



This one-year master's degree program in Clinical Exercise Physiology provides students with the opportunity to develop in-depth knowledge and hands-on experiences in preventive and rehabilitative practices for patients with cardiopulmonary, metabolic and musculoskeletal chronic diseases as well as healthy and low-risk populations. Students work as a part of a multidisciplinary health care team to develop exercise recommendations, administer diagnostic tests and provide guidance that promotes healthy lifestyles. The master's degree will also strengthen preparation for the American College of Sports Medicine (ACSM) Certified Clinical Exercise Physiologist examination. The program is small and personal, with access to state-of-the-art exercise equipment, body composition and metabolic assessment equipment, along with highly trained faculty.

EXCEPTIONAL LEARNING OPPORTUNITIES

- Program includes secured internship sites that provide more than 600 hours of hands-on, clinical experience working with a variety of patient populations.
- Rigorous classes strengthen preparation for the American College of Sports Medicine's Certified Clinical Exercise Physiologist examination, which focuses on cardiovascular and pulmonary rehabilitation.
- Small student cohorts allow for one-on-one faculty mentorship and training. The experiences undertaken in the program culminate in a portfolio that showcases students' knowledge and expertise in clinical exercise physiology.

Training Experiences

- Our students learn about chronic health conditions and diseases by working with adults who live with cardiovascular risk factors, individuals undergoing treatment for cancer and those who have suffered a stroke. Students master the skills needed in exercise and clinical settings, including assessment, exercise prescription, electrocardiography, exercise training and testing, patient education and disease management.
- Students intern at cardiac and pulmonary rehabilitation facilities, where they develop critical skills measuring and monitoring vitals and heart rhythms, performing intake consultations and supervising patient exercise to ensure safety, while upholding ACSM and American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) exercise guidelines.
- The exercise facilities at Science, Technology and Advanced Research (STAR) Campus provide an opportunity for students to gain experience on campus supervising individual and group aerobic exercise sessions for people with renal and Parkinson's diseases. Students also develop resistance and neuromotor/balance programs based on fitness and specific symptoms related to these chronic illnesses.
- Demand is growing for highly trained clinical exercise physiologist. Through our program, students learn how to conduct exercise counseling sessions that include personalized goal setting, exercise program development, body composition assessments, 12-lead electrocardiogram assessments, musculoskeletal endurance and flexibility testing, as well as graded exercise tests with and without metabolic gas analysis.

TO APPLY

For more information about graduate admission and to apply online, visit the Office of Graduate and Professional Education at www.udel.edu/gradoffice. Applicants must have a bachelor's degree.



ADMISSION DEADLINES

- **Priority Application Deadline: December 15th**
- **Final Application Deadline: May 1st**

CONTACT

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