



**KINESIOLOGY HEALTH
AND SPORT SCIENCE
DEPARTMENT
NEWSLETTER**

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A Message from Our Chair: Dr. Elaine Blair



Welcome from the Department of Kinesiology, Health, and Sport Science! Currently, our students and faculty are getting excited about nearing the end of a busy Fall Semester. We are fortunate that the transitions of our academic calendar give us an opportunity to reflect on the past year, recharge our batteries, and look forward to what the future may bring. Although many of us will continue to be actively involved in research, teaching, internships, or other activities during the winter months, we always welcome the change of seasons and excitement of fall graduation. As our professional academic disciplines continue to evolve, new opportunities arise for our graduates. We are continually excited to see our students step out into the world, to make their own contributions, and to become leaders in their professions related to Kinesiology, Health, and Sport Science.



DEPARTMENT OF KINESIOLOGY,
HEALTH, AND SPORT SCIENCE

Faculty Spotlight

Dr. David Wachob

By Carissa Smith (M.S. student)

Only about 45 minutes from his hometown, Punxsutawney, Pa., Dr. Wachob began his impressive journey right here at IUP. Initially, Dr. Wachob earned his B.S. in Teacher Certification in Health and Physical Education. He then continued his path and earned an M. Ed. in Health and Physical Education as well as a D. Ed. in Curriculum and Instruction. Before returning back to IUP, Dr. Wachob spent time teaching in public schools and coaching basketball and baseball. He also directed an aquatics facility, worked at a juvenile corrections facility, and taught at Lock Haven University.

However, IUP found its way back into Dr. Wachob's heart and he began teaching as a temp in Fall of 2012. Throughout his years here he has taught a multitude of 16 different courses, with teacher education and graduate research courses as his most current. However, his favorite course so far has been KHSS 213, Recreational Sports and Lifetime Activities, because they get to spend time at the University Park learning a variety of unique activities that range from disc golf to archery.



Throughout the past six years Dr. Wachob has been recognized by IUP for his incredible work on numerous occasions. To name a few, he has received the President's Appreciation Award twice, the Outstanding Junior Teacher Award, the Outstanding Researcher Award, and also the Outstanding Junior Researcher Award. Dr. Wachob has also been renowned both on a state and national level. In 2016 he was awarded the Mabel Lee Service Award and in 2015 he received the Emerging Leader Award. Fortunately, Dr. Wachob also donates a lot of his time towards



organizations like the Society of Health and Physical Educators, the Association for Supervision and Curriculum Development, the American Heart Association and the National Commission for Health Education.

Besides spreading his knowledge in the classroom and with his organizations, Dr. Wachob is always eager to investigate new methods that will improve the teaching and learning process. In fact, he is currently working on changing the classroom environment to enhance student attention on academics. To do so, he has implemented standing-desks in a 4th grade classroom and showed outstanding results. When he's not furthering his research on classroom learning, Dr. Wachob spends his time utilizing his bee keeper certification.

KHSS Program Descriptions

By Carissa Smith (M.S. student)

Physical Education & Sport

The Bachelor of Science degree program in physical education and sport (PESP) provides greater emphasis on sport science subject matter/content and less on pedagogy. Students who select this degree program generally apply their knowledge in the areas of exercise science, community and corporate fitness, cardiac rehabilitation, sport industry management, and/or executive fitness programming. The PESP degree program is a non-teacher certification program. Students pursuing this degree may be required to purchase a personal liability insurance policy and obtain certain clearances before beginning the pre-professional experience, the internship, or any other field experience on or off campus.



Exercise Science

IUP's Exercise Science program is accredited by the Committee on Accreditation for the Exercise Sciences under the auspices of the Commission on Accreditation of Allied Health Education Programs. This program provides students with the knowledge, skills, and abilities to seek employment in private and commercial fitness clubs, medical fitness facilities, sport specific and conditioning facilities, and clinical settings such as cardiac and pulmonary rehabilitation programs. This program has an academic core, specialty classes in exercise assessment, programming, and prescription, and opportunities for work-site experience.



Pre-Athletic Training

The Pre-Athletic Training Track prepares students for admission into a professional-level master's degree program in Athletic Training. Accelerated program progression allows students who meet eligibility requirements to apply for early admission into IUP's Master of Science program in Athletic Training program. Students will work closely with an advisor to ascertain the likelihood of early admission into graduate school and will be advised to switch into another PESP Track if appropriate. The first four semesters of the Pre-Athletic Training Track align closely with the Exercise Science Track and allows for seamless transition into Exercise Science if early admission requirements are not likely to be met by the end of the sixth semester. The master's degree in athletic training will be implemented beginning summer 2020.

