



Exercise Science

MS in Exercise Science and Sport Studies

The Master of Science in Exercise Science and Sport Studies provides students the opportunity to engage in advanced study in the general field of exercise science and sport administration, and to enhance proficiency in an area of concentration. The Exercise Science Concentration is designed to cultivate knowledge in specialized and applied areas of exercise physiology and biomechanics. Students may elect to take additional coursework in coaching techniques, exercise programming, cardiac rehabilitation, neuromotor physiology, and sport psychology.

The capstone experience is conducted as an internship or research project. Graduates of the Exercise Science Concentration will be prepared to pursue careers in strength and conditioning with college and professional athletes, in clinical exercise physiology in rehabilitative and hospital settings, or be better positioned to continue their education to become physical therapists, physicians, physician's assistants or university professors.

Graduate classes are typically held in the evening, mostly in a hybrid format. Instruction takes place on the 4th floor of University Hall in fully mediated classrooms and the state-of-the-art Human Performance Laboratory.

Admission Information

- Applicants must have a bachelor's degree
- Prerequisites include Anatomy and Physiology, Exercise Physiology, and Kinesiology (may be taken early in program if not on undergraduate transcript).
- Rolling admissions
- Online application, personal essay, undergraduate transcripts, two letters of recommendation, and application fee
- GRE not required

Contact Information:

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Courses include:

• **Required Core Coursework** **6-9 Credit Hours**

- PEMJ 502 Methods of Inquiry and Analysis (3)
- Capstone Experience – Select one of the following options:
 - Option A: PEMJ 594 Internship in Sport and Exercise Science (3)
 - Option B: PEMJ 505 Research Design (3) and PEMJ 603 Research Project (3)

• **Required Concentration Coursework** **15 Credit Hours**

- EXSC 536 Cardiovascular Exercise Physiology (3)
- EXSC 537 Neuromuscular Exercise Physiology (3)
- EXSC 538 Metabolic and Respiratory Exercise Physiology (3)
- EXSC 540 Applied Sport Physiology (3)
- EXSC 561 Applied Biomechanics (3)

• **Graduate Electives** **9-12 Credit Hours (Select 12 credits for Capstone Option A, 9 credits for Capstone Option B)**

- EXSC 541 Aerobic Testing and Programming (3)
- EXSC 542 Foundations of Cardiac Rehabilitation (3)
- EXSC 543 Theoretical Foundations in Strength and Conditioning (3)
- EXSC 556 Neuromotor Basis of Movement (3)
- EXSC 580 Independent Study in Exercise Science (1-3)
- SPAD 508 Management and Supervision in Sport (3)
- SPAD 547 Advanced Coaching Techniques (3)
- SPAD 557 Motor Behavior in Youth (3)
- SPAD 559 Applied Sport and Exercise Psychology (3)
- NUFD 501 Principles of Nutrition (3)
- NUFD 568 Advanced Sports Nutrition (3)
- NUFD 581 Nutrition Education (3)

Total **33 Credit Hours**