CALIFORNIA UNIVERSITY OF PENNSYLVANIA
Founded in 1852  www.calu.edu/go

This handout describes several ‘fast facts’ regarding the innovative, fully online graduate program designed for professionals in allied health, education, health, fitness, medical, military, wellness, or other related fields.

DID YOU KNOW?  SR Education has ranked CAL U in top 3 universities providing the nation’s best internet-based degree programs for the past 4 years!  www.guidetoonlineschools.com/online-colleges

MASTER OF SCIENCE DEGREE IN EXERCISE SCIENCE AND HEALTH PROMOTION
www.calu.edu/academics/online-programs/exercise-science/index.htm

• PROGRAM MISSION: to provide the highest quality educational experience via global distance learning.

UNIQUENESS OF OUR ESHP PROGRAM
• Offers worldwide 100% Web-based degree since 2003
• Delivers a quality & rigorous graduate education
• 12 month, 36-credit program
• 99% graduation; completing degree in 12 month time
• Cohort Model: students commence & graduate together creating a community of lifelong learners
• Average cohort size is approximately 35 students
• Five Specialty Concentrations (students choose):
  • Rehabilitation Science
  • Wellness Coaching
  • Sport Psychology
  • Wellness and Fitness
  • Sport Performance Training

• 5 value-added concentration specific certifications:
  • NASM-CES, CPT, PES; NASE; & Wellcoaches®
• Choice of winter or summer matriculation entry points
• Offers articulation agreements for graduate assistantship from other colleges/universities
• Provides unique multicultural & interactive learning
• Offers Letter of Completion for Post Graduate credits

PROFILE OF WEB-BASED TEACHING FACULTY
• 11 Full-time faculty dedicated to teach online courses
• 91% of full time faculty have terminal academic or clinical degrees (PhD, EdD, DPT, OTD)
• 100% of faculty have specialty degree credentials (ATC, Ex Phys, OT, PT, CSCS)
• All faculty have worked clinically from which to extract true experiential teaching
• All faculty have completed the required online preparation courses that prepare them to use technology to teach in a web-based environment

STUDENTS COMPLETED THE MS PROGRAM WHILE LIVING IN:
• United States
• Afghanistan
• Bahamas
• Canada
• China
• Denmark
• England
• Germany
• Guam
• Granada
• Indonesia
• Iraq
• Ireland
• Italy
• Korea (South)
• Kuwait
• Jamaica
• Japan
• Jordan
• Mexico
• Puerto Rico
• Philippines
• Pakistan
• Switzerland

EDUCATION FOR THE ALLIED HEALTH & FITNESS PROFESSIONAL

The flexibility of the online program allows professionals, who would be precluded from traditionally attending graduate school at CAL U, to complete the MS program in 12 months while still working full-time. Some of our alumni are/were employed by the following professional teams as they completed the MS program while still maintaining their positions; or they were promoted because of their newly acquired MS degree.

• Arizona Diamondbacks
• Atlanta Braves
• Birmingham Mets
• Boston Celtics
• Carolina Panthers
• Chicago Fire
• Cleveland Browns
• Denver Nuggets
• Detroit Red Wings
• Durham Bulls
• Fredrick Keys
• Green Bay Packers
• Jacksonville Jaguars
• LA Angels of Anaheim
• LA Dodgers
• Lowell Spinners
• Minnesota Twins
• New England Patriots
• New York Yankees
• New York Mets
• New York Rangers
• Philadelphia Phillies
• Pittsburgh Penguins
• Phoenix Suns
• Sacramento Kings
• Saginaw Spirit
• Sarasota Orioles
• Seattle Sounders
• St. Louis Rams
• Toronto Raptors
• Washington Nationals
• Washington Redskins

For the last 5 years, CAL U has been named one of America's top military friendly colleges and universities by Military Advanced Education and GI Jobs. These magazines specifically gear content to service members interested in continuing their studies or enhancing their skills in the attainment of desired employment. Both magazines recognized CAL U for its online offerings and GoArmyEd participation, its dedicated Veterans Affairs Office, and finally "world-class" service to veterans, active duty military, their spouses, and dependents.

5 VALUE ADDED CERTIFICATIONS

Since 2003, CAL U has partnered with the National Academy of Sports Medicine to provide stimulating, practical coursework translating into 3 value-added certifications including Performance Enhancement Specialist (PES), Corrective Exercise Specialist (CES), & Certified Personal Trainer (CPT). Further, the NASM is proud to offer the Pursuit of Excellence Award & Military Pursuit of Excellence Award to qualified candidates. Recipients of these scholarships receive full tuition funding that is applied toward the online MS degree in ESHP.

