This program begins in Spring 2022

A Combined Degree program enables undergraduate students to enroll in graduate courses in their senior year, which can be counted towards the completion of both their Bachelor's and Master's degree requirements.

The ability to take these "swing courses" allows students to earn both their Bachelor's and Master's degrees in a shortened period of time, typically within five years of intensive study. Undergraduate students interested in this option can find more information regarding program requirements on the University’s Combined Programs website (https://www.montclair.edu/combined-programs/programs-of-study/).

Program Requirements

Students in this combined degree program must complete the requirements for:

Exercise Science - Clinical and Pre-Professional Studies Concentration (B.S.) (http://catalog.montclair.edu/programs/exercise-science-clinical-preprof-conc-bs/)

Exercise Science and Sport Studies - Exercise Science Concentration (M.S.) (http://catalog.montclair.edu/programs/exercise-science-sport-studies-exercise-science-concentration-ms/)

Graduate Swing Courses

A combined degree program allows students to complete 6-12 graduate credits ("graduate swing courses") while enrolled as an undergraduate. These courses count for both their bachelor and master's degrees.

Graduate swing courses will count toward undergraduate free electives, unless noted otherwise.

The Graduate Swing Courses for this program:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXSC 538</td>
<td>Metabolic and Respiratory Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 540</td>
<td>Applied Sport Physiology</td>
<td>3</td>
</tr>
<tr>
<td>PEMJ 502</td>
<td>Methods of Inquiry and Analysis</td>
<td>3</td>
</tr>
<tr>
<td>Total Credits</td>
<td></td>
<td>9</td>
</tr>
</tbody>
</table>

Recommended Roadmap to Degree(s)

This recommended five-year plan is provided as an outline for students to follow in order to complete their degree requirements within five years. This plan is a recommendation and students should only use it in consultation with their academic advisor.

Fifth year courses are taken at the graduate level, after matriculation into the graduate portion of this combined degree program.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HPEM 199</td>
<td>Freshman Seminar in Health and Physical Education</td>
<td>1</td>
</tr>
<tr>
<td>PEMJ 131</td>
<td>Fitness Activities</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 244</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>WRIT 105</td>
<td>College Writing I</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 101</td>
<td>Personal Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>Spring</td>
<td></td>
<td>14</td>
</tr>
<tr>
<td>CMST 101</td>
<td>Fundamentals of Speech; Communication Requirement</td>
<td>3</td>
</tr>
<tr>
<td>HPEM 150</td>
<td>Principles and Practice of Emergency Care</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 245</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>WRIT 106</td>
<td>College Writing II</td>
<td>3</td>
</tr>
<tr>
<td>STAT 109</td>
<td>Statistics</td>
<td>3</td>
</tr>
<tr>
<td>Complete MATH 100 or pass exam</td>
<td></td>
<td>0-3</td>
</tr>
</tbody>
</table>

Second Year

| Fall            |                                            |         |
| World Language 1 |                                        | 3       |
| PSYC 101        | Introduction to Psychology                | 3       |
| EXSC 255        | Research Methods and Data Interpretation  | 3       |
| PHYS 193        | College Physics I                         | 4       |
| GENERAL EDUCATION: (F2) Humanities – Philosophical and Religious Perspectives | 3 |
| Credits         |                                            | 16-19   |

| Spring          |                                            |         |
| World Language 2 |                                        | 3       |
| PEMJ 320        | Physiology of Exercise                    | 4       |
| NUFD 182        | Nutrition: A Sociocultural Perspective    | 3       |
| Complete CHEM 106 or pass exam |                        | 0-3     |
Exercise Science - Clinical and Pre-Professional Studies Concentration (B.S.) (Combined B.S./M.S. Exercise Science and Sport Studies - Exercise Science Concentration)

<table>
<thead>
<tr>
<th>Course and Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Elective (students may opt to take PHYS 194)</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Third Year</th>
<th>Credits 13-16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
</tr>
<tr>
<td>PEMJ 324</td>
<td>Basic Motor Learning</td>
</tr>
<tr>
<td>EXSC 331</td>
<td>Exercise Assessment and Prescription</td>
</tr>
<tr>
<td>EXSC 234</td>
<td>Leadership in Anaerobic Exercise</td>
</tr>
<tr>
<td>CHEM 120</td>
<td>General Chemistry I</td>
</tr>
<tr>
<td>BIOL 112</td>
<td>Principles of Biology I</td>
</tr>
<tr>
<td></td>
<td>Credits 18</td>
</tr>
<tr>
<td>Spring</td>
<td></td>
</tr>
<tr>
<td>PEMJ 321</td>
<td>Kinesiology</td>
</tr>
<tr>
<td>EXSC 300</td>
<td>Seminar I in Exercise Science</td>
</tr>
<tr>
<td>GENERAL EDUCATION: (G) Computer Science</td>
<td></td>
</tr>
<tr>
<td>CHEM 121</td>
<td>General Chemistry II (or Free Elective)</td>
</tr>
<tr>
<td>GENERAL EDUCATION: (K1) Social Science – American and European History</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Credits 15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fourth Year</th>
<th>Credits 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
</tr>
<tr>
<td>EXSC 475</td>
<td>Foundations and Practices in Cardiac Rehabilitation</td>
</tr>
<tr>
<td>EXSC 430</td>
<td>Exercise for Special Populations</td>
</tr>
<tr>
<td>GENERAL EDUCATION: (D) Fine and Performing Arts</td>
<td></td>
</tr>
<tr>
<td>GENERAL EDUCATION: (K2) Social Science – Global Cultural Perspectives</td>
<td></td>
</tr>
<tr>
<td>PEMJ 502</td>
<td>Methods of Inquiry and Analysis</td>
</tr>
<tr>
<td></td>
<td>Credits 15</td>
</tr>
<tr>
<td>Spring</td>
<td></td>
</tr>
<tr>
<td>GENERAL EDUCATION: (F1) Humanities – Great Works and Their Influences</td>
<td></td>
</tr>
<tr>
<td>GENERAL EDUCATION: (L) Interdisciplinary Studies</td>
<td></td>
</tr>
<tr>
<td>World Cultures</td>
<td></td>
</tr>
<tr>
<td>EXSC 538</td>
<td>Metabolic and Respiratory Exercise Physiology</td>
</tr>
<tr>
<td>EXSC 540</td>
<td>Applied Sport Physiology</td>
</tr>
<tr>
<td></td>
<td>Credits 15</td>
</tr>
<tr>
<td></td>
<td>Total Credits 122-128</td>
</tr>
</tbody>
</table>