



LIFE UNIVERSITY

GRADUATE STUDIES

LIFE[®]
University



GRADUATE STUDIES AT LIFE

Our graduate programs will not only build and expand upon what you've learned as an undergraduate student and throughout your professional experiences; they will also provide you with a whole new educational and philosophical framework within which you can create an exemplary graduate experience and, ultimately, prepare for your ideal career.

Our distinctive and world-class graduate degree programs allow students to master advanced knowledge, techniques, skills and philosophies, so they can make a deeper, more meaningful impact within their discipline and in the lives of others – be it in their professional or personal world.

SMALL SCALE, BIG IMPACT

As a Life University graduate student, you will learn in an intimate class setting, working side-by-side with peers and professors in small group and one-on-one interactions. LIFE draws a high number of post-baccalaureate students and career-changers to its serene campus setting, so you'll be surrounded by true peers who share common goals, experiences and philosophies, while hailing from a diverse array of backgrounds and cultures.

MASTER OF SCIENCE IN SPORT HEALTH SCIENCE:

BUILDING A ROCK-SOLID CAREER

Life University's unparalleled graduate program in Sport Health Science is designed to advance your undergraduate and professional knowledge, experience and passion for human athletic performance. With a specialized degree and advanced skill sets, you'll have an innovative foundation on which to build your career, and the educational edge you need to outpace the competition.

A FLEXIBLE CURRICULUM

Every sport health science student understands the importance of flexibility. We've designed a 52-credit program that allows you to pick and choose from core classes and specialty courses to suit your unique interests, strengths and career goals.

Throughout each course, students are exposed to the current science and issues affecting the injury management, coaching and sport health industries in a program that combines classroom instruction with practical experiences. Students – especially those interested in biomechanics, fitness, injury management and cardio-respiratory physiology – will gain significant experience through in-depth lab components.

OUR PRACTICUM & INTERNSHIPS

Hands-on learning doesn't stop at the lab. Through unique collaborative efforts within our diverse University community, the Sport Health Science program offers practicum and internship experiences with our own LIFE Sport Science Institute (LSSI) – a leading-edge facility focused on evaluating and maximizing human athletic performance – and the functional rehabilitation facilities contained in our public clinic, the Center for Health and Optimum Performance (C-HOP).

We've also developed successful partnerships with local healthcare delivery systems, collegiate athletic programs, rehabilitation centers, clinical exercise programs, and community and corporate wellness programs – so whatever

your ultimate goals may be, you won't have to wait until after graduation to get in the game.

SPECIALIZED SUCCESS

Our M.S. Sport Health Science program offers you five distinct paths through which to achieve your professional goals. Depending on your areas of interest, you can choose to specialize in:

Chiropractic Sport Science – For Doctor of Chiropractic students with a particular interest in providing integrative care for athletes, Chiropractic Sport Science emphasizes advanced coursework in biomechanics, kinesiology, arthrokinematics, exercise physiology, functional rehabilitation and sport injury management.

Exercise and Sport Science – Advanced study in the areas of fitness and movement, and their roles in achieving optimum performance, prepares students for careers in fields such as cardiac rehabilitation, preventive medicine, corporate fitness, community wellness programs and for further study in doctoral programs.

Sport Injury Management – This specialization has a focused study of injury prevention and functional rehabilitation with many opportunities for practical hands-on experiences.

Sport Performance Coaching – For students looking to coach at a higher level, Sport Performance Coaching prepares students to become professional coaches and mentors with the knowledge and understanding necessary to obtain optimum performance for their athletes.

Nutrition and Sport Science – Students are prepared for careers in the integrative care of athletes with an additional focus on the science of nutrition and its role in achieving optimum performance.

CAREERS AT A GLANCE

- Research
- Teaching
- Cardiac and Pulmonary Rehabilitation
- Sport Injury Management
- Health Promotion
- Corporate Fitness
- Coaching
- Community-based Fitness and Wellness Programs
- Physical and Occupational Therapy
- Preventive Medicine
- Chiropractic and more

MASTER OF SCIENCE IN CLINICAL NUTRITION:

UNDERSTANDING THE POWER OF FOOD

A growing understanding of the health impact of sound nutrition, along with concerns about an aging population, food safety and rise in nutrition-related disorders, is fueling demand for nutrition experts. As a graduate student in LIFE's Clinical Nutrition program, you'll be surrounded by students and faculty who share your passion for health and wellness.

