

## Master of Education in Exercise Science

The Department of Human Performance Studies offers courses of study leading to the Master of Education (MEd) in exercise science. Academic training is provided for students who wish to prepare for a variety of careers in exercise science.

The mission of the exercise science program is to promote health and well-being through research, teaching, and service/outreach in the study of physical activity. Essential aspects of these efforts are the preparation of scholars and professionals in the study of exercise science at the undergraduate level and graduate levels. In addition, we educate the public and the University community in the scientific aspects of physical activity, especially exercise, sport, and the movements of daily life.

Exercise science is a multifaceted field of study in which movement or physical activity is the intellectual focus. This includes exercise of improvement of health and physical fitness and activities of daily living, work, sport, and play. It involves special population groups such as children and older adults; persons with disability, injury, or disease; and athletes. Because an interdisciplinary approach is often used to address issues in exercise science, this area of study applies knowledge, methods or inquiry, and principles from:

- Exercise physiology
- Biomechanics
- Motor behavior
- Measurement/evaluation
- Biochemistry
- Molecular/cellular biology
- Psychology
- Physical fitness
- Gerontology
- Sports Medicine

With personal health and fitness occupying much of our nation's attention, a graduate degree in exercise science is an excellent way to tap into a plentiful job market whose goal is the promotion of a healthier society through exercise and wellness programs. The study of exercise science can lead to a career in a variety of settings. A survey of recent graduates of

WSU's exercise science program revealed an impressive array of career choices including:

- Physical therapist
- Wellness director
- Teacher
- Cardiology technician
- Exercise gerontologist
- Health administrator
- Nutritionist
- Conditioning specialist
- Personal trainer
- Athletic trainer
- Sports administrator

### Admission Requirements

Admission to the master's degree program in exercise science requires students to have completed an undergraduate degree from a regionally accredited institution and have a grade point average of at least 2.750 (4.0 system) in the last 60 credit hours of course work including any post-bachelor's graduate work.

Students applying to the program should have completed the following pre-requisite courses:

- CHEM 110 (3) Preparatory Chemistry (or equivalent)
- HPS 229 (3) Applied Human Anatomy (or equivalent)
- HS 331 (3) Principles of Dietetics and Nutrition (or equivalent)
- HPS 328 (3) Biomechanics/Kinesiology (or equivalent)
- HPS 490 (3) Exercise Physiology (or equivalent)

### Degree Requirements

The Master of Education (MEd) in exercise science may be earned under one of three options: (1) 34 hour thesis option, (2) 36 hour internship option, and (3) 36 hour coursework option. The thesis option requires an oral examination on the research; the other two options require a written comprehensive examination. Students have completed internships at various organizations, including exercise facilities, health organizations, and amateur and professional athletic organizations.

### Required Core Courses – 12 hours

- HPS 800 (3) Recent Literature in the Profession  
HPS 815 (3) Fitness Assessment/Exercise Recommendations  
HPS 830 (3) Advanced Physiology and Anatomy of Exercise  
HPS 860 (3) Research Methods in the Profession

### Required Specialty Courses

*Must complete four (9 credit hours) of the following courses for option 1 and 2. Must complete seven (21 credit hours) of the following courses for option 3.*

- CESP 704 (3) Intro to Educational Statistics\*  
SMGT 711 (3) Structuring and Scheduling Sports Tournaments  
HPS 732 (3) Pathophysiology of Cardiovascular Disease\*\*  
HPS 762 (3) Tests and Measurement in Human Performance  
SMGT 770 (3) Psychology of Sport  
HPS 780 (3) Physical Dimensions of Aging  
HPS 790 (3) Applied Exercise Physiology  
HPS 795 (3) Physiological Basis of Athletic Performance  
HPS 796 (3) Motor Integration  
HPS 797 (3) Exercise in Health and Disease\*\*  
SMGT 835 (3) Legal Issues in the Profession  
HPS 890 (1-3) Special topics\*\*\*  
HPS 895 (1-3) Applied Research

\* required of all thesis option students

\*\* required for all non-thesis without internship students

\*\*\* 3 hours required for all non-thesis with internship students

### Electives – 9 hours, thesis option;

### 6 hours, internship and coursework options

All elective courses must be approved by the student's academic advisor.

### Additional courses:

- Option 1: Must complete HPS 875 (2) Thesis Research and HPS 876 (2) Thesis.  
Option 2: Must complete HPS 890 (3) Special Topics and HPS 857 (6) Internship. All required core and specialty courses must be completed before taking the internship.

### Financial Assistance

Graduate assistantships are available through the Department of Human Performance (teaching predominantly activity courses and/or the 100 level classes), WSU Athletics, and the WSU Heskett Center (recreation center open to the general student population). Graduate assistants typically receive a stipend and a tuition waiver.

### Faculty

**Michael E. Rogers**, PhD, CSCS, FACSM, Kent State University. Chair and Professor; graduate exercise science program coordinator; director, Center for Physical Activity and Aging.

**Jeremy Patterson**, PhD, FACSM. Victoria University, Australia, Associate professor; undergraduate exercise science program coordinator; director, Human Performance Laboratory.

### For More Information

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