

Master of Science in HUMAN PERFORMANCE AND SPORTS SCIENCE

15-MONTH PROGRAM. 16-WEEK TERMS.

Pursue a Career as a Strength and Conditioning Professional.

The Human Performance and Sports Science Master of Science will provide students with the theoretical knowledge and practical skills to conduct sports performance assessments, enhance athletic performance for individuals and teams, develop safe and effective strength training and conditioning regimes, and mitigate the risk of sports-related injuries.

The MS-HPSS Program at NCWU provides graduate students the opportunity to become certified entry-level practitioners in strength and conditioning and sports science. The program aims to train students to be proficient practitioners who can incorporate data and evidence-based best practices to develop and execute safe and effective athlete-centered year-round training programs.



PERSONAL

Our faculty are accomplished professionals dedicated to challenging and supporting you throughout your academic journey through personalized mentoring and valuable networking opportunities.



PRACTICAL

Acquire versatile, transferable, and valuable practical skills through a series of practicum and internship experiences. Features opportunities to gain experience training athletes within the university's athletic development program.



PURPOSE-DRIVEN

Use your academic qualifications, certifications, and hands-on experience to propel your strength and conditioning and sports science career. Work directly with athletes, leveraging your expertise to drive performance excellence.

CAREER AREAS:

- High School, Collegiate, Private-sector or Professional Strength and Conditioning Coach/specialist
- Sports Science Data Analyst
- Tactical Strength and Conditioning Facilitator

A graduate degree in human performance and sports science may also be used as a foundation for the following:

- Physical Therapist
- Doctorate Degree in Exercise Physiology, Sports Science, Biomechanics or Data Science



PAY TRENDS:

The median annual wage* for the **Strength and Conditioning** field of degree is:



*2022 National Strength and Conditioning Association (NSCA) salary survey found that average salaries range from \$60,527-\$84,575. Variables such as location, education, certifications, experience, and sector each influence one's earning power.

MS IN HUMAN PERFORMANCE AND SPORTS SCIENCE



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Graduate Program
Requirements &
Courses

General Graduation Guidelines:

- Total of 38 semester hours of MS-HPSS coursework
- Completion of all MS-HPSS coursework within five years of enrolling
- A cumulative GPA average of B (3.00)
- Minimum final grade of C in any course, no more than two grades of a C

PROGRAM GOALS:

- Prepare students for a career in strength and conditioning and sports science in high school, university, military, and professional organizations.
- Equip students with theoretical knowledge and practical skills to conduct sports performance assessments, enhance athletic performance for individuals and teams, develop safe and effective strength training and conditioning regimes, and mitigate the risk of sports-related injuries.
- Train students to utilize a high-performance team model emphasizing sports science and analytics to optimize athletes' training through data-driven decisions.

Prepares students to obtain internationally recognized certifications including:

- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) exam*
- Certified Performance and Sport Scientist (CPSS) certification
- USA Weightlifting (USAW) Level 1 Sports Performance Coaching certification*
- National Academy of Sports Medicine (NASM) Corrective Exercise Specialist (CES) coaching certifications*



*Testing for the above certifications is included with cost of program.

ADMISSIONS CRITERIA:

- Completed NCWU application
- Official undergraduate transcripts
- Resume/Curriculum Vitae
- Two Professional/Academic recommendations
- Statement of Purpose
- Minimum undergraduate GPA of 3.0**
- Interview with Program Coordinator



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FREE application.

Students must have earned a baccalaureate degree in exercise science/kinesiology, or its equivalent, from an institution accredited by an agency recognized by the U.S. Department of Education.

If earned baccalaureate degree is NOT in exercise science/kinesiology, students must complete the following undergraduate coursework before formal admission into the program and registration to graduate courses:

Exercise Physiology, Kinesiology or Biomechanics, Basic Nutrition, Research and Statistics in Exercise Science (Statistics), Techniques in Evaluating Fitness (exercise testing), Methods of Strength and Conditioning (resistance training), and Anatomy and Physiology (minimum of 4 credits).

**Note: Graduate school applicants with a cumulative GPA of 2.75 may be conditionally admitted

For more information, contact:

Office of Adult & Professional Studies
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