

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

**#2960
EXERCISE SCIENCE**

Name: _____
ID _____ Total Transfer Credits _____

FALL 2022

COURSE	CODE	CR	GR	TR
General Education Foundation (32 CR)				
COMMUNICATION (6 CR)				
English Composition I	ENG 111	3		
English Composition II	ENG 112	3		
MATH/SCIENCE/TECHNOLOGY (10 CR)+				
College Algebra OR	MAT 110	3		
Statistics	MAT 124			
Computer Concepts with Applications	CMP 135	3		
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)				
Speech Fundamentals	COM 109	3		
Anatomy & Physiology I	BIO 101	4		
EXERCISE SCIENCE CORE (28 CR)				
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		
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 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.

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 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. Minimum passing grade of "C" is required in HES 212.

(BIO 133 cannot be used as a prerequisite for BIO 102).

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			SEMESTER II		
		CREDITS			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 Elective		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		1
Computer Concepts w/ Applications	CMP 135	3	Humanities Elective		3
Personal & Family Nutrition	HED 115	<u>3</u>	Intro Chemistry Lec/Lab OR	CHM 117/118	<u>4</u>
	TOTAL	15	General Chemistry I Lec/Lab	CHM 125/126	
				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.