COLLEGE OF HEALTH SCIENCES

DEGREE PROGRAMS

MASTER OF SCIENCE IN EXERCISE PHYSIOLOGY PROGRAM
MASTER OF SCIENCE IN EXERCISE PHYSIOLOGY PROGRAM

GENERAL PROGRAM INFORMATION

The Master of Science in Exercise Physiology degree is designed for those who possess a background in the discipline, are inquisitive, enthusiastic, and ready to jump in with both feet. By design and focus, this intensive program maintains the expectation that students will spend equal efforts in investigation of the didactic materials and clinical education experiences as we prepare to enter a career. The 36-credit hour program offers both thesis and non-thesis options, with area of emphasis in Performance Enhancement and Injury Prevention, or Exercise is Medicine.

Whether students complete the clinical education experiences here in Overland Park on the CUKC Campus or with a program preceptor, students will spend a great deal of time mastering the skills required to be successful in this allied health care discipline. Just as importantly, the advanced study strategy is well formatted for those wishing to seek employment or further their education.

On a full-time basis, the program is three trimesters in duration and delivered through three integrated components: remote style coursework, on-campus immersions and lab experiences, and clinical experiences. For most students, the program may be completed in two years or less, depending on the path chosen and the number of courses taken in each trimester.

MASTER OF SCIENCE IN EXERCISE PHYSIOLOGY STUDENT LEARNING OUTCOMES

1. The student will be able to predict and interpret the physiological responses to exercise and relate it to lifestyle choices, body composition, nutrition, and physical activity in direct application to physical fitness, overall health, performance, and conditioning.

2. The student will demonstrate the abilities and skills required to assess health status, determine behavioral readiness, and conduct physiological and fitness testing to determine needs for varying populations.

3. The student will appropriately design, modify, and apply the evidence-based principles, recommendations, and design in programming for exercise prescription based upon the needs of persons from diverse populations.

4. The student will be able to compose and articulate competent communication and interpersonal skills required in the instruction and guidance of programs at the level of a practicing professional.

5. The program accepts the charge to prepare competent entry-level Applied Exercise Physiologists in the cognitive (knowledge), psychomotor (skills), and affective (abilities) learning domains.
Master of Science in Exercise Physiology Curriculum:

**Required Coursework (36 Credits)**

**Required Courses (7 Credits)**

- Research and Evaluation
  - HEP 502 Research Methods in Health Sciences (3 Credits)
  - EXP 505 Exercise Psychology, Communication, and Education (2 Credits)
  - EXP 510 Exercise Testing and Prescription (2 Credits)

**Exercise Physiology and Human Motion (12 Credits)**

- EXP 510 Exercise Nutrition (2 Credits)
- EXP 515 Kinesiology and Human Motion (2 Credits)
- EXP 520 Physiology of Exercise (2 Credits)

- EXP 610 Advanced Exercise Nutrition (2 Credits)
- EXP 615 Advanced Kinesiology and Human Motion (2 Credits)
- EXP 620 Advanced Physiology of Exercise (2 Credits)

**Application and Distinction (5 credits)**

**Emphasis – Performance Enhancement and Injury Prevention**

- EXP 530 Corrective Exercise in Prescription and Rehabilitation (2 Credits)
- EXP 630 Corrective Exercise and Rehabilitation Program Design (3 Credits)
  or
- EXP 535 Current Topics in Enhanced Performance (2 Credits)
- EXP 635 Performance Enhancement Program Design (3 Credits)

**Emphasis – Exercise is Medicine**

- EXP 540 Exercise is Medicine (2 Credits)
- EXP 640 Exercise is Medicine Program Design (3 Credits)
  or
- HEP 530 Introduction to Epidemiology (3 Credits)
- ANA 514 Histology (4 Credits)
Clinical Education and Capstone Courses (12 Credits)
HEP 626 Laboratory and Field Experience (Repeatable 3 Credits)
HEP 628 Laboratory and Field Experience (3 Credits)
and
HEP 636 Independent Study in Health Sciences I (3 Credits)
HEP 638 Independent Study in Health Sciences II (3 Credits)
or
HEP 696 Thesis Research I (3 Credits)
HEP 698 Thesis Research II (3 Credits)

Students admitted to the MS Program will be advised by the Program Director and Graduate Faculty. After admission, matriculation, and enrollment, the MS student experience is organized around coursework, supervised Clinical Education Experiences and proficiency in skills, a required culminating field experience, and the required completion of a nationally recognized certification examination.

