Specialization in Exercise Physiology (2021-2022)

**Specialization Overview**
This 30-credit hour specialization is designed to provide knowledge and skills to students in the area of exercise physiology. Students with such a professional background are prepared to assume various roles related to exercise physiology: research, teaching, and applied/practical/laboratory positions in hospitals, corporations, and health clubs. Applied exercise physiology and a human anatomy and physiology course are prerequisites for this specialization. In consultation with an adviser, the student selects either a thesis or non-thesis option.

<table>
<thead>
<tr>
<th>Semester Offered</th>
<th>Specialization Requirements</th>
<th>Course Grade</th>
<th>Semester Completed</th>
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</thead>
<tbody>
<tr>
<td><strong>Research Core (6 credits)</strong></td>
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<tr>
<td>Fall (both)</td>
<td>KNPE 552 - Methods of Research in KNPE</td>
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<tr>
<td>Spring (both)</td>
<td>KNPE 645 - Application of Stats in KNPE</td>
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<td><strong>Specialization Core (15 credits)</strong></td>
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<tr>
<td>Fall (both)</td>
<td>KNPE 515 - Advanced Lab Techniques in Ex Phys</td>
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<tr>
<td>Spring (both)</td>
<td>KNPE 560 - Cardiorespiratory Physiology</td>
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<tr>
<td>Fall (both)</td>
<td>KNPE 561 - Advanced Exercise Physiology</td>
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<tr>
<td>Fall (both)</td>
<td>KNPE 635 - Biomechanics</td>
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<td>Spring (both)</td>
<td>KNPE 652 - Exercise Bioenergetics</td>
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<td><strong>Select one of the following (3 credits)</strong></td>
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<tr>
<td>Fall (both)</td>
<td>KNPE 564 - Exercise is Medicine</td>
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<td>Spring (even)</td>
<td>KNPE 578 - Seminar in Motor Development</td>
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<tr>
<td>Fall (both)</td>
<td>KNPE 582 - Psychology of Sport and Exercise</td>
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<td>Summer (both)</td>
<td>KNPE 583 - Applied Sport Psychology</td>
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<td>Spring (even)</td>
<td>KNPE 584 - Psychosocial Aspects of Athletic Injury and Rehab</td>
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<td>Spring (odd)</td>
<td>KNPE 585 - Physical Activity, Health, &amp; Psychological Well-Being</td>
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<tr>
<td>Spring (both)</td>
<td>KNPE 586 - Sport in Society</td>
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<td>Fall (both)</td>
<td>KNPE 587 - Professional Preparation in SP&amp;E Psych Professions</td>
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<tr>
<td><strong>Non-Thesis Option or Thesis Option (6 credits)</strong></td>
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<tr>
<td><strong>Non-Thesis Option: Two additional approved courses</strong></td>
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<tr>
<td>Elective 1:</td>
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<tr>
<td>Elective 2:</td>
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<td><strong>Thesis Option: Consult with exercise physiology faculty</strong></td>
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<tr>
<td>Fall (second)</td>
<td>KNPE 699A - Master’s Thesis (3)</td>
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<tr>
<td>Spring (second)</td>
<td>KNPE 699A - Master’s Thesis (3)</td>
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August 2021
M.S. in Kinesiology and Physical Education  
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**Typical Sequence in Exercise Physiology**
The class sequence listed below are meant to be used as a guide. Flexibility and permutations will be allowed in consultation with and approval by the student’s faculty advisor, director of graduate studies, thesis committee, and/or department chair. Consult myNIU for information on electives and summer course offerings.

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**Non-Thesis Option**

**Fall Semester - Year 1**
- KNPE 515 - Lab Techniques in Ex Phys
- KNPE 552 - Research Methods
- KNPE 564 - Exercise is Medicine

**Spring Semester - Year 1**
- KNPE 560 - Cardiorespiratory Physiology
- KNPE 654 - Applied Statistics in KNPE
- Elective 1

**Fall Semester - Year 2**
- KNPE 561 - Advanced Exercise Phys
- KNPE 635 - Biomechanics

**Spring Semester - Year 2**
- KNPE 652 - Exercise Bioenergetics
- Elective 2

**Thesis Option**

**Fall Semester - Year 1**
- KNPE 515 - Lab Techniques in Ex Phys
- KNPE 552 - Research Methods
- KNPE 564 - Exercise is Medicine

**Spring Semester - Year 1**
- KNPE 560 - Cardiorespiratory Physiology
- KNPE 654 - Applied Statistics in KNPE

**Fall Semester - Year 2**
- KNPE 561 - Advanced Exercise Physiology
- KNPE 635 - Biomechanics
- KNPE 699A - Master’s Thesis (3)

**Spring Semester - Year 2**
- KNPE 652 - Exercise Bioenergetics
- KNPE 699A - Master’s Thesis (3)

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**Other Relevant Graduate Student Information**

**Graduate School Website**
https://www.niu.edu/grad/

**Graduate School Forms**
http://www.niu.edu/grad/resources/student-forms.shtml

**Graduate Catalog**
http://catalog.niu.edu/

**Graduation Application**
All students must apply to graduate
https://www.reg.niu.edu/registration-records/graduation/

**KNPE Graduate Student Resources**
https://www.cedu.niu.edu/knpe/resources/graduate.shtml

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**Contact Information**

Dr. Todd Gilson - Department Chair
tgilson@niu.edu

Dr. Steve Howell - Associate Chair
showell2@niu.edu

Jeanne Johnston - Graduate Secretary
jjohnston@niu.edu

General Questions - knpegrad@niu.edu

**KNPE Faculty Webpages**
https://www.cedu.niu.edu/knpe/about/faculty-and-instructors/index.shtml

August 2021