

Adelphi's master's  
degree in sport  
management program  
is ranked

**Best in the Northeast  
and Top 50 nationally**  
by Intelligent.com.

GRADUATE PROGRAMS

# HEALTH AND SPORT SCIENCES

**COLLEGE OF EDUCATION  
AND HEALTH SCIENCES**



**ADELPHI**  
**UNIVERSITY**

NEW YORK



WORLD-CLASS ACADEMICS. PERSONALIZED LEARNING. SUCCESSFUL FUTURES.



# WHY YOU SHOULD PURSUE AN ADVANCED DEGREE IN HEALTH AND SPORT SCIENCES?

During the 2020–2021 academic year, **900** graduate students were awarded **\$4.5 million+** in University assistance in the form of scholarships, grants and tuition waivers.

**100%**  
of our 2019 sport management graduates were working within six months of graduation.  
*(Adelphi's Career Outcomes Survey)*

Demand for dietitians and nutritionists is projected to grow 8% from 2019 to 2029 (U.S. Bureau of Labor Statistics)

**2019 host** of the prestigious AIESEP (International Association for Physical Education in Higher Education) International Conference for research and leadership

**13% job growth** for health educators and community health professionals projected by 2029, much faster than the national average

Money magazine ranks Adelphi University on its **2020 Best Colleges for Your Money** list



# A MASTER'S DEGREE THAT'S RIGHT FOR YOU

## MA IN COMMUNITY HEALTH PROMOTION

Prepare yourself to meet the expanding need for health education professionals capable of working with the community in a variety of public, private and professional settings. Add health education and promotion knowledge, skills and competencies to healthcare, public or community health, social work, and other careers by completing the advanced certificate program.

## MA IN HEALTH EDUCATION

Prepare to teach health education in pre-K to grade 12 to children with various learning styles and help them make healthy choices. We offer three degree programs: MA (professional) for those who hold a valid New York state initial/provisional teacher certification in health education; MA (in-service) for those who have initial teacher certification in an area other than health education; and MA (pre-service or Graduate Alternative Teacher Education-GATE) for students without prior teacher certification.

The Certificate of Advanced Graduate Study (CAGS) pathway for health education is available for students who already have a master's degree and teacher certification, but who want to add health as another area of certification without getting another master's degree.

## MA IN PHYSICAL ACTIVITY STUDIES

Enhance your knowledge base and leadership skills as a physical activity professional in schools, sports, government and nongovernment settings and specialize in Sport-Based Youth Development, School District Leadership in Administration in Physical Education, Health and Athletics, or Teaching Adapted Physical Education.

## MA IN PHYSICAL EDUCATION

Prepare yourself to teach physical education in schools by earning a master's degree that offers three degrees: for those without initial teacher certification (pre-service), for students who are certified in other areas (in-service), and for a professional certification with a specialization in Teaching Adapted Physical Education.

## MS IN EXERCISE SCIENCE

Work with high-level and recreational athletes as well as people diagnosed with cardiovascular, neurological, orthopedic and other health problems. Our students engage with the latest exercise testing technology in Adelphi's state-of-the-art Human Performance Laboratory. They develop exercise training prescriptions and work with clients in our on-site adult fitness center, gaining invaluable experience.

## MS IN NUTRITION

Get ready to assume a key role in this fast-growing profession to effectively promote health, prevent disease and advance your career as a researcher, educator, administrator, advocate and private practitioner equipped with the latest nutrition science research and skills. The program is fully online.

## MS IN SPORT MANAGEMENT

Turn your love of sports into a career with a degree in sport management. Develop your skills in sport marketing, public relations, mass media and technology, and gain proficiency in market analysis, budget preparation, business management, funding, program development and program evaluation. Enjoy the added convenience of options to complete your degree entirely online or choose the Garden City campus or the Manhattan Center. You can also tailor your degree with a specialization in Sport-Based Youth Development, Sport Marketing or College Athletic Administration.



# LEADING THE WAY IN HEALTH, FITNESS AND SPORT MANAGEMENT

These faculty members are teaching others how to stay fit and live their best life—and they'll show you how to do that too.