Sport Administration

This program prepares students to use a variety of skills to function in a management capacity within the sport industry. Graduates of this program can seek employment in such areas as school and college athletic departments, coaching, community recreation organizations, minor and major league sports franchises, commercial sport facilities, and golf courses, as well as other athletic and sports-related industries. Students acquire management skills that can be used in multiple career tracks. A minor that will enhance their career objectives is encouraged.

Bachelor of Science Degree — Athletic Training

IUP's Athletic Training program prepares students with the knowledge, skills, and experience to provide prevention, evaluation, acute management, and rehabilitation and/or reconditioning services to professional and amateur athletes and other individuals involved in sports, exercise, and physical activity in general. The program has an academic and a clinical education component. The clinical education component entails a series of sequential laboratory courses and a minimum of four semesters of supervised field experience with the IUP Athletics Department and affiliated clinical sites (sports medicine clinics, physicians' offices/hospitals, high schools, and additional collegiate settings). Students must file an application for admission into the program during their third semester at IUP (fall of their sophomore year). Formal admission into the program is a prerequisite for assignment to clinical field experiences and enrollment in upper-level courses.



Bachelor of Science in Education Degree—Health and Physical Education

The Bachelor of Science in Education–Health and Physical Education provides emphasis on pedagogical content and application. This program prepares students with the knowledge and experience to instruct in various learning environments. Three specialty programs of study have been developed for this degree program, including the K-12 Teacher Education Certification Track and two non-teacher certification tracks, Community Health Education and Recreation and Leisure Studies. These programs provide students with the theory, strategy, and application necessary to work with individuals in various instructional settings. Each program provides an interdisciplinary experience that prepares students for specific career paths as well as multiple credentialing options.

Alumni Spotlight: Ashley Ryder

Carissa Smith (M.S. student)

Ohio State University bound, Ashley Ryder, has taken her education from IUP to new levels. Ashley graduated from IUP with three, very impressive degrees in only four and a half years. Her degrees include a B.S. in Sport Administration, and M.S. in Sport Science, and an M. Ed. in Health and Physical Education.

During her time at IUP she also received three prestigious awards; Outstanding Female Student Teacher, Outstanding Graduate Student, and Outstanding Sports Management Senior. Another accomplishment Ms. Ryder achieved during her time her was completing her thesis on “The influence of specialization versus diversification in youth sport on long-term sport and physical activity participation and enjoyment among college females.” She credits much of her success to Dr. Bayles, Dr. Storti, Dr. McKee and Dr. Hsiao for spending countless hours assisting and expanding her research.

Besides completing a thesis with significant results, Ms. Ryder completed internships with the James G. Mill Fitness Center and the Mahoning Valley Scrappers. Some of the classes that she valued included Current Literature and Research Methods which both attributed to her thesis. She also felt that Dr. Bob’s classes provided meaningful information and allowed her to apply herself in actual job situation.



Beyond the classroom, Ashley believes that the KHSS department has helped mold and shape her into the young professional she is today. Her future aspirations include graduating in three years with a PhD in Sports Management from Florida State University and then to follow in her role model’s footsteps and teach and inspire the next generation at IUP.

Alumni Spotlight: Tawnee Leonardo

Jason Fallara (M.S. Student)

Tawnee Leonardo grew up in Punxsutawney PA, but now lives in San Antonio, TX. She obtained her Bachelors in Health and Physical Education at IUP while maintaining a 4.0 GPA. Mrs. Leonardo completed her student teaching at Marion Center School District, where she learned about teaching aspects such as: the difference in grade levels, integrating progressions for students with special needs into lessons, and planning out comprehensive unit plans. She had the unique experience of teaching elementary Health and Physical education on an Army Base in El Paso, where she fell in love with elementary education. Tawnee feels that her invaluable experience student-teaching, cooperative teachers at Marion Center, and Dr. Wachob as her advisor contributed to an invaluable experience which prepared her for having her own classroom, thinking on her feet, and overall being a better educator for her students.

