

Earn your Master's in Exercise and Sport Science

Unlock your full potential in the health and fitness industry with a graduate degree in Exercise and Sport Science at USC Upstate. You can complete the full program in one year. Our graduates are prepared for careers in research, but also for teaching at the college level. Take the next step in your education and career with USC Upstate's Exercise and Sport Science program.

Get Ready, Get Set, Go - Finish in 12 months.

Our program equips students with the knowledge and skills to excel in a variety of roles. Earning your master's degree makes you more competitive in the job market and when applying for physical therapy or occupational therapy programs.

You can begin in May and finish by the following May.

Apply today and we'll get you on your way to a rewarding profession making a difference.



Earn your Master's in ONE year!



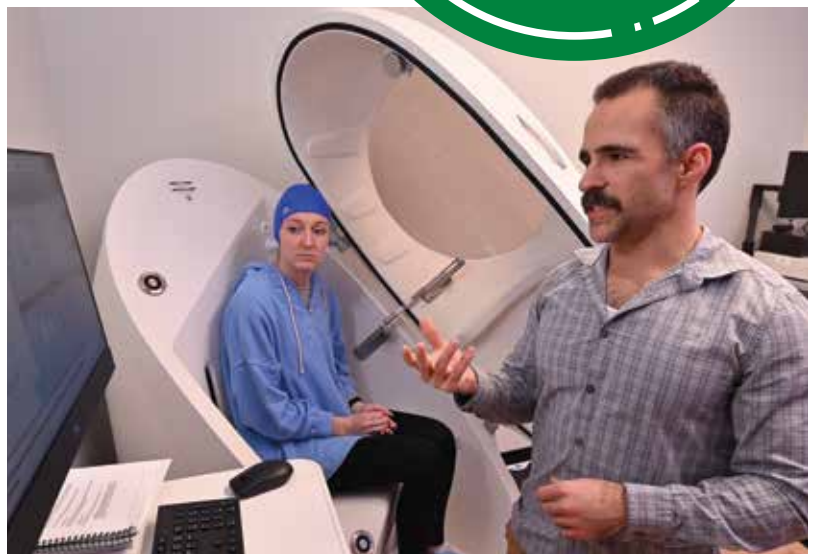
1 YEAR PROGRAM



HANDS ON EXPERIENCE



HYBRID ONLINE/IN PERSON





Master of Science in Exercise and Sport Science

Your program begins in the summer with in-person instruction aimed at providing a comprehensive understanding of the essential skills and research equipment required for your profession. During the following semesters, you will establish a firm foundation in the best practices of the field. The program culminates with an opportunity to apply your knowledge and skills to your own research, thereby preparing you for a career in education, or in clinical settings, such as hospitals, rehabilitation clinics, and fitness centers.

Graduate assistantships available in strength training and conditioning and exercise science lab instruction.

Topics covered in the graduate program

- Research Methods
- Statistical Analysis
- Advanced Exercise Physiology
- Lab Techniques
- Neuromuscular and Endocrine Physiology
- Advanced Cardiorespiratory Physiology
- Graduate research project

USC Upstate Graduate Application Requirements

- Application, application fee, residency form with all requested information and supporting documents
- Official transcripts showing all coursework attempted and the award of a baccalaureate or higher degree
- Successful completion of a baccalaureate degree, BA or BS, and the following prerequisite courses:
 - Anatomy and Physiology with lab (8 hours)
 - Statistics (3 hours)
 - Exercise Physiology with lab (4 hours)
- Two letters of recommendation, preferably one academic and one professional
- A one- to two-page personal statement describing academic and other interests.
- GPA 3.0 or above



Cora Ann Brendle '24 Exercise and Sport Science

“Being an athlete has definitely influenced my career choices. Ever since I got to the college level, I just fell in love with exercise and the information behind it. I knew I wanted to further my education after getting my bachelor’s degree. I am excited about how earning a master’s will prepare me to become a strength and conditioning coach at the college level.”



Apply to
USC Upstate



Have additional
Questions?

