

**IUP Graduate Handbook**

***M.S. in Exercise Science***

***M.S. in Strength and Conditioning***

Department of Allied and Public Health

Handbook Updated 2025

M.S. in Sport Science

Department of Allied and Public Health

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# Introduction

Welcome to the M.S. Sport Science Program! We are delighted that you have decided to join us. Students can choose from two discipline-specific concentrations: Exercise Science and Stength and Conditioning. Based upon their selected program of study students are prepared for a variety of competitive employment opportunities as clinicians, finess specialists, and strength and conditioning professionals. Graduation from this program will provide students with the necessary preparation for certification from organizations including the American College of Sports Medicine, the National Strength and Conditioning Association, and the National Academy of Sports Medicine. Additionally, students have the option of completing a thesis.

## Indiana University of Pennsylvania

Founded in 1875, IUP is a vibrant, comprehensive, research-based, teaching-focused, student-centered learning community.

IUP combines the academic opportunities of a large university with the highly personalized and intimate learning-centered environment of a small college.

Almost 13,000 undergraduate and graduate students are enrolled in our accredited and nationally recognized programs, enjoying traditional and nontraditional classroom experiences, engaging in research and service activities with their faculty mentors, becoming lifelong learners, preparing for rewarding careers and productive lives, and developing leadership skills for effective citizenship.

## IUP’s Civility Statement

As a university of different peoples and perspectives, IUP aspires to promote the growth of all people in their academic, professional, social, and personal lives. Students, faculty, and staff join together to create a community where people exchange ideas, listen to one another with consideration and respect, and are committed to fostering civility through university structures, policies, and procedures. We, as members of the university, strive to achieve the following individual commitments:

**To strengthen the university for academic success**, I will act honestly, take responsibility for my behavior and continuous learning, and respect the freedom of others to express their views.

**To foster an environment for personal growth**, I will honor and take care of my body, mind, and character. I will be helpful to others and respect their rights. I will discourage intolerance, hatred, and injustice, and promote constructive resolution of conflict.

**To contribute to the future**, I will strive for the betterment of the community, myself, my university, the nation, and the world.

## Affirmative Action

[Affirmative Action](https://catalog.iup.edu/content.php?catoid=15&navoid=1865)

## Title IX Reporting Requirements

[Title IX Reporting](https://catalog.iup.edu/content.php?catoid=15&navoid=1873)

## Student Conduct and Student Rights

[Community Standards Policy and Procedures](https://catalog.iup.edu/content.php?catoid=15&navoid=1970)

[Student Rights and Responsibilities](https://catalog.iup.edu/content.php?catoid=15&navoid=1923)

[Students Rights under the Family Educational Rights and Privacy Act (FERPA)](https://catalog.iup.edu/content.php?catoid=15&navoid=1867)

# MS Sport Science Program in the Department of Allied and Public Health

The M.S. Sport Science degree is designed to meet the needs of the students with interest in sport, health, fitness and strength and conditioning professions. The program is discipline-specific with provision for students to choose from two concentrations: Exercise Science and Strength and Conditioning. Based upon their selected program of study students are prepared for a variety of competitive employment opportunities as clinicians, finess specialists, and strength and conditioning professionals. Students will be able to obtain employment in a variety of settings: including professional, college/amatteur athletics, allied health, corporate fitness, community health and recreation programs, hospital/medical-based exercise programs. Additionally, employment can be found in strength and conditioning facilities working with a variety of athletes as well as tactical personnel such as police, firefighters, EMTs, and military. Curriculum requirements are specific to each program of study and include opportunities for student- centered learning and “hands-on” practical experiences. Students learn and apply their skills using up-to- date technology in the classroom, laboratory and field settings. Classes are taught by outstanding faculty members who are active in research and service to their academic disciplines and who are committed to student professional development.

