

## 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.

## About the College of Education and Human Services

With a 100-year tradition of excellence and educational leadership, the College of Education and Human Services offers several advantages for those pursuing a graduate education:

- Outstanding and innovative graduate programs in the education and human services fields with nationally-recognized faculty and accreditation;
- Program faculty and staff dedicated to meeting the unique needs of our graduate population;
- Flexible study for both full-time students and working professionals, including weekend, accelerated, and Web-enhanced course options;
- Facilities that are on the cutting edge of learning and technology, including University Hall, the College's home, and the largest and most sophisticated building in the University's history.

## Exercise Science and Physical Education Master of Arts Degree Program



Advancing physical  
education, sport,  
and exercise sciences

## Overview

The graduate program in Exercise Science and Physical Education provides students the opportunity to pursue advanced study in the general field of exercise science and physical education, and to enhance proficiency in an area of concentration. Concentrations are offered in Exercise Science, Sports Administration and Coaching, and Teaching and Supervision in Physical Education.

Many of the courses in this program are offered in a hybrid format in which some of the class meetings take place in the classroom while the remaining class sessions are conducted online. Facilities for learning activities and research in motor learning, biomechanics, and exercise physiology are provided in the state-of-the-art Human Performance Laboratory and the Physical Education Activity Laboratory in University Hall.

## Program Concentrations

The concentration in **Sports Administration and Coaching** is designed to develop and enhance competencies necessary for coaching of athletics in a public school setting or in higher education, administration of athletic programs at a secondary or higher education level, and management in a community or professional sport organization. One of the strengths of this program is that it represents a blend of content related to the art of coaching and administration of athletics including coursework in sport management, sport law, sport marketing, sports conditioning, coaching techniques, and sport psychology.

The concentration in **Teaching and Supervision in Physical Education** is designed to augment competencies necessary for teaching in school programs and administration of physical education. A primary strength of the program is the curriculum, which provides the practicing physical educator with opportunities to study advanced theory in the development of motor skills and physical activity habits, as well as principles in curriculum design, supervision, and reflective teaching specific to physical education.

The concentration in **Exercise Science** is designed to cultivate knowledge and skills necessary for conducting individualized exercise programs and managing fitness facilities in a commercial, corporate, or clinical setting.

A balance of exercise science theory and practical application, coursework is designed to enhance skills regarding the development of aerobic and anaerobic exercise programs for athletes, healthy adults, and individuals with various health challenges. At the completion of this program students are prepared for taking the prestigious ACSM and NSCA fitness certifications. A recent addition to this program is a course in management and supervision of sport and fitness programs, a plus for those pursuing an administrative position in the fitness industry.



## Admission Requirements

All applicants must meet the basic admission requirements for graduate study at Montclair State University. Applicants for the concentration in Exercise Science must have a bachelor's degree with evidence of coursework in anatomy and physiology, and physiology of exercise. Applicants for the concentration in Teaching and Supervision in Physical Education must have a bachelor's degree with a major in Physical Education (teaching track), or a teaching certificate in Physical Education. Students lacking adequate preparation may be required to take additional coursework at the undergraduate level as a prerequisite to matriculation in the master's program.

## For further information

<http://cehs.montclair.edu/cehs/academic/es>

## Apply online

[www.montclair.edu/graduate](http://www.montclair.edu/graduate)

## Tuition and Fees

Tuition and fees for the current academic year may be accessed at:

<http://www.montclair.edu/graduate/prospective/tuition.shtml>

Montclair State University offers financial aid, scholarships and graduate assistantships. To obtain financial aid information, contact the Office of Student Financial Aid at 973-655-4461.

Information regarding graduate assistantships and scholarships may be found at <http://www.montclair.edu/graduate>.

## Contact

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