

Power Through to Peak Performance in Your Career

Master of Science

Exercise Science and Health Promotion

100% Online

PennWest 
GLOBAL ONLINE SM

Faculty

Dr. Barry E. McGlumphy

Professor, Program Coordinator

mcglumphy@pennwest.edu

Dr. McGlumphy has worked with several NFL teams in an athletic training capacity. He is a member of the PA Athletic Training Hall of Fame.

Professor Wendy Batts

Assistant Professor

batts@pennwest.edu

Professor Batts has over 15 years of experience teaching Exercise Science related courses and serves as a NASM Regional Master Instructor teaching the Optimum Performance Training (OPT) Model for over two decades.

Dr. Jeffrey R. Hatton

Professor

hatton@pennwest.edu

Dr. Hatton has over 20 years' experience blending the fields of occupational therapy and exercise science together to provide a unique experience for students in his courses. Dr. Hatton is the Program Coordinator for the nationally acclaimed online bachelors degree in Exercise Science.

Dr. Brian Oddi

Assistant Professor

oddi@pennwest.edu

Dr. Oddi is on the Board of Directors for the National Association of Speed and Explosion. He has a PhD in Educational Leadership & Elearning and is an expert in online program delivery.

Dr. Ben Reuter

Associate Professor

reuter@pennwest.edu

Dr. Reuter is the Associate Editor-in-Chief for the Strength & Conditioning Journal and received the National Strength & Conditioning Association (NSCA) 2020 Sports Medicine/Rehabilitation Specialist of the Year Award.

Dr. Christine Romani-Ruby

Professor

romani-ruby@pennwest.edu

Dr. Romani-Ruby is an internationally renowned teacher and speaker integrating physical therapy and Pilates. She created the innovative YUR™ BACK program transitioning clients from physical therapy to whole body fitness programs.

Dr. Ellen West

Professor

west_e@pennwest.edu

Dr. West is an expert in educational leadership and sport psychology, with a specific focus on learning styles of online students. Dr. West has several years of experience as a collegiate level Athletic Trainer.

Dr. Thomas West

Professor

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Dr. West has nearly 20 years of Exercise Science related teaching experience at PennWest as both a prior Department Chair for Health Sciences and as Director of Graduate Athletic Training. He is a member of the PA Athletic Training Hall of Fame.

Through PennWest's M.S. in Exercise Science and Health Promotion program, you'll gain specialized skills and knowledge to help everyone from the weekend warrior to the elite athlete excel. And you'll develop your abilities as a leader and an entrepreneur.

Concentration Options

Tailor your degree to your interests and career goals by selecting a concentration area in:

- Advanced Golf Performance Training
- Applied Sport Science
- Group Fitness Leadership
- Nutrition
- Performance Enhancement and Injury Prevention
- Rehabilitation Science
- Sport Psychology
- Tactical Strength and Conditioning
- Wellness and Fitness
- Wellness Coaching

Or combine two areas of interest into one degree with our dual concentration options.

Online Excellence

PennWest's M.S. in Exercise Science and Health Promotion is the premiere academic program in the country for online education in fitness, health and wellness professionals.

Online classes allow you to fit coursework into your busy schedule, no matter where you are in the world — and to build a national network of classmates who are industry professionals.

Where This Degree Can Take You

PennWest graduates are leaders in fitness, athletics, health and wellness. Our alumni work for:

- Professional sports leagues, including the NBA, NFL, MLB, MLS and NHL
- More than 100 major sports teams, from the Boston Celtics to L.A. Rams
- Top fitness companies such as LA Fitness, 24 Hour Fitness and Golds Gym
- Leading hospitals and healthcare systems
- U.S. Military (in health and fitness)
- Many alumni start their own business after graduation

Partnerships that Benefit You

At PennWest, you'll have the opportunity to earn industry certifications, stackable credentials, course credits and tuition assistance from our academic partners:



Scholarship Opportunities

The National Academy of Sports Medicine (NASM) partners with PennWest annually to award full tuition to deserving and eligible applicants.

Find Your Focus

Flexibility is built into this program — from the online coursework that lets you study when and where it's convenient for you to the diverse menu of concentration options. And no matter what interests you most, you'll find an option at PennWest that fits you.

