

### Masters in Exercise Physiology and its Application in Therapy

How to become an Exercise Physiologist

**Anaero Gupta**  
Course Director  
Discipline of Physiology  
NUI Galway



#### What is Exercise Physiology?

Exercise Physiology is the study of the response of the human body to physical activity and the effects of training on the body's systems.



#### Course Objectives

By the end of the course, students will be able to:

- Understand the physiological basis of human performance.
- Apply this knowledge to the design and evaluation of training programmes.



#### Why Study this Course?

Exercise Physiology is a highly interdisciplinary subject that combines physiology, psychology, and sports science. It offers a unique opportunity to explore the human body's response to physical activity in a practical and applied context.



#### Start Your Own Practice for the UK

1. Certification
2. Business Plan/Marketing
3. Legal Structure
4. Employment Status



#### 3 Important Facts

1. Exercise Physiology is a highly interdisciplinary subject that combines physiology, psychology, and sports science.
2. The course provides a unique opportunity to explore the human body's response to physical activity in a practical and applied context.
3. The course is highly relevant to a wide range of careers in the health and fitness industry.



Our state-of-the-art facilities include:

- A fully equipped gymnasium
- A dedicated laboratory for research and teaching

#### Location

The course is based at the NUI Galway Sports Centre, which is a state-of-the-art facility that provides a unique environment for learning and research. The centre is located in a beautiful setting on the NUI Galway campus.



#### Entry Requirements

Applicants must have a minimum of two A-levels or equivalent qualifications. The course is open to students from a wide range of backgrounds and is designed to be accessible to all.



#### How to get Certified

To become a certified exercise physiologist, you must complete a minimum of 1500 hours of practical experience. This can be achieved through a combination of work placements and research projects. The course provides a range of opportunities to gain this experience.



#### Masters in exercise Physiology at NUI Galway

Course Overview



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NUI Galway  
OÉ Gaillimh

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#### What is an Exercise Physiologist?

Exercise Physiologists are health professionals who use physical activity to improve the health and fitness of individuals.



#### Course Objectives

By the end of the course, students will be able to:

- Understand the principles of exercise physiology and its application in therapy.
- Apply knowledge of exercise physiology to the design and implementation of exercise programs.
- Evaluate the effectiveness of exercise programs.

#### Programme Structure

The programme is a 2-year full-time course. The first year covers the fundamentals of exercise physiology and the second year covers advanced topics and research.



#### Start Your Own Practice for the 1st

1. Registration
2. Business Plan
3. Marketing
4. Employment



#### 3 Important Facts

1. Exercise Physiology is a health profession that is growing rapidly.
2. Exercise Physiologists are in high demand in the private sector.
3. Exercise Physiologists can work in a variety of settings, including gyms, health clubs, and research laboratories.



Our state-of-the-art facilities are second to none.

#### Location

The course is based at the NUI Galway campus in Galway, Ireland. The campus is a beautiful location with a rich history and a vibrant student community.



#### Entry Requirements

Applicants must have a minimum of a Leaving Certificate or equivalent qualification with a minimum grade of B in Science and English.



#### How to get Certified

Exercise Physiologists can become certified by the International Exercise Physiology Association (IEXA) or the American College of Sports Medicine (ACSM).



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Course Overview



# Duties of an Exercise Physiologist

Exercise Physiologists develop:

1. Fitness programs
2. Exercise programs



These programs help:

1. Patients recover from chronic diseases
2. Improve patient cardiovascular and respiratory function
3. Recover from injury or damage to muscles





# Location

Exercise physiologists work in:

1. Hospitals
2. Leisure centres
3. Outpatient clinics
4. University laboratories
5. Nursing homes
6. Residential care facilities
7. Private practices
8. Physical education



# Entry Requirements

Applicants should have a **Level 8 Bachelor's degree** in Exercise Science, Physiology, Biomedical Science, Nursing, Health Science or related with a minimum score of 2.2



To apply : [www.pac.ie/nuigalway](http://www.pac.ie/nuigalway)

or contact :  
[ananya.gupta@nuigalway.ie](mailto:ananya.gupta@nuigalway.ie)





# How to get Certified

Exercise physiologists need a masters degree from an accredited college or university to be eligible for exercise prescription. In Ireland accreditation is provided by Register of Exercise professional Ireland (REPs Ireland).

