



WEST CHESTER UNIVERSITY OF PENNSYLVANIA

GRADUATE STUDIES FACT SHEET

M.S. IN EXERCISE AND SPORT PHYSIOLOGY

PROGRAM OF STUDY

The Department of Kinesiology within the College of Health Sciences offers graduate work leading to a master of science in exercise and sport physiology. This program is designed to enrich academic preparation for graduate work beyond the master's degree and to prepare students' knowledge, skills, and abilities for working in adult fitness, cardiac rehabilitation, and other clinical programs.

THE CURRICULUM

The M.S. in exercise and sport physiology is a science-based program of 33-40 credit hours depending on whether the student chooses the thesis or research report track. The program curriculum includes basic research preparation (KIN 600 Research Methods and a statistics course), advanced science-based courses (such as KIN 572 Advanced Motor Learning and KIN 585 Biomechanics), areas of specialization (internship and electives upon advisement), and research (thesis or research report).

Students are required to complete the following courses:

I. Degree core

- EXS 572 Advanced Motor Learning (3)
- EXS 585 Biomechanics (3)
- EXS 600 Research Methods in Health, Physical Education, and Recreation (3)
- EXS 698 Research I (3)
- EXS 699 Research II (3)
- Statistics course (STA 511 recommended)

II. Concentration core

- EXS 681 Advanced Exercise Physiology (3)
- EXS 687 Applied Muscular Physiology (3)

- EXS 688 Applied Cardiovascular Physiology (3)

III. Electives (6)

An additional six semester hours are required for the thesis track (KIN608/610)

- IV. Internship (may be required for students in research report track without comparable undergraduate or work experience)

KIN 611 and 612 Internship (6)

Students also may choose a 40-semester-hour concentration in athletic training.

BENEFITS OF THE PROGRAM

The master of science degree in exercise and sport physiology enriches academic preparation for working in adult fitness, cardiac rehabilitation, and other clinical programs, as well as other professional positions in education, government, and industry. It prepares students for professional certification examinations, such as those conferred by the American College of Sports Medicine and the National Strength and Conditioning Association.

FACULTY

The Department of Kinesiology and West Chester University embrace the teacher/scholar model of a university professor. All graduate-level courses are taught by faculty with doctorates. Faculty members involved in the graduate program have a record of publications and presentations focusing on their particular areas of research interest. Several of the graduate faculty are involved in service to the community and/or their profession. Students benefit from these associations by

1. expanded opportunities for internship experiences,

2. increased networking opportunities,
3. the ability to explore professional organizations and attend meetings, as well as
4. an enhanced base of experience for both the student and faculty member.

Areas of faculty expertise within the graduate program include the following:

- energy metabolism
- exercise prescription for special populations, e.g., cardiac rehabilitation
- psychological aspects of exercise
- biomechanics
- neuromuscular aspects of exercise
- exercise and physical activity in environmental extremes
- motor control/learning
- improving athletic performance
- fitness of adolescents and children

ADMISSION REQUIREMENTS

To be accepted as a fully matriculated student into the master's program, an applicant needs to meet the requirements for WCU graduate study. Specifically, a student must have a minimum 2.8 undergraduate GPA, a minimum 2.8 GPA in the major discipline, and a GRE score. An applicant must present a bachelor's degree in physical education or related field but may be accepted provisionally while taking the following prerequisites: human anatomy and physiology, exercise physiology, and kinesiology. A resume and two letters of recommendation are required. Students may apply online at www.wcupa.edu/grad/.

FOR MORE INFORMATION

Write: Office of Graduate Studies and Extended Education

LEARN MORE

McKelvie Hall
102 West Rosedale Avenue
West Chester University
West Chester, PA 19383

Call: 610-436-2943

Fax: 610-436-2763

E-mail: gradstudy@wcupa.edu

Web: www.wcupa.edu/grad

Visit: www.facebook.com/wcugrad

Or contact the department:

Write: Dr. S.A. Melton, Graduate
Coordinator and
Professor of Exercise Physiology
Department of Kinesiology
Sturzebecker Health Sciences
Center 210
West Chester University
West Chester, PA 19383

Call: 610-436-2146

Fax: 610-436-2860

E-mail: smelton@wcupa.edu

Web: [www.wcupa.edu/_academics/
healthsciences/kinesiology/](http://www.wcupa.edu/_academics/healthsciences/kinesiology/)

The Graduate Catalog is available online
at [www.wcupa.edu/_information/official.
documents/graduate.catalog/](http://www.wcupa.edu/_information/officialdocuments/graduate.catalog/).

ABOUT GRADUATE STUDIES

West Chester University offers high-quality graduate degrees in more than 70 disciplines or areas of study, as well as certificate and certification programs. The graduate studies program has grown remarkably since its introduction in 1960. West Chester University's program is the largest within the 14 institutions in the Pennsylvania State System of Higher Education enrolling more than 2,100 graduate students.

Programs can be taken on a part-time basis, and most of the graduate classes are scheduled during late afternoons and evenings for the benefit of in-service teachers and other employed persons.

ABOUT WEST CHESTER UNIVERSITY

A regional, public institution, West Chester University of Pennsylvania offers high-quality undergraduate and graduate degrees, as well as certification and certificate programs, in more than 100 subject areas. As the second largest member of the State System of Higher Education, West Chester offers a full and rewarding educational experience as well as reasonable tuition.

With a rich heritage dating back to the 19th century, West Chester University was

founded in 1871 as West Chester Normal School for the purpose of training teachers for the Commonwealth's newly established public schools. In 1960, West Chester State Teachers College expanded its programs to include liberal arts and graduate degrees and, as a result, dropped "Teachers" from its name. In 1983, West Chester State College became one of the 14 institutions in the State System of Higher Education. Along with its university status, the school acquired a new system of governance and the opportunity to expand its degree programs.

Today, more than 15,400 graduate and undergraduate students, as well as 1,500 faculty and staff, study and work on the 406-acre campus. Situated in the Borough of West Chester, the campus is a picturesque mix of Gothic, Victorian, and modern architecture with pleasant, tree-shaded walks.

Strategically located at the center of the mid-Atlantic corridor, West Chester University is just 25 miles west of Philadelphia and 17 miles north of Wilmington, Del. The campus is convenient to major cultural institutions, recreational activities, and commercial businesses, many of which provide internship opportunities for WCU's students.

