

# Sport and Exercise Science: Exercise Physiology

## Master of Science



### Prepare to Take the Next Step

Build a broad, well-rounded foundation that prepares you for doctoral work or for careers in clinical exercise, cancer or cardiac rehabilitation, athletic performance, biomedical research or another specialty. Graduate students in Exercise Physiology work directly with faculty in clinical and laboratory settings to get hands-on experience. The size of our department provides a highly attentive faculty, so you can count on one-on-one academic guidance and career

mentoring. UNC also offers unique practical experience at the UNC Cancer Rehabilitation Institute (UNCCRI), an on-campus facility with a national reputation for cutting-edge applications in clinical exercise. The only U.S. facility of its type, the UNCCRI is a national leader in the field of cancer rehabilitation specifically, and clinical exercise more generally. Whether you are bound for a doctoral program or for the work force, you'll get excellent preparation for future success.

### Career Pathway

UNC's master of science in Sport and Exercise Science: Exercise Physiology will provide a foundation that prepares students to conduct biomedical research, work as a clinical exercise physiologist, train athletes, help other people achieve their fitness goals or transition into Ph.D. programs in exercise physiology or a related field.

Regardless of your career choice, our program offers students a comprehensive foundation in exercise physiology and a wide variety of practical experiences.

### Degree Options

Students have the option of completing this program by either conducting an independent research project as a thesis, or by passing a specified national certification exam in one of the following areas:

- Health Fitness
- Clinical Exercise
- Cancer Exercise
- Strength and Conditioning

### Program Details

- Greeley Campus Delivery
- Credits Required: 33
- Time to completion: Two years
- Classes Start: Fall and Spring semesters; fall enrollment is encouraged

## Related Programs

- Sport and Exercise Science: Biomechanics, M.S.
- Sport and Exercise Science: Social Psychology of Sport and Physical Activity, M.S.
- Sport and Exercise Science: Sport Administration, M.S.
- Sport and Exercise Science: Exercise Physiology, Ph.D.

## Cost and Value

Tuition rates are based on the 2021-22 Academic Year:

Colorado Resident Tuition: \$633 per credit hour plus fees.

Nonresident Tuition: \$1,185 per credit hour plus fees. You may qualify for CO resident tuition — see WRGP information at right.

UNC is regularly called out as a top value for both resident and nonresident students, and the university offers financial aid packages for qualified students. For more information, visit [UNCO.EDU/COSTS](https://unco.edu/costs).

## Faculty Spotlight

### David Hydock, Ph.D.

David Hydock's research focuses primarily on investigating the mechanisms behind cancer treatment side effects that contribute to fatigue and how exercise and nutritional interventions play a part in battling these negative side effects. He has received funding from the American Cancer Society to explore the effects of doxorubicin (a commonly used chemotherapy drug) on muscle force and fatigue and determine the role that endurance and resistance training play in protecting against this muscle dysfunction. The ultimate goal of the work being done in his laboratory is to minimize (and hopefully eliminate) the debilitating fatigue and reduced quality of life experienced by many cancer patients.



## What Students Say

“As a master's student in the Exercise Physiology program, I felt that I had the encouragement and support needed to transition from the level of thinking used during my undergraduate degree to a more critical thinking mindset. This transition helped me in the development of a thesis project using basic science research skills. In conjunction with the in-depth physiology courses required in the degree, I could take biology courses that reflected my research interests including cancer biology and mammalian physiology. Overall, the backbone of the program is the professors. They were willing to go out of their way to improve my learning experiences inside and outside of the classroom and each of them show different areas of expertise that allowed me to explore different areas of research.”

*-Alissa Mathias, current master's student in Exercise Physiology*

## Financing your Education

UNC offers a variety of financial support options, including:

- Colorado resident tuition for students from 15 western states is offered through the Western Regional Graduate Program. To see if you qualify visit [UNCO.EDU/GRADUATE-SCHOOL/FUNDING/WESTERN-REGIONAL-GRADUATE-PROGRAM.ASPX](https://unco.edu/graduate-school/funding/western-regional-graduate-program.aspx)

For more information contact Financial Aid at [UNCO.EDU/FINANCIAL-AID/](https://unco.edu/financial-aid/).

## Program Contact

David Hydock, Ph.D.  
[david.hydock@unco.edu](mailto:david.hydock@unco.edu)  
970-351-3053

Kayleen Allen  
Graduate Admissions Counselor  
[kayleen.allen@unco.edu](mailto:kayleen.allen@unco.edu)  
970-351-1711

## About UNC Graduate School

*The University of Northern Colorado, founded in 1889, is Colorado's right-sized doctoral research university, serving a diverse student body around the world. Given its size, program mix, and mission, UNC offers students the access and opportunities of a small college along with the nationally recognized programs, research funding and facilities that come with being a leading U.S. university. Students seeking preparation for a world (and workplace) full of opportunities and options, complexities and cultures, diversity and demands, will find faculty mentors and excited fellow students to engage with here at UNC.*