

MASTER OF SCIENCE IN **EXERCISE SCIENCE (MS)**

Loyola's Master of Science in Exercise Science program will examine the mechanical, anatomical, and physiological basis of exercise, its role in the training and conditioning of high-performance athletes, and its use as a preventative measure for disease and improved quality of life. With state-of-the-art equipment and a partnership with LUC Athletics, we can ensure students will gain the hands-on experiences necessary for future success and professional growth.

PROGRAM STRUCTURE

Two pathways are available to obtain the MS in Exercise Science.

- You may be admitted after completing a BS in Exercise Science, or a degree from a related field with specific coursework completed.
- This pathway includes a combined BS/MS degree option, consistent with other BS/MS degree options currently in place at Loyola University Chicago. In this option, you may apply and be admitted to the program during your junior year. During your senior year of study, you will complete coursework that could be used to satisfy degree requirements for the BS in Exercise Science and the MS in Exercise Science.

The curriculum encompasses both foundational coursework and advanced specialty coursework. Laboratory and field experiences are integrated throughout the curriculum. In addition to classroom-based instruction and lab activities, all students complete a 200-hour internship. As a culminating experience of the MS degree in Exercise Science, all students complete a comprehensive examination.

EXPECTATIONS AFTER GRADUATION

Upon successful completion of the program, you will be able to:

- Prepare to obtain certification as a Registered Clinical Exercise Physiologist, or Clinical Exercise Physiologist through the American College of Sports Medicine; and/or certification as a Certified Strength and Conditioning Specialist or a Certified Special Population Specialist from the National Strength and Conditioning Association.
- Conduct comprehensive health and fitness assessments using theories and frameworks from relevant sciences.
- Apply scientific principles and evidence-based recommendations into the prescription, implementation, and evaluation of exercise and fitness programs.
- Create lifestyle modification and health promotion plans for individuals and groups.
- Incorporate effective communication and motivational strategies in support of clients in the adoption, performance, and maintenance of healthy lifestyle behaviors.
- Implement role behaviors consistent with the scope of practice in exercise sciences.
- Manage human, fiscal, and physical resources of health fitness facilities and programs.
- Engage in interprofessional, collaborative practice to promote the health and wellness of individuals, groups, and communities

RESOURCES

The MS in Exercise Science will be located at Loyola's Lakeshore Campus. In addition to the state-of-the-art equipment in both classroom and laboratory settings, you will benefit from an electrocardiogram, heart rate monitors, laboratory treadmills, cycle ergometers, Olympic lifting platforms, resistance training equipment portable metabolic carts, force plates, electromyography, and body composition devices.

FACULTY

Our faculty members are committed instructors and practicing leaders in their specialty fields, including clinical exercise physiology, physical therapy, strength and conditioning, sport performance, and biomechanics. They share knowledge, lessons learned and best practices with students. With experience and expertise across the health care field, faculty members serve as research advisors, role models and guides for future professionals.

PREREQUISITES

- A baccalaureate degree from an accredited institution with cumulative GPA of 2.75 or higher
- Successful completion (grade C or better) of one semester of an anatomy and physiology course
- The student's grade point average and course work content from previous professional preparation will be used to determine qualifications for entrance into the program. The GRE is not required.
- Official transcripts from all undergraduate and graduate institutions attended
- A letter of intent, or statement of purpose, describing why you wish to apply for the MS in Exercise Science degree and your future career plans
- Two letters of recommendation from professionals (supervisors, faculty, advisors, etc.) who are familiar with your work.
- These recommendations should be one page in length, detail the reasons why the recommender thinks you would be a good fit for your program of choice, and explain why (based on experiences with you) the recommender believes you will be successful in the Masters of Science in Exercise Science program.

LEARN MORE

APPLICATION REQUIREMENTS
AND DEADLINES

gpem.LUC.edu/apply

CONTACT INFORMATION

*For further information about
academic programs, or to
arrange a visit, please contact:*

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