

# POPULATION HEALTH AND EXERCISE SCIENCE

Professional Studies Building, Room 219  
201-200-3431

The mission of the Population Health & Exercise Science Department is to identify and educate students who mirror today's society and reflect the University's urban mission. The Department's goals are to:

Offer a range of Population Health, including Public Health Education and Exercise Science programs that provide opportunities for students to function as specialists in professional settings. Provide students with knowledge and skills in their respective discipline that encompasses the breadth and depth of the field.

The Department expects all undergraduates to demonstrate competency in oral and written communication, critical thinking, information literacy, technology and cultural competence. By attaining these competencies, students will be better prepared to be:

## Population Health

- Leaders in the Health Sciences field who are able to advocate for the elimination of health disparities and equitable access to health care.
- Critical thinkers and problem solvers when confronting health problems and issues;
- Self-directed learners who have the competence to use basic health information and services in health enhancing ways;
- Effective communicators who organize and convey beliefs, ideas, and information about health issues;
- Culturally competent citizens who recognize how all forms of bias (racism, sexism, prejudice, and power) can impact on the health and well-being of people.
- Eligible and prepared to sit for the National Certified Health Education Specialist (CHES) exam to operate efficiently in professional settings such as schools, community health & social services industries, medical institutions, and voluntary health organizations.

## Exercise Science

- Develop professionals with a strong health and exercise science foundation who are able to gain employment in a variety of exercise science related fields
- Prepare students for advanced professional training and graduate degree programs, such as Physical Therapy, Occupational Therapy, and Athletic Training.
- Provide students with the opportunity to gain specific knowledge pertaining to exercise and sport studies;
- Develop a variety of movement skills, and adopt values that facilitate the attainment of autonomous behavior in lifetime fitness and wellness activities.

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Various discipline-specific concentrations that will prepare students for multiple fields of employment or areas of additional undergraduate/graduate study are noted below. Course requirements for each concentration are explained in detail. The requirements for graduation, in addition to completion of the major area, are listed on "Undergraduate Degree Requirements (<https://catalog.njcu.edu/undergraduate/undergraduate-degree-requirements/>)."

- Certification of Driver Education (<https://catalog.njcu.edu/undergraduate/professional-studies/health-sciences/new-jersey-certification-driver-education/>)
- Health Sciences—Public Health Education, B.S. (<https://catalog.njcu.edu/undergraduate/professional-studies/health-sciences/health-sciences-public-health-education-bs/>)
- Public Health, Minor (<https://catalog.njcu.edu/undergraduate/professional-studies/health-sciences/public-health-minor/>)
- Exercise Science, B.S. (<https://catalog.njcu.edu/undergraduate/professional-studies/fitness-exercise-sports/exercise-science-bs/>)
- Fitness, Exercise and Sports, Minor (<https://catalog.njcu.edu/undergraduate/professional-studies/fitness-exercise-sports/fitness-exercise-sports-minor/>)

## Fitness and Exercise Science

**FES 1XX Fitness, Exercise & Sport Transfer Credit (0 Credits)**

**FES 2XX Fitness, Exercise & Sport Transfer Credit (0 Credits)**

**FES 104 Spinning (R) (2 Credits)**

This is an indoor stationary cycling course. Using specially designed bicycles, participants are guided by instructor, through a simulated outdoor bike ride. Students of all fitness levels, age groups and gender population can participate. This course provides an efficient, low impact, high-energy group workout. The instructor integrates motivational techniques, driving music, camaraderie and visualization tools in one complete mind/body exercise program.

**FES 105 Tai Chi I (2 Credits)**

Tai Chi is an ancient art of self-defense practiced by monks during the Sung Dynasty (960-1278 B.C.E.). The practice includes synchronized a series of simple graceful movements promoting fitness, vitality in health and well-being. This course will introduce and expose students to basic cognitive and practical Tai Chi principles.

**FES 107 Aerobic Dance & Conditioning (3 Credits)**

Aerobic dance combines exercise with rhythmical activities. This course is designed to help students understand the basis of aerobic fitness and to provide information for developing a program of exercise that best fits the needs of individuals.

**FES 111 Yoga I (2 Credits)**

Yoga I teaches the union of opposite through basic practices. This course will introduce basic level of physical execution through sequencing of postures while incorporating breathing with postural variation. Students will learn how to integrate basic principles of yoga philosophy through application and practice which supports holistic teaching and learning.

**FES 113 Yoga II (2 Credits)**

Yoga II teaches the union of opposites through advanced practices. Students will explore higher levels of physical execution, transitions and sequencing of asanas while effectively incorporating advanced breathing with postural variation and imagery. The transition from practical philosophy to integrated application through continuous practice supports holistic teaching and learning.

