

Master of Science in Exercise Physiology



As a master's degree-credentialed exercise physiologist, you'll have many pathways to join a growing field focused on learning how to improve health through fitness and nutrition.

As a graduate of the Master of Science in Exercise Physiology (MSEP) degree program at St. Ambrose University, you will be prepared to enter graduate studies for health professions such as physical therapy, well qualified for doctoral programs in exercise physiology, or ready to attain certification.

Conducting research is a big part of this program, making it very versatile for careers in rapidly changing and growing areas such as wearable technology, nutritional supplements and exercise equipment. Each of those areas requires understanding how the human body performs and responds in order to accurately guide a person toward a healthy lifestyle.

The program provides an excellent foundation to assess, plan and implement fitness programs designed to improve cardiorespiratory function, body composition, muscular strength, muscular endurance or flexibility.

If further education is your goal, an MSEP degree from St. Ambrose makes you well qualified for doctoral programs since your coursework will draw heavily from research-based knowledge.

Upon completion of the program, students may elect to take a variety of certification exams offered by the American College of Sports Medicine (ACSM) and National Strength and Conditioning Association (NSCA).

Career Opportunities

Exercise physiologists work in a variety of settings: research, education, nutrition and healthcare. Clinical positions—such as cardiac or pulmonary rehabilitation—are additional possibilities.

This versatile degree also makes careers possible in the public sector (pharmaceutical and medical device industries) and government agencies (public health, military, and CDC).

The Bureau of Labor Statistics reports that employment as an exercise physiologist is expected to grow 11% by 2024 with an annual average wage of \$49,740 (2015). Top paying industries that employ exercise physiologists include higher education (\$77,690); federal (\$69,730) and local (\$52,510) governments; individual and family services; and outpatient care centers.

Program Highlights

- > 12–15 month graduate program comprised of 35–39 credit hours, with optional thesis
- > Cohorts of up to 20 students begin every summer
- > SAU undergraduates can transfer up to six credits of 500-level coursework
- > Personalized attention from highly-qualified kinesiology professors
- > Research-focused curriculum with potential for clinical work
- > Part of the St. Ambrose University College of Health and Human Services which houses two of the top doctoral programs in the country, Physical Therapy and Occupational Therapy

Accreditation

St. Ambrose University is accredited by the Higher Learning Commission. Currently, there is no specialized accreditation for the Master of Science in Exercise Physiology.

Application Process

Apply online at www.sau.edu/ApplyOnline and select Graduate. Applications are due by Jan. 31 each year.

Admission Requirements

- > Bachelor of science degree in exercise science or science-based program from an accredited institution
- > Undergraduate GPA of at least 3.0
- > Two letters of reference
- > Prerequisites: At least 8 credits (including lab) undergraduate anatomy and physiology, 3–4 credits exercise physiology, and 4 credits physics

For Further Information

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The material presented here is for informational purposes and does not substitute for the catalog. Consult the official university catalog for complete program requirements.

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