovascular Health and Exercise
HPER5355	3	Exercise Prescription for Special Populations
HPER5364	3	Advanced Methods of Strength and Conditioning
NUTR5371	3	Advanced Nutrition and Metabolism
HPER5379	3	Strength & Human Performance Capstone

MASTER OF SCIENCE DEGREE Strength & Human Performance, Online Concentration: Internship		
TOTAL		36 Semester Credit Hours
Course ID	Cr.	Course name
Required Courses		
HPER5313	3	Exercise and Health
PSYC5314	3	Applied Sports Psychology
RSMT5311	3	Research Methods
NUTR6100	3	Nutrition and Exercise Performance
HPER5333	3	Endocrinology in Health and Exercise
HPER5342	3	Cardiovascular Health and Exercise
HPER5355	3	Exercise Prescription for Special Populations
HPER5364	3	Advanced Methods of Strength and Conditioning
NUTR5371	3	Advanced Nutrition and Metabolism

HPER5389	3	Internship Experience I
HPER5399	3	Internship Experience II
HPER5379	3	Strength and Human Performance Capstone

GRADUATE ADMISSION REQUIREMENT

- Submission of a completed Graduate School Application
- Submission of an unofficial transcript or a foreign evaluation showing successful completion of a degree equivalent to a bachelor's degree in the US.
- Submit two letters of recommendation within the first semester of enrollment
- Submit a resume indicating education and complete work history
- GRE: Not required
- Must have a bachelor's degree or equivalent from an accredited college or university
- Must have a minimum of a 3.0 Grade Point Average (GPA) on a 4.0 scale. The GPA is calculated on the student's last 60 credits of undergraduate upper division hours.

At the discretion of the Dean or Provost's Office, a candidate demonstrating academic potential may be admitted. The student must maintain a "B" or above for the first term of enrollment.

Failure to provide all admissions documentation, test scores or to achieve the grade point average required by the end of the first semester may lead to suspension or dismissal from the University. All graduate students are required to complete foundational courses for the appropriate program through undergraduate or equivalent course work. Students who have not completed relevant undergraduate courses will be required to take equivalent courses upon acceptance to the program. Pre-requisite courses must be completed with a "C" grade or higher.

GRADUATION REQUIREMENTS

To be eligible for the Master of Science in Strength and Human Performance, students at Parker University must fulfill the following requirements:

- Complete 30-36 credit hours of graduate study (24 credits must be earned at Parker University)
- Complete the course of study required for the Master of Science in Exercise Science and Human Performance with a grade point average of 3.0 or higher, based on a 4.0 scale
- Complete the degree requirements with no more than two courses with a grade of "C."
- Complete all of the Master of Science in Exercise Science and Human Performance degree requirements within five years of beginning coursework; exceptions for extenuating circumstances reviewed by the Dean.

TECHNICAL STANDARDS

In addition to academic and performance standards, students must be able to meet and maintain the following technical standard for the purpose of admission and continuation in the program:

- **Utilize computerized electronic software.**

ACCREDITATION

Parker University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates, associate, baccalaureate, masters, and doctorate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Parker University.