ADMISSIONS REQUIREMENTS
www.cleveland.edu/admissions/admission-requirements
COURSE DESCRIPTIONS

COURSE NUMBERING AND CLASSIFICATION SYSTEM

000-099  Preparatory courses (no credit allowed toward requirements for academic degrees)
100-299  Lower division courses (freshman and sophomore level)
300-499  Upper division courses (junior and senior level)
500-599  First graduate or professional year
600-699  Second graduate or professional year
700-799  Third professional year

BIOL  Biology  CLIN  Clinic
BUSI  Business  DIM  Diagnostic Imaging
CHEM  Chemistry  GED  General Diagnosis
ECON  Economics  MPH  Microbiology and Public Health
ENGL  English  NMS  Neuromusculoskeletal Diagnosis
EXSC  Exercise Science  PAT  Pathology
GEDU  General Education  PHY  Physiology
GSCI  General Science  PHT  Physiotherapy
HEP  Health Promotion  PRA  Chiropractic Practice
HIST  History  PRI  Principles of Chiropractic
HSCI  Health Science
MATH  Mathematics
OTHA  Occupational Therapy Assistant
PHYS  Physics
POLS  Political Science
PSYC  Psychology
RDTC  Radiologic Technology
SOCI  Sociology
SPCH  Speech
ACS  Associated Clinical Sciences
ANA  Anatomy
CHE  Chemistry

Cleveland University-Kansas City  Page 6  2021-2022
COURSE REQUIREMENTS AND DESCRIPTIONS
The curriculum outlined in the Catalog or other documents represents the academic programs as they were offered at the time the Catalog was issued. These programs are subject to change. Completion of courses, degree programs, or certificate programs does not constitute a guarantee of employment.

Specific questions relating to the curriculum should be directed to a Dean or Director of the degree program. Advance appointments may be required with these individuals.

The University reserves the right to limit the offering of any course based on faculty availability and/or enrollment.

COURSE PREREQUISITES
Students must successfully complete the prerequisites for a course with a minimum grade of “C,” prior to taking the associated course. Corequisites are taken prior to, or concurrent with, the corresponding corequisite course. Withdrawal from a corequisite course will result in an administrative withdrawal from the corresponding corequisite course.

COLLEGE OF HEALTH SCIENCES COURSE DESCRIPTIONS

MASTER OF SCIENCE IN EXERCISE PHYSIOLOGY COURSE DESCRIPTIONS

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<td>Research Methods in Health Sciences</td>
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<td>EXP 505</td>
<td>Exercise Psychology, Communication, and Education</td>
<td>2</td>
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<td>EXP 520</td>
<td>Physiology of Exercise</td>
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HEP 502 Research Methods in Health Sciences
Introduction to accessing and understanding professional health literature that includes reading and analyzing professional literature and research reporting, terminology, and statistics. Students apply basic research skills to prepare a research paper for publication in a professional journal.

EXP 505 Exercise Psychology, Communication, and Education
Involves in-depth study of theories of behavior change for clinical populations and the need for health education for specified populations. A further aim to develop professional skills in motivational interviewing and physical activity counseling, while preparing students to apply evidence-based intervention strategies.

EXP 510 Exercise Testing and Prescription
Study and application of evidence based safe and effective exercise testing and programming for people who are apparently healthy. Focus placed on the utilization of assessment information to build appropriate programs focused on established physical and behavioral needs. **Prerequisite**: EXP 505

EXP 520 Physiology of Exercise
Acute and chronic physiological adaptations to exercise stress. Topics include metabolic adaptations, skeletal muscle behavior, respiratory and cardiovascular function during exercise, body composition, and environmental factors related to physical activity.
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<td>EXP 620</td>
<td>Advanced Physiology of Exercise</td>
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<td>EXP 510</td>
<td>Exercise Nutrition</td>
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<td>EXP 610</td>
<td>Advanced Exercise and Sport Nutrition</td>
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<tr>
<td>EXP 515</td>
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**EXP 620  Advanced Physiology of Exercise**

Study of the physiological responses to exercise including the effects of advanced exercise training, extreme environments, hydration and fluid balance, cellular adaptations, and other current topics are addressed. Students are expected to have an established working knowledge of basic exercise physiology principles. – **Prerequisite: EXP 515**

**EXP 510  Exercise Nutrition**

Provides an integrated overview of the physiological requirements and functions macronutrients, micronutrients, and water that are determinants of health, performance, and diseases in varying populations.

