

# SPORTS AND HEALTH SCIENCES

## MASTER OF SCIENCE IN SPORTS AND HEALTH SCIENCES

36 semester hrs / 12 courses

### CORE COURSES (21 SEMESTER HRS / 7 COURSES)

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Students must take 7 core courses:

- » Advanced Exercise and Sport Physiology
- » Advanced Methods of Strength and Conditioning
- » Nutrition for Sports Performance
- » Motor Learning
- » Research Methods in Sports and Health Sciences
- » Sport Psychology
- » Statistics for Sports and Health Sciences

### MAJOR COURSES (12 SEMESTER HRS / 4 COURSES)

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Students must take 4 major courses based upon their concentration. In addition to the General Concentration, concentrations are offered in:

- » Exercise Science and Human Performance
- » Health and Wellness Management

Courses include:

- » Advanced Biomechanics
- » Current Topics in Exercise Science and Human Performance
- » Optimal Sports Performance


### COMPREHENSIVE ASSESSMENT

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Students may select either a Separate Comprehensive Exam (no additional academic credit) or a Sports Management Practicum and Integration Project (3 semester hrs).

*The Practicum option will satisfy the elective requirement.*

Visit [amuonline.com/fitness](http://amuonline.com/fitness)



We want you to make an informed decision about the university that's right for you. For more about the graduation rate and median debt of students who completed each program, as well as other important information—visit [www.APUS.edu/disclosure/sports](http://www.APUS.edu/disclosure/sports).

American Military University

# SPORTS AND HEALTH SCIENCES

## BACHELOR OF SCIENCE IN SPORTS AND HEALTH SCIENCES

AMU's sports and health sciences degree is a study of the human, physical, psychological, and related issues concerning sports, recreation, health, and wellness. Students may pursue a career in the disciplines of sport coaching, sport management, or health and fitness management.

*123 semester hrs / 38 courses*

### GENERAL EDUCATION (41 SEMESTER HRS / 13 COURSES)

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Requirements include foundations of online learning, English, history, literature and humanities, science and mathematics, political science, and social sciences.

### CORE COURSES (36 SEMESTER HRS / 12 COURSES)

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Students must take 12 core courses. Course include:

- » Sports Psychology
- » Foundations of Nutrition
- » Exercise Physiology
- » Exercise Programming and Testing

### MAJOR COURSES (18 SEMESTER HRS / 6 COURSES)

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Students must select 6 major courses. In addition to a general concentration, concentrations are offered in:

- » Coaching Studies
- » Exercise Science
- » Fitness and Wellness Professional Studies

Courses include:

- » Biomechanics
- » Exercise Physiology
- » Kinesiology
- » Sport Psychology
- » Sports Conditioning

### ELECTIVES (25 SEMESTER HRS / 8 COURSES)

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Students may choose from other courses not taken to meet required, core, or major requirements.

### CAPSTONE COURSE (3 SEMESTER HRS)

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- » Senior Seminar in Sports and Health Sciences

*For the most current program, concentration, and degree path details, please consult the APUS catalog at: [www.apus.edu/catalog](http://www.apus.edu/catalog)*