EXERCISE PHYSIOLOGY - M.S.

College of Education Health and Human Services
School of Health Sciences
www.kent.edu/ehhs/hs

Examples of Possible Careers*
Biological science teachers, postsecondary
- 9.3% much faster than the average
- 64,700 number of jobs
- $85,600 potential earnings

Medical scientists, except epidemiologists
- 6.1% faster than the average
- 138,300 number of jobs
- $91,510 potential earnings

Additional Careers
- Strength and Conditioning Coach

Contact Information
- Program Coordinator: J. Derek Kingsley | jkingsle@kent.edu | 330-672-0222
- Chat with an Admissions Counselor

Fully Offered
- Delivery:
  - In person
- Location:
  - Kent Campus

Admission Terms
- Fall
- Spring
- Summer

Accreditation
Commission on Accreditation of Allied Health Education Programs

Admission Requirements
- Bachelor’s degree in exercise science, or equivalent preparation, from an accredited college or university
- Minimum 2.750 undergraduate GPA on a 4.000 point scale (effective spring 2023 admission)
- Official transcript(s)
- Goal statement
- Two letters of recommendation
- English language proficiency - all international students must provide proof of English language proficiency (unless they meet specific exceptions) by earning one of the following:
  - Minimum 550 TOEFL PBT score (paper-based version)
  - Minimum 79 TOEFL IBT score (Internet-based version)
  - Minimum 77 MELAB score
  - Minimum 6.5 IELTS score
  - Minimum 58 PTE score
  - Minimum 110 Duolingo English Test score

Degree applicants are expected to have substantial preparation in the sciences, usually including coursework in biology, chemistry, physics, mathematics, anatomy, kinesiology and exercise physiology.

For more information about graduate admissions, visit the graduate admission website. For more information on international admissions, visit the international admission website.

Program Learning Outcomes
Graduates of this program will be able to:

1. Pass one of the American College of Sports Medicine’s (ACSM) or NSCA exams: Certified Exercise Physiologist (C-EP) or Certified Strength and Conditioning Specialist (CSCS).
2. Demonstrate understanding of the physiology of human movement across the lifespan.
3. Demonstrate detailed knowledge of the anatomy and physiology of the human and health and disease.
4. Demonstrate knowledge of the pathophysiology of disease, risk factors and special exercise populations, according to the American College of Sports Medicine.

Graduates of the Athletic Training concentration will be able to:
1. Apply the principles of the research process in athletic training by engaging with faculty and clinical staff in graduate research initiatives.
2. Engage health care professionals and apply the knowledge gained, through their education in both the classroom and clinical settings.
3. Engage in program improvement as part of a continuous quality improvement initiative by evaluating the effectiveness of the program through multiple evaluation resources.

Professional Licensure Disclosure

This program is designed to prepare students to sit for applicable licensure or certification in Ohio. If you plan to pursue licensure or certification in a state other than Ohio, please review state educational requirements for licensure or certification and contact information for state licensing boards at Kent State’s website for professional licensure disclosure.

Program Requirements

Major Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATTR 53018</td>
<td>ETHICAL LEADERSHIP FOR HEALTH CARE</td>
<td>3</td>
</tr>
<tr>
<td>EXPH 63050</td>
<td>RESEARCH PROCESS IN ATHLETIC TRAINING AND EXERCISE PHYSIOLOGY</td>
<td>3</td>
</tr>
<tr>
<td>EXPH 63091</td>
<td>RESEARCH SEMINAR</td>
<td>1</td>
</tr>
</tbody>
</table>

Additional Requirements or Concentration

Choose from the following: 27

Additional Requirements for Students Not Declaring a Concentration

Athletic Training Concentration

Minimum Total Credit Hours: 34

Additional Requirements for Students Not Declaring a Concentration

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXPH 63051</td>
<td>QUANTITATIVE AND RESEARCH METHODS IN ATHLETIC TRAINING AND EXERCISE PHYSIOLOGY</td>
<td>3</td>
</tr>
<tr>
<td>EXPH 65081</td>
<td>ENERGY METABOLISM AND BODY COMPOSITION</td>
<td>3</td>
</tr>
<tr>
<td>or EXPH 65083</td>
<td>EXERCISE ENERGY METABOLISM</td>
<td></td>
</tr>
<tr>
<td>EXPH 65082</td>
<td>CARDIO-RESPIRATORY FUNCTION</td>
<td>3</td>
</tr>
<tr>
<td>or EXPH 65084</td>
<td>CARDIOVASCULAR-RESPIRATORY DYNAMICS DURING EXERCISE</td>
<td></td>
</tr>
</tbody>
</table>

Thesis or Non-Thesis Option, choose from the following: 3-6

EXPH 63199 | THESIS I                                                             |              |
EXPH 63098 | RESEARCH                                                             |              |