After graduating IUP, among teaching elementary Health and Physical education, Tawnee coached competitive gymnastics with a strong passion. At first, she was uncertain of teaching at the elementary level as she preferred secondary education. However, that started to change after she accepted her job in El Paso. One of Mrs. Leonardo's greatest challenges was overcoming the language barrier between her and her students. In fact, a lot of schools required teachers to be bilingual. Tawnee was able to overcome this barrier with her patience, experience, and talent connecting with students. Through her experience, Mrs. Leonardo finds herself looking back and relying on her education at IUP. She feels that her course in Adapted Health and Physical Education has been one of the most helpful courses that she relies on and utilizes what she learned in Exercise Physiology and Motor Behavior often. Tawnee feels it is critical to be able to teach students with special needs as it is extremely beneficial for

students with special needs to be taught Health and Physical Education.



The most valuable entity Tawnee learned through her education at IUP is that being a good teacher means you are forever a learner. Every day she chooses to learn from her students, other teachers, and her own failures so that she can better adapt to situations, and ultimately be the best teacher she can be for her students. She carries the belief that a great teacher never stops learning because she feels she had great professors who exemplified the same trait.

Mrs. Leonardo plans on continuing to teach Health and Physical education while obtaining her Master's degree. She wants to continue inspiring kids to live healthier lives and pursue their dreams, as well as her own. Her passion for gymnastics has led her into the popular and highly competitive "American Ninja Warrior" competition, two separate times. Tawnee continues chasing her dream of becoming the next American Ninja Warrior while obtaining her Master's and sharing her passion for health, physical activity, and gymnastics with youth.

Undergraduate Student Spotlight: Nathan Holtz

By Carissa Smith (M.D. student)

Nathan Holtz, a sports management undergraduate, was no stranger to IUP prior to applying. According to Holtz, his two older brothers had nothing but positive things to say about everything IUP has to offer, which ultimately led to him following in his brother's footsteps. Before deciding that sports management was the degree he would work towards, Nathan believed pre-dentistry was in his future. However, with the combination of his brother's influence, his love for sports, and the competitive sports management degree IUP offers, he was quickly assuaged.

Four years down the road Holtz says that he "couldn't picture himself learning or doing anything else" and he "cannot wait for what this major and degree has in store for him". Some of the courses he believes will have a positive influence on his future career are Managing Facilities and Events, Managing Budgets and Technology, and Aquatics Facilities Management. In addition to impacting his future, Managing Facilities and Events has become his favorite course so far at IUP. He believes the projects and information covered will be extremely beneficial in his future endeavors.

Another impactful part of his sports management degree was his requirement of internship experiences. Through the help of Dr. Castle, Holtz was able to obtain internships with the athletic department at Saint Francis University and assist in the development of the Pennsylvania Sports Business Conference. During his time interning with the PSBC he gained experience in marketing, budgeting, and event operations. At Saint Francis University he learned about video production, game-day operations, and renovation of buildings and fields for the athletic department.



His plan for the future includes the possibility of continuing his education at IUP to retain his Master's and eventually becoming an athletic director at a Division I institution. Some things Nathan would like us to know about him is that enjoys golfing, spending time with friends and family, sports, and poker.

Undergraduate Student Spotlight: Ashley Collins

By Jason Fallara (M.S. Student)

Ashley grew up in the small town of Clearfield, PA, where she decided to pursue her teaching degree at IUP in Health and Physical Education. Ashley, while maintaining a high GPA, has been an active member within the Health and Physical Education, Recreation, and Dance (HPERD) club throughout her education at IUP. Recently, Ashley has been appointed to the HPERD club president and looks forward to getting involved with activities that relate to physical activity and health. When Ms. Collins isn't studying or volunteering her time, she's working as a Direct Support Professional at Fayette Resources, a group home for special needs individuals.

While progressing towards obtaining her Bachelor's, Ashley has had the privilege of participating in the Homeschool program where she had the chance to apply what she's learned from her courses. Ashley feels that the program has not only allowed her to have hands on experience but has also helped her gain knowledge and professional development as a future Health and Physical Educator.

On top of the Homeschool program, Ashley also participates in the Special Needs Activity Program, and the English Second Language program, where she has learned to teach special needs individuals and students that haven't learned English as their first language. Ms. Collins feels that these hands-on experiences are very beneficial to her and her classmate's future career endeavors.

