



Lebanon Valley College offers three exercise science master programs (M.S.) to meet your career goals— Applied Kinesiology, Clinical Exercise Physiology, and Sport Performance.

APPLIED KINESIOLOGY

This master's track includes a **unique sequence of courses in applied kinesiology, including advanced biomechanics and biomechanics of sport, neuroscience, motor control and computerized movement analysis.** The Applied Kinesiology Track concludes with the completion of a thesis project or a 4- to 6-month internship in an industrial R&D setting. The thesis option enables students with research interests to pursue advanced study (Ph.D.) in applied kinesiology. In contrast, the internship option enables students to pursue positions requiring advanced technical proficiency (e.g., computerized data acquisition systems). Employment opportunities for applied kinesiology graduates include research positions in academic medical centers, R&D positions with sports equipment manufacturers (e.g., Nike, Adidas, PUMA), and engineering firms specializing in human-machine interaction.

CLINICAL EXERCISE PHYSIOLOGY

This master's track prepares graduates to **gain required certification (ACSM-CEP) for employment in cardiopulmonary rehabilitation or exercise for individuals with complex medical conditions (Medically Adapted Gym, MAG).** The focus of this track reflects the growing trend requiring advanced study (MS or above) in exercise science to work with patient and client populations in fitness, wellness, and rehabilitation programs. The Clinical Exercise Physiology Track concludes with a 600-hour internship embedded in established cardiopulmonary rehabilitation programs.

SPORT PERFORMANCE

This master's track prepares graduates to enter **advanced strength training opportunities at the collegiate and professional levels and with alternative athletes such as first responders.** Students must achieve Certified Strength and Conditioning Specialist (NSCA-CSCS) status before their second semester, which will promote advanced training in enhanced sport performance, strength coaching, and as fitness specialists. The Sport Performance Track concludes with a 600-hour internship with a certified strength and conditioning coach at the community, collegiate, or professional levels. Recent growth in the healthcare and fitness industries has created a deficit in qualified sport-performance professionals experienced to safely train the broad spectrum of fitness levels of today's population. This track prepares graduates to train clients of all ages and abilities.



Unlock the science of human performance with one of our master of science in exercise science degree programs, located in our new Arnold Health Professions Pavilion. You'll gain hands-on experience in technology-enhanced spaces such as the Lewis Human Performance Lab suite, which includes biomechanics and exercise physiology laboratories. These facilities offer students, educators, and healthcare professionals opportunities for advanced study of clinical exercise physiology, applied kinesiology, and sport performance.



WE'RE #1 FOR JOB PLACEMENT—AGAIN!

For the third consecutive year, career guidance site Zippia listed Lebanon Valley College as **#1 among all Pennsylvania colleges and universities (and #5 in the country)** in its listing of "The Best Colleges in Each State for Getting a Job 2020." **The placement rate for Lebanon Valley College is 95.63%.**

ADMISSION REQUIREMENTS

- Applicants must have a bachelor's degree from an accredited college or university.
- Applicants must have achieved a 2.8 grade-point average (GPA) on a four-point scale for the baccalaureate degree. Applicants with a GPA below 2.8 may be considered for a conditional acceptance pending the completion of 6 semester hours of graduate study with a 3.00 GPA or higher.
- An official transcript from each college, university, or professional school attended.
- A personal statement about how you will benefit from and contribute to the program. This statement must outline any applicable professional experience.
- Current résumé.
- Two recommendations.
- GRE scores are not required. However, applicants may elect to submit official GRE scores for consideration.
- Qualified applicants, based on a review of the above admission standards, may be invited for a personal interview. A final decision will be made after the interview.



NATIONAL RECOGNITION

U.S. News & World Report has ranked Lebanon Valley College on its list of **Best Regional Universities (North) every year for 15 years** (America's Best Colleges, 2020). We're also ranked by the Princeton Review (2021 "Best Colleges: Region by Region, Northeast" and "Guide to Green Colleges 2019), Money's "Best Colleges 2020," and Niche's 2021 "Best Colleges in America" (and, they gave us an "A" for Value).



The Arnold Pavilion was designed with **teaching research labs to facilitate faculty research in areas of human performance and support collaborative student-faculty research**. The labs are modeled on facilities found in academic research institutions, medical research labs, and research and development (R&D) facilities in the exercise-fitness industry.



CURRENT EXERCISE SCIENCE UNDERGRADUATES

Current LVC students completing the four-year exercise science curriculum (Professional/Graduate or Health and Wellness tracks) who want to **extend their knowledge base and skills in clinical applied kinesiology, exercise physiology, or sport performance** will be well served by the master's in exercise sciences programs.

Didactic coursework for our three master's tracks is designed to be completed in as few as 12 months or three semesters.

The Applied Kinesiology Track concludes with the completion of a thesis project or a 4–6 month internship in an industrial R&D setting. The Clinical Exercise Physiology and Sport Performance tracks conclude with a 600-hour internship embedded in established cardiopulmonary rehabilitation programs, or with a certified strength and conditioning coach at the community, collegiate, or professional levels. **Research and internships occur with highly qualified researchers and exercise professionals.**



LOCATION

LVC is in Annville, Pa., 15 minutes from Hershey, 30 minutes from Harrisburg, and within two to three hours of Baltimore, New York City, Philadelphia, and Washington, D.C.

EXPERIENCE LVC FOR YOURSELF

We offer numerous opportunities to tour our beautiful campus, meet your future faculty, observe classes, and interact with current students. Take our virtual tour or visit www.lvc.edu/visit to learn more. Please contact our Admission Office at 1-866-LVC-4ADM, 717-867-6181, or admission@lvc.edu if you have any questions.

Lebanon Valley College

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Have questions specific to Exercise Science?

Contact Donna Griffith, graduate admission counselor, at 717-867-6427 or dgriffit@lvc.edu, or Dr. Claudia Gazsi, chair of exercise science, at gazsi@lvc.edu.