

About Montclair State University

Since its founding in 1908, Montclair State University has had a rich history of innovation, distinction, and growth. Montclair State, a vital educational force, is ranked as one of the top universities in the region. Graduates from Montclair State University are well equipped with the skills needed to respond to today's dynamic environment, as well as future challenges and opportunities.

About the College of Education and Human Services

With a more than 100-year tradition of excellence and educational leadership, the College of Education and Human Services offers several advantages for those pursuing a graduate or undergraduate education:

- Outstanding and innovative academic programs in the education and human services fields with nationally-recognized faculty and accreditation;
- Program faculty and staff dedicated to meeting the unique needs of our student population;
- Flexible study for both full-time students and working professionals, including weekend, accelerated, and Web-enhanced course options;
- Facilities that are on the cutting edge of learning and technology, including University Hall, the College's home, and the largest and most sophisticated building in the University's history.



 **MONTCLAIR STATE**
UNIVERSITY
College of Education and Human Services
Department of Exercise Science and Physical Education
1 Normal Avenue
Montclair, NJ 07043

Exercise Science and Physical Education Bachelor of Science Degree Programs



Promoting the physical
health of children,
adults, and families



College of Education and Human Services

Overview

Good health begins with physical well-being. The Department of Exercise Science and Physical Education is committed to preparing its graduates to assist individuals to achieve their health and fitness goals. The department offers three degree programs for undergraduate students, the Bachelor of Science in Exercise Science, the Bachelor of Science in Athletic Training, and the Bachelor of Science in Physical Education.

Program Information

Bachelor of Science in Athletic Training

The BS in Athletic Training is a rigorous and challenging program designed to prepare students for certification and practice in the allied health profession of Athletic Training. Athletic trainers are licensed to practice by the Board of Medical Examiners and recognized by the American Medical Association. They are highly educated and skilled in the prevention, care, and rehabilitation of injuries and medical conditions that occur in people who participate in strenuous physical activity. Several clinical courses are infused in the program, giving students considerable experience at clinical sites before they graduate from the program. Certified athletic trainers work in a variety of settings, including schools, colleges, and universities; professional sports teams; military organizations; sports medicine clinics and hospitals; performing arts facilities and organizations; and medical offices.

Bachelor of Science in Exercise Science

The BS in Exercise Science provides students with a strong scientific and practical knowledge-base, preparing them



with competencies to not only instruct people, but to also design and implement fitness programs. The program prepares exercise practitioners to perform accurate fitness assessments, including recognition of pathologic indicators, as well as to plan, implement, evaluate and sustain exercise programming initiatives in a variety of public settings. Graduates may work in a range of health or fitness-related settings including corporate, clinical, commercial, community and private health clubs as well as health/fitness related sales positions, including those in the pharmaceutical industry. They may work as health fitness instructors, clinical exercise practitioners, certified strength and conditioning specialists, fitness program managers or personal trainers.

Bachelor of Science in Physical Education

The BS in Physical Education prepares students to work with children and young adults in a variety of educational and community settings. Students who complete any of the concentrations in this program will have a broad background in the theories and applications of physical education. Graduates will be well-positioned to apply for graduate studies in related fields or obtain a range of education- and fitness-oriented professional positions.

Concentration in Teacher Certification in Physical Education and Health

This concentration prepares students to be Physical Education and Health teachers. Students pursuing teacher certification must be admitted to the Teacher Education Program and follow the professional sequence.

Concentration in Physical Activity in Educational Settings

The concentration in Physical Activity in Educational Settings contains all elements of the Teacher Certification program, without the teacher education sequence. The concentration in Physical Activity in Educational Settings provides students with a core of physical education and health courses and required general education courses.

Concentration in Coaching

The concentration in Coaching focuses on principles and techniques of coaching, as well as social and psychological factors related to sports. This concentration prepares students to work as coaches in a variety of settings including

schools and colleges, community sports programs, and professional sports.

Concentration in Community-Based Fitness and Wellness

The concentration in Community-Based Fitness and Wellness focuses on topics such as fitness assessment and exercise in special populations. This concentration prepares students to work in community-based programs as instructors, program designers, or managers.



For further information

<http://cehs.montclair.edu/academic/es/>

Apply online

<http://www.montclair.edu/admissions/>

Tuition and Fees

Tuition and fees for the current academic year may be accessed at:

<http://www.montclair.edu/admissions/costs.html>

Montclair State University offers financial aid and scholarships. To obtain financial aid information, contact the Office of Student Financial Aid at 973-655-4461.

Contact

Office: University Hall, Room 4236

Phone Number: (973) 655-5253

Email: espe@montclair.edu