

MONTCLAIR STATE UNIVERSITY

COLLEGE FOR COMMUNITY HEALTH

MS in Kinesiology

Master of Science in Kinesiology (previously MS in Exercise and Sports Studies)

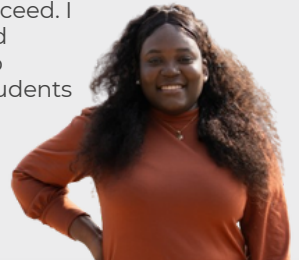
The graduate program in Kinesiology provides students the opportunity to engage in advanced study in the general field of exercise science and sport, and to enhance proficiency in an area of concentration. Concentrations are offered in Exercise Science and Sport Administration. In addition to 12-15 semester hours in the selected concentration, students take 9-15 credits in an area of specialization and/or department electives. Additionally, students complete a course in research methods and choose between an internship or research project to satisfy their culminating experience.

Concentrations Include

- **Exercise Science** - designed to cultivate knowledge in specialized and applied areas of exercise physiology and biomechanics. Students may further finetune their study through elective offerings in exercise programming, cardiac rehabilitation, neuromotor physiology, coaching techniques, and sport psychology
- **Sport Administration** - designed to cultivate knowledge in specialized and skills needed to work in various facets of the sport industry. The program features a strong core in Sport Administration with options to take additional coursework in Athletic Administration (for certified teachers seeking the Supervisory Certificate), Coaching, and Sport Business

“ Montclair State University's inclusive community and unwavering support have truly made my academic journey extraordinary. Montclair embraced me with open arms, providing the guidance and resources I needed to chase my dreams. From the welcoming environment to the dedicated faculty and fellow students, Montclair fosters an atmosphere where everyone can thrive and succeed. I wholeheartedly recommend Montclair State University to prospective international students seeking a supportive and enriching educational experience.

Yaa - Ghana
Graduate Student



\$101,020 average salary for physical therapists in 2024

U.S. Bureau of Labor Statistics 2024

#81 top public schools

U.S. News & World Report 2025, Top Public Colleges and Universities

19 kilometers from New York City

120+ student clubs and organizations

Program Highlights

- Gain specialized knowledge and applied skills in exercise physiology and biomechanics
- Capstone experience: Internship or Research project
- State-of-the art Human Performance Laboratory for activities, research related to exercise physiology, biomechanics, motor learning, and coaching techniques
- Prerequisite courses in Anatomy, Physiology and Kinesiology may be completed as part of the MS program
- Evening and hybrid classes
- Completed in two years over 33 credit hours
- No GRE required

Career Outcomes

Graduates of our program are prepared for careers in many fields, or to continue their education for many other careers. Some common career outcomes for graduates include:

- Strength and conditioning with college and professional athletes
- Clinical exercise physiology in rehabilitative and hospital settings
- Physical therapist
- Physician
- Physician's assistant
- Athletic Directors
- Sport Coaches
- Managers of Sport Teams
- Advance Graduate Studies
- Sport Marketing
- Facilities Manager
- Public Relations
- Sport Media
- University professor

Sample Courses

This **33-credit program** consists of many course options to choose from that will help you gain the skills and knowledge you need to help you succeed in your future career.

- Cardiovascular Exercise Physiology
- Neuromuscular Exercise Physiology
- Metabolic and Respiratory Exercise Physiology
- Applied Sport Physiology
- Applied Biomechanics
- Management and Supervision in Sport
- Management and Supervision in Sport
- Aerobic Testing and Programming
- Foundations of Cardiac Rehabilitation
- Theoretical Foundations of Strength and Conditioning
- Neuromotor Basis of Movement
- Independent Study in Exercise Science
- Legal Aspects of Sport
- Sport Marketing and Public Relations
- Advanced Coaching Techniques
- Motor Behavior in Youth
- Applied Sport and Exercise Psychology
- Principles of Nutrition
- Advanced Sports Nutrition
- Nutrition Education
- Facility Management in Sport
- Sports Finance



Admission Requirements

- Application
- Application fee
- Official NACES transcript evaluation
- Official English proficiency test score
- Previous coursework in anatomy and physiology, physiology of exercise, and kinesiology. (These prerequisites can be completed as part of the MS program).
- Statement of purpose
- Two letters of recommendation
- Optional:
 - Resume

APPLY NOW