Suggested Electives, choose from the following: 9-12

BMS 60450 | MEDICAL PHYSIOLOGY II                                               |              |
BMS 68610 | HUMAN GROSS ANATOMY I                                               |              |
BMS 68611 | HUMAN GROSS ANATOMY II                                              |              |
BSCI 50020 | BIOLOGY OF AGING                                                    |              |
BSCI 50142 | BIOENERGETICS                                                       |              |
BSCI 50431 | NEUROENDOCRINOLOGY                                                  |              |
BSCI 50432 | ENDOCRINOLOGY                                                       |              |
BSCI 50433 | MAMMALIAN PHYSIOLOGY I                                             |              |
BSCI 50434 | MAMMALIAN PHYSIOLOGY II                                            |              |
CHEM 50261 | BIOCHEMISTRY: BIOMOLECULE STRUCTURE AND FUNCTION                     |              |
EXPH 50612 | EXERCISE LEADERSHIP FOR THE OLDER ADULT                             |              |
EXPH 55065 | EXERCISE TESTING                                                    |              |
EXPH 55070 | ELECTROCARDIOGRAPHY FOR THE EXERCISE PHYSIOLOGIST                   |              |
EXPH 55080 | PHYSIOLOGY OF EXERCISE                                              |              |
EXPH 60610 | PHYSIOLOGY OF AGING: IMPLICATIONS FOR HUMAN BEHAVIOR                |              |
EXPH 63098 | RESEARCH                                                             |              |
EXPH 65075 | MUSCLE FUNCTION AND EXERCISE                                        |              |
EXPH 65076 | ENVIRONMENTAL STRESS AND EXERCISE                                   |              |
EXPH 65080 | PHYSIOLOGICAL BASIS OF EXERCISE AND SPORT                           |              |
EXPH 65081 | ENERGY METABOLISM AND BODY COMPOSITION                              |              |

Athletic Training Concentration Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATTR 62010</td>
<td>CONTEMPORARY ISSUES IN ATHLETIC TRAINING</td>
<td>3</td>
</tr>
<tr>
<td>ATTR 62012</td>
<td>EDUCATION AND SUPERVISION PROCESSES IN ATHLETIC TRAINING</td>
<td>3</td>
</tr>
<tr>
<td>ATTR 62014</td>
<td>ADVANCED CLINICAL PROCEDURES IN ATHLETIC TRAINING AND SPORTS MEDICINE</td>
<td>3</td>
</tr>
<tr>
<td>ATTR 62016</td>
<td>CLINICAL INQUIRY IN ATHLETIC TRAINING</td>
<td>3</td>
</tr>
</tbody>
</table>

Thesis or Non-Thesis Option, choose from the following: 3-6

ATTR 63199 | THESIS I                                                             |              |
ATTR 63098 | RESEARCH                                                             |              |

Suggested Electives, choose from the following: 12

BMS 60450 | MEDICAL PHYSIOLOGY II                                               |              |
BMS 68610 | HUMAN GROSS ANATOMY I                                               |              |
BMS 68611 | HUMAN GROSS ANATOMY II                                              |              |
BSCI 50020 | BIOLOGY OF AGING                                                    |              |
BSCI 50431 | NEUROENDOCRINOLOGY                                                  |              |
EXPH 50612 | EXERCISE LEADERSHIP FOR THE OLDER ADULT                             |              |
EXPH 55070 | ELECTROCARDIOGRAPHY FOR THE EXERCISE PHYSIOLOGIST                   |              |
EXPH 55080 | PHYSIOLOGY OF EXERCISE                                              |              |
EXPH 60610 | PHYSIOLOGY OF AGING: IMPLICATIONS FOR HUMAN BEHAVIOR                |              |
EXPH 63098 | RESEARCH                                                             |              |
EXPH 65075 | MUSCLE FUNCTION AND EXERCISE                                        |              |
EXPH 65076 | ENVIRONMENTAL STRESS AND EXERCISE                                   |              |
EXPH 65080 | PHYSIOLOGICAL BASIS OF EXERCISE AND SPORT                           |              |
EXPH 65081 | ENERGY METABOLISM AND BODY COMPOSITION                              |              |

Exercise Physiology - M.S.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXPH 65082</td>
<td>CARDIO-RESPIRATORY FUNCTION</td>
</tr>
<tr>
<td>EXPH 65083</td>
<td>EXERCISE ENERGY METABOLISM</td>
</tr>
<tr>
<td>EXPH 65084</td>
<td>CARDOVASCULAR-RESPIRATORY DYNAMICS DURING EXERCISE</td>
</tr>
<tr>
<td>EXPH 65086</td>
<td>NEUROBIOLOGY OF MOVEMENT AND EXERCISE</td>
</tr>
<tr>
<td>NUTR 53513</td>
<td>MICRONUTRIENT NUTRITIONAL BIOCHEMISTRY</td>
</tr>
<tr>
<td>NUTR 53520</td>
<td>SPORTS NUTRITION</td>
</tr>
</tbody>
</table>

Additional Electives Chosen in Consultation with Advisor

**Minimum Total Credit Hours:** 27

1 Students who select the non-thesis option must take additional coursework to meet the minimum credit hours required for the degree.

**Graduation Requirements**

Only in rare instances does a student fulfill the educational and research expectations within the minimum credit-hour requirement for this degree. Any deficiencies for a doctoral academic preparation must be corrected very early in the approved academic program.