**Pre-Requisite(s):** FES 105, Tai chi or FES 111, Yoga

**FES 116 Swimming Level 1 (2 Credits)**

This introductory course is designed for those who cannot swim or for those at a beginner's level of swimming. It includes the study and practice of basic swimming strokes and water safety.

**FES 117 Swimming Level 2 (2 Credits)**

The study and practice of basic swimming strokes and introduction to springboard diving are offered in this course. The additional skills of floating, treading water, turns, entry into the water and safety are included.

**FES 118 Scuba Open Water Dive Course (3 Credits)**

This course is performance based, teaching practical and theoretical aspects of scuba diving. Open Water Dives integrate principles and skills learned in Confined Water Dives as students apply both in the open water dive environment. Students who successfully perform learned skills at a designated dive site can receive International Certification.

**FES 121 Pilates Flexibility Methods (3 Credits)**

This course is focused on improving posture and eliminating unnecessary tension carried in the body through a system of exercises related to the anatomy and physical dynamics of the body. Students learn to recognize the superficial muscles and their actions by practicing alignment, stretching and massage techniques. Drawing and tracing surface muscles is an integral part of this course.

**FES 123 Step Aerobics I (3 Credits)**

This course provides an introduction to a program of exercises designed to improve cardiovascular capacity. Heart rate monitoring and perceived exertion is learned. Elements of a safe and effective workout are stressed during low impact aerobics using step-benches. This course emphasizes cardiovascular endurance and tones the lower body. The function of the muscular, respiratory, and cardiovascular systems as they relate to exercise are covered.

**FES 124 Cardio-Training I (3 Credits)**

The emphasis of this course is cardiovascular exercise in a variety of formats. The semester is divided into a minimum of three four-week modules to insure participation in no less than three different aerobic exercise systems. Fitness Center aerobic machines, slides, step aerobics, walking/jogging, water aerobics and circuit training systems are utilized.

**FES 140 Perspectives in Personal Health and Wellness (3 Credits)**

A personal approach to health and wellness will be explored through self-assessment and practical application to everyday life. The course will focus on health and wellness concepts important in making informed choices about one's physical, mental, and emotional well-being.

**FES 150 Emergency Personnel Fitness (3 Credits)**

This course introduces the students to the physical, cognitive and emotional demands of academy training. The students will be prepared to pass the physical training requirements of various government, state, and city agencies. Lectures and video presentations will be provided to introduce the students to several health and fitness topics, including the principles of exercise, coronary heart disease risk factors, physical readiness, nutrition, and lifetime health for emergency personnel.

**FES 180 Karate-Tae Kwon Do (3 Credits)**

This course provides an overview of the history, philosophy, training and practice of the oriental martial art of Tae Kwon Do (Karate). Basic exercises, fundamentals of form, free fighting and self-defense are taught.

**FES 186 Introduction to Golf (2 Credits)**

An introduction to the fundamental skills and fundamental theories of golf is offered in this course. Basic golf skills are practiced in the gymnasium and during off-campus visits to local golf courses. There is a trip fee.

**FES 188 Basic Fencing (3 Credits)**

This course, which uses the French foil method, develops students' balance, strength and agility through instruction in parries, beats, and lunges. Bout procedures, techniques and strategies challenge the mind as well as the body. Equipment including vest, glove, mask and foil is provided.

**FES 190 Weight Training Methods (3 Credits)**

This course closely examines the fundamental principles and physiology of weight training as they apply to the general physical fitness goals of students. An individualized weight training program is developed as each student considers training level, technique and personal goals.

**FES 191 Weightlifting/Free Weights (3 Credits)**

This course explores the principles underlying strength training and its relationship to human movement. Each student designs an effective program to strengthen musculature while practicing proper free weight lifting techniques. Periodization theory is taught as a model for strength and power gains.

**FES 202 Foundations of Physical Fitness (3 Credits)**

The emphasis in this course is on the basic knowledge, understanding and value of physical activity that is especially pertinent today in view of the high incidence of hypo-kinetic disease in American society. Classes are organized in a lecture-lab sequence to aid students in developing a knowledge of how to exercise properly and the reasons for exercise. Each student's exercise and fitness requirements are reviewed and assessed.

**FES 205 Prevention & Treatment of Athletic Injuries (3 Credits)**

This course reviews the practice and theory of athletic training procedures utilized for the immediate and temporary care of trauma, concussions, sprains, abrasions, lacerations and other injuries.

