A.S. DEGREE

FALL 2023


## 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 |  | 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 Elective |  | 1 |
| College Algebra | MAT 110 | 3 | Exercise Science Restrictive |  | 1 |
| Anatomy \& Physiology I | BIO 101 | 4 | Kinesiology | HES 211 | 3 |
|  | 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 |  |  |
| Personal \& Family Nutrition | HED 115 | $\underline{3}$ | Intro Chemistry Lec/Lab OR CHM General Chemistry I Lec/Lab CHM | $\begin{aligned} & \text { M 117/118 } \\ & \text { 亿 125/126 } \end{aligned}$ | 4 |
|  | TOTAL | 15 |  | OTAL | 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.

