

NUTRITION AND EXERCISE SCIENCE CERTIFICATE PROGRAM

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

Program Requirements

Code	Title	Credits
Prerequisite Coursework		
BIOL 244 is a prerequisite to PEMJ 320, both of which should be taken prior to EXSC 536, EXSC 537, EXSC 538, EXSC 541, and EXSC 543. NUFD 182 should be completed prior to NUFD 501 and NUFD 581.		
BIOL 244	Anatomy and Physiology I	4
NUFD 182	Nutrition: A Socioecological Perspective	3
PEMJ 320	Physiology of Exercise	4
Code	Title	Credits
Required Core Courses		
NUFD 501	Principles of Nutrition	3
NUFD 581	Nutrition Education	3
EXSC 541	Advanced Exercise Assessment and Programming	3
Elective in Exercise Science		
Select one of the following:		3
EXSC 536	Cardiovascular Exercise Physiology	
EXSC 537	Neuromuscular Exercise Physiology	
EXSC 538	Metabolic and Respiratory Exercise Physiology	
EXSC 542	Foundations of Cardiac Rehabilitation	
EXSC 543	Theoretical Foundations of Strength and Conditioning	
Total Credits		12