

Kinesiology — Exercise Physiology

Degrees Available at SIUE

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



Program Format

The program can be completed through a mix of traditional daytime courses and online courses.

Exercise Physiology at SIUE

A Master of Science in kinesiology with a specialization in exercise physiology 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 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 program was subsequently accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) in the summer of 2014 and is one of only five percent of programs nationally and the only program in Illinois to have earned this accreditation and acclaim. The program reports annual outcome data and is held to the high standards of the Committee on Accreditation for the Exercise Sciences (CoAES). For example, over the last three academic years, the exercise physiology program reported a 95% retention rate and a graduate placement rate of 94%. The ACSM endorses the exercise physiology program as matching the goals of the Clinical Exercise Physiologists level of certification.

Why Exercise Physiology?

A rapidly growing field, exercise physiology uses exercise, nutrition and behavior retention in the treatment of healthy or unhealthy individuals. 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.

What can I do with a degree in exercise physiology?

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 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 degree prior to enrollment
- Successful completion (grade C or better) of one semester of an anatomy and physiology course
- Undergraduate 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
- Accelerated Combined Degrees: Current SIUE undergraduate students may apply for the accelerated option to earn six-nine hours of graduate-level credit for courses taken during their senior year. The accelerated option does not apply to post-baccalaureate certificates.

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.



Faculty

Graduate Program Director
Erik Kirk, PhD
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Brianne Guilford, PhD
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Admission Requirements cont.

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 Applied Health. The student's GPA and coursework content from previous professional preparation will be used to determine qualifications for entrance into the program.

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 a National Certification Exam. For example, the American College of Sports Medicine (ACSM) Exercise Physiologist Certification Exam, ACSM Clinical Exercise Physiology Certification Exam, or the National Strength and Conditioning Association (NSCA) Strength and Conditioning Coach Certification Exam will fulfill this requirement. Students who elect to prepare a thesis must present an oral defense of the thesis.

Required Credit Hours/Tuition and Fees

- 30
- Visit siue.edu/graduate-tuition for detailed tuition 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 the 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 Exercise Psychology
- (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 519 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 national certification 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 the course curriculum.

Non-Thesis Option

The non-thesis option 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 coursework 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 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 coursework 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

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