

WORK PROGRAM ESCI MAJOR SPCD CONCENTRATION

MONTCLAIR STATE UNIVERSITY
B.S. in Exercise Science (ESCI),
Concentration in Sports Conditioning (SPCD)
 Exercise Science and Physical Education (ESPE)
 Effective Fall 2019

NAME:
CWID#
ADVISOR:

I. GENERAL EDUCATION REQUIREMENTS	30-39	III. MAJOR DEPARTMENT COURSES	74-75
A. New Student Seminar	0	A. Required Theory Courses	22
HPEM 199 Freshman Seminar in Health and PE †	0	HLTH 101 Personal Health Issues	3
C. Communication	9	HPEM 150 Principles & Practices of Emergency Care	3
Writing	3	HPEM 199 Freshman Seminar in Health & Phys. Ed. †	1
Literature	3	EXSC 255 Research Methods and Data Interpretation *	3
Communication	3	EXSC 300 Seminar I in Exercise Science *	2
D. Fine and Performing Arts	3	PEMJ 320 Physiology of Exercise *	4
	3	PEMJ 321 Kinesiology *	3
F. Humanities	6	PEMJ 324 Basic Motor Learning *	3
Great Work & Their Influences	3	B. Required Activity Courses	14
Philosophical and Religious Perspectives	3	PEMJ 131 Fitness Activities †	3
G. Computer Science	0-3	EXSC 151 Yoga, Relaxation and Stress Reduction	1
Computer Science	0-3	EXSC 233 Leadership in Aerobic Exercise *	3
H. Mathematics	0	EXSC 234 Leadership in Anaerobic Exercise *	3
STAT 109 Statistics †	0	EXSC 331 Exercise Assessment and Prescription *	4
I. Natural Science Laboratory	0		
BIOL 244 Anatomy & Physiology I †	0	C. Theory Specialization Core	17-18
BIOL 245 Anatomy & Physiology II † *	0	HPEM 356 Mgmt. of Health, P.E., Athl & Fit. Prgms. *	3
		EXSC 420 Theories in Strength & Conditioning *	3
J. Physical Education (incl. under Major Dept. Courses)		EXSC 476 Seminar II in Exercise Science *	3
		EXSC 480 Internship in Exercise Science *	8/9
K. Social Science	6		
American and European History	3	D. Collateral Courses	21
Global Cultural Perspectives	3	PSYC 101 General Psychology	3
Social Science Perspective: PSYC 101 Intro to Psyc †	0	CHEM 113 Fundamentals of Chemistry	4
		NUFD 182 Nutrition	3
L. Interdisciplinary Studies	3	BIOL 244 Anatomy & Physiology I †	4
	3	BIOL 245 Anatomy & Physiology II † *	4
II. WORLD LANGUAGES & WORLD CULTURES REQUIREMENT	3-9	STAT 109 Statistics †	3
World Languages	3-6		
World Cultures	0-3	IV. FREE ELECTIVE ‡	6-16
		TOTAL CREDITS REQUIRED	120

† = Fulfills General Education requirements

‡ = Recommended free electives for all Sports Conditioning students include **EXSC 430, EXSC 475**.

* = Requires prerequisite course(s) for this course