MONTCLAIR STATE UNIVERSITY

BS in Exercise Science

#81 in top public schools

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

$58,160 average salary for exercise physiologists in 2024

U.S. Labor Board Statistics, 2024

19 km from New York City (one of the hottest job markets in the U.S.)

120+ student clubs and organizations

Students will be able to practice what they've learned in class in our state-of-the-art exercise lab!

About the program

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.

Admission Requirements

- Application
- Application fee
- English translation of transcripts from all secondary schools attended
- English proficiency test score
- Statement of purpose
- Letter of recommendation
- Resume
- Optional:
  - List of extracurricular
  - SAT/ACT scores

Transfer Students

In addition to the general requirements, students must also provide an official course-by-course NACES transcript evaluation

Fast facts about Montclair

Montclair
Just a 40 minute train ride to NYC!

Number of students 23,500
Countries represented on campus 77
Students living on campus 5,300
Student/Faculty ratio 17:1
Average class size 25
Alumni Network .... 145,000+ in 50 states and 70 countries

Career Outcomes

Graduates with a degree in exercise science can go into wide range of fields and careers. Some of the most common include:

- Strength and Conditioning Coach
- Personal trainer
- Fitness/Health Facility Manager
- Work-site Wellness Coordinator
- Cardiac and Pulmonary Rehabilitation Specialist
- Clinical Exercise Physiologist
- Group Fitness Instructor