

# Bachelor of Science in Exercise Science

## CONCENTRATION IN CLINICAL AND PRE-PROFESSIONAL STUDIES



### 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.

### PROGRAM DESCRIPTION

Exercise Science is a multi-disciplinary program that applies scientific knowledge from anatomy, physiology, biology, chemistry, psychology, motor control and biomechanics to understand how the human body functions during physical activity, and how the body adapts to exercise training. The Exercise Science program prepares students to acquire skills in fitness evaluation, exercise program design and instructing functional movement patterns. Students who want to enter the undergraduate Exercise Science degree program must choose one of two concentrations, Sports Conditioning or Clinical and Pre-Professional Studies.

### ABOUT THE CONCENTRATION

The objective of the Clinical and Pre-Professionals Studies concentration within the Exercise Science major is to better prepare students for entry into clinical fields and/or graduate education. The Clinical and Pre-Professional Studies concentration focuses on developing knowledge and skills that are required for allied health professionals and professional degree graduate education.

### COMMON CAREERS WITH A BS IN EXERCISE SCIENCE: CLINICAL AND PRE-PROFESSIONAL STUDIES

- Cardiac and Pulmonary Rehabilitation Specialist
- Clinical Exercise Physiologist
- Personal Trainer
- Fitness/Health Facility Manager
- Work-Site Wellness Coordinator
- Group Fitness Instructor

### COMMON GRADUATE STUDIES WITH A BS IN EXERCISE SCIENCE: CLINICAL AND PRE-PROFESSIONAL STUDIES

- Allied Health Programs (Physical Therapy, Occupational Therapy, Physician's Assistant, Nursing, Chiropractic, Medical School)
- Exercise Science
- Exercise Physiology
- Biomechanics
- Motor Learning
- Athletic Training
- Nutrition

### CONTACT INFORMATION

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# PROGRAM REQUIREMENTS

## COMMON COURSES FOR ALL EXERCISE SCIENCE MAJORS

- HLTH 101 Personal Health Issues
- HPEM 150 Principles and Practice of Emergency Care
- HPEM 199 Freshman Seminar in Health and Physical Education
- HPEM 355 Measurement and Evaluation in Health and Physical Education
- EXSC 231 Fitness Assessment and Exercise Prescription
- EXSC 234 Leadership in Anaerobic Exercise
- EXSC 300 Seminar I in Exercise Science
- PEMJ 131 Fitness Activities
- PEMJ 320 Physiology of Exercise
- PEMJ 321 Kinesiology
- PEMJ 324 Basic Motor Learning
- PSYC 101 Introduction to Psychology
- NUFD 182 Nutrition
- BIOL 244 Anatomy and Physiology I
- BIOL 245 Anatomy and Physiology II

## REQUIRED COURSES FOR THE CONCENTRATION IN CLINICAL AND PRE-PROFESSIONAL STUDIES

- EXSC 430 Exercise for Special Populations
- EXSC 475 Foundations and Practices in Cardiac Rehabilitation
- CHEM 120 General Chemistry I
- BIOL 112 Principles of Biology I
- PHYS 193 College Physics I

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All students must also fulfill the University general education requirements and complete at least 120 credits. Recommended free electives for those interested in PA, PT and OT: General Chemistry II CHEM 121 (4), College Physics II PHYS194 (4), Principles of Biology II BIOL 113 (4). For AT programs: ATTR 101(3), ATTR 240 (3). Other recommendations for free electives will be advised (e.g. EXSC 476 and EXSC 480). Those who do not pass the math readiness exam must take MATH 100 as pre-requisite for BIOL 112, CHEM 120, and PHYS 193. Those who do not pass the chemistry readiness exam must take CHEM 106 before CHEM 120.

### ADMISSION REQUIREMENTS

- Incoming freshmen may declare the Clinical and Pre-Professionals Studies concentration upon admission.
- Students with an established GPA at Montclair State University or another institution must have a minimum GPA of 2.75 to be admitted into the Clinical and Pre-Professionals Studies concentration.
- Students with more than 60 credits may be admitted into the Clinical and Pre-Professionals Studies concentration by departmental permission.

Apply online at [montclair.edu/admissions](https://montclair.edu/admissions)



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