

# Clinical Exercise Physiology, MS

NHCEPMS

Six out of 10 Americans live with a chronic disease. Propel your career forward by learning to work with patients to prevent, improve and manage chronic disease and improve their health through strategic movement.

## Program description

### Degree awarded: MS Clinical Exercise Physiology

In the MS program in clinical exercise physiology, students learn how to use primary and secondary prevention strategies to improve, maintain or abate declines in fitness and health in populations of various age groups.

Students learn to collaborate with medical professionals to guide exercise and rehabilitation programs for at-risk clients and those with chronic diseases. The program offers personalized mentorship and hands-on experience with expert faculty in research and clinical settings.

Students obtain the knowledge, clinical experience and skills needed to successfully complete the examination for the registered clinical exercise physiologist certification offered by the American College of Sports Medicine, <https://www.acsm.org/>.

This program is accredited through the Commission on Accreditation of Allied Health Education Programs endorsed by the American College of Sports Medicine, <https://www.caahep.org/>.

## At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)

## Accelerated program options

This program allows students to obtain both a bachelor's and master's degree in as little as five years. It is offered as an **accelerated bachelor's plus master's degree** with:

[Clinical Exercise Science, BS](#)

[Kinesiology, BS](#)

Acceptance to the graduate program requires a separate application. Students typically receive approval to pursue the accelerated master's during the junior year of their bachelor's degree program. Interested students can learn about eligibility requirements and [how to apply](#).

## **Degree requirements**

31 credit hours and a written comprehensive exam, or  
31 credit hours, a thesis and a written comprehensive exam

### **Required Core (21 credit hours)**

NTR 502 Statistics in Research (3)

EXW 535 Advanced Exercise Assessment and Prescription (3)

EXW 542 Health Promotion (3)

EXW 560 Cardiopulmonary Rehabilitation (3)

EXW 565 Cardiovascular and Pulmonary Physiology (3)

EXW 568 Management and Treatment of Chronic Disease for the Clinical Exercise Physiologist (3)

KIN 547 ECG Interpretation (3)

### **Seminar (1 credit hour)**

EXW 591 Seminar: Clinical Exercise Physiology (1)

### **Other Requirement (3 or 9 credit hours)**

EXW 500 Research Methods (3) or

EXW 515 Advanced Exercise Physiology (3) and EXW 584 Clinical Exercise Physiology Internship (6)

### **Culminating Experience (0 or 6 credit hours)**

written comprehensive exam (0) or

EXW 599 Thesis (6)

### **Additional Curriculum Information**

This program has a thesis option and a nonthesis option. Students in the thesis option must take EXW 500 Research Methods before EXW 599 Thesis. Students who select the nonthesis option must complete a clinical internship of six credit hours (EXW 584 Clinical Exercise Physiology Internship) and take EXW 515 Advanced Exercise Physiology.

All students must pass a written comprehensive exam. Thesis students must also pass an oral defense.

# Admission requirements

Applicants must fulfill the requirements of both the Graduate College and the College of Health Solutions.

Applicants are eligible to apply to the program if they have earned a bachelor's or master's degree in exercise science, exercise physiology, kinesiology or a closely related field from a regionally accredited institution.

Applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in the last 60 hours of their first bachelor's degree program, or applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in an applicable master's degree program.

All applicants must submit:

1. graduate admission application and application fee
2. official transcripts
3. resume or curriculum vitae
4. letter of intent
5. three references (academic or professional)
6. proof of English proficiency

## Additional Application Information

An applicant whose native language is not English must provide proof of English proficiency regardless of their current residency.

Applicants who do not have credit for basic courses from their undergraduate degree must complete the courses before beginning the application process or before beginning graduate coursework. The corresponding ASU course is in parentheses:

- Human Anatomy and Physiology with laboratories (BIO 201 and BIO 202)
- Physiological Foundations of Movement [Exercise Physiology] (KIN 340)
- Human Nutrition (NTR 241)
- Functional Anatomy and Kinesiology (KIN 334)
- Psychology (PSY 101)
- Statistics (STP 226 or similar)
- Exercise Testing with Laboratory (EXW 420)
- Exercise Prescription (EXW 425)

The letter of intent should be 600 words or less and address the applicant's area of professional or scholarly interest, career and professional goals, and relevant background, experience and training.

Contact information of three references is required. References will be contacted via email to respond to a series of questions about the applicant. At least two references must be academic (such as prior instructors) with at least one from the applicant's major. The third reference may be from an academic or related professional source.

## Tuition information

When it comes to paying for higher education, everyone's situation is different. Students can learn about [ASU tuition and financial aid](#) options to find out which will work best for them.

## Application deadlines

Fall

[expand](#)

## Program learning outcomes

Program learning outcomes identify what a student will learn or be able to do upon completion of their program. This program has the following program outcomes:

- Synthesize the current literature and guidelines on the epidemiology, pathophysiology, progression, risk factors, key clinical findings, and treatments of chronic diseases.
- Create exercise training interventions for patients with chronic disease.
- Analyze patient status changes through continuous monitoring of exercise interventions while incorporating behavior modification models that support active patient engagement.

## Career opportunities

Clinical exercise physiology, in which exercise is used to help clients manage or reduce their risk of chronic disease, is an exciting and growing profession in the health care realm. It has recently been organized on the national level and is now recognized by the federal government and defined as an occupation.

The American College of Sports Medicine is the national association that establishes guidelines and recommendations for exercise testing and prescription, and evaluation of research for both healthy populations and those with chronic disease. Graduates are prepared to sit for ACSM certification, the organization's most prestigious credential for clinical professionals.

This unique and vital profession will grow as certifications and licensures support the value of clinical exercise physiology. Career opportunities are available in:

- hospital-based clinical research facilities
- hospitals
- outpatient clinics
- physician offices
- university and research laboratories

## Professional licensure

ASU programs that may lead to professional licensure or certification are intended to prepare students for potential licensure or certification in Arizona. Completion of an ASU program may not meet educational requirements for licensure or certification in another state. For more information, students should visit the [ASU professional licensure](#) webpage.

## Contact information

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