Master of Science in Exercise Science and Sport Studies Concentration in Exercise Science



Program Description

The Master of Science in Exercise Science and Sport Studies provides students the opportunity to engage in advanced study in the general field of exercise science and sport administration, and to enhance proficiency in an area of concentration. The concentration in Exercise Science is designed to cultivate knowledge in specialized and applied areas of exercise physiology and biomechanics. Students may elect to take additional coursework in exercise programming, cardiac rehabilitation, neuromotor physiology, coaching techniques and sport psychology. Options for the culminating experience include a choice between an internship and a research project. Graduates of the Exercise Science concentration may pursue careers in health fitness, strength and conditioning, clinical exercise physiology and more advanced graduate study.

Graduate classes are typically held in the evening. Many of the courses in this program are offered in a hybrid format in which some of the class meetings take place in the classroom while the remaining class sessions are conducted online. Facilities for learning activities and research in exercise physiology, biomechanics and motor learning are provided in the state-of-the-art Human Performance Laboratory and the Physical Education Activity Laboratory.

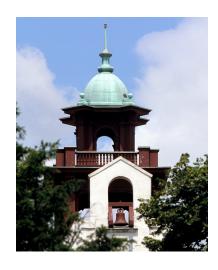
Admission Requirements

All applicants must meet the basic admission requirements for graduate study at Montclair State University. Additionally, applicants for the concentration in Exercise Science must have a bachelor's degree with evidence of coursework in anatomy and physiology, physiology of exercise, and kinesiology (or biomechanics). Students lacking adequate preparation may be required to take additional coursework at the undergraduate level as a prerequisite to full matriculation in the master's program. The application process is conducted on a rolling admission basis with interested candidates submitting an online application, statement of objectives (essay), undergraduate transcripts, two letters of recommendation, and application fee. Completion of the GRE is not required for this program.

For more information please contact:

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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.

Curriculum Guide for the Exercise Science Concentration

Required Core Coursework 6-9 Credit H			6-9 Credit Hours
PEMJ 502	Methods of Inquiry and Analysis		
Capstone Experience – Select one of the following options:			
Option A:	PEMJ 594	Internship in Sport and Exercise Scient	ence 3
Option B:	PEMJ 505	Research Design and	3
	PEMJ 603	Research Project	3
Required Concentration Coursework 15 Credit Hours			
EXSC 536	Cardiovascular Exercise Physiology		3
EXSC 537	Neuromuscul	uromuscular Exercise Physiology 3	
EXSC 538	Metabolic and Respiratory Exercise Physiology 3		
EXSC 540	Applied Sport Physiology		3
EXSC 561	Applied Biomechanics		3
Graduate Electives 9-12 Credit Hours			
Select 12 credits of graduate electives if choosing			
Capstone Option A, 9 credits if choosing Capstone Option B.			
EXSC 541	Aerobic Testing and Programming 3		
EXSC 542	Foundations of Cardiac Rehabilitation 3		
EXSC 543	Theoretical Foundations in Strength and Conditioning 3		
EXSC 556		Basis of Movement	3
EXSC 558	Seminar in Ex	kercise and Sport Science	1
EXSC 580	Independent	Study in Exercise Science	1-3
SPAD 508	Management	and Supervision in Sport	3
SPAD 547	Advanced Co	eaching Techniques	3
SPAD 557	Motor Behavi	or in Youth	3
SPAD 559	Applied Spor	t and Exercise Psychology	3
NUFD 560	Advanced Nutrition Counseling for Diverse Population Groups		ion Groups 3
NUFD 581	Nutrition Edu	cation	3
Total Credits			33