

Welcome From the Program Director



The MS in Exercise Science and Health Promotion program with four distinct tracks 1) Wellness and Fitness, 2) Performance Enhancement and Injury Prevention, 3) Rehabilitation Science and 4) Sport Psychology is offered by California University of Pennsylvania. The University has worked closely with the National Academy of Sports Medicine (NASM) to develop outstanding course content. The NASM was founded in 1987 by physicians, physical therapists and fitness professionals. Since its inception, the organization has expanded throughout the United States, Asia and Europe and has always focused on the development, refinement and implementation of superior educational programs for fitness, performance, coaching, military, education, and sports medicine professionals. This completely web-based graduate program is California University's first contribution to CalU Global Online, our effort to deliver high quality educational content via an online format. Program length consists of 12 consecutive months. A minimum of two cohorts per year are accepted with the two options being a January start or a July start. Thirty students per cohort work, learn, and communicate online and regularly function as a group of interactive peers. This virtual community creates a lively, dynamic educational experience that enriches the collaborative skills essential in the contemporary health care, education, military, coaching, and fitness workplace.

The curricular content is well positioned to be presented via the Internet. Performance enhancement and injury prevention, fitness and wellness strategies, sport psychology, and rehabilitation science methodology are presented with streaming video, narrated PowerPoint presentations, and online forums. Threaded discussion groups, chat rooms, and e-mail allow the cohorts to communicate and interact, adding unique insight into the discussion. Each student uses their existing place of employment as their working laboratory applying concepts and techniques learned online into their daily practice. The establishment of the MS in Exercise Science and Health Promotion is in harmony with the National agenda Healthy People 2020, developed by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. Simply stated, Healthy People 2020 is a comprehensive set of health objectives for the nation to achieve over the first decade of the new century. Created by scientists both inside and outside of Government, it identifies a wide range of public health priorities and specific, measurable objectives. Since Physical Activity and Injury Prevention are two of the key focus areas, Healthy People 2020 has created a major need for health care and fitness professionals educated in innovative, research-based strategies. If you are interested in learning more about the four tracks in the program, please send an e-mail to the appropriate address below:

- Fitness and Wellness Track: fitness@calu.edu

- Performance Enhancement and Injury Prevention Track: sportperform@calu.edu
- Rehabilitation Science Track: rehabscience@calu.edu
- Sport Psychology Track: sportpsych@calu.edu

We look forward to hearing from you!!

Sincerely,

Dr. Barry E. McGlumphy, ATC
Professor and Program Director