

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

**#2960
EXERCISE SCIENCE**

FALL 2026

COURSE	CODE	CR	GR	TR
General Education Foundation (33/34 CR)				
COMMUNICATION (6 CR)				
English Composition I	ENG 111	3		
English Composition II	ENG 112	3		
MATH/SCIENCE/TECHNOLOGY (11/12 CR)+				
Math Restricted Elective+		3/4		
Anatomy & Physiology I	BIO 101	4		
Introductory Chemistry Lecture/Lab OR	CHM 117/118	4		
General Chemistry Lecture/Lab	CHM 125/126			
SOCIAL SCIENCE (3 CR)				
General Psychology	PSY 113	3		
HUMANITIES (3 CR)				
Choose from General Education course list (Humanities)		3		
SOCIAL SCIENCE OR HUMANITIES (3 CR)				
Choose from General Education course list (Humanities or Social Science)		3		
GENERAL EDUCATION ELECTIVES (7 CR)				
Choose from General Education course list+		3		
Anatomy & Physiology II	BIO 102	4		
EXERCISE SCIENCE CORE (27 CR)				
Introduction to Exercise Science	HES 111	3		
Kinesiology**	HES 211	3		
Exercise Physiology***	HES 212	3		
Exercise Measurement & Prescription***	HES 213	3		
Exercise Science Restricted Electives+		15		
TOTAL		60		

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.

*Your developmental Math course (and ESL courses, if required) 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).