Upon reflecting on her course work, Ashley feels that one of her most beneficial courses has been Instruction of Fundamental Movement and Skill, taught by Dr. Wachob. Utilizing hands on experiences, the



class taught her the basics of Health and Physical Education and has laid the foundation for her future education. The most valuable entity Ashley has learned is to get involved. Through being active, she has developed fantastic relationships with her peers, advisors, and her professors. In fact, when asked what her advice is to any students attending IUP, her response included "get involved, and plan ahead."

Ashley's future aspirations include student teaching abroad, working on her Master's, and becoming a professor to share her enthusiasm and passion to future Health and Physical Educators.

Undergraduate Student Spotlight: Tyler Montgomery

By Carissa Smith (M.S. Student)

Tyler Montgomery is a senior who is enrolled in the exercise science program at IUP. He grew up in Oxford, PA, which is a small town south of Philadelphia. Four years ago, Tyler decided to apply to IUP specifically for the exercise science program because of its esteemed excellence. Mr. Montgomery was especially interested in the exercise science program because of his experience with celiac disease. Tyler said “Staying active, eating healthy, and working towards a better tomorrow has helped me deal with my disease, feel better, and progress into a better person overall. Exercise Science allowed for me to learn more and more each day to help better myself and others. I would not have picked any other major 4 years ago, or now”.

Throughout his four years, he believed he learned something new with each challenge that was brought his way. Some of his most impactful classes were Exercise Physiology, Exercise Prescription, and Physiological Basis of Strength Training. He believes these classes allowed him to better understand the human body, how it works, and how to apply the basic exercise movements with prospective clients. Additionally, Exercise Physiology became one of Tyler’s favorite courses; he felt that it led him to aspire to obtain his PhD and become an exercise physiology professor one day.

Another adventure Tyler was involved with was his internship with Legends Warehouse in Ebensburg, PA. The biggest takeaway from his internship was that he learned that he needed to exude confidence in front of clients; if he did not believe in himself, how could he expect his clients to trust what he was teaching them? He also realized that body language is key to pushing clients in the right direction and each person is unique in their fitness journey.

Overall, Tyler loved his time at IUP and recommends it for anyone who is ready to step outside their bubble and enjoy everything this campus has to offer. His favorite thing about IUP is that the entire campus is within walking distance. Tyler loves walking everywhere when the weather is nice because he loves enjoying the beautiful campus at IUP.



Tyler’s future aspirations include continuing his education and applying to become a strength and conditioning coach. He then hopes to land a job as a professor and eventually open his own facility. Tyler is extremely thankful for his time at IUP and cannot wait for what the future has in store for him.

Graduate Student Spotlight: Carissa Smith

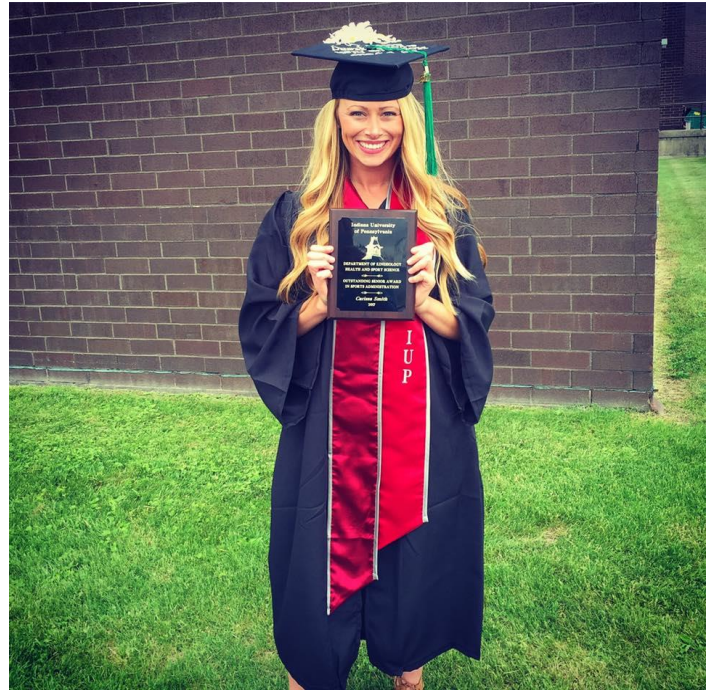
By Carissa Smith (M.S. Student)

Carissa Smith, a sports management major, has dedicated the past five years to IUP. Carissa graduated last spring with her bachelor's degree in sports management and is finishing her master's degree here only one short year later. Miss Smith originally came to IUP to play lacrosse. The New Jersey native was recruited to play D2 lacrosse for the IUP women's lacrosse team. She spent four years devoting her time and energy towards the sport and led her team to three semi-finals for the conference championship. She believes she could not have found a better institution to continue her passion of playing while learning about the professional sporting world she hoped to be a part of one day.

