

Kinesiology — Exercise Physiology

Degrees Available at SIUE

- Master of Science in Kinesiology with a Specialization in Exercise Physiology

Exercise Physiology at SIUE

A master of science in kinesiology with a specialization in exercise physiology from the School of Education, Health and Human Behavior is offered as an adult evening program designed in accordance with the American College of Sports Medicine [ACSM] for certification as a certified clinical exercise physiologist. The curriculum in the Department of Applied Health is designed to prepare individuals for careers as exercise specialists directing cardiac preventive and rehabilitative programs, personal training, hospitals, and corporate wellness programs, positions in health and exercise science programs, or further study in graduate programs or allied health programs in medicine or physical/occupational therapy. Students are able to begin in the fall, spring or summer, and can complete all degree requirements in 12-22 months.

The exercise physiology program is accredited by the Committee on Accreditation for the Exercise Sciences. The exercise physiology (clinical concentration) program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and is one of only 12 programs nationally and the only program in Illinois to have earned this accreditation and acclaim. The American College of Sports Medicine endorses the exercise physiology program as matching the goals of the Clinical Exercise Physiologists level of certification.

Why Exercise Physiology?

Exercise physiology is a rapidly growing field with a focus on the treatment of healthy or unhealthy individuals using exercise, nutrition and behavior intervention. Exercise physiologists are responsible for the assessment, improvement, and maintenance of health and fitness; rehabilitation of cardiovascular and metabolic diseases/disabilities; and the professional guidance of athletes and others interested in sports training.

Career Opportunities

Career opportunities for individuals graduating with a degree in exercise physiology are numerous. The demand for exercise physiologists is outstanding and is expected to remain very strong due to the increasing emphasis on prevention of illness and with the use of exercise as a means of promoting good health.

Admission Requirements

- Graduate School application and \$40 fee
- Submission of all postsecondary academic transcripts
- Successful completion of a bachelor's prior to enrollment
- Successful completion (grade C or better) of one semester of an anatomy and physiology course
- Undergraduate grade point average (GPA) of at least 2.75 on a 4.0 scale
- Only courses in which the student earned a grade of "B" or better will be considered for transfer credit
- For international students, a minimum total internet-based TOEFL score of 100 is required to be considered for admission

Program application materials may be uploaded during the application process, but official transcripts must be sent directly from the school attended, and test scores must be verifiable with the appropriate testing service. Please contact the Graduate Admissions office with questions regarding the application submission process at graduateadmissions@siue.edu.

Admission may be granted to applicants who have a bachelor's and meet the aforementioned criteria, although any prerequisites necessary to study in a particular specialization are at the discretion of the program advisor.

Selection for admission is determined by the graduate faculty in the Department of Kinesiology and Health Education. The student's grade point average and course work content from previous professional preparation will be used to determine qualifications for entrance into the program.

Review the SIUE Admissions Policy for more information.



Faculty

Graduate Program Director
Brianne Guilford, PhD

University of Kansas Medical Center
bguilfo@siue.edu

Maria Fernandez-del-Valle, PhD
Universidad Europea de Madrid

Erik Kirk, PhD
University of Kansas

Bryan Smith, PhD
University of Missouri-Columbia

Benjamin Webb, PhD
Pennsylvania State University

Joshua Wooten, PhD
Texas Woman's University

Application Deadline

The deadline is approximately one month before the start of classes (definite dates are on the application).

Graduation Requirements

In the final semester, all non-thesis students will be required to take an exit exam, similar to the American College of Sports Medicine (ACSM) Exercise Physiologist Certification Exam. This exam will be taken from questions in the ACSM's Certification Review book and from test bank questions provided with ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. Students who elect to prepare a thesis must present an oral defense of the thesis.

Review the graduation policy for more information.

Curriculum

Near the completion of the program of study, each student is required to select either a non-thesis option or research thesis option. Students pursuing the non-thesis option must choose an internship for three credit hours. Students choosing to complete a thesis will work with their advisor to organize a committee of three faculty members to supervise, monitor and evaluate the thesis for three to six credit hours. All courses in the exercise physiology program are offered in an evening format.

Exercise Physiology Specialization (30 hours)

Core Courses (27 hours)

- (3) KIN 501 Behavioral Analysis of Exercise
- (3) KIN 509 Research Methods in Kinesiology
- (3) KIN 512 Advanced Exercise Physiology
- (3) KIN 514 Advanced Exercise Assessment and Prescription
- (3) KIN 516 Advanced Cardiovascular and Respiratory Physiology
- (3) KIN 517 Pathophysiology and Treatment of Obesity
- (3) KIN 518 Exercise Endocrinology
- (3) KIN 541 Advanced Human Nutrition and Metabolism
- (3) KIN 496 Advanced Concepts and Techniques in Strength and Conditioning OR KIN 513 Clinical Exercise Physiology (Choose one)

Capstone Experience

Students Must Complete One of Two Options (3 hours)

- Non-Thesis Option: KIN 555 Internship in Exercise Physiology (3) and comprehensive exit exam
- OR
- Thesis Option: KIN 599 Thesis (3)

Course Sequence

Students in the non-thesis option are able to begin in the fall, spring or summer and can complete all degree requirements in 12, 18 or 24 months. Students in the thesis option typically require two academic years to complete course curriculum.

Non-Thesis Option

The non-thesis option for the Master of Science in kinesiology with a specialization in exercise physiology is for students who are not interested in pursuing a doctorate. Through classroom learning, laboratory experience and true hands-on experience, the non-thesis exercise physiology program produces exceptional graduates who are well prepared for the professional work environment. The option provides course work and laboratory experience that prepares students for careers in adult fitness, hospital or corporate-based wellness programs, cardiac rehabilitation, strength and conditioning specialists, or professional careers (e.g., physical therapy, occupation therapy, dentistry, pharmacy, etc.)

Thesis Option

The thesis option for the Master of Science in kinesiology with a specialization in exercise physiology is intended to give exceptional students knowledge in basic medical and scientific areas to prepare them to pursue a doctoral degree in exercise physiology. It should be pursued only by students who have a serious commitment to the science of exercise physiology. Students focus on the study of the human body's responses and adaptations to physical activity. Students in the thesis option will typically take two academic years to complete the course work and research thesis. The student and faculty advisor will match thesis and coursework with the goals of the students to provide an exceptional learning experience.

Admission to a graduate program in kinesiology does not guarantee the opportunity to complete a thesis. In order to complete a thesis, students must do the following:

- Meet with the professor(s) with whom you would like to work to discuss your research interests
- Submit a letter of interest to the professor(s) with whom you would like to work. Include the following items in your letter of interest for consideration to the thesis program.
 - Explain your research interests and goals and how they match with the faculty member whom you plan to work with on your thesis project. Include your breadth and depth of research experience (we understand that it may be limited), your potential fit with the specified faculty's research agenda, and what potential benefits you plan to gain.
 - Provide examples of leadership potential and your ability to work with a diverse research team. Leadership and teamwork examples can be from academic, professional or community activities or employment.
 - What are your career or academic ambitions following the completion of your graduate degree? Include short- (two to three years) and long-term goals (five to six years).
 - As a student or faculty member, science and research will involve several moments of trial and error before achieving success. Provide an example of when you failed at something you were heavily invested in and how you dealt with and learned from your failure.
- Submit an example of your writing to the professor(s) with whom you would like to work.

Faculty will choose thesis students based on a combination of potential for success, a match in research interests between the faculty member and the student and availability of the faculty member.

Contact Information

Dr. Brianne Guilford
Program Director
Phone: 618-650-5678
Email: bguilfo@siue.edu