## DEPARTMENT CHAIR EMILIA PATRICIA ZARCO, MD,

*is associate professor of health studies and a medical doctor who specializes in health promotion program planning, implementation and evaluation, adolescent high-risk behaviors, and educational technology. She received the 2020 National Association for Kinesiology in Higher Education (NAKHE) Presidential Award for Leadership.*



## KEVIN MERCIER, EdD,

*is associate professor of physical education, who specializes in teacher and sport education. He was named Young Scholar of the Year by the Society of Health and Physical Educators (SHAPE America) in 2017. He also received the Higher Education Teacher Recognition Award from the New York State Association for Health, Physical Education, Recreation, and Dance-Nassau Zone in 2017 and became a SHAPE America Research Fellow in 2019.*



## MEREDITH WHITLEY, PhD,

*associate professor of sport-based youth development, teaches courses that include Youth Development Through Sport and Physical Activity and Global Sport-Based Youth and Community Development. She is the co-editor of a book about sports in underdeveloped and conflict regions, and she is leading a multicity program evaluation on the use of sports to enhance community cohesion.*



## NOTABLE ALUMNI

Our alumni network totals **nearly 20,000** and includes top professionals in their fields, such as:

**Kevin P. Davy, MA '88, PhD,** professor in the Department of Human Nutrition, Foods, and Exercise at Virginia Tech

**Dorothy (Dot) Richardson, MS '88, MD,** member of the U.S. softball team at the 1996 and 2000 Olympic Games, head softball coach at Liberty University in Virginia

**Andrew Richter '03, MA '08,** Outstanding Physical Education Teacher of the Year, health and physical education teacher in the North Shore School District

**Charles Rizzuto, MA '11, CAGS '15,** Outstanding Physical Education Teacher of the Year, health and physical education teacher at Oyster Bay High School

**Frann Vettor-Gray, MA '86,** executive vice president, partnerships, at GameOn Technology, which services NBA, NHL, PGA TOUR, Sky Sports, FIFA and Arsenal

**John Wygand, MA '84,** fellow of the American College of Sports Medicine, clinical associate professor of exercise science and undergraduate program director of exercise science at Adelphi University





Small classes  
**8:1**  
student-to-  
faculty ratio

Connect  
to a New York-centered  
network of **nearly  
20,000** successful  
alumni.

Flexibility:  
**33%** of our students  
attend part time.

Diverse, inclusive  
campus:  
Students from  
**65** nations and  
**44** states

ADMISSION REQUIREMENTS

- Application and \$50 fee
- Two academic or professional letters of recommendation
- Official transcripts from all prior institutions
- Résumé
- Essay
- TOEFL, IELTS or Duolingo English Test scores required for international candidates
- Course-by-course evaluation prepared by an NACES member organization required for international candidates\*

\* Beginning with the Spring 2023 semester

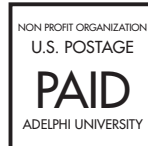
ACADEMIC PROGRAMS	TOTAL CREDITS	ADDITIONAL PROGRAM-SPECIFIC REQUIREMENTS/INFORMATION	AVAILABLE LOCATION			FULL TIME PART TIME		TERMS AVAILABLE FOR ADMISSION	
			GC	MC	ONLINE	FT	PT	FALL	SPRING
MA in Community Health Promotion	36 credits	Graduates eligible for the Certified Health Education Specialist (CHES) Certification and program aligned with the Master of Public Health for a second master's degree	●			●	●	●	●
MS in Exercise Science	36 credits	Prepare for careers in health/fitness, health science professions (e.g., physical therapy, physician assistant, occupational therapy), strength and conditioning, and eligibility for the American College of Sports Medicine (ACSM) clinical certification.	●			●	●	●	●
MA in Health Education (Pre-Service)	52 credits	This program is for those without any teacher certification; leads to New York state initial teacher certification.	●			●	●	●	●
MA in Health Education (Professional)	33 credits	Leads to New York state professional certification only	●			●	●	●	●
MA in Health Education (In-Service)	34 credits	Leads to New York state initial teacher certification for those with certification in another area/discipline	●			●	●	●	●
MA in Physical Education (Pre-Service)	66 credits	Leads to New York state initial teacher certification	●			●	●	●	●
MA in Physical Education (In-Service)	30–36 credits	Leads to New York state initial certification	●			●	●	●	●
MA in Physical Education (Professional)	33 credits	Leads to New York state professional certification only	●			●	●	●	●
MA in Physical Activity Studies	33–36 credits	Offers specializations in Teaching Adapted Physical Education, Sport-Based Youth Development* and School District Leadership in Administration in Physical Education, Health and Athletics	●	●		●	●	●	●
MS in Nutrition	34 credits	A fully online program that prepares for a broad career in nutrition as a researcher, educator, administrator, advocate and private practitioner			●		●	●	●
MS in Sport Management	36 credits	Traditional and fully online program that offers specializations in College Athletic Administration,** Sport Marketing** and Sport-Based Youth Development*	●	●	●		●	●	●
ADVANCED CERTIFICATE									
Community Health Promotion Advanced Certificate	19–28 credits	This advanced certificate program is designed to give students who have already attained a master's degree in health studies or related fields the opportunity to specialize in community health promotion.	●			●	●	●	●
Adapted Physical Education	15 credits	The program is designed for those who are currently enrolled or have completed a master's degree to prepare them for pre-K to 12 adapted physical education instruction and intervention.	●			●	●	●	●
School Health Education Advanced Certificate	19 credits	The program is designed for students who are coming from physical education and health-related areas who may hold a valid New York state teacher certification.	●			●	●	●	●