Nutrition professionals with a master's degree are most often considered by employers for sought-after specialized positions (in pediatrics, critical care, geriatrics and other fields) and for management roles well ahead of candidates with a B.S. only.

ROBUST RESEARCH EMPHASIS

All students with the foundation of a bachelor's degree need to understand and interpret the implications of clinical research, use such research in evidence-based practice, and collect and analyze data. Contemporary dietetics professionals must also possess a strong understanding of nutrigenomics, the study of the effects of food on gene expression and an understanding of the biological activity of food components.

Toward this end, as a student in the M.S. Clinical Nutrition degree program, you will have significant opportunities to participate in clinical research activities and explore the growing field of nutrigenomics.

Based on your interests, you will choose from two areas of research focus. If you have a particularly strong interest in research, you may opt to complete a graduate thesis that will rely on original research

to develop new knowledge. Or, you may choose to complete research-oriented coursework and hands-on experience and then sit for a comprehensive exam in lieu of the graduate thesis.

EXCELLENT FACILITIES

The Nutrition and Dietetics Department at LIFE has six contemporary teaching kitchen stations where you will receive interactive training and group learning. Nutrition students also enjoy classes in the culinary demonstration amphitheater where chef instructors can show in real time the concepts being taught in class. Stadium seating and the latest projection capabilities enhance the demonstration experience, ensuring you won't miss a thing. The department also has state-of-the-art clinical rooms for assessment and research for both undergraduate and graduate students.

"ON THE GROUND" FIELD EXPERIENCE

Advanced classroom and laboratory instruction in the master's program is linked with hands-on field experience to best prepare students to enter satisfying careers at a more senior level. You will roll up your sleeves with four intensive field experiences in community, clinical, teaching and management settings.

These advanced field rotations of 10 weeks for five hours per week will give you opportunities to shadow dietitians, interact with clients and connect advanced theory with practice. During the final three weeks of a rotation, you will fulfill the role of "staff relief," actually assuming the duties of your on-site mentor.





HOW WILL THE M.S. IN CLINICAL NUTRITION WORK FOR ME?

- If you already possess the Registered Dietitian (R.D.) credential, you will receive advanced standing into the master's program with nine credits awarded for prior dietetic internship education and R.D. status.
- If you have an undergraduate degree in nutrition (without the R.D.), you will typically possess the required courses for direct entry into the M.S. program.
- If you have an allied health degree, you will complete your 26 prerequisite credit hours for the Clinical Nutrition master's program while simultaneously enrolling in and beginning the M.S. program.

CAREERS AT A GLANCE

- Pediatric Nutrition
- Nutrition Support for Critical Care
- Management
- Geriatric Nutrition
- Renal Medical Nutrition Therapy
- Independent consulting and more



MASTER OF SCIENCE IN POSITIVE PSYCHOLOGY:

A UNIQUE AVENUE

No other program in the Southeast offers a master's program in Positive Psychology. In fact, the handful of such programs in the United States tend to overflow with students. LIFE's M.S. Positive Psychology program gives prospective students a wide range of options in their pursuit of a career in the field of psychology or an inter-related field, offering three tracks of focus – General; Secular Ethics and Contemplative Science; and Coaching Psychology. Each has its own distinct curricula, time frames of completion and potential career and educational opportunities after graduation.

WHAT IS POSITIVE PSYCHOLOGY?

It's not hard to see why Positive Psychology has gained the traction it has in regard to the increased interest from post-secondary students, as the field of psychology has shifted toward the study of flourishing and positive human functioning in recent years. In 1998, Martin Seligman made the case for psychologists to investigate what made a happy life rather than an unhappy one. Since then, there has been groundbreaking research into the study of what people need to do to experience happiness and successfully navigate life's challenges.

A BRIGHT FUTURE

Organizations are realizing how positive psychology can bring exceptional workplace performance; educators are successfully applying it to increase creativity, critical thinking skills, positivity in students and to reduce ADHD and bullying; governments are measuring and promoting well-being as part of economic policy; and individuals and families are learning to cultivate a flourishing environment. And if you care to go further, all three of these non-terminal programs will provide you with the skills necessary to become a positive psychology practitioner and advance into programs like D.C., Ph.D., M.D., M.B.A. and J.D.

