

MASTER OF EDUCATION IN EXERCISE SCIENCE

INTRODUCTION

The M.Ed. in Exercise Science program provides students with a comprehensive understanding of the physiology of physical activity. Recent graduates are now working in cardiac rehabilitation units of regional hospitals, private fitness centers, hospital or workplace based wellness programs and other venues. In addition, a number of graduates are enrolled in Ph.D. programs in Exercise Science or are pursuing degrees in Physical Therapy.

PROGRAM DESCRIPTION

The program consists of 34 semester credits, including the core areas of technology, law, human development or aging and research methods. Students complete a specialization credits consisting of coursework in human physiology, training and conditioning, and nutrition. Students can also complete a practicum experience with a wide range of hospitals, agencies and fitness centers; the Cleveland area has numerous medical and health care facilities that serve as practicum sites and collaborate with our faculty.

The required capstone experience is selected from comprehensive exams, independent project or completing a thesis.

The Human Performance Laboratory contains state-of-the-art equipment used for student research projects, teaching and faculty-student research. Classes typically meet for three or four hours once a week in the evenings; average class size is 15-22 students. This class size allows for personal attention to students and their career interests; in addition, many of our graduates are working practitioners in northeast Ohio and often provide guest lectures, discuss job opportunities and serve as practicum supervisors.

RESEARCH

Program faculty have a range of research interests, including the treatment of cardiovascular disease, monitoring of rehabilitation patients and exercise and bone density in women. Program faculty often collaborate with professionals from area hospitals and research firms to pursue research

opportunities. In addition, graduate students in Exercise Science often work with our faculty/staff "Fitness for Life" wellness program and complete fitness testing with area adults and youth as a part of ongoing research/grant projects. Students wanting to gain research skills are encouraged to apply for a departmental Graduate Assistantship.

DEGREE REQUIREMENTS

Students must complete college core and specialization track courses while adhering to College/ University policies regarding GPA and successful progression towards the degree. Completion of a culminating experience is required to complete degree requirements.

For admission information contact:

Cleveland State University
Graduate Admissions Office
2258 Euclid Ave.
Cleveland OH 44115
216.687.5599
www.csuohio.edu/gradcollege

For program information contact:

Drs. Ken Sparks or Kathleen Little
Exercise Science Program
Department of Health,
Physical Education,
Recreation & Dance
Julka Hall JH 164
216.687.4870