**EXP 610  Advanced Exercise and Sport Nutrition**

Focus placed on the investigation, evaluation, and application of the foremost nutritional practices associated with evidence base as it relates to the demands of physical activity at all levels including competitive sports and the differing needs of special populations. Students are expected to have an established working knowledge of basic human nutrition principles. - **Prerequisite: EXP 520**

**EXP 515  Kinesiology and Human Motion**

Study of anatomical and mechanical aspects of human movement. Students analyze movements as a reflection of varying kinesiological principles and develop the skills required to apply these principles based on analysis.

**EXP 615  Advanced Kinesiology and Human Motion**

An integrated study of the neural, anatomical, physiological, and biomechanical mechanisms that support body motion. Special attention given to investigation of neuroscience emphasizing the control, sensation, and perception related to human motor control and movement, application to the control of balance and locomotion in development, aging, and learning of physical skills. Students are expected to have an established working knowledge of basic kinesiological and motor control principles. - **Prerequisite: EXP 525**

**EXP 530  Corrective Exercise in Prescription and Rehabilitation**

Examines corrective exercise theory related to the management of muscle imbalances and dysfunctions, and mechanical challenges. Students develop the skills necessary to apply techniques associated with the rationale for corrective exercise, further understanding of human movement impairment, movement assessments, and corrective strategies.

**EXP 630  Physiology of Exercise**

Develop the corrective exercise strategies to appropriately design the overall rehabilitation program model of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition management. Students develop the skills required for selection, instruction, and implementation of programs using corrective exercise techniques. - **Prerequisite: EXP 530**
EXP 535 Current Topics in Enhanced Performance 2 Credits
Students investigate and appraise the multi-faceted methods to contemporary athlete-centered activities using a case assessment approach; and consider varying competitive populations, discussion and analysis used to determine the appropriate programming for performance enhancement.

EXP 635 Performance Enhancement Program Design 3 Credits
Provides students with the appropriate environment to apply advanced principles in performance enhancement strategies to the overall program model of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition management. - Prerequisite: EXP 535

EXP 540 Exercise is Medicine 2 Credits
Prepares future practitioners to become frontline and upstream advocates for healthy lifestyle behaviors through the effective application of Lifestyle Medicine principles. Students learn how to effectively use evidence-based Lifestyle Medicine to prevent and treat non-communicable disease such as Parkinson’s disease, obesity, type 2 diabetes, hypertension, Alzheimer’s, and cardiovascular disease. - Prerequisite: EXP 505

EXP 640 Exercise is Medicine Program Design 3 Credits
Designed for students to develop and hone skills necessary for implementation of the Exercise is Medicine principles to the overall program model of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition management. - Prerequisite: EXP 540

HES 626 Field Experience 1 Credit – repeated for 3 Credits
Structured field experience where theory and practice are applied to prepare informed leaders in the field of health science. Prerequisites: Permission of Program Director or Dean of the College of Health Sciences

HES 628 Laboratory and Field Experience 3 Credits
Structured field experience where theory and practice are applied to prepare informed leaders in the field of health science. - Prerequisites: Permission of Program Director or Dean of the College of Health Sciences

HES 636 Independent Study in Health Sciences I 3 Credits
Student-initiated opportunity to study and research in a specialized health promotion area of interest.
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<td>HES 638</td>
<td>Independent Study in Health Sciences</td>
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Student-initiated opportunity to study and research in a specialized health promotion area of interest. **Prerequisite or Corequisite:** HES 636 Independent Study in Health Science I

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<td>Thesis Research I</td>
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Structured field experience where theory and practice are applied to prepare informed leaders in the field of health science. A quantitative research study in an area of health science is conducted, written up, and presented to Health Science students. **Prerequisites:** Permission of Program Director or Dean of the College of Health Sciences

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Structured field experience where theory and practice are applied to prepare informed leaders in the field of health science. A quantitative research study in an area of health science is conducted, written up, and presented to Health Science students. **Prerequisites:** Permission of Program Director or Dean of the College of Health Sciences, HES 696