If you are passionate about sports and exercise and passionate about understanding the scientific basis of exercise, the new MS in Exercise Science at CCSU is the program for you!

You will learn how to design effective exercise and health programs, how to assess their effectiveness using state-of-the-art equipment and research, and how to become certified to practice in the global multibillion dollar sports and health industry!

If your passion is to understand the body in motion and the physiological processes making it possible, our MS in Exercise Science will prepare you for advanced research from the most fundamental cellular level to the applied research that leads to enhanced physical performance.

School of Graduate Studies
Exercise Science

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Turn your passion for sports and exercise into an exciting and rewarding career with an MS in Exercise Science from Central Connecticut State University!
Why should I consider CCSU’s Exercise Science MS program?

**OPPORTUNITY!**
CCSU promotes gaining/enhancing knowledge and applied skills needed for professions in exercise physiology, strength and conditioning, and athletic training. The benefits of our small class sizes and one-on-one mentoring make CCSU a national-caliber graduate program delivered by expert faculty who value both research and teaching.

**FLEXIBILITY!**
This 30-credit program can be individualized to your schedule and professional interests, to be completed on either a full-time (in as little as 1.5 years) or flexible part-time basis.

**EXPERIENCE!**
CCSU’s program offers an independent-study option that allows you to gain hands-on professional and/or clinical experience in your field of interest for course credit.

**AFFORDABILITY!**
CCSU offers one of the most affordable in-state tuitions in the region.

Outstanding Faculty, Outstanding Facilities

Highly qualified as graduate educators, our faculty are nationally recognized experts in nutrition, exercise physiology, genomics and exercise, biomechanics, sport performance, measurement and evaluation, sport and exercise psychology, and muscle and cardiovascular physiology. They are committed to mentoring and developing each student as they prepare for a successful career in the exercise sciences.

CCSU’s state-of-the-art facilities will provide you with a breadth of experience with the tools needed to conduct advanced research, develop science-based exercise programs, analyze data and track responsiveness to specific routines, assess baseline or long-term fitness, and give you the confidence to advise clients. Some of our major pieces include:

- Quinton Q-Stress cardiac stress testing system
- ParvoMedics TrueOne 2400 Metabolic Cart with both a computer controlled treadmill and cycle ergometer
- Monark Exercise AB 894E Peak Bike Anaerobic Testing Ergometer (computerized data control)
- Cosmed BOD POD body composition assessment

To learn more and apply: www.ccsu.edu/grad