OPTIONS ABOUND

Our M.S. Positive Psychology program offers you three innovative paths through which to achieve your professional goals. Depending on your areas of interest, you can choose to specialize in:

General Track

The General Track is a 3-quarter program with a mission to prepare students to be competent, ethical practitioners of Positive Psychology. Students will develop skills in evaluation assessment and in a variety of coaching modalities. Students will be able to apply knowledge from various frameworks and interventions (e.g., theoretical, empirical, experiential and vitalistic models) to a wide variety of human experiences. This program emphasizes learning, which focuses on the uniqueness of each individual and the influence of culture and ethnicity when providing services to people from diverse backgrounds. This track provides a systematic approach that helps students progress in their ability to apply Positive Psychology in multiple environments.

Coaching Psychology Track

The Coaching Psychology Track is a 3-quarter program and is designed around an integrated approach to Positive Psychology that draws from the richness of ancient traditions, yet is based on modern scientific research methods and best practices. Graduates of this program will have key theoretical understandings and the core skills necessary to work as a professional coach in a wide range of settings. They will be equipped to work in the scientist-practitioner or scholar-practitioner models and can expect to find employment as human performance consultants, personal or workplace coaches in the industry, in the human resources field or in private practice.

The Life University Coaching Psychology program is a Center for Credentialing & Education (CCE) and an Approved Board Certified Coach (BCC) training provider. The Coaching Psychology program is currently pursuing accreditation through the International Coaching Federation (ICF) to become an Accredited Coach Training Program (ACTP).

Secular Ethics and Contemplative Science Track

The Secular Ethics and Contemplative Science Track is a 6-quarter program. For students in this area of specialization, training in contemplative science, contemplative studies and contemplative psychology will involve first-person engagement with contemplative and meditative practices. These include popular interventions such as mindfulness meditation and Cognitively-Based Compassion Training (CBCT) in courses that involve a "meditation lab" component.

Students will develop familiarity with the emerging research on contemplative practices and its effects, particularly in the fields of psychology, neuroscience and the health sciences. Students will learn how to develop secular interventions based on contemplative practices and traditions. Students will also learn how to design research studies that evaluate such interventions in diverse settings, including educational and clinical settings.

CAREERS AT A GLANCE

- Research
- Consultation
- Executive Coach
- Personal Coach
- Human Resources
- Private Practice
- Educational and Clinical Settings
- Continued Study into a Ph.D. Program and more

MASTER OF ATHLETIC TRAINING:

A CONTINUED REVOLUTION

With the addition of the Master of Athletic Training (MAT) degree, of which there are only approximately 35 similar programs around the world, Life University will be the only institution offering both the MAT degree and a Doctor of Chiropractic degree. LIFE has set out to create a unique program that would accommodate any prospective student so that they could interact with the other healthcare disciplines and help graduates to be more marketable after graduation. LIFE's MAT degree program is one of only three in the Southeast and the only one in Georgia. This 76-credit hour graduate degree is a two-year, full-time professional program that has national accreditation with the Commission on Accreditation of Athletic Training Education (CAATE).

THE PROFESSION

Athletic Training (AT) is recognized as a healthcare profession that provides comprehensive care to the athletic or physically active population. A Certified Athletic Trainer (ATC) engages in interdisciplinary collaboration to provide healthcare services. These services include the prevention, assessment, treatment and rehabilitation of injuries. In addition, they also have responsibilities in administration, education and counseling. An ATC works under the direction of a licensed healthcare provider and in cooperation with other healthcare workers, athletic coaches, administrators and parents.

The ATC may be employed in high schools, colleges, sports medicine or PT clinics, chiropractic offices, professional sports programs, corporations and other healthcare settings.

PREPARATION & BACKGROUND

LIFE's MAT program is highly competitive, and as such, it is recommended that prospective students have a strong background in biology, human anatomy and physiology, chemistry, physics and mathematics, along with good writing and interpersonal communication skills. Clinical athletic training experience (not as an athlete) under the direct supervision of an ATC is also encouraged. This experience would give the prospective student a better understanding of what the profession entails.

TWO-YEAR CURRICULUM

This MAT program is only for those students who have already completed a bachelor's degree (in any major other than athletic training). It is intended for those who may want to change careers, athletes who did not major in athletic training as undergraduates and international students who want to pursue an athletic training career.

