



Esports Health & Fitness Certificate

A hybrid, part-time, two-year graduate certificate (15 credit hours)

PROGRAM DESCRIPTION

Shenandoah University is committed to meeting the needs of practicing clinicians who seek advanced education in the emerging practice area of esports health and fitness. The mission of the Esports Health and Fitness Certificate program is to educate students on methods to prevent esports athletes' injury/illness, to provide strength and conditioning to improve performance, to understand nutritional needs of the esports athlete, and to integrate mind and body techniques to enhance health and wellness.

PROGRAM PREREQUISITES

- Bachelor's degree from a regionally accredited institution in exercise science, kinesiology, health science, or a related degree approved by the program director.
- Required prerequisite courses include Anatomy I (4 credits) and Biomechanics, Kinesiology, or Exercise Physiology (3 credits) with grade of "C" or better. Course substitutions can be approved by the program director.
 - The following credentials may be submitted in substitution of required prerequisite courses: Certified Professional Trainer (CPT), Licensed Massage Therapist, or NSCA Certified Strength and Conditioning Specialist (CSCS).

ADMISSIONS REQUIREMENTS

- Graduate Application with \$30 application fee
- Unofficial transcripts for initial admission from all institutions of higher education previously attended
 - Prerequisite courses listed above must be included.
- Copy of current professional license
 - This is waived for current SU students in other graduate health profession pathways, who must submit a letter of support from their respective program director/dean.
- Language Proficiency Requirement must be met. Submission of TOEFL, IELTS, PTE, or Duolingo English Test may be required. See our policy for full details: <https://www.su.edu/admissions/international-students>

Upload all documents to your [Shenandoah Admissions Self-Service Center](#)

CURRICULUM

Course	Term	Title	Credits
ESHF 700	SU 1	Musculoskeletal Terms for Esports	1
ESHF 702	FA 1	Kinesiology & Ergonomics for Esports	3
ESHF 703	FA 1	Nutrition for Esports	3
ESHF 705	SP 1	Health & Fitness for Esports	3
ESHF 706	SU 2	Esports Research Seminar	2
ESHF 707	FA 2	Psych & Neurocognitive Treatment Esports	2
ESHF 709	SP 2	Esports Capstone	1
TOTAL			15

ADMISSION & APPLICATION

Start Term

Summer 2 (July)

Admission Deadline

Priority: June 1

Rolling admission after the deadline based on space availability

Format/Location

Hybrid

Online learning with three mandatory onsite seminar experiences Friday-Sunday over the course of the two-year curriculum

How to Apply

Begin the online application process by going to www.su.edu/admissions/graduate-students/athletic-training-application-information/

Contact Us

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Office of Graduate Admissions

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Office of Financial Aid

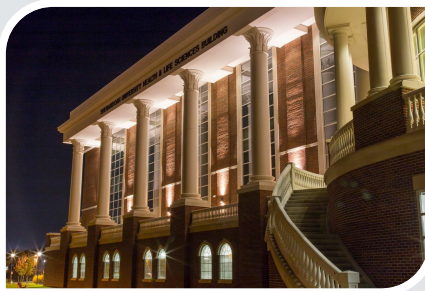
<https://www.su.edu/financial-aid/incoming-graduate-aid/>
finaid@su.edu | call: 540-665-4538



**Rose Schmieg, DHSc, ATC, PT, DHSC,
LAT, ATC, CiSSN**

Interim Dean of SHP and Founding Director of
the Division of Athletic Training

CAMPUS LOCATION



Division of Athletic Training

The mission of Shenandoah University Division of Athletic Training (SUDAT) is to prepare students as professional level Master of Science Degree educated athletic trainers who are reflective practitioners that provide evidence-based, compassionate, and ethical care for the prevention, assessment, acute management and rehabilitation of injuries and disorders of athletes and physically active individuals. Additionally, the Division of Athletic Training provides continuing education courses for certified athletic trainers and advanced education in emerging practice areas. SUDAT's graduate certificate program in Esports Health & Fitness will prepare you to develop injury prevention techniques, teaching practices, assessment and treatment strategies to enhance and potentially prolong the career of an esports athlete.

Faculty

Our accomplished and caring faculty serve as mentors beyond the classroom. As a team, they prepare you to serve as a compassionate athletic trainer, critical thinker and ethical leader. You'll benefit from small class sizes that enable faculty members to provide individualized attention and nurture your academic and professional development. Explore additional areas of faculty focus:

- Michele Pye, PhD, LAT, ATC – lower extremity pathology and evaluation, therapeutic rehabilitation of lower extremity injuries, evaluation & treatment of injuries to performing artists and ensuring healthcare professionals understand the specific demands and requirements for this population
- Jacob Manley, PT, DPT, MS, LAT, ATC, CSCS – health & wellness in the performing arts, strength & conditioning in the performing arts
- Zander Merle-Smith – eSport and competitive video gaming, sport and media, global aspects of sport, race and sport, major league baseball and baseball history

Facilities

The Health & Life Sciences Building opened in fall 2014; the building anchors the south corner of main campus, providing a state-of-the-art facility for the natural sciences and health care education.

Shenandoah's state-of-the-arts esports arena accommodates the growing esports demand in the region. It serves as both a practice facility for Shenandoah's 55+-member varsity team and as a public esports venue where spectators can watch weekly matches.

Shenandoah Performing Arts Rehabilitation Center Plus (SPARC+). Located within Shingleton Hall across from the Ewing Dance Studio, this on-campus clinic provides assessments and treatments for students across the conservatory and within the Esports Program.