COUNTY COLLEGE OF MORRIS CURRICULUM CHECK SHEET Requirements for Graduation A.S. DEGREE

#2960 **EXERCISE SCIENCE**

FALL 2024

COURSE	CODE	CR	GR	TR	NOTES:
General Education Foundation (32 CR)					This is an unofficial document and
COMMUNICATION (6 CR)					should be used for academic planning
English Composition I	ENG 111	3			purposes only. All students are requir
English Composition II	ENG 112	3			see their Academic Advisor each seme to discuss and approve their selection
					courses before they register.
MATH/SCIENCE/TECHNOLOGY (10 CR)+					Due to continual program revisions
College Algebra OR	MAT 110	3			mandated by accrediting agencies ar
Statistics	MAT 124				changes in statemandated requireme
Computer Concepts with Applications	CMP 135	3			students should consult their academ
Introductory Chemistry Lecture/Lab OR	CHM 117/118	4			advisor when selecting courses. If you need the name of your
General Chemistry Lecture/Lab	CHM 125/126				- academic advisor, contact the HES
					Department @ 973-328-5328
SOCIAL SCIENCE (3 CR)					
General Psychology	PSY 113	3			To determine the transferability of y
					courses to participating NJ Colleges
HUMANITIES (3 CR)					Universities, access www.njtransfer.
Choose from General Education course list (Humanities))	3			Science courses completed prior to
					entering the program must be less the
SOCIAL SCIENCE OR HUMANITIES (3 CF					seven years old. If the science course
Choose from General Education course list (Humanities	or Social Science)	3			exceed the seven-year limit, students
					must prove their competency by tes
GENERAL EDUCATION ELECTIVES (7 CI					or they must retake the courses (this
Speech Fundamentals	COM 109	3			includes the Exercise Science core co
Anatomy & Physiology I	BIO 101	4			as well).
EVED CICE CCIENCE CODE (20 CD)					+See back page for choices.
EXERCISE SCIENCE CORE (28 CR) Introduction to Exercise Science	LIEC 111	2			-
	HES 111	3			*All developmental Math courses (and
Personal and Family Nutrition	HED 115	3			courses) must be completed before
Anatomy & Physiology II*	BIO 102	3			enrolling in the core science courses. C
Kinesiology**	HES 211				the Titans Direct catalog for other coupre/co-requisites.
Exercise Physiology***	HES 212	3			pre/co-requisites.
Exercise Measurement & Prescription***	HES 213	3			**BIO 101 or BIO 133 can be used
Personal Health & Wellness	HED 286 HED 295	3			prerequisite for HES 211.
First Aid & Emergency Care	ПЕД 293	3		-	
Exercise Science Restricted Elective+		3			***BIO 101, BIO 102, and HES 111
					are prerequisites for HES 212. HES
					212 is a prerequisite for HES 213. A
					minimum passing grade of "C" is required in HES 212.
					(BIO 133 cannot be used as a
	TOTAL	60			prerequisite for BIO 102).
	IOIAL	00			

for academic planning All students are required to nic Advisor each semester oprove their selection of ney register. al program revisions crediting agencies and/or mandated requirements, consult their academic electing courses. name of your or, contact the HES 973-328-5328

e transferability of your cipating NJ Colleges & cess www.njtransfer.org.

completed prior to ogram must be less than If the science courses n-year limit, students ir competency by testing, take the courses (this ercise Science core courses

- for choices.
- ntal Math courses (and ESL completed before ore science courses. Check catalog for other course
- SIO 133 can be used as a HES 211.
- O 102, and HES 111 for HES 212. HES site for HES 213. A g grade of "C" is 212.

EXERCISE SCIENCE #2960

Suggested Sequence by Semester

This suggested sequence does not include any required developmental courses.

Degree completion time may vary depending upon the number of credits taken each semester.

SEMESTER I		CREDITS	SEMESTER II		CREDITS
Intro to Exercise Science	HES 111	3	Anatomy & Physiology II	BIO 102	4
General Psychology	PSY 113	3	English Composition II	ENG 112	3
English Composition I	ENG 111	3	Humanities/Social Science Elective		3
Statistics OR	MAT 124		Exercise Science Restricted Electiv	e	1
College Algebra	MAT 110	3	Exercise Science Restrictive		1
Anatomy & Physiology I	BIO 101	<u>4</u>	Kinesiology	HES 211	<u>3</u>
	TOTAL	16		TOTAL	15
SEMESTER III			SEMESTER IV		
Exercise Physiology	HES 212	3	Exercise Msmt & Prescription	HES 213	3
Personal Health & Wellness	HED 286	3	First Aid & Emergency Care	HED 295	3
Speech Fundamentals	COM 109	3	Exercise Science Restricted Elective	e	1
Computer Concepts w/ Applications	CMP 135	3	Humanities Elective		3
Personal & Family Nutrition	HED 115	<u>3</u>	Intro Chemistry Lec/Lab OR C	HM 117/118	4
,		_	General Chemistry I Lec/Lab C	HM 125/126	<u> </u>
	TOTAL	15		TOTAL	14

HUMANITIES:

Select a Humanities course from the approved General Education course list.

HUMANITIES/SOCIAL SCIENCE:

Select a Humanities or Social Science course from the approved General Education course list.

EXERCISE SCIENCE RESTRICTED ELECTIVES:

HED 132 Stress Management, HES 125 Stretch & Strength, HES 126 Personal Fitness, HES 127 Weight Training, HES 128 Yoga, HES 227 Exercise Science Internship.

HONORS COURSES:

You may be eligible to take honors courses. Discuss this option with your Academic Advisor.

GENERAL EDUCATION: Click here for the most recent General Education course list.

TRANSFER NOTE: An Articulation Agreement exists for students in this program who wish to transfer to William Paterson University (WPU), East Stroudsburg University and Bloomsburg University. Students interested in WPU should consider taking two semesters of one foreign language as their general education electives. Please see your advisor regarding other articulation agreements. Students interested in Physical Therapy must see an advisor for specific pre-requisites required for transfer.