

EXERCISE PHYSIOLOGY, M.S.

EXP 6565	Exercise Physiology Seminar	0
Total Credits		32

Exercise Physiology is the study of the physiology associated with human movement and physical activity. A major theme of the Exercise Physiology curriculum involves the acute and chronic adaptations of the musculoskeletal, cardiovascular, respiratory, and metabolic systems to such activities as exercise, sport, recreation, and rehabilitation. In this program, students will gain the knowledge, skills, and abilities to work as evidence-based practitioners in clinical and applied settings. Popular career paths include cardiac rehabilitation, strength and conditioning coaching, corporate fitness, health coaching, and general fitness. Owing to its foundation built on physiology, the Exercise Physiology program is used by some students as a natural stepping stone to other graduate healthcare programs like physical therapy, athletic training, occupational therapy, chiropractic medicine, physician assistant, nursing, medicine (MD, DO), and podiatry. Finally, students interested in a career in teaching and/or research often choose to continue on to advanced graduate study in PhD and EdD programs.

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	

Degree Requirements

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

Minimum GPA: 3.0