

## 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.

THE  
CITADEL  
GRADUATE COLLEGE

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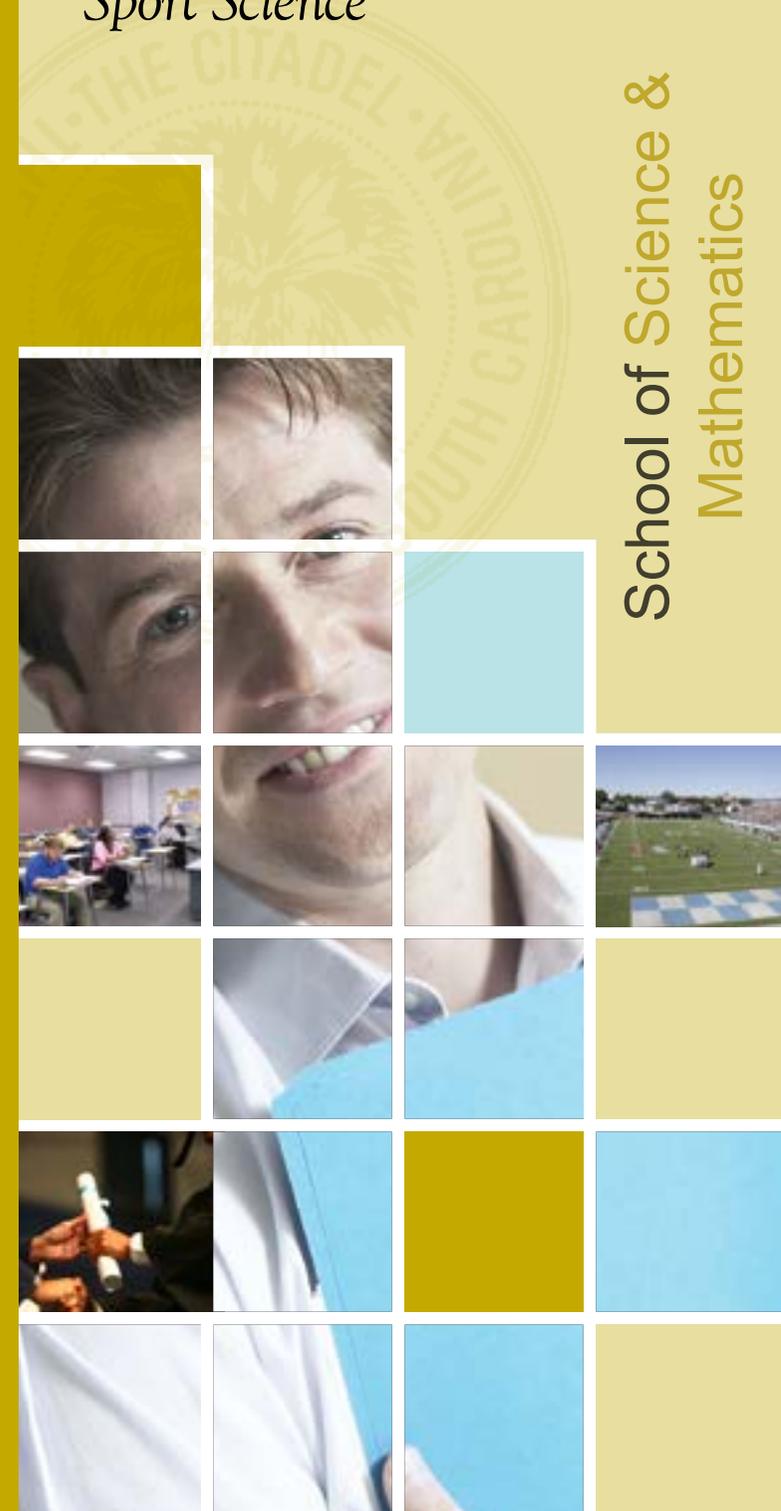
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[http://www.citadel.edu/root/hess-programs/graduate/  
master-of-science-health-exercise-sport-science](http://www.citadel.edu/root/hess-programs/graduate/master-of-science-health-exercise-sport-science)

## Master of Science in Health, Exercise & Sport Science

School of Science &  
Mathematics



## Mission Statement

The mission of the Master of Science in Health, Exercise & Sport Science (HESS) program is to provide an exemplary educational environment and experiences leading to advanced skills, knowledge, and attitudes within the domains of human movement; healthy living; individual growth and development; application of physical, biological & behavioral sciences to the teaching and learning processes; and management and administration of sport, exercise, and recreational programs. Competence within each of these areas contributes to preparing our students for continued graduate education and leadership positions in health and allied health professions, public and private health agencies, and wellness and fitness industries.

## 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*

