

EXERCISE SCIENCE - SPORTS CONDITIONING CONCENTRATION (B.S.)

This concentration is no longer open for new students. For the new Exercise Science program, please click here (<http://catalog.montclair.edu/programs/exercise-science-bs/>).

Program Requirements Overview

Code	Title	Credits
	General Education Requirements	30
	World Languages and Cultures Requirements	3-9
	Major Requirements	74-75
	Free Electives	13-6
Total Credits		120

Major Requirements

Code	Title	Credits
Required Theory Courses		
HLTH 101	Personal Health Issues	3
HPEM 150	Principles and Practice of Emergency Care	3
HPEM 199	Freshman Seminar in Health and Physical Education	1
EXSC 255	Research Methods and Data Interpretation	3
EXSC 300	Seminar I in Exercise Science	2
PEMJ 320	Physiology of Exercise	4
PEMJ 321	Kinesiology	3
PEMJ 324	Basic Motor Learning	3
Required Activity Courses		
PEMJ 131	Fitness Activities	3
EXSC 151	Yoga, Relaxation and Stress Reduction	1
EXSC 233	Leadership in Aerobic Exercise	3
EXSC 234	Leadership in Anaerobic Exercise	3
EXSC 331	Exercise Assessment and Prescription	4
Theory Specialization Courses		
HPEM 356	Management of Health, Physical Education, Athletics and Fitness Programs	3
EXSC 420	Theoretical Foundations of Sports Conditioning	3
EXSC 476	Seminar in Exercise Science	3
EXSC 480	Cooperative Exercise Science Field Experience	8-9
Collateral Courses		
PSYC 101	Introduction to Psychology	3
CHEM 113	Fundamentals of Chemistry	4
NUFD 182	Nutrition: A Socioecological Perspective	3
BIOL 244	Anatomy and Physiology I	4
BIOL 245	Anatomy and Physiology II	4

STAT 109	Statistics	3
Total Credits		74-75

General Education Requirements

Click here for a list of courses that fulfill General Education categories. (<http://catalog.montclair.edu/programs/general-education-requirements-ba-bs/>)

Code	Title	Credits
A. New Student Seminar		
HPEM 199	Freshman Seminar in Health and Physical Education (Fulfilled in the major.)	
C. Communication		
	1. Writing	3
	2. Literature	3
	3. Communication	3
D. Fine and Performing Arts		
	Complete a 3 credit Fine and Performing Arts course.	3
F. Humanities		
	1. Great Works and Their Influences	3
	2. Philosophical and Religious Perspectives	3
G. Computer Science		
	Complete a 3 credit Computer Science course.	3
H. Mathematics		
STAT 109	Statistics (Fulfilled in the major.)	
I. Natural Science Laboratory		
BIOL 244	Anatomy and Physiology I (Fulfilled in the major.)	
J. Physical Education		
	Fulfilled by PEMJ 131 in the major.	
K. Social Science		
	1. American and European History	3
	2. Global Cultural Perspectives	3
	3. Social Science Perspectives	
PSYC 101	Introduction to Psychology (Fulfilled in the major.)	
L. Interdisciplinary Studies		
	Complete a 3 credit Interdisciplinary Studies course.	3
Total Credits		30

World Languages and Cultures Requirements

Click here for a list of courses that fulfill World Languages and Cultures categories. (<http://catalog.montclair.edu/programs/world-languages-and-cultures-requirements/>)

Code	Title	Credits
World Languages		
	Based on language placement exam, complete one or two sequential courses in the same language. Requirement is automatically fulfilled by language major courses.	3-6
World Cultures		

Requirement may be fulfilled by course selected in General Education 0-3 - Social Science: Global Cultural Perspectives. Requirement may also be fulfilled by major coursework. See list of courses.

Total Credits **3-9**

EXSC 300	2
EXSC 420	3
Free Elective	4
Free Elective	3
	16
	11-12

Total Credits 120-121

Recommended Roadmap to Degree Completion

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

First Year

Fall	Credits	Spring	Credits
GENERAL EDUCATION: (C1) Writing	3	GENERAL EDUCATION: (C2) Literature	3
GENERAL EDUCATION: (C3) Communication	3	BIOL 245	4
BIOL 244	4	HLTH 101	3
HPEM 199	1	HPEM 150	3
PEMJ 131	3	STAT 109	3
	14		16

Second Year

Fall	Credits	Spring	Credits
World Language 1	3	GENERAL EDUCATION: (F2) Humanities – Philosophical and Religious Perspectives	3
CHEM 113	4	World Language 2	3
EXSC 233	3	EXSC 234	3
EXSC 255	3	NUFD 182	3
PSYC 101	3	PEMJ 320	4
	16		16

Third Year

Fall	Credits	Spring	Credits
GENERAL EDUCATION: (D) Fine and Performing Arts	3	GENERAL EDUCATION: (G) Computer Science	3
GENERAL EDUCATION: (K2) Social Science – Global Cultural Perspectives	3	GENERAL EDUCATION: (K1) Social Science – American and European History	3
GENERAL EDUCATION: (F1) Humanities – Great Works and Their Influences	3	World Cultures	3
EXSC 331	4	HPEM 356	3
PEMJ 321	3	PEMJ 324	3
	16		15

Fourth Year

Fall	Credits	Spring	Credits
GENERAL EDUCATION: (L) Interdisciplinary Studies	3	EXSC 476	3
EXSC 151	1	EXSC 480	8-9