Advanced Golf Performance Training

Delve into swing biomechanics and fitness concepts relevant to amateur and professional golfers. This program prepares coaches and trainers to help clients improve their golf game and prevent injury.

Applied Sport Science

Discover new ways to help your clients achieve peak physical performance based on the latest research in movement, recovery and applied sport science. PennWest teamed with Fusionetics® to create this unique concentration.

Group Fitness Leadership

Learn advanced strategies in fitness leadership and master the concepts essential to becoming a top leader in group fitness and exercise. This master's degree concentration covers topics such as: class motivation, high intensity interval training (HIIT), group flexibility training, and more. Whether you're teaching cardio, weight training, barre, spinning, flexibility training or other fitness courses, you'll be prepared to motivate and support your clients every step of the way.

Nutrition

Explore advanced nutritional concepts. This concentration prepares you to create successful nutrition plans and offer coaching that leads to healthier behaviors as well as improved athletic performance and overall health and wellness.

Performance Enhancement and Injury Prevention

Design and implement comprehensive integrated functional performance and rehabilitation programs. This concentration prepares you for the National Academy of Sports Medicine exam for Performance Enhancement Specialist (PES) certification.

Rehabilitation Science

Connect with the latest research on musculoskeletal rehabilitation and biomechanical assessment — and design effective, corrective exercise programs for your clients. Coursework prepares you for the National Academy of Sports Medicine (NASM) exam to become a Certified Exercise Specialist (CES).

Sport Psychology

Study the psychological effects of sport injuries, rehabilitation and recovery as you also explore performance enhancement and intervention methods. This concentration examines the mental skills needed for peak athletic performance and competition — and prepares you to incorporate referrals into your practice.

Tactical Strength and Conditioning

Become a leader in the fast-growing area of fitness and strength training for military personnel, law enforcement, fire fighters and other first responders. PennWest is the first academic institution to implement the Tactical Strength and Conditioning concentration into the Exercise Science curriculum.

Wellness and Fitness

Design effective fitness training and wellness programs using NASM's Optimum Performance Training (OPT™) model. This concentration prepares you to take the NASM exam to earn accredited certification as a Certified Personal Trainer (CPT).

Wellness Coaching

Help clients develop the right mindset to make lasting lifestyle changes. Developed in partnership with Wellcoaches®, this concentration prepares you to earn the Health and Wellness Coach certification, endorsed by the American College of Sports Medicine (ACSM).

Curriculum

Credits

Most M.S. in Exercise Science and Health Promotion concentrations are **39 credits** and have a 15-credit certificate option. The Applied Sport Science concentration is **45 credits**.

Core Required Courses

The Exercise Science and Health Promotion program includes several core required courses that students in every concentration take:

- Orientation to Exercise Science and Health Promotion
- Essentials of Human Movement Science
- Nutrition for Peak Performance
- Exercise Physiology: Assessment and Exercise Prescription
- Exercise Science Research Theory
- Evaluating Exercise Science Research
- SAQ and Endurance Training
- Industrial, Clinical, and Corporate Wellness
- Business and Entrepreneurship in the Fitness Industry
- Leadership and Professional Development

Required Concentration Courses

Each concentration has course requirements that are specific to that area of specialization:

Advanced Golf Performance Training

- Golf Performance Training and Instruction ❖
- Performance Enhancement in Physical Activity ❖
- Golf Performance Program Design ❖
- Current Topics in Golf Performance, Fitness and Instruction

❖ Indicates the requirements for the Advanced Golf Performance Training Certificate.

Program Duration

The M.S. in Exercise Science and Health Promotion can be completed in as little as 12 months of full-time and 18 months of part-time study.

Start Terms

You can choose to start during any of the following six terms:

- January
- March
- July
- August
- October
- December

Dual Concentrations

Can't decide between two concentrations? Consider adding a second area of focus through the dual concentration option.