As an undergraduate at IUP, Carissa immersed herself into every opportunity the university had to offer. She joined the business fraternity Phi Gamma Nu, the Alpha Gamma Delta sorority, and the Sports Management Club as well. Besides her involvement in extracurricular activities, Carissa found time to work for the Sports Information Office and expand her skills.

As a graduate student this past year, Carissa was lucky enough to obtain a position as one of the graduate assistants for the department. Some of her duties included managing the fitness center, developing the annual 5K fundraiser, and assisting with undergraduate coursework. She also spent the spring semester as the assistant coach of the women's lacrosse team. She believes both positions were incredible learning opportunities and will attribute to her future success.

One of the most challenging yet rewarding experiences during her time as a graduate student was developing her thesis on "The Motivations for Division II Collegiate Athletes to Underreport Concussions".
Carissa



learned that this process is very time consuming and calls for complete dedication and interest towards the topic you choose. Throughout her time writing her thesis she believes she gained valuable researching skills as well as further knowledge in statistics.

Her favorite thing about IUP was easily her experience as a student-athlete. Although playing a collegiate sport and managing a course load and social life can be challenging, she created memories with her teammate she knows she will remember forever.

Carissa hopes to one day become an athletic director at a Division I institution. She believes the knowledge and skills she gained while at IUP will lead her to succeed in her future endeavors.

Sports Management Club

The Sports Administration Club here at IUP is a great way for students who are majoring in Sports Administration to meet other students in the major. The Sports Administration Club also provides students with a great opportunity to network with professionals and gain volunteer experience. In the past, the club has teamed up with Landmark Security during the fall and volunteered at Heinz Field during Steelers and Pitt football games. We have also done some volunteer work with the local YMCA, volunteering at their Miracle League and assisting with their annual Pool-O-Ween, where youngsters can come and play Halloween themed games. The Sports Administration Club has also put on the Crimson Crusade 5K that usually takes place in September or October on the trail at college lodge. We have also volunteered with the Muscular Dystrophy Association during their annual Muscle Walk at the Pittsburgh Zoo and PPG Aquarium, and their Toast to a Cure event in Pittsburgh. As far as networking goes, the Sports Administration Club gives students a chance to network with so many people in our future professions. In the past we have been able to take tours to PNC Park and the Peterson Events Center and this semester, we are in the process of planning a trip to the Covelli Centre in Youngstown, Ohio for their “Game of Business” Networking Expo and Youngstown Phantoms hockey game. The Sports Administration Club is a great way for students to not only build their communication and networking skills, but they can also volunteer for some great causes too!

Special Needs Activity Program

The Special Needs Activity Program at IUP is a fantastic hands-on opportunity for students majoring in KHSS. The program features clients in need of adaptive physical activity, and provides students with an opportunity to actively teach, demonstrate, and work with clients and their needs. The program director is Dr. David Lorenzi, who introduced 2013. If you were to visit the SNAP program in progress, you’d see 10-20 clients with at least 2 undergraduate students each, participating in a variety of activities. These activities range from variations of bowling, basketball, kickball, hockey, and can include hula hoops, mats, scooters, and even a balance beam. The SNAP program also offers clients a chance to get dive into the natatorium and get hands swimming lessons, or head upstairs to the James G. Mill fitness center for a workout! Students that have completed the SNAP program receive opportunities to enhance their education and skills within the adaptive physical activity realm which they can apply to their career.



Homeschool Program

IUP's Homeschool program offers Health and Physical Education (HPED) undergraduates an opportunity to teach students before participating in student teaching. After participating in educational observations throughout multiple school districts and their instructors, HPED students further their exposure outside the classroom by participating in the Homeschool program. This program features home schooled students visiting Zink and completing curriculum created by the HPED undergraduates. Each undergraduate is responsible for teaching a physical activity lesson to every age bracket, depending on the course the student is enrolled in at the time. Directed by David Wachob, the program features students exemplifying creative lessons and practical teaching methods. The program reflects that of an actual HPED instructor and gives undergraduate students a chance to practice, enhance, and establish their skills as a qualified Health and Physical Educator.