## Mission Statement and Program Objectives

The M.S. Sport Science Program is designed to:

* Prepare students for a variety of competitive employment opportunities as clinicians, finess specialists, and strength and conditioning professionals.
* Prepare students to pursue certifications from organizations such as:
  + American College of Sports Medicine (ACSM)
  + National Strength and Conditioning Association (NSCA)
  + National Academy of Sports Medicine (NASM)
* Provide students with scholarship/service opportunities to enhance academic programming.
* Prepare students to pursue a doctoral degree if they want to continue formal education in the field.

## Program Coordinator

**Dr. Mark Sloniger**

* Strength and Conditioning Graduate Coordinator and Professor
* Allied and Public Health
* 724-357-4440
* [sloniger@iup.edu](mailto:sloniger@iup.edu)

Degrees

● Ph.D., Exercise Science, University of Georgia

* M.S., Exercise Science, University of Georgia

Interest Areas

● Strength and Conditioning

● Exercise Physiology

● Physical Activity and Aging

● Biomechanics

# 

# Admission

* To be admitted to the Master of Sport Science program, students must meet the following criteria:
* Have earned a bachelor’s degree from regionally accredited college or university
* Degree in Exercise Science or Strength and Conditioning (other Allied Health related degress will also be considered)
* Have a minimum undergraduate GPA of 2.6 (on a 4.0 scale)
* Submission of two Letters of Recommendation
* Submission of Goal Statement
* Submission of Official Academic Transcripts
* Submission of completed Graduate Admissions Application
* For more information regarding International Graduate Application Requirements, visit https://www.iup.edu/admissions/international/graduate-student-requirements/index.html

# Financial Assistance

## Graduate Assistantships

* Graduate assistantships at IUP are selectively awarded to highly qualified graduate students. A graduate assistant (GA) is a student employee supported by funds in the form of a stipend and tuition dollars. As the name suggests, a graduate assistant is a graduate student who works at the university in a support role. Graduate assistants, or GAs, are employed throughout the university, working in academic departments and administrative offices throughout campus. Many GAs work in the department in which they are studying to earn their master’s or doctoral degree. However, you may also assume responsibilities in Admissions, Student Affairs, Housing, and many other areas that help IUP function on a daily basis. Graduate assistantships are available for students enrolled part-time and full-time. Graduate assistants may be offered a position at 8 hours, 10 hours, or 20 hours per week during the academic term and may be awarded for one term (fall or spring) or two terms (fall and spring). All graduate assistants receive a stipend and tuition dollars.
* As the name suggests, a graduate assistant is a graduate student who works at the university in a support role. Graduate assistants, or GAs, are employed throughout the university, working in academic departments and administrative offices throughout campus. Many GAs work in the department in which they are studying to earn their master’s or doctoral degree. However, you may also assume responsibilities in Admissions, Student Affairs, Housing, and many other areas that help IUP function on a daily basis. Graduate assistantships are available for students enrolled part-time and full-time. Graduate assistants may be offered a position at 8 hours, 10 hours, or 20 hours per week during the academic term and may be awarded for one term (fall or spring) or two terms (fall and spring). All graduate assistants receive a stipend and tuition dollars.
* <https://www.iup.edu/admissions/graduate/financialaid/index.html>
* Office of Financial Aid: [www.iup.edu/financialaid/](http://www.iup.edu/financialaid/)

# Academic Advisement

The faculty members are here to help you, especially your graduate coordinator. You can expect assistance in making timely progress towards your degree. Your graduate coordinator (or major advisor identified in your admission letter) will communicate regularly with you and will provide you with intellectual guidance and support for your scholarly efforts. Your advisor will also assist you in participating in scholarly and professional experiences that will add depth and breadth to your skills. Your graduate coordinator will provide you with accurate and timely information about academic requirements and academic evaluation. The faculty should tell you about the availability of courses you wish to take and the program of study requirements. There should be a mutually agreed-upon set of meetings between you and your advisor (these could be e-meetings) so that you receive the guidance you need.

