

#2960

EXERCISE SCIENCE

NOTES:

This is an unofficial document and should be used for academic planning purposes only. All students are required to see their Academic Advisor each semester to discuss and approve their selection of courses before they register. Due to continual program revisions mandated by accrediting agencies and/or changes in state mandated requirements, students should consult their academic advisor when selecting courses.

If you need the name of your academic advisor, contact the **HES Department, 973-328-5328**

To determine the transferability of your courses to participating NJ Colleges & Universities, access www.njtransfer.org.

Science and Exercise Science courses must be less than seven years old prior to entering the program. If these courses exceed the seven-year limit, students must prove their competency by testing, or they must retake the courses.

+See back page for math and exercise science course choices and a General Education course choice note regarding technology literacy competency.

*All developmental Math courses (and ESL courses) must be completed before enrolling in the core science courses. Check the Titans Direct catalog for other course pre/co-requisites.

**BIO 101 or BIO 133 can be used as a prerequisite for HES 211.

***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 prerequisite for BIO 102).

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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	Hum/Soc.Sci. Elective			3
Math Restricted Elective			3/4	Ex. Sci. Restricted Electives			3
Anatomy & Physiology I	BIO 101		<u>4</u>	Kinesiology	HES 211		<u>3</u>
TOTAL			16/17	TOTAL			16
SEMESTER III				SEMESTER IV			
Exercise Physiology	HES 212		3	Exercise Msmt & Prescription	HES 213		3
Humanities Elective			3	General Education Elective			3
Ex. Sci. Restricted Electives			4	Ex. Sci. Restricted Electives			<u>8</u>
Intro Chemistry Lecture/Lab OR	CHM 117/118						
General Chemistry Lecture/Lab	CHM 125/126		<u>4</u>				
TOTAL			14	TOTAL			14

MATH RESTRICTED ELECTIVE:

Select any one of the following courses from the General Education course list: MAT 110 College Algebra, MAT 124 Statistics, MAT 130 Probability & Statistics, MAT 123 Precalculus, MAT 131 Analytic Geometry & Calculus I, or MAT 132 Analytic Geometry & Calculus II.

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.

GENERAL EDUCATION ELECTIVE:

If you do not pass the Technology Literacy Competency exam, you must take one of the courses in Technological Competency or Information Literacy listing from the General Education course list. If you pass the exam, you may choose any course on the General Education course list in any category.

EXERCISE SCIENCE RESTRICTED ELECTIVES:

Choose 15 credits from the following courses to fulfill the requirement. When choosing your electives, consideration should be given to your transfer plans. Consult with your academic advisor if you need assistance.

A maximum of three, 1-credit courses can be used toward the 15 CR: HED 132 Stress Management (1 CR), HES 125 Stretch & Strength (1 CR), HES 126 Personal Fitness (1 CR), HES 127 Weight Training (1 CR), HES 128 Yoga (1 CR), HES 187 Volleyball (1 CR), HED 286 Personal Health and Wellness (3 CR). **The following electives are required to complete CCM's Personal Trainer Certificate:** HED 295 First Aid & Emergency Care (3 CR), HED 115 Personal & Family Nutrition (3 CR), HES 107 Program Design & Implementation (3 CR), HES 227, HES 228, or HES 229 Exercise Science Internship (1, 2, 3 CR). **The following electives are recommended for students interested in pursuing Physical Therapy, Athletic Training or Chiropractic Medicine:** BIO 121 General Bio I (4 CR), BIO 122, General Bio II (4 CR), General Chemistry II Lecture & Lab CHM 127/128 (3/1 CR), General Physics I Lecture & Lab PHY 125/126 (3/1 CR), General Physics II Lecture & Lab PHY 127/128 (3/1 CR).

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, Bloomsburg University and The College of New Jersey. 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.