Our clinical education involves hands-on application of skills, including Life University's athletic teams and the LIFE Sport Science Institute (LSSI), other collegiate athletic teams, high school athletic teams, sports medicine or PT clinics, chiropractors' practices and others. As part of the MAT program, students are required to obtain a minimum of 1,200 clinical education hours while directly supervised by an ATC. Students will need two full academic years to complete these hours and their graduate classes. The two-year MAT program has its annual enrollment in July and can accept up to 20 students per year. The deadline for applying is February 1 of each year.



CAREERS AT A GLANCE

- Administration
- Education
- Counseling
- Injury Prevention
- Specialist at Wellness Clinics
- Rehabilitation
- Sports Medicine
- Physical Therapy
- Chiropractic Practices
- Corporate Wellness
- Team ATC and more



WHY CHOOSE LIFE UNIVERSITY FOR YOUR MASTER'S?

- LIFE's vitalistic values and visionary perspective consistently produce scholars prepared to elevate and evolve the health and wellness spectrums.
- LIFE's unique Master's degrees will give you an edge over the competition, whether you decide to enter the workforce or pursue an advanced, professional degree.
- Small class sizes mean more individualized attention with leading experts in the field.
- Hands-on experiences in professional settings will jump-start your career.
- LIFE's picturesque campus in lovely Marietta lets you focus on your studies, and, when you need a break, the concerts, theaters, dining and shopping of Atlanta are just a short drive away.

APPLICATION REQUIREMENTS:

All applicants to the graduate program must submit:

- Completed application and non-refundable \$50 application fee
- Final official college transcripts from all institutions attended
- Official GRE test scores
- Three Letters of Recommendation
- Letter of Intent
- Curriculum Vitae (Résumé)

FAST FACTS

- 16:1 Student to Faculty Ratio
- Over 1/3 of students identify as black, Hispanic, Asian/Pacific Islander or Native American
- More than 25 countries represented by our international students
- More than 70 student organizations
- Largest single campus chiropractic college in the world
- Public Health Online ranked Life University's Nutrition program in the top 50 in the United States.
- More than 60,000 patient visits at LIFE's on campus outpatient clinic each year
- 35 minutes from the world's busiest international airport
- Socrates Café is one of the most sustainable college dining facilities in the country, from procuring organic produce and protein to efficient recycling and composting practices.
- The LIFE Village Retreat is the first stick-built college dormitory to achieve gold-level certification from LEED and the U.S. Green Building Council.



EIGHT WAYS TO GREAT

Because we believe students are best served by a curriculum that provides life skills as well as profession-specific competencies, our students explore LIFE's Eight Core Proficiencies (or "Eight Ways to Great") woven throughout their academic experience. These are skills for living and leading that serve LIFE students throughout their lives regardless of their chosen career paths.

1. Integrity & Citizenship

Gain the skills you need to become a valued member of your community.

2. Leadership & Entrepreneurship

Build a successful business – these skills will show you how.

3. Learning Theory/Critical Thinking

Seek and synthesize information, and learn how to apply it to your career and your life.

4. Contemporary Scientific Paradigms

Discover how new ideas on human dynamics apply to the present and the future.

5. Philosophy of Human Existence & Healthcare Policy

Become an active participant in the wellness revolution.

6. Communication & Relationship Theory Skills

Harness the power of communication for effective relationship-building in your career and life.

7. Belief Systems & Performance

Assess and utilize contemporary intellectual approaches and technologies.

8. Integrative Change

Embrace change and learn how to use it to your advantage.

DISCOVER LIFE UNIVERSITY

Interested in discovering what Life University has to offer? We encourage prospective students and their families to both visit and take a walking tour of our beautiful campus. Meet students, faculty, staff, enrollment specialists, and learn more about the admission process. Start your journey today with a campus tour held most weeks. To learn more about visit opportunities, go to LIFE.edu/VisitLIFE and register today. Can't find what you are looking for? Email us at Events@LIFE.edu so that we can help answer your questions.

ADMISSIONS INFO

Life University

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LIFE.edu

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, master's and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.

APPLY NOW AT APPLY.LIFE.EDU

Learn more about the application process at LIFE.edu/Admissions or contact the Admissions team at Admissions@LIFE.edu or (800) 543-3202.

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