# Campus Resources & Student Support

The Office of Graduate Education and Academic Planning (formally the School of Graduate Studies and Research): [www.iup.edu/graduatestudies/](http://www.iup.edu/graduatestudies/)

Graduate Catalog: <https://catalog.iup.edu/index.php>

Office of Student Billing: <https://www.iup.edu/student-billing/>

Office of the Registrar: [www.iup.edu/registrar/](http://www.iup.edu/registrar/)

Department for Disability Access and Advising: <https://www.iup.edu/disabilitysupport/>

Office of Social Equity: [www.iup.edu/socialequity/](http://www.iup.edu/socialequity/)

IUP Libraries: [www.iup.edu/library/](http://www.iup.edu/library/)

MyIUP: [www.iup.edu/myiup/](http://www.iup.edu/myiup/)

IUP Navigators: <https://www.iup.edu/life-at-iup/support/navigators.html>

IT Support: [www.iup.edu/itsupportcenter/](http://www.iup.edu/itsupportcenter/)

Veterans and Service Members: [www.iup.edu/veterans/resource-center/](http://www.iup.edu/veterans/resource-center/)

IUP Writing Center: [www.iup.edu/writingcenter/](http://www.iup.edu/writingcenter/)

IUP Scholarly Editing and Writing Service: <https://www.iup.edu/scholarlycommunication/index.html> Applied Research Lab: <https://www.iup.edu/arl/index.html>

IUP Career and Professional Development Center: [www.iup.edu/career/](http://www.iup.edu/career/)

Parking Services: [www.iup.edu/parking/](http://www.iup.edu/parking/)

University Police: [www.iup.edu/police/](http://www.iup.edu/police/) 724-357-2141

Crisis Intervention 24/7 Hotline: 1-877-333-2470

Registration Resources: [www.iup.edu/registrar/students/registration-resources/index.html](http://www.iup.edu/registrar/students/registration-resources/index.html)

# IUP Email

IUP offers an email account to all active students. **Your IUP email address is the primary means by with the university will contact you with official information and you should use for all IUP official communications. It is your responsibility to check your IUP email regularly.** Visit <https://www.iup.edu/itsupportcenter/get-support/e-mail-and-calendar/index.html> to learn more about setting up this account. For more information regarding university policy on email communications, view the Graduate Catalog: <https://catalog.iup.edu/index.php>

# Graduate Student Assembly

The Graduate Student Assembly (GSA) represents the graduate student body’s interests at IUP and within the Indiana community. The GSA makes recommendations related University-wide and graduate-specific policies and in areas of concern in the cultural, intellectual, and social life of the part- and full-time graduate student. Visit [www.iup.edu/graduatestudies/gsa](http://www.iup.edu/graduatestudies/gsa) for more information.

# Programs and Degrees

**The following course requirements are subject to change based upon curriculum updates and course offerings.**

## M.S. Sport Science / Exercise Science (36 cr.)

## **Required Core Curriculum (9 cr.)**

* KHSS 602 Sport Psychology 3 cr.
* KHSS 634 Current Literature in Health, Fitness & Sport 3 cr.
* KHSS 640 Research Methods in HPE 3 cr.

## **Exercise Science Concentration (27 cr.)**

* KHSS 514 Exercise Electrocardiography 3 cr.
* KHSS 536 Corrective Exercise for the Health and Fitness Practitioner 3 cr.
* KHSS 620 Exercise Prescription for Chronic Diseases 3 cr.
* KHSS 625 Management Concepts in Fitness 3 cr.
* KHSS 632 Assessment of Human Physiological Function 3 cr.
* KHSS 643 Advanced Exercise Physiology 3 cr.
* KHSS 672 Epidemiology of Physical Activity 3 cr.
* KHSS 680 Seminar 3 cr.
* KHSS 698 Internship 3 cr.

\*Thesis Students take KHSS 795 3 cr. instead of KHSS 698 3 cr.

