

M.S.ED. IN APPLIED PHYSIOLOGY

<https://kin.edu.miami.edu/graduate/masters/ap-msed/index.html>

Overview

This 30-credit program can be completed in one academic year. The program is designed to be flexible to allow students to tailor the curriculum to optimally align with their interests and career goals. All students complete 12 credits in the curriculum core and may select 18 credits from the electives. Career paths that align with national board exams in strength and conditioning, sports nutrition and clinical exercise physiology can be completed within the 30 credits including practical and clinical experiences.

Admission Requirements

This program accepts applications on a rolling basis for Spring, Summer, or Fall admissions.

- A B.A. or B.S. from an accredited institution is required.
- Undergraduate coursework in human anatomy, human physiology, and exercise physiology.
- Minimum 3.0 cumulative GPA
- TOEFL scores are required for international students whose native language is not English

Curriculum Requirements

Code	Title	Credit Hours
Required Core Courses (each course is 3 credits)		12
KIN 621	Advanced Systemic Exercise Physiology	
KIN 669	The Foundations of Exercise Programming	
KIN 677	Advanced Nutrition for Health and Fitness	
KIN 800	Supervised Practicum	
Electives (selected from the following 3 credit courses)		18
KIN 630	Cellular Exercise Physiology	
KIN 631	Laboratory Techniques in Functional Evaluation of Skeletal Muscle	
KIN 634	Integrative and Functional Nutrition	
KIN 636	Strength and Conditioning I	
KIN 637	Strength and Conditioning II	
KIN 638	Nutrition during the Lifecycle	
KIN 645	Therapeutic Lifestyle to Combat Chronic Disease	
KIN 646	Elite Conditioning I	
KIN 647	Elite Conditioning II	
KIN 650	Nutritional Biochemistry	
KIN 661	Facility Management	
KIN 662	Fitness Facility Management II	
KIN 670	Advanced Programming	
KIN 679	Principles of Exercise Prescription/Assessment: Cardiovascular	
KIN 686	Exercise Prescription/Assessment Laboratory	
KIN 690	Special Topics in Kinesiology and Sport Sciences	
KIN 698	Professional Training and Counseling for Integrative Health	
KIN 699	Advanced Programming for Endurance Athletes	
KIN 735	Methods in Biomechanical Analysis	
KIN 784	Energetics of Obesity and Weight Management	
KIN 785	Neurological Mechanisms of Weight Regulation	
KIN 799	Special Project	
Comprehensive Exam		
Total Credit Hours		30

Sample Plan of Study

Year One		Credit Hours
Fall		
KIN 621	Advanced Systemic Exercise Physiology	3
KIN 669	The Foundations of Exercise Programming	3
KIN 677	Advanced Nutrition for Health and Fitness	3
Elective		3
Elective		3
Credit Hours		15
Spring		
Elective		3
Elective		3
Elective		3
Elective		3
KIN 800	Supervised Practicum	3
Comprehensive Exam		0
Credit Hours		15
Total Credit Hours		30

Mission

The mission of the M.S.Ed. program in Applied Physiology is to provide students with advanced-level knowledge, skills and competencies in the applied sciences concomitant with practical and clinical experiences. Students will develop the specific capabilities to enhance human health and performance through applied nutrition, physical training, and clinical practice which are applicable to careers in health, fitness and sport.

Goals

The M.S.Ed. in Applied Physiology provides students with advanced-level knowledge, skills and competencies in the applied sciences which reflect the role delineation for clinical board exams and careers in applied nutrition, human performance and clinical practice in cardiac rehabilitation. Students will develop the knowledge and skills to successfully practice in the health, fitness and sport sectors as high level practitioners and administrators.

Student Learning Outcomes

- Students will develop the competencies to successfully sit for national certification in strength and conditioning or clinical exercise physiology.
- Students will be career-ready for jobs aligned with the selected path of applied physiology in either sports nutrition, strength and conditioning, fitness administration, or clinical practice in cardiovascular and metabolic disease management.
- Students will be highly capable of delivering and instructing effective programs for diverse population segments in health, fitness and sport sectors.