CAL U has partnered with the Wellcoaches® University Connection Program to offer an online graduate degree concentration in Wellness Coaching. Wellcoaches® is the ACSM-endorsed leader in health and wellness coach training and certification. Students enrolled in this concentration are eligible to earn the Wellcoaches® Health & Wellness Coach Certification.

CAL U & National Association of Sports & Explosion (NASE) are offering NASE certification for all students enrolled in the MS program.
PROFESSIONS OF OUR ALUMNI

- Administration
- Athletic Coaching
- Athletic Training
- Aquatic Therapy
- Chiropractic
- Corporate Fitness/wellness
- Dietetics
- Education/Teaching
- Entrepreneur
- Ergonomics
- Exercise Physiology
- Medicine
- Military Active/Reserve/Retired
- Nursing
- Nutrition
- Occupational Therapy
- Personal Fitness Training
- Physical Therapy
- Physical Therapist Assistant
- Sales
- Strength & Conditioning Coach
- Wellness Coaching

STUDENT COMMENTS

"I can say without reservation that the course work, format and overall process so far have exceeded expectations. The course work has been interesting, engaging, and educational and has struck a nice balance between presenting a challenge yet remaining manageable. The format has been easy to navigate and the flexibility has been outstanding."

"I am very impressed with the thought that has gone into the creation of the content for this semester. The enthusiasm of our professors is contagious. I am impressed with the level of interaction that I have seen by the instructors and the students, and the thoughtfulness with which the classes have been designed and implemented. This group of students has been very interactive and motivated from the start, but never more so than as of late. It is fun to be a part of and really neat to see. This should be a shining example for anyone who is cautious or hesitant about the quality of the online educational experience."

"This program is awesome. The course content is current and covers a wide range of topics on performance enhancement and injury prevention. Being certified by NASM as part of the program is an added value. The greatest advantage of this program for me is the online component. The professors did a great job of orientating me to the online world and continue to enhance communication between students and professors."

"Participating in the online MS program at CAL U was an experience that I will never forget. The online courses provided an opportunity to further my education by obtaining a Master’s Degree and a nationally recognized certification (NASM-PES). The program challenged me to enhance my knowledge and skills through the material that was provided, the expertise of the instructors and the interaction with my classmates. I have been able to apply what I have learned to my personal and professional life, using these new tools to assist me on the path to success."

ADMINISTRATION & FACULTY COMMENTS

"The Department of Exercise Science and Sport Studies is thrilled with the success of the graduate program in Exercise Science and Health Promotion. This program affords the university as never before seen diversity of students and enhances the rich heritage of the institution. We are particularly proud of our relationship with the military and our ability to provide a respected degree program to the men and women of the Armed Forces. Our faculty is truly passionate about their field and offers our students the most cutting-edge and current content available. We invite you to learn more about the program on our website or by contacting the Office of Web-Based Programs."

- Jeffrey R. Hatton, OTD, OTR/L
  Chairperson Department of Exercise Science & Sport Studies

"You’re definitely doing something right if you have minimal attrition. The satisfaction level of the students has been excellent, which is especially gratifying since the students are respected professionals in their individual disciplines."

- Barry E. McGlumphy, EdD, LAT, ATC
  Professor
  Graduate Program Director, Exercise Science & Health Promotion

"The National Academy of Sports Medicine (NASM) is extremely excited to support California University of Pennsylvania Masters of Science Degree in Exercise Science and Health Promotion. This educational program will play a significant role in improving rehabilitation, reconditioning and performance training applications all across the world. NASM looks forward to a long and exciting association with CAL U helping graduates of the masters program stay on the cutting-edge of scientifically-based application and continue to improve the way rehabilitation, reconditioning and performance training is implemented globally."

- Michael A. Clark, DPT, MS, NASM-PES
  President, National Academy of Sports Medicine &
  CAL U Adjunct Faculty

"As an educator who has taught in the traditional setting for over 25 years, I was hesitant to move totally to the web-based platform. I have been teaching in the online environment since 2004, and have been incredibly pleased with the superior quality of work and dedication that the students generate semester after semester. It is truly remarkable to see how students interact with one another, sharing multi-cultural and diverse learning experiences to enrich the educational process. Further, our students are passionate to expand their knowledge base in exercise science and health promotion to advance their own careers so that they may lead others to create change and live healthier lifestyles. What more could you ask from your students?"

- Linda Platt Meyer, EdD, LAT, ATC, PES
  Professor; Web-based ESHP Master’s Degree Program

FOR MORE INFORMATION, CONTACT US AT:

California University of Pennsylvania
Office of Web-Based Programs
Toll free: 1-866-595-6348
Fax: 724-938-4270
Email: calugo@calu.edu
Website: www.calu.edu/go

www.calu.edu/academics/online-programs/exercise-science/index.htm

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Accredited by Middle States Commission of Higher Education

Integrity, Civility, Responsibility
California University of Pennsylvania