

EXERCISE SCIENCE (B.S.) (COMBINED B.S./M.S. KINESIOLOGY - EXERCISE AND SPORT SCIENCE CONCENTRATION)

A Combined Degree program enables undergraduate students to enroll in graduate courses in their senior year, which can be counted towards the completion of both their Bachelor's and Master's degree requirements.

The ability to take these "swing courses" allows students to earn both their Bachelor's and Master's degrees in a shortened period of time, typically within five years. Undergraduate students interested in this option can find more information regarding program requirements on the University's Combined Programs website (<https://www.montclair.edu/combined-programs/programs-of-study/>).

Program Requirements

Students in this combined degree program must complete the requirements for:

Exercise Science (B.S.) (<http://catalog.montclair.edu/programs/exercise-science-bs/>)

Kinesiology - Exercise and Sport Science Concentration (M.S.) (<http://catalog.montclair.edu/programs/kinesiology-exercise-science-concentration-ms/>)

Graduate Swing Courses

A combined degree program allows students to complete 6-12 graduate credits ("graduate swing courses") while enrolled as an undergraduate. These courses count for both their bachelor and master's degrees. Graduate swing courses will count toward undergraduate free electives, unless noted otherwise.

The Graduate Swing Courses for this program:

Code	Title	Credits
PEMJ 502	Methods of Inquiry and Analysis	3
EXSC 538	Metabolic and Respiratory Exercise Physiology	3
EXSC 541	Advanced Exercise Assessment and Programming	3
Total Credits		9

Recommended Roadmap to Program of Study Completion

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

Fifth year courses are taken at the graduate level, after matriculation into the graduate portion of this combined degree program.

First Year		
Fall	Credits Spring	Credits
HPEM 199	1 Major Elective 1	3
EXSC 131	3 BIOL 245	4
BIOL 244 (Fulfills SEEDS: Exploration 1 - Scientific Reasoning)	4 STAT 109 (Fulfills SEEDS: Quantitative Reasoning)	3
SEEDS: Effective Writing I	3 SEEDS: Effective Writing II	3
EXSC 150	3 Free Elective	3
	14	16

Second Year		
Fall	Credits Spring	Credits
SEEDS: World Language 1	3 SEEDS: World Language 2 or Free Elective	3
PSYC 101 (Fulfills SEEDS: Exploration 2 – Analyzing Cultures and Societies)	3 PEMJ 320	4
EXSC 255	3 Major Elective 3	3
Major Elective 2	3 SEEDS: Political and Civic Life	3
NUFD 182	3 Free Elective	3
	15	16

Third Year		
Fall	Credits Spring	Credits
PEMJ 324	3 PEMJ 321	3
EXSC 331	4 EXSC 430	3
EXSC 234	3 SEEDS: Exploration 3	3
HLTH 101	3 SEEDS: Interactive Communication	3
Free Elective	3 Free Elective	3
	16	15

Fourth Year		
Fall	Credits Spring	Credits
EXSC 420	3 EXSC 480	3
EXSC 475	3 Free Elective	3
EXSC 476	3 EXSC 538	3
SEEDS: Exploration 4	3 EXSC 541	3
PEMJ 502	3 Free Elective	1
	15	13

Total Credits 120

Graduate Program Roadmap

Fifth Year		
Fall	Credits Spring	Credits
EXSC 536	3 Graduate Elective 2	3
EXSC 537	3 Graduate Elective 3	3
Graduate Elective 1	3 Graduate Elective 4	3
PEMJ 505	3 PEMJ 603 or 594	3
	12	12

Total Credits 24