Sport and Exercise Sciences
MS, Human Performance & Wellness

The MS in Human Performance and Wellness combines the principles of physical performance and healthy lifestyles.

What is a Degree in Human Performance and Wellness?
The curriculum provides a foundation in exercise physiology, biomechanics, sport psychology, and wellness. It will provide you with the tools and skills needed to analyze performance and make recommendations for improvements in wellness, fitness and injury prevention.

Our Graduate Program Provides:
- Personalization to meet your professional goals and academic interests
- Working professionals flexibility to complete the degree in 2 to 7 years
- Hands-on experience through site observations, practica, and internships
- State-of-the-art facilities, including an Athletic Training Lab, Human Performance Lab, Performance Behavior Lab, and Motion Analysis Center Lab

Career Opportunities:
- Fitness Specialist
- Strength and Conditioning Specialist
- Athletic Coach
- Corporate Fitness
- Research Program
- Wellness Consultant

To learn more visit: barry.edu/SES or contact SES 305.899.3490 sportsciences@barry.edu

Program Courses and Structure
(36 credits):
Human Performance and Wellness Core (18)
- Biomechanics
- Research Methodology in SES
- Ethics and Social Issues in SES
- Lab Techniques in SES
- Advanced Exercise Physiology
- Sport Nutrition
- Qualitative Analysis in Biomechanics
- Thesis OR Internship

Human Performance and Wellness Electives (18)
- Biomechanics of Musculoskeletal Injuries
- Cardiac Rehabilitation
- Fitness Assessment and Program Development
- Applied Physiology of Resistance Training
- Manual Therapy in Sports Medicine
- Fitness and Wellness Promotion
- Advanced Statistics in SES
- Mechanical Analysis of Human Performance
- Motor Learning
- Exercise Psychology
- Sport Psychology
- Exercise and Energy Metabolism