*Most dual Exercise Science and Health Promotion concentrations require just **48 credits** and can be completed in as little as 18 months.*

*Dual concentrations that include Applied Sport Science are **54 credits**.*



Curriculum

Applied Sport Science

- Advanced Techniques in Movement and Recovery
- Program Design for Optimizing Human Movement and Recovery
- Current Topics in Movement and Recovery Science
- Graduate Exercise Science Internship (6 credits)

Group Fitness Leadership

- Strength and HITT in Group Exercise
- Cardio and Flexibility in Group Exercise
- Key Concepts in Group Fitness Exercise

Nutrition

- Health Behavior Change In Nutrition Education ❖
- Applied Principles Of Human Nutrition ❖
- Nutrition Through The Lifecycle ❖

Performance Enhancement and Injury Prevention

- Performance Enhancement in Physical Activity ❖
- Performance Enhancement Program Design ❖
- Current Topics in Performance Enhancement ❖

Rehabilitation Science

- Corrective Exercise in Rehabilitation ❖
- Corrective Exercise Program Design ❖
- Current Topics in Rehabilitation ❖

❖ Indicates that the course is a requirement for the 9-credit certificate option in that specialization area.

Build a Competitive Advantage

Connect with the latest research and cutting-edge concepts, explore current topics and gain top industry-recognized credentials through PennWest's 100% online Exercise Science and Health Promotion master's program. Whether you are a seasoned fitness or health professional, a new college graduate, active military or a fitness enthusiast wanting to change careers, this degree will help you advance within the industry.



Sport Psychology

- Special Topics in Sport Psychology ❖
- Psychological Aspects of Sport Injury and Rehabilitation ❖
- Psychological Perspectives in Sport Performance Enhancement ❖

Tactical Strength and Conditioning

- Advanced Techniques in Tactical Strength and Conditioning
- Tactical Strength and Conditioning Program Design
- Current Topics in Tactical Strength and Conditioning

Wellness and Fitness

- An Integrated Approach to Fitness and Wellness ❖
- Program Design in Fitness and Wellness ❖
- Current Topics in Fitness and Wellness ❖

Wellness Coaching

- Health and Wellness Coaching Competencies ❖
- Health and Wellness Coaching — Facilities Change ❖
- Current Topics in Wellness Coaching ❖

Optional Electives

For all concentrations, optional elective courses are available to students seeking to develop a research project and/or fulfill an internship experience:

- Exercise Science Research Project (2 credits)
- Graduate Exercise Science Internship (1-12 credits)

These courses are in addition to required program credits.

Note: Curriculum is subject to change.

13% *Projected increase in demand for fitness trainers and aerobics instructors in the U.S. between 2018-2028*

Source: U.S. Bureau of Labor Statistics



Invest In Your Future

Exercise Science and Health Promotion	2022–23 Cost Per Credit	
	In-State	Out-of-State
Tuition	\$516	\$774
PASSHE Tuition Tech Fee	\$28	\$40
Academic Support Fee	\$81.60	\$122.10

Disclaimer: This is an estimate only. Costs vary depending on the choices you make, such as the academic program and number of credits taken per semester.

A student will be charged all on-campus fees in addition to any fees that are associated with their program of study if they are enrolled in one or more on-campus classes. Visit PennWest.edu for a complete list of on-campus fees.

Apply Now

Major Code: 0950

Next Steps

1. Complete the application at **online.pennwest.edu/apply**.
2. Send all required documents*:
 - Official Transcripts
3. Submit an application fee or waiver.
4. Keep an eye out for emails from the PennWest admissions team!

* Those with a cumulative GPA of 2.5 or below must also submit a resume and two professional letters of recommendation.

GPA Requirements

Regular admission into this master's program requires a minimum cumulative GPA of 3.0. However, applicants under this requirement may be considered for conditional admission and are encouraged to apply.

Application Deadline

Applications are accepted on a rolling basis.

Financial Aid

You may have access to financial aid options, including loans, scholarships, flexible payment plans, employer reimbursement and graduate assistantships.

Visit **online.pennwest.edu/tuition-and-aid** to discover financial aid opportunities available through PennWest.

Complete the FAFSA at **fafsa.gov** to ensure that you are able to claim loans and other financial aid you may be eligible for.

Connect with a Graduate Enrollment Coach Today!

Graduate and Online Admissions

PennWest University | Box 91
300 Dixon Hall | 250 University Avenue | California, PA 15419-1394
724-938-4187

For the most up-to-date admission requirements, please visit PennWest.edu.