\*Sport-Based Youth Development Fellowship (free tuition) available for qualified applicants; internship required with funding organization

\*\*Specialization offered both traditionally (on campus) and online

## Office of University Admissions

P.O. Box 701  
One South Avenue  
Garden City, NY 11530-0701



**SAFETY FIRST.** Colleges and universities are required under federal law to publish and make available an annual campus security report, which includes, among other information, statistics on campus crime. The crime statistics for all colleges and universities required to comply with this law are available from the United States Department of Education.

Adelphi University's annual security report includes statistics for the previous three years concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by Adelphi University; and on public property within, or immediately adjacent to and accessible from, the campus. The report also includes institutional policies concerning campus security, such as policies concerning alcohol and drug use, crime prevention, the reporting of crimes, sexual assault, emergency response plan, timely warnings, fire statistics, missing students and other matters. The advisory committee on campus safety will provide upon request all campus crime statistics as reported to the United States Department of Education. You may obtain a copy of this report by contacting the Department of Public Safety and Transportation, Levermore Hall, Suite 113, at [adelphi.edu/safety-transportation](mailto:adelphi.edu/safety-transportation) or **516.877.3500**.

The United States Department of Education's website for campus crime statistics is [ope.ed.gov/security](http://ope.ed.gov/security).

As a reminder, the back of any Adelphi University ID card provides you with weather advisory and alert numbers to obtain information on any possible delayed openings or school closings. To register for the University Mass Notification System, log on to eCampus ([ecampus.adelphi.edu](http://ecampus.adelphi.edu)) and click on University Mass Notification System.

**ACCREDITATION.** Adelphi University, an independent, comprehensive institution, is chartered by the University of the State of New York and is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104-2680, **267.284.5000**; the New York State Education Department, 89 Washington Avenue, Albany, NY 12234, **518.474.3852**; the Commission on Collegiate Nursing Education, One Dupont Circle NW, Suite 530, Washington, D.C. 20036, **202.887.6791**; the Council on Academic Accreditation in Audiology and Speech-Language Pathology, American Speech-Language-Hearing Association, 2200 Research Boulevard, Rockville, MD 20850-3289, **800.638.8255**; the Council on Social Work Education, 1701 Duke Street, Suite 200, Alexandria, VA 22314, **703.683.8080**; the Council for the Accreditation of Educator Preparation (CAEP), 1140 19th Street NW, Suite 400, Washington, D.C. 20036, **202.223.0077**; and AACSB International-The Association to Advance Collegiate Schools of Business, 777 South Harbor Island Boulevard, Suite 750, Tampa, FL 33602-5730, **813.769.6500**.

## EQUAL OPPORTUNITY AND NOTICE OF

**NONDISCRIMINATION.** Adelphi University is committed to extending equal opportunity in employment and educational programs and activities to all qualified individuals and does not discriminate on the basis of race, religion, age, color, creed, sex, marital status, sexual orientation, ethnicity, national origin, disability, genetic predisposition or carrier status, veteran status, status as a disabled or Vietnam-era veteran, gender expression, or any other basis protected by applicable local, state or federal laws. Adelphi University does not discriminate on the basis of sex or gender in any education program or activity it operates as required by Title IX. All questions regarding Title IX should be referred to Title IX Coordinator and Director of Equity and Compliance Allison Vernace, Room 106, Levermore Hall, **516.877.6808**, [titleix@adelphi.edu](mailto:titleix@adelphi.edu). The discrimination coordinator for student concerns pursuant to Section 504 of the Rehabilitation Act of 1973 is Rosemary Garabedian, Director of the Student Access Office, Post Hall, **516.877.3145**, [sao@adelphi.edu](mailto:sao@adelphi.edu); the discrimination coordinator for employee concerns pursuant to Section 504 of the Rehabilitation Act of 1973 is Jane Fisher, Director of Employment, Employee and Labor Relations, Room 203, Levermore Hall, **516.877.3220**; the coordinator of Title VII and the affirmative action officer is Jane Fisher, Director of Employment, Employee and Labor Relations, Room 203, Levermore Hall, **516.877.3220**.

