

Master of Education - Clinical Exercise Physiology Option Specialization in Adult Fitness/Cardiac Rehabilitation

Program Description

The M.Ed. Clinical Exercise Physiology program is a professional program designed to provide advanced training in the scientific basis of preventive and clinical exercise physiology. The program prepares students for careers as a clinical exercise physiologist working with preventive and/or rehabilitative programs in hospitals, businesses, sports medicine clinics, YMCA's/YWCA's or other organizations. The program provides the academic preparation and skills needed to pursue certification by the American College of Sports Medicine as a Health/Fitness Instructor or Exercise Specialist. The American College of Sports Medicine has endorsed the curricula for the University of Georgia's Clinical Exercise Physiology graduate program. This curriculum covers the knowledge, skills, and abilities expected of an ACSM Exercise Specialist.

Faculty

Dr. Harry DuVal, director of the adult fitness and cardiac rehabilitation programs, is the primary advisor of students in the program. Other faculty in the Department of Exercise Science providing support for the program include: Dr. Kirk Cureton, Dr. Gary Dudley, Dr. Kevin McCully (exercise physiology); Dr. Elaine Cress (gerontology); Dr. Ted Baumgartner (measurement and research methods); Dr. Rod Dishman, Dr. Patrick O'Connor, Dr. Phil Tomporowski (exercise psychology); Dr. Kathy Simpson (biomechanics); and Dr. Michael Ferrara (sport medicine).

Admission

Admission to the program is based on the student's prior academic record, Graduate Record Exam (GRE) scores, recommendations, and prior experience. A limited number of students are selected on a competitive basis with minimum requirements of a GRE score (verbal plus quantitative) of 850, an undergraduate grade point average of 2.6 on a 4.0 scale and, in the case of foreign students, a score of 550 on the Test of English as a Foreign Language (TOEFL) exam. The average acceptance GRE is around 1000 with a GPA of 3.0 or higher. For students interested in an assistantship, admission applications should be submitted prior to February 1.

Prerequisites

Candidates for the M.Ed. degree are not required to have an undergraduate major or minor in Exercise Science, Physical Education, or a specific health-related area. However, it is recommended that course work in the biological sciences and chemistry be completed prior to starting the graduate program. Due to the prerequisites for certain graduate courses, a student entering the Clinical Exercise Physiology program without an exercise science background may be required to take additional undergraduate or graduate course work which will not apply toward the graduate degree, such as anatomy/physiology, exercise physiology, and biomechanics.

Program of Study

The program of study is developed by the student and major professor based on the student's background, interests and career goals. Thirty-six semester hours of course work is required, which can typically be completed in 1 to 2 years of full time graduate study. No thesis is required. All M.Ed.

students must have completed at least one course at the undergraduate or graduate level in biomechanics or measurement and evaluation prior to completion of the graduate degree program. The course work required is described below:

I. Required Courses (34-36 hours)

PHRM 8700	Advanced Therapeutics I (4)
VPHY 6090	Comparative Mammalian Physiology (3)
VPHY 6100	Comparative Mammalian Physiology (3)
EXRS 6300	Exercise Epidemiology (3)
EXRS 6310	Physical Fitness Programs (3)
EXRS 7150	Research Methods in Health and Human Performance (3)
EXRS 7330	Metabolic and Cardiorespiratory Aspects of Exercise (4)
EXRS 7340	Exercise Psychology (3)
EXRS 7310	Adult Fitness and Cardiac Rehabilitation (4)
EXRS 8300	Advanced Topics in Exercise Physiology (4)
EXRS 7800	Practicum in Exercise Science (0-2)

II. Elective Courses (0-2 hours from one or more of the areas listed below)

A. Exercise Science

EXRS 6320	Physical Activity for the Older Adult (3)
EXRS 6690	Exercise Physiology II (4)
EXRS 7350	Biomechanics of Motor Skills (3)
EXRS 7160	Advanced Measurement (3)
EXRS 7200	Sport Psychology (3)
EXRS 8340	Seminar in Exercise Psychology (1-3)
EXRS 8410	Neuromuscular Mechanisms in Exercise (3)
EXRS 8420	Oxygen Transport from Lung to Muscle During Exercise (3)

B. Medical Pharmacology

PHRM 6410	Pharmacology I (4)
PHRM 6470	Pathophysiology I (4)
PHRM 6480	Pathophysiology II (4)
PHRM 8420	Cardiovascular Pharmacology (3)
PHRM 8450	Coronary Heart Disease (3)
PHRM 8610	Social Behavioral Theory in Health Care (3)
PHRM 8620	Pharmacy Care Administration Seminar (1)
PHRM 8630	Health Care Systems (3)
PHRM 8660	Health Care Marketing (3)

C. Nutrition

FDNS 6050	Optimal Nutrition for the Life Span (3)
FDNS 6100	Micronutrient Nutrition (4)
FDNS 6510	Nutrition Related to the Human Life Cycle (3)
FDNS 6560	Nutrition and Aging (3)

FDNS 6530 Medical Nutrition Therapy (4)

D. Health Promotion

HPRB 7400 Worksite Health Promotion (3)
HPRB 7370 Social Marketing of Health: Theory and Process (3)
HPRB 7070 Planning and Evaluation of Health Promotion (3)
HPRB 7920 Health Behavior (3)
HPRB 6040 Use of Epidemiology Data in Health Promotion and Behavior (3)
HPRB 7170 Aging and Health (3)

Laboratory and Program Facilities

Opportunities exist for conducting laboratory research as well as for obtaining practical experience with an adult fitness/cardiac rehabilitation program. The Department of Exercise Science has well-equipped Aging and Physical Performance, Athletic Training, Biomechanics, Exercise Physiology, and Exercise Psychology Laboratories that are actively involved in research and a separate Fitness Center through which ongoing Adult Fitness, Cardiopulmonary Rehabilitation, and Fitness Evaluation Programs are offered to University faculty/ staff and the Athens community.

Assistantships

A limited number of assistantships are available on a competitive basis that require either working in the Fitness Center or one of the Exercise Science Laboratories, or teaching in the basic physical education program. University-wide assistantships and out-of-state tuition waivers are also available to highly qualified applicants.

For additional information on this program, contact Dr. Harry DuVal (706-542-4395) or e-mail hpduval@uga.edu. For more information on admission and assistantships, contact: Melinda Dalton, Department of Exercise Science, 115D Ramsey Student Center, 300 River Road, University of Georgia, Athens, GA 30602-6554, or e-mail mdalton@coe.uga.edu. You may also wish to refer to our web page at <http://www.coe.uga.edu/exs/>.

A completed application includes:

- Application form and fee sent to the Graduate School
- Official transcripts sent to the Graduate School
- Official report of GRE scores sent to the Graduate School
- Three letters of recommendation sent to the Department
- Department questionnaire including resume, statement of goals, interests, and previous experience sent to the Department