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 must complete the following prerequisite courses (or their equivalents). Students who have 9 hours or less of prerequisites remaining may be granted admission on full-standing basis but must complete all remaining prerequisites within one year of admission.

CHEM 110 Preparatory Chemistry
HPS 229 Applied Human Anatomy
HPS 313 Exercise and Sport Nutrition
HPS 328 Kinesiology and Biomechanics
HPS 490 Physiology of Exercise

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

All students are required to take HPS 860, preferably in their first year in the program, to satisfy the Professional and Scholarly Integrity Training requirement.

**Required Specialty Courses**
- HPS 540 Coaching Principles
- HPS 541 Strength and Conditioning
- HPS 710 Body Composition and Weight Mgmt
- HPS 732 Pathophysiology of CVD & Intro to ECGs
- HPS 740 Exercise Endocrinology and Metabolism
- HPS 750 Workshop in Education
- HPS 762 Statistical Concepts in Human Performance Studies
- HPS 780 Physical Dimensions of Aging
- HPS 781 Cooperative Education & Work Based Learning
- HPS 790 Applied Exercise Physiology
- HPS 795 Physiological Basis of Athletic Performance
- HPS 797 Exercise in Health and Disease
- HPS 890 Special topics
- HPS 895 Applied Research

**Thesis Option (34 hours)**
Must complete:
- Core courses (12 hours)
- Four specialty courses (12 hours)
- Two elective courses (6 hours – approved by advisor)
- HPS 875 Thesis Research (2 hours)
- HPS 876 Thesis (2 hours)

**Non-Thesis Option - Internship (36 hours)**
Must complete:
- Core courses (12 hours)
- Four specialty courses (12 hours) including HPS 890 Special Topics
- Two elective courses (6 hours – approved by advisor)

- HPS 857 Internship (6 hours)
- Written comprehensive exam

**Non-Thesis Option (36 hours)**
Must complete:
- Core courses (12 hours)
- Six specialty courses (18 hours)
- Two elective courses (6 hours – approved by advisor)
- Written comprehensive exam

**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.

- **Heidi Bell**, PhD, CPT, Wichita State University. Clinical Educator.

**For More Information**
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