

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

**#2960  
EXERCISE SCIENCE**

Name: \_\_\_\_\_  
ID \_\_\_\_\_ Total Transfer Credits \_\_\_\_\_

**FALL 2021**

| COURSE   | CODE              | CR        | GR | TR |
|--|-------------------|-----------|----|----|
| <b>General Education Foundation (32 CR)</b>                              |                   |           |    |    |
| COMMUNICATION (6 CR)   |                   |           |    |    |
| English Composition I  | ENG 111           | 3         |    |    |
| English Composition II   | ENG 112           | 3         |    |    |
| MATH/SCIENCE/TECHNOLOGY (10 CR)+   |                   |           |    |    |
| College Algebra <b>OR</b>  | MAT 110           | 3         |    |    |
| Statistics   | MAT 124           |           |    |    |
| Computer Concepts with Applications                                      | CMP 135           | 3         |    |    |
| Introductory Chemistry Lecture/Lab                                       | CHM               | 4         |    |    |
|  | <b>OR</b> 117/118 |           |    |    |
| 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)                                       |                   |           |    |    |
| Speech Fundamentals  | COM 109           | 3         |    |    |
| Anatomy & Physiology I   | BIO 101           | 4         |    |    |
| <b>EXERCISE SCIENCE CORE (28 CR)</b>                                     |                   |           |    |    |
| Introduction to Exercise Science   | HES 111           | 3         |    |    |
| Personal and Family Nutrition  | HED 115           | 3         |    |    |
| Anatomy & Physiology II*   | BIO 102           | 4         |    |    |
| Kinesiology**  | HES 211           | 3         |    |    |
| Exercise Physiology***   | HES 212           | 3         |    |    |
| Exercise Measurement & Prescription***                                   | HES 213           | 3         |    |    |
| Personal Health & Wellness   | HED 286           | 3         |    |    |
| First Aid & Emergency Care   | HED 295           | 3         |    |    |
| Exercise Science Restricted Elective+                                    |                   | 3         |    |    |
|  |                   |           |    |    |
|  | <b>TOTAL</b>      | <b>60</b> |    |    |

**NOTES:**

**This is an unofficial document and should be used for academic planning purposes only.** All students are required to see their Academic Advisors 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 **HES Department @ 973-328-5328, HPE**

To determine the transferability of your courses to participating NJ Colleges & Universities, access [www.njtransfer.org](http://www.njtransfer.org).

**Science courses completed prior to entering the program must be less than seven years old. If the science courses exceed the seven-year limit, students must prove their competency by testing, or they must retake the courses. This includes the Exercise Science core courses as well.**

+See back page for choices.

\*All developmental Math and English courses (including ESL) must be completed before enrolling in the core science courses.

\*\*BIO 101 is 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. Minimum passing grade of "C" is required in HES 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.*

| <b>SEMESTER I</b>                 |              |                | <b>SEMESTER II</b>                   |              |                |
|-----------------------------------|--------------|----------------|--------------------------------------|--------------|----------------|
|                                   |              | <b>CREDITS</b> |                                      |              | <b>CREDITS</b> |
| Intro to Exercise Science         | HES 111      | 3              | Anatomy & Physiology I               | BIO 101      | 4              |
| General Psychology                | PSY 113      | 3              | English Composition II               | ENG 112      | 3              |
| English Composition I             | ENG 111      | 3              | Humanities/Social Science Elective   |              | 3              |
| Statistics <b>OR</b>              | MAT 124      |                | (2) Exercise Science restrictive     |              | 1              |
| College Algebra                   | MAT 110      | 3              | electives                            |              | 1              |
| Anatomy & Physiology I            | BIO 101      | <u>4</u>       | Kinesiology                          | HES 211      | <u>3</u>       |
|                                   | <b>TOTAL</b> | 16             |                                      | <b>TOTAL</b> | 15             |
| <b>SEMESTER III</b>               |              |                | <b>SEMESTER IV</b>                   |              |                |
| 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 |              | 1              |
| Computer Concepts w/ Applications | CMP 135      | 3              | Humanities Elective                  |              | 3              |
| Personal & Family Nutrition       | HED 115      | <u>3</u>       | Intro Chemsitry Lec/Lab <b>OR</b>    | CHM          | <u>4</u>       |
|                                   | <b>TOTAL</b> | 15             |                                      | 117/118      |                |
|                                   |              |                | General Chemistry I Lec/Lab          | CHM          |                |
|                                   |              |                |                                      | 125/126      |                |
|                                   |              |                |                                      | <b>TOTAL</b> | 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, HED 133 Weight Management, HES 132 Cardio Conditioning, HES 125 Stretch & Strength, HES 126 Personal Fitness, HES 127 Weight Training, HES 128 Yoga, HES 130 Tai Chi, HES 131 Pilates, HES 141 Personal Challenge I, or ONE aquatics course.

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

**GENERAL EDUCATION:** [Click here for the more 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.