The Master of Science in Exercise and Sport Science: Human Performance Program is an interdisciplinary program of study for those interested in learning and applying scientific principles to training of physically active individuals and athletes at all levels (e.g. recreational, high school, college, professional). Areas of study include physiology, biomechanics, and motor learning.

Students in human performance choose an emphasis in applied sport science or strength and conditioning. Students select a thesis option (32 credits) or a non-thesis (32 credits). Students choosing the non-thesis option must successfully complete written comprehensive examinations at the end of the program. At least one-half of the credits must be earned at the 700 level.

Students interested in studying the responses and adaptations to the training of athletes, pursuing a career as a sport coach or strength and conditioning coach, or working in fitness/athletic enhancement centers are encouraged to apply to this graduate program.

Graduate preparation goals:

• Serve as head or assistant strength and conditioning coach for high school, DI, DII or DIII university sports or professional and semi-professional sports.
• Prepare sport coaches to apply sport science to their training programs.
• Serve as fitness professional in health club, fitness facility or corporate fitness facility
• Pursue a doctoral degree and career as an exercise scientist (teaching and research at the university level)

Application deadline is February 1 of each year for fall semester.

Graduate degrees

• Exercise and sport science: human performance - MS: applied sport science emphasis (http://catalog.uwlax.edu/graduate/programrequirements/exercisehumanperformance/applied-sport-science-emphasis-ms)
• Exercise and sport science: human performance - MS: strength and conditioning emphasis (http://catalog.uwlax.edu/graduate/programrequirements/exercisehumanperformance/strength-conditioning-emphasis-ms)