Exercise Science Club

Throughout the course of this semester, the exercise science club became tremendously involved with different volunteer opportunities, not only in the community, but in events that the club itself hosted. In the fall the exercise science club attended the ACSM conference in Harrisburg (American College of Sports Medicine). Last spring semester they traveled to Pittsburgh to attend "Race to Anyplace", a stationary bike race fundraiser to benefit children with Leukemia. The club worked extremely hard to raise and donate over \$900 to this foundation. Later in the spring, a handful of the students from the club traveled to Columbus, Ohio to take part in the Arnold Classic. This was a huge sports complex that had supplement stands, strength activities to partake in, professional weightlifting competitions, and much more. Later in the semester, they hosted Leslie Bonci, who is a sports dietitian that talked about nutrition. To end the year, members of the group volunteered at the local YMCA and helped with the Family Fitness Challenge. This was a free event where families from Indiana come and did different strength activities and the purpose was to promote physical activity in the community.



Student Internships 2017-2018

AAU in Florida

Allegheny Health Network

Beechwood Golf Club

Blairsville Medical Park

Camp Canadensis

Carnegie Mellon University

Clarion Compliance Office

Derry Area School District

Derry HS

DuBois Regional Medical Center

Duquesne Athletics

Excela Health

FC/Dallas Toyota Stadium

Greater Susquehanna Valley YMCA

Harrisburg BJJ and Judo LLC

Harrisburg City Islanders

Highpoint Hitoms

Indian Springs Country Club

Indiana County YMCA

Indiana HS

Indiana HS-Football

IUP Athletics-Facilities

IUP Baseball

IUP Basketball

IUP Facilities

IUP Football

IUP Sport Information

IUP-Athletic Training

IUP-Compliance

IUP-Football

James G. Mill Fitness Center

Johnstown Tomahawks

KCAC

Lancaster Barnstormers

Lehigh Valley Iron Pigs

Moon Township Park & Recreation

Newtown Athletic Club

North Allegheny HS

Ohio University Strength and Conditioning

Pa Sport Business Conference

Penn State Dubois

Penn State New Kensington

Peters Township Recreational Center

Pittsburgh Penguins

Playball Sports

Punxsutawney HS

Pittsburgh Riverhounds

Sobek Fitness

Sports Info Solutions

St. Francis Athletics

State College Spikes

Temple University

The Athletic Club @ the Carnegie Library of
Homestead

Three Rivers Paintball Park

Tyrone HS Football

Washington Wildthings

Wisehaven Swimming Pool

2018 Sports Business Conference

The annual Pennsylvania Sports Business Conference at Indiana University of Pennsylvania was held April 20, 2018, in the Hadley Union Building (HUB).

Last year's conference focused on "Conquering the Challenges of the Future." Speakers from professional sports, collegiate athletics, the sporting goods industry, the health and fitness industry, and other areas of sports management presented during this conference.

The conference took place in the Hadley Union Building on the campus of Indiana University of Pennsylvania. It was the highest attended conference in its history, attracting over 250 professionals and students.



2017 FISU Conference

Two Kinesiology, Health, and Sport Science faculty members (Richard Hsiao and Joshua Castle) and two KHSS graduate students (Kelly Anthony and Brianne Lenhart) presented their research at the international FISU (International University Sports Federation) World Conference on Development through Sport held in Taipei, Taiwan, August 27–30, 2017.

Their research presentations were as follows: Richard Hsiao's research presentation was titled "The Investigation of Client Satisfaction Level Among Older Adult Members of a University-Based Fitness Center." The purpose of this study was to investigate the satisfaction levels of older

adult members at the James G. Mill Fitness Center, which is in Zink Hall at Indiana University of Pennsylvania.

Joshua Castle's research presentation was titled "Factors that Affect the Usage of Fitness and Recreation Centers by Students on College Campuses." The purpose of this study was to determine the factors that influence why students attend or do not attend the fitness and recreation centers provided to them on campus.

Kelly Anthony's research presentation was titled "Assessment of Motivation and Grit in Individuals Who Exercise at a Division II Fitness Facility." Her study was centered on the disturbing fact that, although the numerous benefits of exercise are readily available to the public, people still choose to remain sedentary. She wanted to figure out the sources of motivation that influence individuals to exercise. A secondary objective was to explore the impact grit has in terms of influencing individuals to exercise.



