

Recommended Master's degree Program of Study
U.S. Army Officers
U.S. Military Academy at West Point

<u>Course Number</u>	<u>Course Title</u>	<u>Credit Hours</u>
I. Possible Prerequisites (6 hours)		
	Human Anatomy	3
	Exercise Physiology	3
II. Required Courses (24 hours)		
	Instructional Strategies/Pedagogy	3
	Analysis of Teaching Physical Education	3
	Research Methods in HPER	3
	Teaching Practicum in Physical Education	3
	• Teaching Methods for Fitness	
	• Teaching Methods for Team Activities	
	• Teaching Methods for Individual Activities	
	Exercise & Sport Psychology	3
	Exercise Physiology	3
	Advanced Measurement in Exercise Science	3
	Biomechanics of Human Movement	3
III. Elective Courses (12 hours)		
	Human Growth and Development	3
	Sport Nutrition	3
	Principles of Health Education (Wellness)	3
	Leadership in Outdoor Education	3
	Motor Learning and Control	3
	Theories of Strength and Aerobic Conditioning	3
IV. Total Graduate Credits		36