

MASTER OF SCIENCE IN EXERCISE PHYSIOLOGY



About the Master of Science in Exercise Physiology

The focus on health has never been greater, sparking the growing need for professionals with deep knowledge of how exercise can prevent injury and disease.

No matter your goals, our MSEP program will prepare you for a career focused on improving health through fitness and nutrition.

Our graduates are prepared to work in clinical settings, research, education, nutrition, pharmaceuticals, public health or the medical device industry.

The MSEP program at St. Ambrose allows you to earn your degree in as few as 12 months, grow your knowledge and experience through research, be guided by faculty with diverse expertise, and apply your new skills in state-of-the-art labs.

PROGRAM HIGHLIGHTS

- > 12 to 15 month graduate program comprised of 33–36 credit hours, with optional thesis
- > Study abroad option available
- > Thesis/non-thesis option
- > Graduate assistantships available
- > Personalized attention from highly-qualified kinesiology professors
- > Research-focused curriculum with potential for clinical work

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 reference forms completed, at least one from a faculty member
- > Prerequisites: Anatomy and Physiology
- > Recommended: Physics and Exercise Physiology
- > GRE score (may be waived for some applicants)
- > Personal statement: a brief introduction of yourself and why you are pursuing this degree along with what has prepared you for the program

THESIS/NON-THESIS OPTION

Students will have the option to complete a thesis project or comprehensive examination as part of the requirements for program completion. The thesis project will include an oral and written proposal and defense. Those completing a thesis project will be required to take a total of 5 thesis credit hours over 2 semesters.



The SAU Difference

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).

REAL STUDENT OUTCOMES

At St. Ambrose, Jake Hirst learned physics and how to apply it to his research on biomechanics. He studied the neurophysiology of vision and applied that to developing a better batting eye at the plate. Another lesson he gained from his SAU professors: the importance of networking. After graduating with his MSEP in 2018, Jake Hirst was hired as a batting instructor with the New York Yankees. Learn more about Jake’s story at www.sau.edu/Jake-Hirst



"They really tailored each course to what you want to do and were able to help us all find something that is applicable to our future professions."

JAKE HIRST '18
Master of Science in Exercise Physiology
Minor League Hitting Coach
New York Yankees

SAMPLE 15-MONTH CURRICULUM

Summer One	
KIN 512 Sports Nutrition	3
KIN 600 Research Methods	3
KIN 602 Stats for Exercise Science	3
Total credits	9

Fall	
KIN 560 Spc Tpcs: Exercise Physiology	3
KIN 608 Exercise Biochemistry	3
KIN 625 Advanced Physiology	5
Total credits	11

Spring	
KIN 509 Exercise Pharmacology	3
KIN 510 Biomechanics	3
KIN 610 Seminar in Exercise Science	2
KIN 615 Advanced Exercise Physiology	3
KIN 620 (Thesis Option)	1
Total credits	11-12

Summer Two	
KIN 650 Comprehensive Exam OR	4
KIN 660 Master’s Thesis	4

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

FOR MORE INFORMATION

Master of Science in Exercise Physiology
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