

# Master of Science in physical activity and health

Pursue scholarly knowledge for a practical career that improves health for individuals, groups and communities. With three focus areas to choose from, the Master of Science in physical activity and health at ASU's College of Health Solutions is a flexible program for those who want to improve individual and population health through the development and delivery of effective exercise and wellness programs.

Learn alongside faculty engaged in cutting-edge research and with a wealth of practical experience in exercise physiology and chronic disease prevention, mind-body exercise approaches, corporate wellness, and health promotion. Tailor the program to suit your goals and develop the skills necessary to meet increased demand for professionals ready to enhance health and well-being across society.



Advance health and  
well-being through  
physical activity.

**\$92k** **Median 2021**  
salary for wellness  
program managers  
nationally  
*Salary.com*

**11%** **Faster than average**  
job growth for  
exercise physiologists  
through 2029  
*U.S. Bureau of Labor Statistics*

ASU is among the  
**best** **graduate schools**  
in the U.S.  
*U.S. News & World Report, 2022*

**#1** **BEST COLLEGES**  
**USNews**  
MOST INNOVATIVE  
2022  
**in the U.S. for  
innovation**

**ASU ahead of MIT and Stanford**  
— U.S. News & World Report  
7 years, 2016–2022

# MS in physical activity and health curriculum

This flexible degree program allows you to focus your studies in one of three areas: exercise science, physical activity and health promotion, or healthy aging. A culminating experience will provide the opportunity to deepen study through a thesis, applied project or a comprehensive written exam.

## Core courses

### EXW 500 Research Methods

Learn how to apply research methodology to examine the effects of exercise or physical activity on health and well-being with rigor and precision.

### EXW 501 Research Statistics

Develop statistical skills for conducting research, including hypothesis testing, sampling techniques, statistical analyses and experimental designs.

### EXW 536 Physiological Aspects of Physical Activity and Chronic Disease

Explore the evidence demonstrating the effects of and the physiological mechanisms through which acute and long-term physical activity influences chronic disease and health outcomes.

### EXW 542 Health Promotion

Focus on advanced health behavior change theories and models that are necessary for planning, implementing and evaluating health promotion programs.

### EXW 591 Seminar

Spend time in thoughtful discussions and analysis of current topics in a small class emphasizing student presentation and research review.

## Focus areas

Choose from three focus areas to deepen your study and target future work opportunities.

### Exercise science

Dig into advanced studies in exercise physiology, biomechanics and motor control. Gain a comprehensive understanding of the physiological mechanisms through which exercise improves health and chronic disease outcomes.

### Physical activity health promotion

Work with hospitals, insurance companies, corporate wellness and communities to improve individual and population health through increased physical activity.

### Exercise and aging

Lead the way in improving health outcomes for aging populations by building your expertise in the interplay between exercise and age.

## 4+1

## Accelerated master's program

The College of Health Solutions offers an accelerated program designed to enable highly qualified undergraduate majors to earn both a Bachelor of Science degree and a Master of Science degree in five years. Undergraduate students accepted into this program share designated 400- and 500-level coursework, allowing the student to complete both degrees more quickly. Access the same high-quality coursework while accelerating your path to your career goal.

The **College of Health Solutions** at Arizona State University translates scientific health research and discovery into practice. Its programs **prepare students to address the challenges facing our populations to stay healthy, improve their health, and manage chronic disease** — all toward improving health outcomes.