

Applied Exercise Physiology: Thesis

Master of Science (MS)

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree is 4 semesters and is cohort-based.

2-Year Plan

First Year			
Fall Courses	Credits	Spring Courses	Credits
EXER500 Research Methods	3	EXER560 Exercise Nutrition & Supplements	3
EXER510 Instrumentation & Laboratory Techniques	3	EXER576 Exercise Physiology 2	3
EXER575 Exercise Physiology 1	3	EXER513 Current Issues in Sports & Exercise	3
Semester Total	9	Semester Total	9
Second Year			
Fall Courses	Credits	Spring Courses	Credits
EXER511 ECG Exercise Testing & Cardiac Rehabilitation	3	EXER553 Clinical Exercise Physiology	3
EXER551 Applied Biomechanics	3	EXER590 Thesis	6
EXER577 Exercise Program Design	3		
Semester Total	9	Semester Total	9

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Curriculum Checklist (36 credits)

- ___ EXER500 Research Methods (3)
- ___ EXER510 Instrumentation & Laboratory Techniques (3)
- ___ EXER511 ECG Exercise Testing & Cardiac Rehabilitation (3)
- ___ EXER513 Current Issues in Sports & Exercise (3)
- ___ EXER551 Applied Biomechanics (3)
- ___ EXER553 Clinical Exercise Physiology (3)
- ___ EXER560 Exercise Nutrition & Supplements (3)
- ___ EXER575 Exercise Physiology 1 (3)
- ___ EXER576 Exercise Physiology 2 (3)
- ___ EXER577 Exercise Program Design (3)
- ___ EXER590 Thesis (6)

Electives Checklist

- ___ EXER593 Independent Study (3)
- ___ EXER598 Practicum in Applied Exercise Physiology (3)
- ___ SPPP512 Sport Psychology for Performance Enhancement (3)

Degree Requirements

All students must complete 36 credits and complete all requirements for the major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum overall GPA of 3.0 is required.

Campus Locations

Bloomsburg Online; In-person; Blended

Lock Haven Online; In-person; Blended

Mansfield Online; In-person; Blended

Clearfield Online; In-person; Blended