Brianne Lenhart's research presentation was titled "Analysis of Factors that Influence Satisfaction of Fans at Division II Basketball Games." The purpose of her study was to analyze factors that influence satisfaction of fans at Division II basketball games.

Both Kelly and Brianne's research was conducted as part of their master's theses in sport management. Brianne will graduate in December with dual master's degrees in Sport Management and Employment and Labor Relations. Kelly worked on dual master's degrees in Sport Management and Business Administration and graduated in summer 2018.

2017 Shape America

Both BSEd undergraduate and MED graduate students enrolled in the Health and Physical Education Teacher Certification programs attended the national SHAPE America conference over spring break 2017. A total of six students, accompanied by Kinesiology, Health, and Sport Science faculty, attended the conference, participating in educational sessions, exhibits, and networking activities.

SHAPE America—Society of Health and Physical Educators is committed to ensuring that all children are able to lead healthy, physically active lives. As the nation's largest membership organization of health and physical education professionals, SHAPE America's mission is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport.



Early Admissions

The early enrollment admission here for graduate programs allows you to begin earning your Master's while still working towards your bachelor's degree. If you have a 3.25 GPA or higher and have at least 15 credits in your major, you can apply during the semester in which you will earn your 90th credit. This time stereotypically, is the spring of your junior year, but if you meet these requirements sooner, feel free to apply for early admission. After being accepted into your master's program of choice, you can use up to 40% of your graduate classes to satisfy the requirements of your undergraduate degree. For more information visit: <https://www.iup.edu/admissions/graduate/howto/early-admission/>

Our Master's programs are listed below:

M.S. Athletic Training

In light of recent board-certification guidelines making a master's degree standard for a professional degree for athletic training, this program will be launched at IUP in the summer 2020. Requiring two full-time semesters and two summers, it will include classroom and clinical curriculum. Students will learn to provide comprehensive client and patient care with understanding of the healthcare system, risk management, healthcare delivery mechanisms, insurance, reimbursement, documentation, patient privacy, and facility management. This program will provide you with the proper information to take the Board of Certification exam and be prepared to enter the field of athletic training. Student will be progressing through the program with their cohort. Individuals who currently hold a BOC credential or are BOC eligible are not candidates for this program. Students can choose

M.S. Exercise Science

The MS in Sport Science/Exercise Science Track prepares students for a variety of careers in allied health, clinical settings, fitness, and sport-specific performance. Students may choose the thesis or non-thesis option. Graduation from this program will provide students with the necessary preparation for certification from organizations including the American College of Sports Medicine, the National Strength and Conditioning Association, and the National Academy of Sports Medicine. The program allows you to choose from two newly revised concentrations, Clinical/Research and a new Strength and Conditioning concentration.

MEd. Health and Physical Education

Our Master's Degree Program in Health and Physical Education offers two options: On-campus classes that cater to full-time students or a hybrid option for current teachers—combines on-campus classes in the summer with online classes the rest of the year. Our curriculum is structured to qualify you to become a certified health and physical teacher or to take professional exams and pursue careers in related areas. You will learn about contemporary trends in education, including strategies for using technology in the classroom. The degree can be completed (including student teaching) in as little as 18 months. There are four separate tracks: K-12 Teacher Certification, Community Health Education, Adapted Physical Education, and Athletic Coaching.

M.S. Sport Management

The sport management track prepares you for the business and management aspect of the sport industry. Employment in this field ranges far and wide, such as college and athletic departments, community recreation organizations, minor and major league sport franchises, commercial sport facilities, and golf courses.

Courses emphasize sports marketing, facility management, governance, fundraising, sponsorships, and coaching. The program allows you to choose from three different tracks of Sport Science, a unique aspect that is rarely offered elsewhere. There are a number of assistantship opportunities that become available every year. You have the option to choose a thesis or non-thesis curriculum. Gain experience in your field of choice outside of the classroom with professionals in the area.

M.S. Sport Studies

An MS in Sport Studies will prepare you for multiple career options in sports. This track gives you the flexibility to design a curriculum that combines courses from multiple departments to create an academic emphasis. Students interested in coaching and engaging in the sport psychology field would benefit from this track greatly. This track also allows students to choose a 36-credit thesis option or a 36-credit non-thesis option.