

**M.S. in Kinesiology and Physical Education
Specialization in Exercise Physiology (2024-2025)**

Name: _____

ZID: _____

Semester Started: _____

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.

Semester Offered	Specialization Requirements	Course Grade	Semester Completed
<u>Research Core (6 credits)</u>			
Fall	KNPE 552 - Methods of Research in KNPE	_____	_____
Spring	KNPE 645 - Application of Stats in KNPE	_____	_____
<u>Specialization Core (15 credits)</u>			
Fall	KNPE 515 - Advanced Lab Techniques in Ex Phys	_____	_____
Spring	KNPE 560 - Cardiorespiratory Physiology	_____	_____
Fall	KNPE 561 - Advanced Exercise Physiology	_____	_____
Fall	KNPE 635 - Biomechanics	_____	_____
Spring	KNPE 652 - Exercise Bioenergetics	_____	_____
<u>Select one of the following (3 credits)</u>			
Fall	KNPE 564 - Exercise is Medicine	_____	_____
Spring	KNPE 578 - Seminar in Motor Development	_____	_____
Fall	KNPE 582 - Psychology of Sport and Exercise	_____	_____
Summer	KNPE 583 - Applied Sport Psychology	_____	_____
Spring	KNPE 584 - Psychosocial Aspects of Athletic Injury and Rehab	_____	_____
Spring	KNPE 585 - Physical Activity, Health, & Psychological Well-Being	_____	_____
Spring	KNPE 586 - Sport in Society	_____	_____
Fall	KNPE 587 - Professional Preparation in SP&E Psych Professions	_____	_____
<u>Non-Thesis Option or Thesis Option (6 credits)</u>			
<i>Non-Thesis Option: Two additional approved courses</i>			
	Elective 1:	_____	_____
	Elective 2:	_____	_____
<i>Thesis Option: Consult with exercise physiology faculty</i>			
Fall (second)	KNPE 699A - Master's Thesis (3)	_____	_____
Spring (second)	KNPE 699A - Master's Thesis (3)	_____	_____

<https://www.niu.edu/grad/academics/certificates/index.shtml>

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Typical Sequence in Exercise Physiology

The class sequence listed below is 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](http://myniu.edu) for information on electives and summer course offerings.

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
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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)

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>

Contact Information

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Dr. Peter J Chomentowski 3rd

Director of Grad Studies

pchomentowski@niu.edu

General Questions - knpegrad@niu.edu

KNPE Faculty Webpages

<https://www.cedu.niu.edu/knpe/about/faculty-and-instructors/index.shtml>