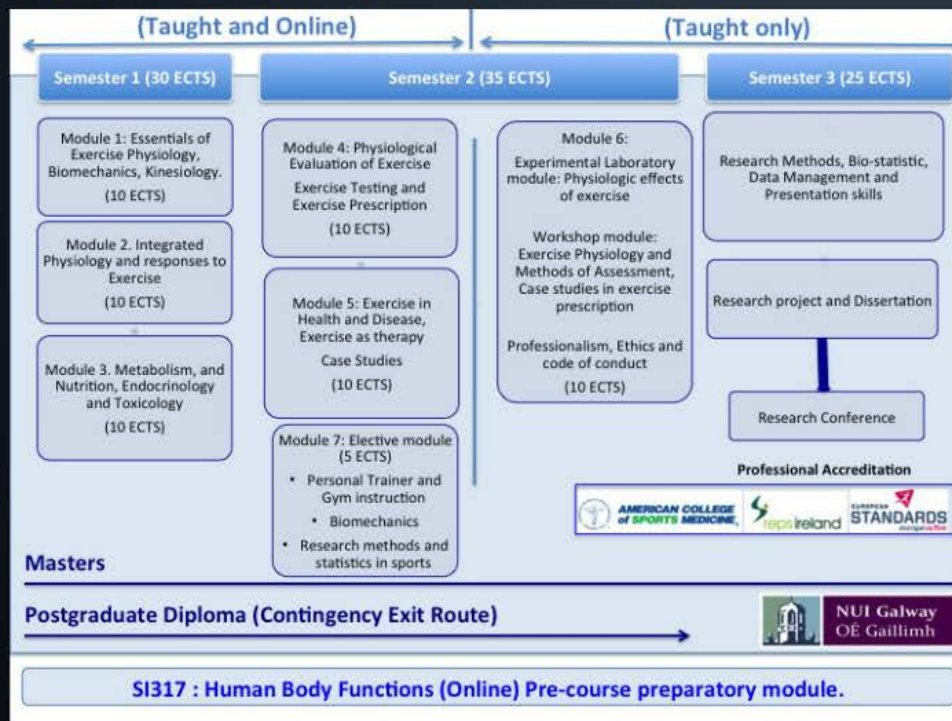
The REPs Ireland provides Accreditation for exercise physiology programs. Students graduating from accredited programs are added to the registry of REPs

Students can also obtain a Professional Certificate fro American College of Sports Medicine by passing an exam



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## Course Overview





# The Exercise Physiology Core Facility

Students will have access to a state of the art teaching facility



The Human Biology Building, NUI Galway

## Demand Now and in the Future

Employment of exercise physiologists is projected to grow 9 percent from 2015 to 2022



## Qualities Best Suited for the Job

1. Compassion
2. Decision- Making Skills
3. Detail Oriented
4. Interpersonal Skills





# 3 Important Facts

1. Exercise Physiologists work with healthy clients and patients to improve their overall health through physical education plans and exercise programs
2. As people become more aware of benefits of an exercise intervention in prevention of disease and exercise as therapy, demand for this occupation is expected to increase, most significantly in health and leisure centres, hospitals and public health organisations
3. Also Exercise is gaining importance in population health and preventive medicine



For more information please contact:  
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- Understand the physiological basis of human performance.
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#### Why Study this Course?

Exercise Physiology is a highly interdisciplinary subject, involving the study of the human body's response to physical activity. This course provides a comprehensive understanding of the physiological basis of human performance, and the effects of training on the body's systems.



#### Start Your Own Practice for the UK

1. Certification
2. Develop a business plan
3. Register your business
4. Employment laws



#### 3 Important Facts

1. Exercise Physiology is a highly interdisciplinary subject, involving the study of the human body's response to physical activity.
2. This course provides a comprehensive understanding of the physiological basis of human performance, and the effects of training on the body's systems.
3. The course is highly practical, involving a significant amount of laboratory work and field-based research.



Our state-of-the-art facilities include:

1. A fully equipped gymnasium
2. A specialist laboratory for research and teaching

#### Location

The course is based at the NUI Galway Sports Centre, which is a state-of-the-art facility with a fully equipped gymnasium, a specialist laboratory for research and teaching, and a range of outdoor sports facilities.



#### Entry Requirements

Applicants must have a minimum of a 2:1 Honours degree in a relevant discipline, or a 2:2 Honours degree with a strong record of achievement in related areas.



#### How to get Certified

To become a certified exercise physiologist, you must first complete a relevant degree programme, followed by a period of supervised practice. This course provides the theoretical and practical knowledge necessary to undertake this role.



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