EXERCISE SCIENCE (PHD)

The Ph.D. in Exercise Science is an interdisciplinary degree program designed to prepare students to pursue academic, clinical, leadership, and/or research roles in the fields of health promotion, exercise science, kinesiology, human performance and other related disciplines. This doctorate program has a strong research orientation and aims to develop outstanding scholars and researchers who create and disseminate new knowledge about issues arising out of the intersection of physical activity, health promotion, and human performance.

This doctoral program includes coursework in health, exercise science, research, statistics, and a nine credit hour dissertation requirement.

General Graduate Admission Requirements

All applicants must meet the general admission requirements for Concordia University Chicago graduate programs as published in the Concordia University Chicago academic catalog (https://catalog.cuchicago.edu/graduate/graduate-admission-student-services/).

New students are accepted into graduate degree-seeking, certificate, endorsement and/or post-graduate programs for online and on-campus study in the fall, spring, or summer semesters. Previously admitted students seeking to change programs may do so at the beginning of a semester (only) by submitting a Change-of-Program quick app (https://capp.cuchicago.edu/graduate/change-of-program/). Applicants must be in good academic standing according to Concordia University Chicago's satisfactory academic progress standards at the time of requesting a program change.

Program-Specific Admission Requirements

In addition to admission requirements, a master's degree in Health Science or Exercise Science or related field with a minimum of 3.0 GPA on a 4.0 scale is required.

Applicants who have a tangential, but not a directly related master's degree in Exercise Science, may be considered for provisional acceptance. Students who are provisionally accepted will have to take AES-6250: Advanced Exercise Physiology as their first course and earn a B or higher in order to continue in the program. Students who do not earn a B or higher in AES-6250 will be dismissed from the program. Students seeking provisional acceptance must meet all other admission criteria.

Code	Title	Hours
Research		
RES-7605	Quantitative Analysis	3
RES-7700	Qualitative Research	3
RES-7800	Mixed Methods Research	3
RES-7620	Advanced Topics in Statistics	3
Common Core		
HHP-7000	Cardiovascular Responses to Exercise	3
HHP-7005	Scientific Communication	3
HHP-7010	Neuromuscular Responses to Exercise	3
HHP-7030	Advanced Exercise and Sports Nutrition	3
HHP-7090	Ethical Issues in HHP	3
HHP-7100	Seminar in Health & Human Performance	3
HHP-7900	Research Design	3
Choose one track:		
Advanced Exercise Physiology		
AES-6250	Advanced Exercise Physiology [1]	3
HHP-7020	Exercise for Disease Prevention and Management	3
HHP-7510	Advanced Topics in Endocrinology and Metabolism	3
HHP-7520	Advanced Exercise Physiology and Special Population Considerations	3
OR		
Applied Strength and Conditioning		
AES-6830	Application of Advanced Strength and Conditioning [1]	3
AES-6835	Psychology of Sport and Exercise [1]	3
HHP-7040	Measurement and Evaluation in Health and Human Performance	3
HHP-7500	Advanced Biomechanics	3
Cognate Courses		
Select 12 hours from the following:		
AES-6250	Advanced Exercise Physiology [1]	3
AES-6560	Special Topics: Seminar in Movement Science [1]	3
AES-6660	Special Topics: Seminar in Sports Performance Training [1]	3
GERO-7000	Gerontological Theory	3
GERO-7500	The Physiology of Aging	3
GERO-7505	The Psychological Aspects of Aging	3
GERO-7800	Demography and Epidemiology of Aging	3
GERO-7805	Issues in Aging Policy	3
GERO-7810	Foundation of Teaching and Learning in Gerontology	3
GERO-7820	Leadership, Applied Ethics, Aging and Global Change	3
GERO-7900	Diversity in Aging Societies	3
GME-6300	Introduction to Grants [1]	3
HHP-7020	Exercise for Disease Prevention and Management (for students not in Track 1)	3
HHP-7040	Measurement and Evaluation in Health and Human Performance (for students not in Track 2)	3
HHP-7050	Program Design in Physical Activity and Health	3
HHP-7060	Health Promotion and Disease Prevention	3
HHP-7070	The Professoriate	3
HHP-7500	Advanced Biomechanics (for students not in Track 2)	3
HHP-7510	Advanced Topics in Endocrinology and Metabolism (for students not in Track 1)	3
HHP-7520	Advanced Exercise Physiology and Special Population Considerations (for students not in Track 1)	3
RES-7710	Advanced Qualitative Analysis	3
Comprehensive Exam and Dissertation		
COMP-7100	Comprehensive Exam	3

HHP-7910	Remediation for Comprehensive Exam (as needed)	3
DISS-7010	Dissertation I	3
DISS-7020	Dissertation II	3
DISS-7030	Dissertation III	3
DISS-8000	Dissertation Supervision (as needed) [2]	0
Total Hours		**minimum 69**

[1] Credit for this course earned toward completion of a master's degree or certificate program cannot be applied toward the Ph.D. in Exercise Science.

[2] Upon completion of the nine required hours of dissertation coursework, candidates must maintain continuous enrollment with DISS-8000 Dissertation Supervision until program completion.

Doctoral Graduation Requirements

- Have on file an application as a doctoral graduate student in this program.
- Have on file one official transcript from EACH college/university attended of all previous coursework taken.
- Complete, for this degree and program,
  - the credit hours and levels as designated,
  - within the specified time limit,
  - with grades of C- or higher,
  - with a minimum cumulative GPA of 3.0.
  - Students completing multiple advanced programs or degrees at CUC must have a 3.0 GPA in each academic program in addition to a minimum cumulative GPA of 3.0.
- If transfer credit is approved to be applied: have on file an approved "Graduate Transfer Credit Approval" form(s) or evaluation(s).
- Have on file the Intent to Graduate/Complete form with the Office of the Registrar by the published deadline.
- Have on record the dissertation uploaded into ProQuest.
- Take and pass the final examination or terminal requirements in the program during or after the final course.
- Approval of the faculty.
- All administrative obligations to CUC must be cleared in order to prompt the release of CUC transcripts and diploma(s).

Every attempt has been made to include information to aid the student with information about his/her program, degree and graduation/completion requirements. It is, however, the student's responsibility to complete all steps and meet all deadlines relevant to graduation requirements.