

## **Exercise Physiology Program Description**

The M.S. and Ph.D. exercise science specializations in Exercise Physiology are research programs designed for advanced study and research related to physiological responses and adaptations to acute and chronic physical activity. The M.S. degree program prepares individuals for doctoral-level graduate work and may lead to careers in allied health professions, adult fitness/health promotion, teaching, coaching and research. The Ph.D. degree prepares individuals for careers in teaching and research in universities, government, private industry, or allied health fields.

## **Faculty**

Dr. Jarrod Call, Dr. Ellen Evans, Dr. Nathan Jenkins, Dr. Kevin McCully, and Dr. Michael Schmidt are advisors for students in the program. Dr. Call is director of the [Skeletal Muscle Dysfunction Lab](#) with research interests in muscle physiology and biochemistry in response to exercise, disease, and injury. Dr. Evans is director of the [Center for Physical Activity and Health](#) and Body Composition and Metabolism Lab. Her research involves study of the effect of habitual physical activity and nutrition on body composition and health, and the effect of aging on women's health. Dr. Jenkins is director of the [Integrative Cardiovascular Physiology Lab](#). His research focuses on exercise-induced signals for vascular adaptations, with emphasis on prevention and treatment of cardiovascular diseases. Dr. McCully is director of the [Exercise Muscle Physiology Lab](#). His research is focused on using new non-invasive approaches to studying skeletal muscle metabolism, blood flow and oxygen utilization, including changes to muscle function and increasing physical activity in people with chronic illnesses and injuries. Dr. Schmidt is director of the [Physical Activity Measurement Lab](#). His research focuses on the prevention and health consequences of obesity and improving methods to measure physical activity in diverse populations.

## **Admission**

Admission to the program is competitive and based on the student's prior academic record and achievements, graduate record exam (GRE) scores, recommendations, and research interests. Applicants recommended for admission typically have undergraduate and graduate grade point averages above 3.0, verbal and quantitative GRE scores of 150 or higher, and a GRE writing test score of 4 or above. Foreign applicants should also have an overall score of 80 and at least 24 on the speaking and writing sections on the Internet Based Test of English as a Foreign Language (TOEFL) exam. Applications from minorities are strongly encouraged. Preference is given to students who have strong basic and exercise science backgrounds and who have research interests compatible with one of the faculty advisors. Corresponding with potential faculty advisors prior to application is encouraged. Students not accepted into the M.S. program may qualify for admission into the M.S.-non thesis specializations in Clinical Exercise Physiology or Strength, Conditioning and Fitness. Applications for admission and assistantships should be completed before January 10.

## **Prerequisites**

Students are expected to have an undergraduate or master's degree in exercise science, biological science, public health or an appropriate related field. Under most circumstances a Ph.D. applicant will

have completed a master's degree and thesis or equivalent before being admitted, although a strong applicant can be admitted with a bachelor's degree.

### **Program of Study**

**M.S. degree.** The program of study is developed by the student and major professor based on the student's backgrounds, interests, and career goals. Requirements for the degree include completion of 24 semester hours of course work and a thesis. Course work must include at least 12 semester hours, exclusive of independent study, in the Kinesiology Department including two courses in exercise physiology, a course in research methods (KINS 7150), and a course in inferential statistics (ERSH 8310 or equivalent). Completion of the program typically requires two years.

**Ph.D. degree.** The program of study is developed by the student and an advisory committee based on the student's background, interests, and career goals. A minimum of 30 semester hours of course work is required. The program is designed to provide in-depth knowledge in the area of specialization and proficiency in designing and conducting research. Students are expected to be involved in research throughout their Ph.D. program. The program requires approximately three to four years for those who have previously completed a master's degree.

Course work required of all Ph.D. candidates in the Kinesiology Department includes: 4 hours of research seminar (KINS 8990), including a 1-hour 8990 seminar for new doctoral students, statistics (ERSH 8310 and 8320 or equivalent), and a minimum of 3 hours of doctoral dissertation (KINS 9300). Students who receive a teaching or laboratory assistantship must take GRSC 7770, a seminar in University teaching. Courses taken as part of the master's degree can be used to fulfill requirements.

Courses commonly taken in addition to those listed above are typically selected from:

KINS 6630 Exercise Physiology  
KINS 6220 Nutrition in Physical Activity, Exercise and Sport  
KINS 6300 Exercise Epidemiology  
KINS 6310 Exercise Prescription for Special Populations  
KINS 6320 Physical Activity and Aging  
KINS 6600 Measurement and Surveillance of Physical Activity  
KINS 6690 Neuromuscular Exercise Physiology  
KINS 6700 Weight Management Coaching  
KINS 7000 Master's Research  
KINS 7140 Current Problems in Exercise Science  
KINS 7310 Clinical Exercise Physiology  
KINS 7330 Metabolic and Cardiorespiratory Aspects of Exercise  
KINS 7600 Public Health Physical Activity and Nutrition Interventions  
KINS 8200 Meta-Analysis in Kinesiology  
KINS 8300 Exercise, Obesity and Cardiometabolic Disorders  
KINS 8230 Advanced Nutrition in Physical Activity, Exercise and Sport  
KINS 8340 Seminar in Exercise Psychology (Grant Proposal Writing)  
KINS 8410 Neuromuscular Mechanisms in Exercise  
KINS 8420 Muscle Energetics and Oxygen Transport During Exercise

KINS 8990 Research Seminar in Kinesiology  
KINS 9000 Doctoral Research  
KINS 9630 Directed Reading in Kinesiology  
Other classes in biology, physiology, public health, and statistics

Descriptions of these courses may be found in the [UGA Bulletin](#).

### **Laboratory Facilities**

The Department of Kinesiology has well-equipped Body Composition and Metabolism, [Exercise Muscle Physiology](#), [Integrative Cardiovascular Physiology](#), [Physical Activity Measurement](#), and [Skeletal Muscle Dysfunction](#) laboratories that are actively involved in exercise physiology research. A separate [Center for Physical Activity and Health](#) offers supervised exercise programs for healthy and chronically-diseased adults and conducts interdisciplinary translational research, education and outreach activities related to physical activity to sustain or enhance health across the lifespan.

### **Assistantships**

Research and teaching assistantships are available on a competitive basis that require working in the Exercise Physiology Laboratories (teaching and/or research), Center for Physical Activity and Health (fitness programs), or teaching in the Basic Physical Education Program. Graduate School research assistantships and out-of-state tuition waivers are also available to highly qualified applicants.

For additional information on this program contact:

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[MS Application Procedures](#)  
[PhD Application Procedures](#)