**\*Exercise Science Concentration** – **Specific Requirements**

* Applicants are typically considered for Full-Time enrollment, but Part-Time enrollment will be considered
* Full-Time students complete the program in one full calendar year (Fall, Spring, and Summer terms)
* Program has a Fall, Spring, and Summer term start dates
* Program is completed utilizing a Face-2-Face delivery format (student attends all classes in-person on the IUP Main Campus located in Indiana, PA during regularly scheduled class times)

## M.S. Sport Science / Strength and Conditioning (36 cr.)

## **Required Core Curriculum (9 cr.)**

* KHSS 602 Sport Psychology 3 cr.
* KHSS 634 Current Literature in Health, Fitness & Sport 3 cr.
* KHSS 640 Research Methods in HPE 3 cr.

## **Strength and Conditioning Concentration (27 cr.)**

* KHSS 625 Management Concepts in Fitness 3 cr.
* KHSS 632 Assessment of Human Physiological Function 3 cr.
* KHSS 643 Advanced Exercise Physiology 3 cr.
* KHSS 673 Strength and Conditioning for Individual and Team Athletes 3 cr.
* KHSS 674 Functional & Tactical Strength & Conditioning: Theory & Practice 3 cr.
* KHSS 680 Seminar 3 cr.
* KHSS 698 Internship 9 cr.

\*Thesis students take KHSS 795 3 cr. instead of KHSS 625 Management Concepts in Fitness 3 cr.

**\*Strength and Conditioning Concentration** – **Specific Requirements**

* Applicants will be considered for Full-Time enrollment only
* Program is required to be completed in one full calendar year (Fall, Spring, and Summer terms)
* Program has a Fall term start date only
* Program requires completion of two separate internships. Each internship site must be supervised by an individual certified as a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA). The same individual cannot supervise both internships
* Program may be completed utilizing Face-2-Face or Online delivery formats.
  + Face-2-Face:
    - Student attends all classes in-person on the IUP Main Campus located in Indiana, PA during regularly scheduled class times
  + Online:
    - Student attends all classes in a synchronous fashion via Zoom technology during regularly scheduled class times

# Evaluation of Students

Graduate students will need to maintain an average of 3.0 GPA for each semester to maintain graduate student status in the Department of Allied and Public Health.

For information regarding graduate policies on grading, view the Graduate Catalog: <https://catalog.iup.edu/index.php>

## Comprehensive/Candidacy Examinations

This examination is given, usually upon the candidate’s completion of coursework, to determine the student’s progress in the degree field and fields related to it and the student’s likelihood of success in his/her research-dissertation phase. The examination may be written, oral, or both and is not necessarily limited to areas in which the candidate has taken course work. In addition to having written procedures for taking the comprehensive exam, departments must also have written procedures regarding providing feedback for comprehensive exams.

## Program Level Examination Appeals

Appeals for Program Level Exams such as, candidacy, comprehensive, or qualifying examinations, are made to the Associate Provost of the Office of Graduate Education and Academic Planning based on policy and/or procedural violations. The appeal can be based only on policy and/or procedural violations, and not simply on the outcome of the examination. Procedural violations would be cases in which the program/department failed to follow program/department and/or University policies and/or procedures relating to the administration and/or evaluation of the exam.

The appeal must be made in writing to the Associate Provost of the Office of Graduate Education and Academic Planning. Documentation of the policy(ies)/procedures in question must be provided, along with a detailed description of the alleged violation(s). All evidence supporting the alleged violation should also be provided. The student must submit the written appeal to the Associate Provost in the Office of Graduate Education and Academic Planning within 30 days of receipt of the outcome of the examination. Upon receipt of the written appeal the Associate Provost, will conduct an investigation of the allegation, review the documentation and render a final decision which completes the appeal process. The final decision rendered by the Associate Provost may not be appealed.

