

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

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

Program Requirements

Code	Title	Credits
Prerequisite Coursework		
BIOL 244	Anatomy and Physiology I	
PEMJ 320	Physiology of Exercise	
PEMJ 321	Kinesiology	
Required Core		
PEMJ 502	Methods of Inquiry and Analysis	3
Select one of the following Capstone options:		3-6
<i>Capstone Option A</i>		
PEMJ 594	Internship in Sport and Exercise Science	
<i>Capstone Option B</i>		
PEMJ 505 & PEMJ 603	Research Design and Research Project	
Required Concentration Core		
EXSC 536	Cardiovascular Exercise Physiology	3
EXSC 537	Neuromuscular Exercise Physiology	3
EXSC 538	Metabolic and Respiratory Exercise Physiology	3
EXSC 541	Advanced Exercise Assessment and Programming	3
Graduate Electives		
Complete 15 credits of electives if choosing Capstone Option A or 12-12 credits if choosing Capstone Option B from the list below.		
Total Credits		33

Graduate Electives

Code	Title	Credits
EXSC 540	Applied Sport Physiology	3
EXSC 542	Foundations of Cardiac Rehabilitation	3
EXSC 543	Theoretical Foundations in Strength and Conditioning	3
EXSC 545	Advanced Clinical Assessment	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

Recommended Roadmap to Program of Study Completion

This plan is provided as an outline for students to complete the requirements for this program of study within **two years**. This plan is a recommendation only and students should meet with their advisor to develop a more individualized plan to complete their degree.

First Year		
Fall	Credits Spring	Credits
PEMJ 502	3 EXSC 538	3
EXSC 536	3 EXSC 541	3
EXSC 537	3 Elective Course	3
	9	9
Second Year		
Fall	Credits Spring	Credits
Elective Course	3 PEMJ 603 or 594	3
Elective Course	3 Elective Course	3
PEMJ 505 (or Elective course if completing Capstone Option A)	3	
	9	6
Total Credits 33		