

# EXERCISE PHYSIOLOGY, M.S.

At its core, Exercise Physiology is the study of physiological mechanisms underlying physical activity. In this program, students learn how to deliver treatment services focused on the improvement of health and fitness, rehabilitate heart disease and other chronic diseases and provide professional guidance to athletes and other active people who are training for their sport or activity.

## Contact Information

exp@css.edu

Upon completion of the Masters Degree in Exercise Physiology at The College of St. Scholastica, the graduate will be able to:

1. Synthesize the functional relationship of anatomical structures.
2. Recommend appropriate exercise prescriptions based on assessment results.
3. Compare the human body's adaptation to acute and chronic exercise under standard and nonstandard conditions.
4. Demonstrate professional behavior in academic and clinical settings.

## Requirements

Students must achieve the following program requirements for all courses listed under Program Requirements and Program Required Courses for the Exercise Physiology, M.S.

### Program Requirements

**Major Credits: 32**

**Minimum GPA: 2.8 undergraduate for admissions to the program; 3.0 must be maintained once in the program.**

**Minimum Grade: C**

### Program Required Courses

The Exercise Physiology academic program consists of the following graduate courses:

Code	Title	Credits
EXP 6521	Functional Anatomy	3
EXP 6522	Biochemistry, Nutrition & Exer	3
EXP 6531	Applied Exercise Physiology	3
EXP 6532	Physiological Assessment	3
EXP 6535	Cardiovascular Physiology	3
EXP 6536	Clinical Exercise Physiology	3
EXP 6538	Exercise Testing & Electrocard	3
EXP 6542	Strength Training & Conditioning	3
EXP 6555	Internship	8
or EXP 6888	Thesis	
EXP 6565	Exercise Physiology Seminar	0
<b>Total Credits</b>		<b>32</b>

## Degree Requirements

To graduate from the College of St. Scholastica, graduate students must meet the following minimum degree requirements.

**Minimum GPA: 3.0**