

Facilities

The Department of Health, Physical Education and Recreation is housed in the Student Recreation Center, a \$32 million, state-of-the-art facility which includes a fitness center, swimming pool, racquetball and tennis courts, a climbing wall, and multi-purpose gymnasiums.

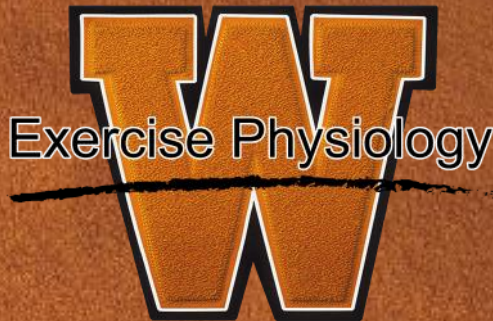


Human Performance Research Laboratory

The Exercise Physiology Program has a state-of-the-art laboratory that is utilized for both teaching and research. The laboratory includes equipment to perform fitness testing, clinical exercise tests, and biomechanical analyses.

The laboratory also has equipment to assess the impact of various environmental conditions on human performance and temperature regulation including the ability to measure temperature, skin blood flow, cardiovascular responses, sweating, metabolic rate, and various blood parameters.

Throughout the Exercise Physiology Program coursework, students will utilize the laboratory to gain hands-on experience in the various testing procedures used in exercise physiology.



WESTERN MICHIGAN UNIVERSITY

Contact Information:

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Exercise Science/Physiology

Web Site:

www.wmich.edu/hper-esp



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Master of Science in Exercise and Sports Medicine

Exercise Physiology Concentration



About the Program

The Master of Science in Exercise and Sports Medicine (Exercise Physiology Concentration) is a 36 credit hour program designed to provide the student with an advanced understanding of the physiological and functional adaptations to movement. The program integrates traditional lecture-based courses with hands-on laboratory experiences. One of the major strengths of the program is the combining of the practical application of exercise physiology with current research findings. Students may also individualize their program of study by choosing from a variety of elective courses offered within many departments across the University.

The Exercise Physiology Program has a thesis and non-thesis option. For the non-thesis option, students may choose to complete either an independent study or field experience (internship).

The Exercise Physiology Program prepares students for careers in:

- Health and fitness promotion
- Corporate wellness
- Cardiac rehabilitation
- Strength and conditioning

Graduates also pursue doctoral degrees in exercise physiology and biomechanics or other professional programs such as physical therapy and medicine.



Coursework

Course # Course Title (Credits)

Required Core Courses (6 credits):

HPER 6900 Research Procedures in HPER (3)
HPER 6920 Analytical Techniques in HPER (3)

Exercise Physiology Emphasis (18 credits):

HPER 6700 Exercise Physiology I (3)
HPER 6710 Exercise Physiology II (3)
HPER 6720 Laboratory Techniques in Exercise Science (3)
HPER 6730 Biomechanics (3)
HPER 6740 Advanced Principles of Exercise Testing and Prescription (3)
HPER 6760 Exercise Science Seminar (3)

Thesis Option (12 credits):

Electives Electives with Advisor Approval (6)
HPER 7000 Thesis (6)

Non-Thesis Option (12 credits):

Electives Electives with Advisor Approval (9)
HPER 7100 Independent Research (3)
HPER 7120 Professional Field Experience (3)

**Note: For the Non-Thesis option, the student must take HPER 7100 or HPER 7120, not both.*



Application Information

Exercise Physiology Program students begin their program in the fall semester only. Visit www.wmich.edu/hper-esp/graduate.htm for application dates, the application process, and a graduate assistant application.

Application Requirements:

1. A bachelor's degree in exercise science or a related science-based academic area.
2. GRE General Test scores
3. Three letters of recommendation
4. Resume/curriculum vita
5. Personal statement

Graduate Assistantships:

The Department of Health, Physical Education and Recreation offers graduate teaching assistantships. These positions offer a stipend and a partial tuition waiver (12 credits/academic year).

Faculty

The Exercise Physiology Program at Western Michigan University has dedicated faculty that have various areas of expertise within the field of exercise physiology. Faculty are involved in teaching and conducting research that is presented at the local, national and international levels.

Please visit www.wmich.edu/hper-esp for more information on our exercise science/physiology faculty members.