



The University of Akron  
**College of Health Professions**  
School of Sport Science & Wellness Education

# Master of Science in Exercise Physiology/Adult Fitness

The Master of Science (M.S.) in Exercise Physiology/Adult Fitness prepares students for advanced study in exercise physiology and future employment in adult fitness, corporate fitness and cardiac rehabilitation programs.

Students learn to interact with both healthy populations and those affected by chronic diseases (such as CVD and diabetes). Students also work with patients in the areas of cardiac and pulmonary rehabilitation.

Special attention is given to knowledge and practical skills necessary for students preparing for American College Sports Medicine certifications (e.g., personal trainer, health/fitness instructor and exercise specialist).

## Human Performance Laboratory

The Exercise Physiology/Human Performance Laboratory is located in InfoCision Stadium-Summa Field and has equipment to measure metabolic responses during exercise, such as resting metabolic rate, pulmonary function, ECG, EMG, muscular strength and endurance, power output, body composition and flexibility.

## Visitation Days

If you are interested in pursuing the M.S. in Exercise Physiology/Adult Fitness at The University of Akron, we highly encourage you to attend a Visitation Day, where you will have the opportunity to obtain more information and meet with faculty members to address any specific questions you may have.

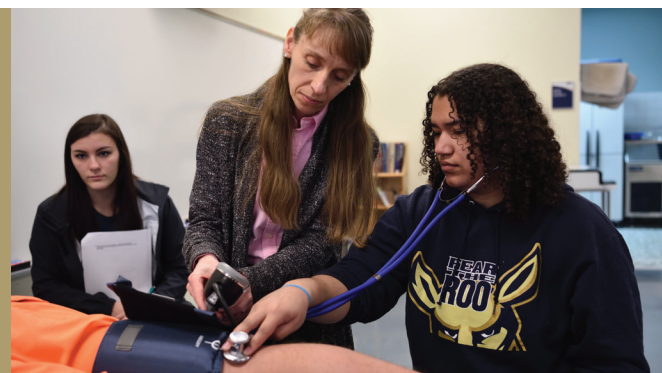
**"Two years after completing my master's degree at UA, I am now the lead coordinator in developing my own Cardiac Rehabilitation Program at Metro Health Hospital. Without the SSWE professors, curriculum and state-of-the-art equipment, I would not have the opportunities that are presented to me today."**

**- Melissa Gary**

B.S. in Exercise Science '10;

M.S. in Exercise Physiology '13

**For more information contact:**  
**Dr. Ronald Otterstetter, FACSM**  
InfoCision Stadium-Summa Field, 317  
ro5@uakron.edu  
330-972-7738



# Master of Science in Exercise Physiology /Adult Fitness (34 Credits)

## Required Foundation Courses (6 credits)

5100:640 Using Research to Inform Practice

3

5100:610 Introduction to Statistics in Human Services

3

## Required Department Courses (21-24 credits)

5550:600 Biomechanics Applied to Sports and Physical Activity

4

5550:518 Cardiorespiratory Function

3

3100:565 Advanced Cardiovascular Physiology

3

or

5550:615 Current Topics in Exercise Physiology

3

5550:605 Physiology of Muscular Activity and Exercise

3

5550:505 Advanced Strength and Conditioning

3

5550:620 Laboratory Instrumentation Techniques in Exercise Physiology

3

5550:526 Nutrition in Sports

3

## Required Clinical Experience (2 credits minimum)

5550:695 Masters Field Experience

or

5550:698 Masters Problem

or

5550:699 Masters Thesis Research

## Electives (3 credit minimum)

\*Select at least one course from the given list below

5550:522 Sports Planning and Promotion

3

5550:538 Cardiac Rehab Principles

3

5550:601 Sports Supervision and Administration

3

5550:609 Motivational Aspects of Physical Activity

3

5550:680 ST: General Medical Aspects

3

5550:680 Special Topics in Physical Education

3

FALL SPRING SUMMER

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\*\* All coursework should be planned with and approved by your advisor\*\*