

# **Exercise Science Graduate Assistantship**

## **Master of Science**

### **Nutrition and Exercise Science Program**

The Department of Allied Health, Kinesiology, and Sport Sciences at Southeast Missouri State University seeks to fill a Graduate Assistant position for the academic year beginning in the fall semester of 2026. Qualified candidates must have a background in Exercise Science.

**About Southeast and Cape Girardeau:** Southeast Missouri State University is a university of 9,500 students located in Cape Girardeau, Missouri, a town of approximately 45,000 residents, located 2 hours south of St. Louis and 2.5 hours north of Memphis.

**About the Degree:** The Nutrition and Exercise Science program prepares students to provide services in nutrition and exercise interventions for the promotion of lifestyle change. The program is designed for students with a degree in an allied health field. Coursework emphasizes prevention of lifestyle diseases, exercise physiology, nutrition, metabolism, and research methods. Past graduates have obtained doctorate degrees, worked in cardiopulmonary rehabilitation, wellness programs, strength and conditioning, and sport nutrition settings. Supporting faculty have expertise in multiple areas of nutritional science, health education/promotion, and exercise physiology.

#### **Primary Position Responsibilities:**

The qualified candidate will have a background in exercise science with the ability to instruct our undergraduate exercise physiology laboratory classes and teach an undergraduate health perspectives course. Essential skills include, but are not limited to: effective course instruction, knowledge of exercise physiology laboratory equipment and calibration techniques, word document and spreadsheet processing, data management, effective time management, critical thinking and problem solving, and effective written, verbal, and nonverbal communication with students and faculty.

Specific responsibilities include:

- Teaching Undergraduate Health Perspectives (HL120) Course
  - Create and coordinate all coursework and activities
  - Conduct lectures, facilitate discussions, and lead other in-class activities
  - Evaluate and report student progress and grades
  - Adhere to the university's policies and procedures for instructing courses
- Teaching Undergraduate Exercise Physiology Laboratory
  - Conduct, under supervision, sub-maximal and maximal exercise tests
    - Applicants **MUST** be familiar with exercise testing and fitness assessment protocols and possess and maintain the technical skills and competencies that are required to operate all the laboratory equipment (e.g., exercise testing systems, treadmills, cycle ergometers, respiratory gas analysis systems, pulmonary function testing, blood analyzers, and body composition analysis systems).
  - Troubleshoot technical problems and coordinate necessary equipment repairs
  - Order necessary laboratory supplies and maintain the required inventory of supplies
- Aid department faculty in teaching, research, and administrative roles as needed.

**Evaluation/Renewal:** This position may be renewable for an additional year pending availability and a complete evaluation of candidate performance and duties. Termination or non-renewal of the assistantship may result if specific duties are not accomplished or the candidate receives documented poor performance reviews.

**Benefits:** Graduate assistantships pay a stipend of \$9,491 for the academic year and cover the tuition for up to 9 credits of graduate-level coursework in both fall and spring semesters and up to 6 credits during the summer semester (all books are the responsibility of the graduate assistant and not paid by the department).

**Application Review:** A review of applications will begin immediately and continue until the position is filled.

**How to Apply:** Please email a cover letter of application, current résumé, most recent copy of all academic transcripts (unofficial is acceptable), and the contact information for at least three professional references, to Dr. Monica Kearney:

Monica Kearney, PhD, CSCS  
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