**FES 207 Introduction to Exercise Science (3 Credits)**

This course provides an introduction to the field of exercise and sport science with particular focus on the key concepts of the sub-disciplines and the diverse range of professional careers associated with physical activity. Students will be exposed to the key issues and challenges of exercise science and sport including the structure of the industry, as well as career opportunities and pathways.

**FES 219 Water Safety Instructor (3 Credits)**

An analysis of water skills from the beginning through advanced swimming is the focus of this course. Methods of organization and teaching of skills are reviewed. Red Cross certification is awarded to those who qualify.

**FES 240 Sports Officiating (3 Credits)**

The course will provide the student with insight into the field of sports officiating from the viewpoint of the participants, the official, and the public/media. Various sports and officiating strategies will be presented throughout the semester. Students will gain an increased knowledge and appreciation of the different aspects of sports.

**Pre-Requisite(s):** FES 124 and FES 190

**FES 241 Self: I as Body (3 Credits)**

Course is divided into two broad components that bridge a creative and scientific approach to understanding self-identity and the human form. Students study anatomy, the human nude and engage in physical activity. This course connects knowledge, creativity and somatic experience to explore the human form and identity.

**FES 303 Athletic Practicum (3 Credits)**

This course is a laboratory experience in dealing with the practical work related to athletic training. Students participate in taping and wrapping techniques that will aid in the prevention and rehabilitation of athletic injuries.

**Pre-Requisite(s):** FES 205 Prevention and Treatment of Athletic Injuries

**FES 306 Foundations of Sport and Leisure Studies (3 Credits)**

This course analyzes the nature, scope and significance of sport and leisure in today's society. Students are given the opportunity to trace the history and the evolution of theories of sport and leisure as influencing factors facing the individual and society.

**FES 310 Sport in American Society (3 Credits)**

The study of sport in society as it affects humanities' development, form of expression, systems and the inter-relationships of sport with other elements of culture are the themes of this course.

**FES 314 Life Span Motor Development (3 Credits)**

This course examines how interactions of the developing and maturing individual, the environment, and the task being performed bring about changes in a person's movements. It also covers normal and abnormal developmental issues across the full life span, especially in the formative years. Clinical components are incorporated into the course.

**Prerequisite(s):** PSYC 110 and BIOL 236

**FES 315 Structural Kinesiology (3 Credits)**

Structural Kinesiology examines the fundamental anatomical analysis of human movement and sports skills. The emphasis of this course is the study of muscles, bones, and joints as they are involved in the science of movement. To a much lesser degree, certain physiological and mechanical principles are addressed.

**Prerequisites:** BIOL 236 Principles of Anatomy and Physiology I

**Corequisite:** BIOL 237 Principles of Anatomy and Physiology II

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**FES 320 Sports Nutrition (3 Credits)**

A broad overview of the physiological aspects of nutrition and exercise programs are provided in this course. Proper selection of food for different age groups and genders is discussed. Physiological aspects of exercise and its effect on the cardiovascular system, metabolism, obesity and weight control are reviewed. Selection of type, intensity and frequency of an exercise program for children, women, middle-aged and senior citizens is considered.

**FES 325 Exercise Testing and Prescription (3 Credits)**

Exercise Testing and Prescription provides instruction in performing appropriate and reliable fitness and functional assessment, followed by guidelines for designing customized exercise programs to improve the fitness level of the general and special population.

**Pre-requisite(s):** FES 315 and BIOL 237

**FES 326 Adapted Physical Education (3 Credits)**

Adapted Physical Education will provide students in the fields of exercise science with an overview of best practices to adapt physical activity and exercise for individuals with disabilities. More specifically, this course will focus on children and adults with disabilities and/or chronic conditions. Clinical aspects are incorporated into the course.

**Pre-requisite:** FES 314 Motor Development

**FES 344 Psychosocial Aspects of Sport (3 Credits)**

Explores the psychological determinants and consequences of physical activity, with an emphasis on psychological factors relevant to enhancing sport performance. Students will also analyze key theories in exercise psychology in order to understand exercise's influence on psychological health outcomes.

**Pre-requisite:** PSYC 110

**FES 407 Responding to Emergencies (3 Credits)**

Core knowledge and materials that introduce students to a basic understanding of the human body under normal and adverse conditions are reviewed in this course. The nature, cause and first aid care for emergency health procedures are reviewed. American Red Cross Standard First Aid Certification and C.P.R. Certification may be earned.

**FES 409 Organization & Administration of Recreational Programs (3 Credits)**

This course examines the techniques and practices pertaining to the organization and administration of sport and recreational services. It covers a variety of procedures such as activity formats, planning, program development and other managerial procedures.

