USC UPSTATE GRADUATE PROGRAM

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!

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 January or August.

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



1-YEAR COMPLETION OPTION

1-2 YEAR PROGRAM

HANDS ON EXPERIENCE

HYBRID ONLINE/IN PERSON





UPSTATE University of South Carolina

www.uscupstate.edu/ms-exercise
admissions@uscupstate.edu
800 University Way, Spartanburg SC 29303





Master of Science in Exercise and Sport Science

Your program begins in August or January with a combination of in-person and online 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 capstone project, thereby preparing you for a career in education, strength training and conditioning, or in clinical settings, such as hospitals, rehabilitation clinics, and fitness centers.

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

Topics covered in the graduate program

- Research Methods
- Nutrition
- Advanced Exercise Physiology
- Measurement and Evaluation in Exercise Science
- Kinesiology
- Exercise Programming
- Graduate Capstone 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)
    - Exercise Physiology with lab (4 hours)
- A one- to two-page personal statement describing academic and other interests.
- GPA 2.75 or above

Apply to USC Upstate



Amie Johnson '25, M.S. '26
Exercise and Sport Science

Amie knew since she was 12 that she wanted to attend Upstate and play softball. Not only did she fulfill her dream, she discovered faculty mentors who challenged her academically and supported her throughout the program. Research projects tied to her interests and career goals gave her the confidence to continue on and complete her master's.

UNIVERSITY OF SOUTH CAROLINA
USC UPSTATE
RISE ABOVE
REACH GREATER HEIGHTS