

# EXERCISE SCIENCE, B.S.

The primary objective of the New Jersey City University (NJCU) Bachelor of Science in Exercise Science degree program is to develop professionals with a strong exercise science foundation who are able to enter directly into the job market or one of many exercise science-related graduate degree programs. The Bachelor of Science Degree in Exercise Science is intended to prepare its graduates with the ability to apply knowledge of health and exercise interventions in a variety of settings and situations. It will enable students to acquire the skills necessary to gain employment in a variety of exercise science-related professional fields and prepare students for advanced professional training in the areas of Physical Therapy, Occupational Therapy and Athletic Training.

## The requirements for admission to this degree track are:

- A minimum cumulative undergraduate grade point average (CGPA) of 2.75

## Transfer Students:

- Transfer students must complete at least 12 credits at NJCU in addition to above requirements prior to declaring a major in Exercise Science
- 31 credits in FES Residency requirements

Code	Title	Credits
<b>Prerequisites (These courses are required before entering the major and may also meet university general education requirements)</b>		<b>17</b>
MATH 112	Intermediate Algebra	3
BIOL 236	Anatomy & Physiology I	4
BIOL 237	Anatomy & Physiology II	4
HLTH 203	Cultural Aspects of Health	3
PSYC 110	Introduction to Psychology	3
<b>Required Courses</b>		<b>43</b>
FES 205	Prevention & Treatment of Athletic Injuries	3
FES 207	Introduction to Exercise Science	3
FES 314	Life Span Motor Development	3
FES 315	Structural Kinesiology	3
FES 320	Sports Nutrition	3
FES 325	Exercise Testing and Prescription	3
FES 326	Adapted Physical Education	3
FES 344	Psychosocial Aspects of Sport	3
FES 407	Responding to Emergencies	3
FES 410	Motor Control and Learning	4
FES 422	Exercise Physiology	3
FES 414	Contemporary Issues in Exercise Science	3
FES 415	Biomechanics of Sport and Exercise	3
FES 450	Internship in Exercise Science	3
<b>FES Electives (Choose a minimum of 12 credits.)</b>		
FES 104	Spinning (R)	2
FES 111	Yoga I	2
FES 113	Yoga II	2
FES 116	Swimming Level 1	2
FES 117	Swimming Level 2	2
FES 118	Scuba Open Water Dive Course	3

FES 121	Pilates Flexibility Methods	3
FES 123	Step Aerobics I	3
FES 124	Cardio-Training I	3
FES 180	Karate-Tae Kwon Do	3
FES 188	Basic Fencing	3
FES 190	Weight Training Methods	3
FES 202	Foundations of Physical Fitness	3
FES 310	Sport in American Society	3
<b>Special Electives</b>		<b>9-12</b>
BIOL 130	Principles Biology I <sup>1</sup>	4
BIOL 224	The Human Body	3
CHEM 105	General Chemistry I Lecture <sup>1</sup>	3
	or CHEM 1105 General Chemistry I Recitation/Laboratory	
CHEM 106	General Chemistry II Lecture <sup>1</sup>	3
	or CHEM 1106 General Chemistry II Recitation/Laboratory	
MATH 140	Statistics I	3
PHYS 101	Basic Concepts of Physics	3

Students interested in pre-professional/graduate school options are encouraged to select Electives such as Chemistry, Physics, and an advanced math and statistics to meet program entry requirements. Students interested in career/applied pathways are encouraged to build their practical skill set, while also focusing other elective choices on building additional competencies (business, health promotion, etc.).

<sup>1</sup> Required for Physical Therapy

## Student Learning Outcomes

Upon completion of the Exercise Science BS program, students will be able to:

1. Understand the factual and theoretical bases of kinesiology, exercise physiology, and biomechanics of human movement.
2. Develop knowledge of special physiology concerns for any population.
3. Assess personal health, attitude, and behaviors.
4. Develop ability to think critically about human movement.
5. Assess quantitative and qualitative movement for healthy and chronically ill individuals.
6. Evaluate research related to controversial issues in various disciplines within exercise science.
7. Demonstrate proficiency in the knowledge, skills, and abilities identified by the American College of Sports Medicine (ACSM).