

Masters of Science in Human Movement (MSHM) Information Sheet

The fitness industry in the United States is a million dollar industry that continues to grow exponentially. According to the Bureau of Labor Statistics, fitness workers held 261,100 jobs in 2008 and the employment of fitness workers is expected to surpass the averages for all occupations in 2010 (<http://www.bls.gov/oco/ocos296.htm>). This is a unique industry in which professionals are able to make a direct difference and change peoples' lives. To address the need for trained health and fitness practitioners who are prepared to meet the multiple demands of the field, A.T. Still University is pleased to offer a Masters of Science in Human Movement (MSHM).

Program Overview

The Human Movement degree is a cutting-edge program designed to assist students in the development of comprehensive knowledge of human movement science, functional anatomy, physiology and kinesiology, as well as functional assessment, exercise program design, program adherence and lifestyle change.

Completion of this degree will serve as a valuable source of credibility to sports professionals, club owners, coaches, and fitness department managers. It will also assist such sports medicine, exercise, and fitness professionals in enhancing their knowledge, skills, and abilities relating to the design and maintenance of exercise programs for various populations. When done properly, exercise training can have valuable benefits ranging from general health to elite sports performance. This program will serve as a means of assisting professionals in the appropriate design and implementation of exercise programs for various outcomes.

This program includes a four day residency course which will include presentations and lab-based interactions between students, faculty, and leading professionals in health and fitness. This course is required for graduation and will be offered annually during the summer quarter.

As an added benefit to the Human Movement students, A.T. Still University has collaborated with the *National Academy of Sports Medicine*. Imbedded in the program of study are the requirements to complete the NASM Corrective Exercise and Performance Enhancement Certifications. There is no additional cost to earn these certifications.

Areas of Concentration

Through collaboration with leading organizations in exercise, health, and fitness, students will learn from leaders in the field, developing innovative ideas to address challenges facing society. Students can focus their educational track in one of the following areas:

Sports Conditioning Track

This track combines current knowledge and practice in the methods of sports conditioning to enable students to develop advanced training programs for athletes. Courses include: Measurement of Sports Fitness; Muscular Fitness Development; Speed, Agility, and Quickness; and The Science and Practice of Metabolic Conditioning.

Geriatric Exercise Science Track

The Geriatric Exercise Science Track provides learning opportunities for fitness professionals focusing on exercise among older adults while enabling students to assist in the prevention of chronic disease brought about by the lack of physical activity. Courses include: Physical Dimensions of Aging and Physical Activity; Psychosocial Dimensions of Aging and Physical Activity; Exercise Prescription for Older Adults; and Motivational Strategies for Physical Activity among Older Adults.

Exercise and Sport Psychology Track

The Exercise and Sport Psychology Track combines the science of the psychology exercise and performance with teaching students to the ability create programs that inspire change and maximize adherence and success in their clients. Courses include: Psychology, Physical Activity, and Health, Exercise and Mental Health, Applied Sports Psychology, and Principles of Adherence and Motivation.

Questions?

For more information regarding admissions, tuition and other program related questions, please contact an Online Enrollment Counselor at U.S. Toll Free (877)-469-2878, direct dial (480) 219-6118, or by email at onlineinquiry@atsu.edu.