Why The Citadel is Right for You

The Citadel is ranked by *U.S. News & World Report* (2016) as the No. 1 Public University in the South offering up to a master’s degree. Within The Citadel Graduate College, 95% of the faculty have doctorates or the highest degree offered in their particular discipline which assures students obtain the knowledge, skills and ideas needed to gain a competitive advantage in their careers.

Conveniently located on the banks of the Ashley River with easy access to I-26, I-526, and Highway 17, The Citadel Graduate College provides opportunities for higher education and professional development through our nationally accredited bachelor’s, master’s, and specialist degrees.

The Citadel is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools, an institutional accrediting body recognized by the Council on Postsecondary Education. The Commission on Colleges of the Southern Association of Colleges and Schools accredits The Citadel to award bachelor’s, master’s, and specialist degrees.

For more information, please contact

Dr. Dena Garner
(843) 953-6323
garnerd1@citadel.edu

http://www.citadel.edu/root/hess-programs/graduate/master-of-science-health-exercise-sport-science
About the Program
The Master of Science in Health, Exercise & Sport Science program consists of 39 or 42 semester credit hours, depending on students’ program emphasis. Either 21 or 24 hours are from required core courses and the remaining hours are taken from approved electives. Core courses include:

- Nutrition
- Motor Development and Motor Learning
- Applied Exercise Physiology
- Biomechanics of Sports Techniques
- Research Techniques and Methods of Analyzing Research in Health, Exercise, and Sport Science I
- Current and Future Trends in Health, Exercise, and Sport Science

The Program Prepares Graduates for:
- Public health and allied health professions
- Athletic training/sports medicine
- Sport management/administration
- Wellness and physical fitness industries
- Further graduate study at the doctoral level

Students and Alumni
The HESS program offers many opportunities for students’ professional growth and development. Students are invited to participate in The HESS Majors Club and other activities in the Department of HESS.

Please refer to The Citadel Graduate College catalog for a complete list of admission and program requirements.

“I have had a great experience in the Health, Exercise & Sport Science program. The teachers are always willing to help and answer whatever questions I have. There is plenty of readily available equipment, some of which other schools do not even have the opportunity to use. Overall, I’ve found that The Citadel is a great learning environment from the faculty and staff to the resources to the other graduate students, it’s a great place to be!”

Danielle Bernard Lux, Class of 2010