

EXERCISE PHYSIOLOGY - PH.D.

College of Education Health and Human Services
 School of Health Sciences
 www.kent.edu/ehhs/hs

About This Program

The Ph.D. degree in Exercise Physiology prepares students for a wide variety of career options, including exercise prescription and research. The program develops the competencies needed for those who intend to teach exercise physiology, pursue research or apply exercise physiology in practice.

Contact Information

- **John McDaniel** | jmcDani5@kent.edu
- Connect with an Admissions Counselor: U.S. Student | International Student

Program Delivery

- **Delivery:**
 - In person
- **Location:**
 - Kent Campus

Examples of Possible Careers and Salaries*

Biological science teachers, postsecondary

- 9.3% much faster than the average
- 64,700 number of jobs
- \$85,600 potential earnings

Exercise physiologists

- 11.3% much faster than the average
- 19,800 number of jobs
- \$50,280 potential earnings

Medical scientists, except epidemiologists

- 6.1% faster than the average
- 138,300 number of jobs
- \$91,510 potential earnings

* Source of occupation titles and labor data comes from the U.S. Bureau of Labor Statistics' Occupational Outlook Handbook. Data comprises projected percent change in employment over the next 10 years; nation-wide employment numbers; and the yearly median wage at which half of the workers in the occupation earned more than that amount and half earned less.

For more information about graduate admissions, visit the graduate admission website. For more information on international admissions, visit the international admission website.

Admission Requirements

- Master's degree from an accredited college or university
- Previous degree in exercise science or equivalent preparation
- Minimum 2.750 graduate GPA on a 4.000-point scale (minimum 3.500 GPA is recommended) *starting with spring 2026 admission term, minimum 3.000 graduate GPA will be required*
- Official transcript(s)
- Résumé or curriculum vitae
- Goal statement
- Two letters of recommendation
- Interview
- English language proficiency - all international students must provide proof of English language proficiency (unless they meet specific exceptions to waive) by earning one of the following:¹
 - Minimum 79 TOEFL iBT score
 - Minimum 6.5 IELTS score
 - Minimum 58 PTE score
 - Minimum 110 DET score

¹ International applicants who do not meet the above test scores will not be considered for admission.

Application Deadlines

- **Fall Semester**
 - Rolling admissions
- **Spring Semester**
 - Rolling admissions
- **Summer Term**
 - Rolling admissions

Program Requirements

Major Requirements

Code	Title	Credit Hours
Major Requirements		
EXPH 73050	RESEARCH PROCESSES IN ATHLETIC TRAINING AND EXERCISE PHYSIOLOGY	3
EXPH 73051	QUANTITATIVE AND RESEARCH METHODS IN ATHLETIC TRAINING AND EXERCISE PHYSIOLOGY	3
EXPH 73091	RESEARCH SEMINAR (taken twice) ¹	2
Exercise Physiology Electives, choose from the following:		9
EXPH 75075	MUSCLE FUNCTION AND EXERCISE	
EXPH 75076	ENVIRONMENTAL STRESS AND EXERCISE	
EXPH 75081	ENERGY METABOLISM AND BODY COMPOSITION	
EXPH 75084	CARDIOVASCULAR-RESPIRATORY DYNAMICS DURING EXERCISE	
Physiology Electives, choose from the following:		6
EXPH 70610	PHYSIOLOGY OF AGING:IMPLICATIONS FOR HUMAN BEHAVIOR	
EXPH 75080	PHYSIOLOGICAL BASIS OF EXERCISE AND SPORT	
EXPH 75086	NEUROBIOLOGY OF EXERCISE AND MOVEMENT	
Additional electives as approved by faculty advisor		

Culminating Requirement

EXPH 83098	RESEARCH	12
EXPH 83199	DISSERTATION I ²	30
Minimum Total Credit Hours:		65

¹ Students must enroll in EXPH 73091 for two semesters.

² Upon admission to candidacy, each doctoral candidate must register for EXPH 83199. It is expected that a doctoral candidate will continuously register for Dissertation I for a total of 30 credit hours, and thereafter EXPH 83299, each semester until all requirements for the degree have been met. The dissertation must show that the student has the competency to conduct research in a discriminating and original manner. The quality of the dissertation must be such that one or more articles acceptable for publication in a professional journal may be expected to be derived from it.

Graduation Requirements

Minimum Major GPA	Minimum Overall GPA
-	3.000

- Only in rare instances does a student fulfill the educational and research expectations within the minimum-credit-hour requirement for this degree. Any deficiencies in a doctoral student's academic preparation must be corrected very early in the approved academic program.

Candidacy Examination

Students will be required to pass an oral and written candidacy examination after coursework is completed before beginning their dissertation. Prior to taking the candidacy examination, the student must demonstrate his or her ability to conduct independent research related to the field of exercise physiology. This may be in the form of a completed thesis, an independent study project or an article published in an acceptable research journal. The acceptability of such evidence is to be determined by faculty advising students in exercise physiology.

Program Learning Outcomes

Graduates of this program will be able to:

1. Execute original research within the field of exercise physiology for publication or presentation.
2. Understand physiological responses to exercise for a variety of populations and conditions.
3. Statistically analyze and interpret research in the field of exercise physiology.

Professional Licensure Disclosure

This program is designed to prepare students to sit for applicable licensure or certification in Ohio. If you plan to pursue licensure or certification in a state other than Ohio, please review state educational requirements for licensure or certification and contact information for state licensing boards at Kent State's website for professional licensure disclosure.