

# Bachelor of Science in Exercise Science

## CONCENTRATION IN SPORTS CONDITIONING



### ABOUT MONTCLAIR STATE UNIVERSITY

Since its founding in 1908, Montclair State University has had a rich history of innovation, distinction and growth. Montclair State, a vital educational force, is ranked as one of the top universities in the region. Graduates from Montclair State University are well equipped with the skills needed to respond to today's dynamic environment, as well as future challenges and opportunities.

### PROGRAM DESCRIPTION

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

### ABOUT THE CONCENTRATION

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.

### COMMON CAREERS WITH A BS IN EXERCISE SCIENCE: SPORTS CONDITIONING

- Strength and Conditioning Coach
- Personal Trainer
- Fitness/Health Facility Manager
- Work-Site Wellness Coordinator
- Group Fitness Instructor

### COMMON GRADUATE STUDIES WITH A BS IN EXERCISE SCIENCE: SPORTS CONDITIONING

- Exercise Science
- Exercise Physiology
- Physiology
- Biomechanics
- Motor Learning
- Nutrition

### CONTACT INFORMATION

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# PROGRAM REQUIREMENTS

## COMMON COURSES FOR ALL EXERCISE SCIENCE MAJORS

- HLTH 101 Personal Health Issues
- HPEM 150 Principles and Practice of Emergency Care
- HPEM 199 Freshman Seminar in Health and Physical Education
- EXC 255 Research Methods and Data Interpretation
- EXSC 331 Exercise Assessment and Prescription
- EXSC 234 Leadership in Anaerobic Exercise
- EXSC 300 Seminar I in Exercise Science
- PEMJ 131 Fitness Activities
- PEMJ 320 Physiology of Exercise
- PEMJ 321 Kinesiology
- PEMJ 324 Basic Motor Learning
- PSYC 101 Introduction to Psychology
- NUFD 182 Nutrition
- BIOL 244 Anatomy and Physiology I
- BIOL 245 Anatomy and Physiology II

## REQUIRED COURSES FOR THE CONCENTRATION IN SPORTS CONDITIONING

- EXSC 151 Yoga, Relaxation and Stress Reduction
- EXSC 233 Leadership in Aerobic Exercise
- EXSC 420 Theories in Strength and Conditioning
- EXSC 476 Seminar II in Exercise Science
- EXSC 480 Internship in Exercise Science
- CHEM 113 Fundamentals of Chemistry
- HPEM 356 Management of Health, PE, Athletics and Fitness Programs

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All students must also fulfill the University general education requirements and complete at least 120 credits.

### 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.

Apply online at [montclair.edu/admissions](https://montclair.edu/admissions)



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