This 36 credit Master of Science (MS) degree in Exercise, Fitness, and Health Promotion (EFHP) takes a science-based approach toward the fields of allied health and human performance with focus areas including athletic training, biomechanics, and strength and conditioning. The degree endeavors to promote scholarly inquiry and cultivate professionals capable of understanding and applying evidence-based scientific principles in their chosen profession. Completion of this degree prepares students for employment in allied health and human performance related professions or the pursuit of further academic study (doctoral programs). This program offers the traditional research masters’ thesis or a research project option.

### Prerequisites

If you are interested in applying for admission to the MS EFHP program you must have:

1. A baccalaureate degree in a discipline related to the fields of kinesiology, exercise science, or athletic training
2. A minimum overall grade-point average of 3.0 in all undergraduate course work
3. Course work in undergraduate level statistics and physics is strongly recommended

### Application Requirements

Please submit the following:

1. Satisfactory Graduate Record Examination (GRE) scores (within the previous five years)
2. Current official transcripts showing required undergraduate baccalaureate degree and all previous college course work from each post-secondary institution attended
3. A resume of your educational background and professional work experience
4. Three letters of recommendation. At least one reference must be from a professional who can state to your qualifications in your chosen field and two must be from academic faculty members who can attest to your academic ability to successfully pursue graduate level study
5. A carefully written goals statement (up to 1,000 words) outlining how your background, experiences and graduate study relate to your future career goals

- Begin the application process by visiting the George Mason University Office of Admissions website at http://admissions.gmu.edu/ApplyNow/. First fill out the Graduate Application Core section and then choose College of Education and Human Development in the Specific Academic Units section.
- Applications will be reviewed as they are received for fall admissions only. The application deadline is April 1.
- Admission to the graduate program is competitive and meeting the minimum admission criteria does not guarantee admission.
Degree Requirements
In addition to fulfilling the graduate degree requirements of the university, the student must complete 36 
graduate credit hours including the following core classes (15 credits):

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EFHP 610</td>
<td>Advanced Exercise Physiology</td>
<td>(3 credit hours)</td>
</tr>
<tr>
<td>EFHP 612</td>
<td>Scientific Foundations of Applied Kinesiology</td>
<td>(3 credit hours)</td>
</tr>
<tr>
<td>EFHP 613</td>
<td>Advanced Applied Biomechanics</td>
<td>(3 credit hours)</td>
</tr>
<tr>
<td>EFHP 620</td>
<td>Research Methods for Applied Kinesiology</td>
<td>(3 credit hours)</td>
</tr>
<tr>
<td>EFHP 621</td>
<td>Statistical Methods for Applied Kinesiology</td>
<td>(3 credit hours)</td>
</tr>
</tbody>
</table>

Students will also take 9 credits of EFHP electives and 6 credits of General Electives, with EFHP 
Graduate Program Coordinator approval, that best meet the student’s academic goals. 
The student will also complete 6 credits towards a thesis or a research project.

Degree Options
Students may select either a thesis or research project for completion of the M.S. EFHP degree.

Thesis Option
- Completion of the core (15 credit hours)
- Completion of electives (15 credit hours)
- Completion of thesis EFHP 598 (3 credit hours) and EFHP 799 (3 credit hours)

Research Project Option
- Completion of the core (15 graduate credit hours)
- Completion of electives (15 credit hours)
- Completion of approved research project EFHP 598 (3 credit hours) and EFHP 798 (3 credit hours)

The EFHP Graduate Program Coordinator will appoint the student an advisor from among the EFHP graduate 
faculty to supervise the thesis or research project work. In consultation with their research advisor, the student 
will select two additional faculty members to form a three-member committee. One committee member may be 
selected from faculty outside of the program. Students may not register for thesis credit until the student’s thesis 
committee and the EFHP Graduate Coordinator have approved a proposal.

Advising
All admitted graduate students receive advising from the EFHP Graduate Program Coordinator: 
Dr. Jatin Ambegaonkar (jambegao@gmu.edu):
Bull Run Hall, Prince William Campus 
10900 University Boulevard, MS 4E5 
Manassas, VA 20110 
703- 993-2123