Masters in Exercise Physiology and its Application in Therapy

How to become an Exercise Physiologist

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NUI Galway

NUI Galway
OÉ Gaillimh
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
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 from American College of Sports Medicine by passing an exam.
Masters in exercise Physiology at NUI Galway

Course Overview

(Taught and Online)
- **Semester 1 (30 ECTS)**
  - Module 1: Essentials of Exercise Physiology, Biomechanics, Kinesiology (10 ECTS)
  - Module 2: Integrated Physiology and responses to Exercise (10 ECTS)
  - Module 3: Metabolism, and Nutrition, Endocrinology and Toxicology (10 ECTS)
- **Semester 2 (35 ECTS)**
  - Module 4: Physiological Evaluation of Exercise
  - Module 5: Exercise in Health and Disease, Exercise as therapy, Case Studies (10 ECTS)
- **Semester 3 (25 ECTS)**
  - Module 6: Experimental Laboratory module: Physiological effects of exercise
  - Workshop module: Exercise Physiology and Methods of Assessment, Case studies in exercise prescription
  - Professionalism, Ethics and code of conduct (10 ECTS)

(Taught only)
- Research Methods, Bio-statistic, Data Management and Presentation skills
- Research project and Dissertation
- Research Conference

Masters

Postgraduate Diploma (Contingency Exit Route)
- SI317: Human Body Functions (Online) Pre-course preparatory module.

Professional Accreditation

NUI Galway
OE Gallimh
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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