If it is found that policy/and/or procedure has been violated, the Associate Provost will instruct the program/department to allow the student to retake the exam, fully adhering to policy and procedures. In the event of a finding in support of the student allegation, the reexamination may not be counted as one of the attempts permitted under the University or Department’s Reexamination Policy.

## Reexamination Policy

No student is permitted a “third” examination without a recommendation to that effect from the degree program’s sponsoring department per their adopted written procedures and the approval of the Associate Provost of the Office of Graduate Education and Academic Planning. Exceptions to this policy for programs can be made only with the approval of the Office of Graduate Education and Academic Planning. In the event a student does not successfully complete the comprehensive re-examination according to program requirements and the failure results in program dismissal, the program must notify the Office of Graduate Education and Academic Planning of the dismissal in writing. The Associate Provost of the Office of Graduate Education and Academic Planning will send an official notification of the dismissal to the student.

# Degree Completion

Students will need to maintain an average of 3.0 GPA and complete all the required courses (36 cr.) to receive the MS in Sport Science degree from the Department of Kinesiology, Health, and Sport Science. o Degree requirements: Students will need to complete all the program requirements listed above before graduation. o Know the deadlines for submitting your research topic approval form, applying for graduation, and final submission of your thesis and accompanying forms. Missing one of these deadlines will impact your graduation plans. o Graduate students apply for graduation through MyIUP. Graduate students are required to apply for graduation by the established deadlines.

* May Graduation: November 15
* August Graduation: November 15
* December Graduation: April 15

For more information, view the Graduate Catalog: <https://catalog.iup.edu/index.php>

# Thesis and/or Dissertation Completion

Thesis defenses are closed to students and faculty of the program.

# Evaluation Outcome for Dissertation and/or Thesis

The thesis is evaluated according to the quality of the final manuscript as well as the final defense. Students will receive either pass, pass with revisions, revise and resubmit or fail.

**For students admitted after Fall 2017** – Dissertation and thesis credits will be assigned Pass or Fail as the final evaluation outcome for the taken credits and carry no quality points weighted towards a student’s CGPA.

**For students admitted prior to Fall 2017** – Dissertation and thesis credits will be assigned a letter grade as the final evaluation outcome for the credits taken and carry quality points weighted towards a student’s CGPA for the number of dissertation credits required for the program. “Extended” dissertation credits are not calculated into a student’s CGPA.

For more information ,view the Graduate Catalog: <https://catalog.iup.edu/index.php>

# University Policies and Procedures

**University policy is the baseline policy.** Programs may have policy that is more stringent than the University baseline policy; however, not less stringent than the University baseline policy. For questions regarding this statement, please contact Program Coordinator or the Office of Graduate Education and Academic Planning.

**Academic Calendar**

View the IUP Academic Calendar: [www.iup.edu/news-events/calendar/academic/](http://www.iup.edu/news-events/calendar/academic/)

**The following university and graduate policies can be found at** <https://catalog.iup.edu/index.php>

Academic Good Standing

Academic Integrity

Bereavement-Related Class Absences

Continuous Graduate Registration for Dissertation and Thesis

Grade Appeal Policy

Graduate Fresh Start Policy

Graduate Residency Requirement

Leave of Absence Policy

Time Limitations

Time-to-Degree Masters/Doctoral Dismissal Appeal Policy

Time-to-Degree Extensions for Master’s Thesis and Doctoral Dissertation

Transfer of Credits Policy

# Research

Graduate Catalog: <https://catalog.iup.edu/index.php>

Research and Innovation: [www.iup.edu/research/](http://www.iup.edu/research/)

Applied Research Lab (ARL): <https://www.iup.edu/arl/index.html>

# Signature Page

My signature below indicates that I am responsible for reading and understanding the information provided and referenced in this department/program student handbook.

\_\_\_\_\_\_[please initial] I understand my program coordinator may share this document with the Office of Graduate Education and Academic Planning.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

**Submit to the M.S. Sport Science Program Coordinator**

**The M.S. Sport Science Program will keep this signed document on file.**