

EXERCISE SCIENCE AND SPORT STUDIES - EXERCISE SCIENCE CONCENTRATION (M.S.)

For details about this program, including program description, admission requirements, and contact information, click here (<https://www.montclair.edu/graduate/programs-of-study/exercise-science-and-physical-education-exercise-science-concentration-ma/>).

Program Requirements

Code	Title	Credits
Prerequisite Coursework		
BIOL 244	Anatomy and Physiology I	
PEMJ 320	Physiology of Exercise	
PEMJ 321	Kinesiology	
Required Core Coursework		
PEMJ 502	Methods of Inquiry and Analysis	3
Select one of the following Capstone options:		3-6
<i>Capstone Option A</i>		
PEMJ 594	Internship in Sport and Exercise Science	
<i>Capstone Option B</i>		
PEMJ 505 & PEMJ 603	Research Design and Research Project	
Required Concentration Coursework		
EXSC 536	Cardiovascular Exercise Physiology	3
EXSC 537	Neuromuscular Exercise Physiology	3
EXSC 538	Metabolic and Respiratory Exercise Physiology	3
EXSC 540	Applied Sport Physiology	3
EXSC 561	Applied Biomechanics	3
Graduate Electives		
Select 12 credits of graduate electives if choosing Capstone Option A 12-9 or 9 credits if choosing Capstone Option B.		
EXSC 541	Aerobic Testing and Programming	
EXSC 542	Foundations of Cardiac Rehabilitation	
EXSC 543	Theoretical Foundations of Strength and Conditioning	
EXSC 556	Neuromotor Basis of Movement	
EXSC 558	Seminar in Exercise and Sport Science	
EXSC 580	Independent Study in Exercise Science	
SPAD 508	Management and Supervision in Sport	
SPAD 547	Advanced Coaching Techniques	
SPAD 557	Motor Behavior in Youth	
SPAD 559	Applied Sport and Exercise Psychology	
NUFD 560	Advanced Nutrition Counseling for Diverse Population Groups	
NUFD 581	Nutrition Education	

Total Credits

33