

GRADUATE STUDIES

WILLIAM PATERSON
UNIVERSITY

Will. Power.

MS in Exercise Physiology Online



**Flexible Program for Working Students:
Fully online with rolling admission; numerous start dates available!**

ADMISSION REQUIREMENTS

- Online application/ application fee
- Bachelor's degree in exercise science, human performance, kinesiology, physical education, or related field.
- Official academic transcript with GPA of at least 2.75 out of 4.0
- TOEFL may be required for non-native English speakers
- Name and contact information of two references (academic or professional)
- Upon admission, students must maintain a 3.0 GPA or better each semester

FOR MORE INFORMATION

Graduate Admissions
graduate@wpunj.edu

Professor Michael A. Figueroa
figueroam@wpunj.edu

APPLY ONLINE

wpunj.edu/grad-apply

Prepared for Professional Success

The fully online master of science in exercise physiology program meets the needs of individuals seeking career advancement or entry into careers in healthcare or fitness. This program combines real-world experiences with theoretical foundations that prepare students to become outstanding, ethical practitioners in various settings: clinical, sport specific, professional sports, community health and wellness, corporate fitness, sport and recreation, school-based athletics, and personal training.

Learning Outcomes

Students will gain the skills to perform fitness and cardiovascular stress tests; assess risk factors for patients/clients/athletes by measuring blood pressure, oxygen utilization, and heart rhythms; and develop and implement exercise prescriptions for the improvement of health and human performance.

An advanced degree in exercise physiology is especially valuable to current and future healthcare professionals who may be treating patients afflicted with the secondary consequences of the COVID-19 virus.

Courses Offered

Courses include: Physiology of Aging and Chronic Conditions; Applied Nutrition, Exercise, and Performance; Cardiovascular Physiology and Metabolic Diseases; Research Methods and Design; Neuromuscular Physiology.

For a full list of courses, visit:
wpunj.edu/kinesiology

The Course of Study

The master of science in exercise physiology is a 36-credit program with a full-time option that can be completed in 18 months, and a part-time option that can be completed in 24 months. Students are required to complete either an internship/fieldwork experience or a thesis. Fully online, the program is ideal for working professionals.

“As a graduate exercise physiology student, I was given opportunities to work with distinguished faculty in subjects such as biomechanics, sports nutrition, and neuromotor impairments. I enjoyed learning the proper application of these topics to fit the needs of individuals whose goals may range from healthy aging to increasing athletic performance. This program has helped shape me into a physiologist through conducting scholarly research and learning alongside like minded peers.”

Jeffrey Chimenti '23



On-Campus, In-Person Opportunities

- Online students are welcome to use all facilities on the William Paterson University campus, and are encouraged to meet with faculty in-person, one-on-one as wanted or needed.
- Students in the Department of Kinesiology have access to new state-of-the-art facilities on our campus that include a human performance lab, biomechanics lab, motor behavior lab, phlebotomy lab, and more.
- Those students who choose to complete a thesis may conduct associated research alongside faculty in kinesiology labs and other facilities on campus.



Examples of Past Internships/Clinical Experiences

Professional Sports Teams (including the New York Jets, New York Giants, New York Football Club (NYCFC), New York Islanders and New York Knicks) | **US Olympic Training Center** | **Cardiac Rehabilitation Centers** | **Chiropractic Offices** | **Strength and Conditioning Centers** (university and privately owned) | **Wellness Programs** | **Corporate Fitness Centers** | **Medical Fitness at Area Hospitals** | **High Schools** | **Orthopedic Practices** | **Surgical Centers** | **Physical Therapy** | **Special Populations Sites** (spinal cord injuries, special needs, older adults)

Financial Support for Graduate Study

Graduate Assistantship

Graduate assistantship opportunities are available to select students with outstanding credentials. The assistantships provide tuition waivers and a stipend. To learn more, contact the Graduate Admissions Office at **973.720.3641**.

Tutoring Work

The William Paterson University Writing Center provides one-on-one tutoring for members in the University community working on any kind of writing in any stage of development. The Center employs advanced writing students to provide these sessions with students. For more information, visit the Writing Center website: wpunj.edu/writing-center

Accomplished Faculty

The program's faculty are known leaders in the exercise physiology field, with strong track records in grant-funded research, industry and academic publications and presentations, and interdisciplinary collaborations locally, nationally, and internationally. Their academic specialties include:

aerobic conditioning | **caloric expenditure** | **flexibility** | **carbohydrate and fat oxidation rates** | **sport biomechanics** | **psychology of sport** | **motivational interviewing** | **exercise for special populations** | **human development** | **exercise prescriptions for high-risk individuals** | **training in reduced-gravity environments**

Faculty distinctions include:

- Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA)
- Registered Clinical Exercise Physiologist (RCEP) by the American College of Sports Medicine (ACSM)
- Certified Exercise Physiologist (EP-C) by ACSM
- Certified Nutritionist by International Sports Sciences Association (ISSA)
- Certificates and Licenses in: massage therapy, group fitness and aquatic exercise instruction, yoga instruction, health & wellbeing, coaching for triathlons and various collegiate sports

