Graduate Programs

Graduate Program - Applied Exercise Science & Health and Human Performance
Doug Smith, PhD—Professor and Graduate Coordinator

Graduate Program - Recreation Management and Recreational Therapy; Leisure Studies
Tim Passmore, EdD—Professor and Graduate Coordinator

Graduate Certificate in Recreation and Leisure Management
Donna Lindenmeier, PhD—Associate Professor and Graduate Certificate Coordinator

MS in Health and Human Performance

The MS in Health and Human Performance offers two options: Applied Exercise Science and Health Promotion. The option in Applied Exercise Science studies how human movement improves overall physical health and fitness. The 36-hour degree offers a Thesis and Non-thesis (Creative Component) option. Our master's students strive to advance health, physical activity and sport performance through relevant clinical- and performance-based research and instruction. Graduates go on to earn their doctorate degree at reputable institutions across the country or obtain professional employment within the areas of applied health and strength and conditioning.

The health and human performance program also provides preparation at the master's level with an option of Health Promotion. The 36-hour degree offers a Thesis and Non-thesis (Creative Component) option. The program focuses on advancing the students understanding of the proximal and distal determinants of mental and physical health.

PhD in Health and Human Performance

The PhD in Health and Human Performance has two emphasis tracks: Exercise Physiology and Health Education and Promotion.

Our doctoral students with an emphasis in Exercise Physiology strive to advance health, prevention, physical activity and sport performance through relevant clinical- and performance-based research and instruction.

Our doctoral students with an emphasis in Health Education and Promotion meet their career needs and goals through (1) community-based, translational research and (2) classroom experiences focusing on social justice and diversity. The purpose and focus of this emphasis is to prepare excellent entry-level research scholars for formal and informal learning organizations.

The PhD in Health and Human Performance is designed to permit flexibility within the Health discipline while assuring that all students in the program are provided the opportunity to develop research skills which facilitate functioning as future faculty members or scholar practitioners.

Master of Science in Leisure Studies

Beyond the baccalaureate level, the program in leisure studies provides preparation at the master's level across the discipline. Students develop a plan of study, under the advisement of a graduate committee and