Bachelor of Science in Exercise Science

CONCENTRATION IN SPORTS CONDITIONING

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 Sports Conditioning concentration within the Exercise Science major is to train undergraduate students to work in the area of sports conditioning and fitness training. The Sports Conditioning concentration focuses on developing knowledge and skills that are required for various sub-disciplines within the fitness field.

COMMON CAREERS WITH A BS IN EXERCISE SCIENCE: SPORTS CONDITIONING
• Strength and Conditioning Coach
• Personal Trainer
• Fitness/Health Facility Manager
• Work-Site Wellness Coordinator
• Group Fitness Instructor

COMMON GRADUATE STUDIES WITH A BS IN EXERCISE SCIENCE: SPORTS CONDITIONING
• Exercise Science
• Exercise Physiology
• Physiology
• Biomechanics
• Motor Learning
• Nutrition

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.

CONTACT INFORMATION
Office: University Hall, Room 4136
Telephone: 973-655-5253
Email: espe@montclair.edu
All students must also fulfill the University general education requirements and complete at least 120 credits.

**ADMISSION REQUIREMENTS**
- Incoming freshman may declare the Sports Conditioning concentration upon admission.
- Students with fewer than 60 credits may declare the Sports Conditioning concentration at any time.
- Students with more than 60 credits may be admitted into the Sports Conditioning concentration by departmental permission.

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