EXERCISE SCIENCE MAJOR, SPORTS CONDITIONING CONCENTRATION (B.S.)

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 must choose one of two concentrations, Sports Conditioning or Clinical and Pre-Professional Studies.

About the Concentration in Sports Conditioning

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.

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.

Program Requirements

Students must complete 42 credits of General Education requirements (http://catalog.montclair.edu/undergraduate-graduate-degree-requirements/general-ed-ba-bs) and 3-9 credits of World Languages and Cultures Requirements (http://catalog.montclair.edu/undergraduate-graduate-degree-requirements/world-languages-cultures-requirement).

<table>
<thead>
<tr>
<th>Code</th>
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<th>Credits</th>
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<tbody>
<tr>
<td>HLTH 101</td>
<td>Personal Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>HPEM 150</td>
<td>Principles and Practice of Emergency Care</td>
<td>3</td>
</tr>
<tr>
<td>HPEM 199</td>
<td>Freshman Seminar in Health and Physical Education</td>
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<td>HPEM 355</td>
<td>Measurement and Evaluation in Health and Physical Education</td>
<td>3</td>
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<tr>
<td>HPEM 356</td>
<td>Management of Health, Physical Education, Athletics and Fitness Programs</td>
<td>3</td>
</tr>
<tr>
<td>PEMJ 320</td>
<td>Physiology of Exercise</td>
<td>4</td>
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<tr>
<td>PEMJ 321</td>
<td>Kinesiology</td>
<td>3</td>
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<tr>
<td>PEMJ 324</td>
<td>Basic Motor Learning</td>
<td>3</td>
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<tr>
<td>EXSC 151</td>
<td>Yoga, Relaxation and Stress Reduction</td>
<td>1</td>
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<tr>
<td>EXSC 231</td>
<td>Fitness Assessment and Exercise Prescription</td>
<td>4</td>
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<tr>
<td>EXSC 233</td>
<td>Leadership in Aerobic Exercise</td>
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**Theory Specialization Core**

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<tr>
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<tbody>
<tr>
<td>EXSC 300</td>
<td>Seminar I in Exercise Science</td>
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<tr>
<td>EXSC 420</td>
<td>Theories in Strength and Conditioning</td>
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<td>EXSC 476</td>
<td>Seminar II in Exercise Science</td>
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<tr>
<td>EXSC 480</td>
<td>Internship in Exercise Science</td>
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**Exercise Science Collateral Courses**

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<tr>
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<tr>
<td>BIOL 244</td>
<td>Anatomy and Physiology I</td>
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</tr>
<tr>
<td>BIOL 245</td>
<td>Anatomy and Physiology II</td>
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<tr>
<td>CHEM 113</td>
<td>Fundamentals of Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>NUFD 182</td>
<td>Nutrition: A Socioecological Perspective</td>
<td>3</td>
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<tr>
<td>PSYC 101</td>
<td>Introduction to Psychology</td>
<td>3</td>
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Total Credits: 71-72