

Applied Exercise Physiology

Master of Science (MS)

This degree map is based on the 2025-26 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 will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester.

Sample 1-Year Plan Non-Thesis Option

First Year							
Fall Courses	Credits	Winter Courses	Credits	Spring Courses	Credits	Summer Courses	Credits
EXER 500 Research Methods	3	Elective	3	EXER 576 Advanced Exercise Physiology II	3	Elective	3
EXER 575 Advanced Exercise Physiology I	3			EXER 577 Advanced Exercise Program Design	3	EXER 598 Practicum in Exercise Science	6
Elective	3			EXER 560 Exercise Nutrition and Supplements	3		
Semester Total	(9)	Semester Total	(3)	Semester Total	(9)	Semester Total	(9)
						Total Credits	30

Sample 1-Year Plan Thesis Option

First Year							
Fall Courses	Credits	Winter Courses	Credits	Spring Courses	Credits	Summer Courses	Credits
EXER 500 Research Methods	3	Elective	3	EXER 576 Advanced Exercise Physiology II	3	Elective	3
EXER 575 Advanced Exercise Physiology I	3	EXER 590 Master's Thesis	3	EXER 577 Advanced Exercise Program Design	3	EXER 590 Master's Thesis	3
Elective	3			EXER 560 Exercise Nutrition and Supplements	3		
Semester Total	(9)	Semester Total	(6)	Semester Total	(9)	Semester Total	(6)
						Total Credits	30

MS in Applied Exercise Physiology

Curriculum Checklist

Required Courses (21 of credits)

- _____ EXER 500 Research Methods
- _____ EXER 560 Exercise Nutrition and Supplements
- _____ EXER 575 Advanced Exercise Physiology I
- _____ EXER 576 Advanced Exercise Physiology II
- _____ EXER 577 Advanced Exercise Program Design
- _____ EXER 598 Practicum in Exercise Science (6 credits) **OR**
_____ EXER 590 Master's Thesis (6 credits)

Electives (9 credits)

- _____ EXER 510 Instrumentation and Laboratory Techniques
- _____ EXER 511 ECG, Exercise Testing, and Cardiac Rehabilitation
- _____ EXER 513 Current Issues in Sports and Exercise
- _____ EXER 551 Mechanics of Human Movement
- _____ EXER 553 Clinical Exercise Physiology
- _____ EXER 593 Independent Study
- _____ EXER 598 Practicum in Exercise Science
- _____ SPPP 510 Foundations of Sport and Performance Psychology
- _____ SPPP 512 Sports Psychology for Performance Enhancement

Degree Requirements

This course map indicates full-time matriculation and a Fall semester start. However, the review of applications and acceptance into this program is on a rolling basis. A student can start in any semester and can choose a part-time option as well. An advisor will establish a course map for you if you decide to start in Spring/Summer semesters or decide to take a part-time option.

Students must complete all 30 credits and all course requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 3.0 is required to maintain enrollment in the program.)

Campus Locations

Bloomsburg ☒ Online; ☒ In-person; ☒ Blended

Lock Haven ☒ Online; ☐ In-person; ☐ Blended

Mansfield ☒ Online; ☐ In-person; ☐ Blended