

- What degree program and concentration should I select?
- What are the time commitments and how quickly will I be able to complete my degree?
- What will it cost? Is the undergraduate book grant available to me?
- How can I affordably finance my education?
- Will any of my prior training or academic courses transfer toward a degree at APU?
- Is online education right for me?
- How does online education work?
- Can I take just one class instead of signing up for a semester to see if I like the program and online format?

At American Public University, we are committed to helping you succeed in your college career. Please contact our Enrollment Services team at **1-877-777-9081** or **info@apus.edu** to answer your questions or to learn more about our programs and support teams.



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 and Health Sciences Programs at American Public University (APU)

These programs at APU study the human, physical, psychological, and related issues concerning sports, recreation, health, and wellness. Students may pursue a career in the disciplines of health and fitness industry management, exercise science, or sports management.

Bachelor of Science in Sports and Health Sciences: 123 semester hours (38 courses)

Concentrations are:

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

Courses Include:

- Biomechanics
- Coaching Theory and Methodology
- Epidemiology
- Exercise Physiology
- Kinesiology
- Nutrition
- Sports Conditioning
- Sports First Aid
- Sports Law, Risk, and Regulation
- Sports Psychology

Master of Science in Sports and Health Sciences: 36 semester hours (12 courses)

Courses include:

- Advanced Biomechanics
- Advanced Exercise and Sport Physiology
- Advanced Methods of Strength and Conditioning
- Essentials of Human Performance and Exercise Science
- Motor Learning
- Nutrition for Sports Performance
- Optimal Sports Performance
- Research Methods in Sports and Health Sciences
- Sport Psychology
- Statistics for Sports and Health Sciences