**FES 410 Motor Control and Learning (4 Credits)**

This course examines the behavioral, physiological, and psychological principles underlying motor control and motor learning. Specific topics include classifications and measurement of motor performance; the role and function of sensory processes, perception, memory, attention; and the delivery of feedback and structure of practice. Clinical aspects are incorporated into the course.

**FES 412 Methods and Materials of Teach (3 Credits)**

This course is a study of various methods for organized instruction and planning in recreational sports using available equipment and facilities. Motivational, promotional awards and tournament systems are studied along with safety procedures.

**FES 414 Contemporary Issues in Exercise Science (3 Credits)**

Students examine contemporary research and new/contentious issues in exercise science. Students discuss relevant issues facing society regarding exercise, fitness, athletic performance, kinematic movement, motor development, and biomechanical analysis. The course challenges students to analyze and synthesize current topics and offer solutions to benefit exercise science research and related industries.

**FES 415 Biomechanics of Sport and Exercise (3 Credits)**

This course explains how human movement is achieved through a complex and highly coordinated mechanical interaction between bones, muscles, ligaments and joints within the musculoskeletal system. Students will explore how this system responds and generates its own internal forces and will apply biomechanical principles to analyze movement and improve performance.

**FES 422 Exercise Physiology (3 Credits)**

This course examines the structure and function of skeletal muscles, energy sources, oxygen requirements for muscular activity and fitness assessment, and exercise prescriptions. This is a required course for the students completing the Fitness Minor.

**Pre-Requisite(s):** BIOL 236, and BIOL 237

**FES 450 Internship in Exercise Science (3 Credits)**

The Exercise Science practicum/internship is designed to give the student experiential learning in the areas of athletic training, health/fitness/wellness, physical/occupational therapy or physical education/sport management. It is a culminating activity which links classroom instruction to a career.

**Prerequisites:** FES 205, FES 325, and FES 407

## Health Sciences (HLTH)

### HLTH 1XX Health Science Transfer Credit (0 Credits)

### HLTH 2XX Health Science Transfer Credit (0 Credits)

### HLTH 201 Seminar in Health Sciences (1 Credit)

This seminar is designed to introduce students to the field of health sciences. Career options in the health professions are explored including a discussion of cooperative education and senior internship experiences. Skills essential to securing a position are also discussed.

### HLTH 203 Cultural Aspects of Health (3 Credits)

This course offers a broad study of cultural and ethnic backgrounds and their effects on personal and community health. Discussions focus on the ways in which different societies attempt to meet basic health needs.

### HLTH 205 Public Health Aspects of Nutrition (3 Credits)

This course includes a study of nutritional principles and their application to health maintenance, energy, metabolism, calorie requirements of the human body and weight control. The etiology of obesity and the risk factors that contribute to health problems because of under-nutrition, over-nutrition and malnutrition are discussed.

### HLTH 206 Substance Abuse (3 Credits)

Recent developments in substance abuse are considered in this course. Focus is on the scope of problems, possible solutions and treatment and rehabilitation of the substance abuser.

### HLTH 207 Human Sexuality (3 Credits)

This course examines the various areas of human sexuality, such as, sexual attitudes and behaviors, human reproduction, contraceptives, gender identity and relationships and sexually transmitted diseases (STDs) including AIDS. Education and prevention initiatives are discussed. A major focus is placed on enhancing students' levels of comfort, as well as developing an understanding and appreciation of cross-cultural differences in human sexuality.

### HLTH 210 Introduction to Public Health (3 Credits)

This course examines the principles and practices of public health at the local, state, national and international levels. The importance of personal and community action to solve public health problems is the focus of study, with discussion of major public health issues in environmental health, health education and chronic, communicable and infectious disease.

### HLTH 211 Consumer Health (3 Credits)

Consumer issues such as health insurance, legal rights of consumers, informed consent and medical malpractice are examined in this course. Problems consumers may experience when attempting to purchase health care products and use the health/medical care system are also explored. The course attempts to prepare students to look critically at the myriad of health services and providers available to them, using current scientific research. Students' personal experiences and interests, as consumers of health, are drawn upon in class.

### HLTH 220 Introduction to Human Disease (3 Credits)

This course examines human disease from a systems and eco-social approach. It is an introductory course designed for those interested in learning about human disease. The disease process and the body's defenses against disease are covered. The general characteristics, symptoms, treatment and prevention of communicable and noncommunicable diseases will be addressed.

**Pre-Requisite(s):** BIOL 224 or BIOL 236 and 237.

### HLTH 300 Women and Health (3 Credits)

This course addresses the major areas in women's health such as the health status of women, women as health workers, reproductive health, chronic diseases, older women's health issues, sexually transmitted disease, eating disorders and occupational and environmental health. The focus is on policy analysis and program planning.

### HLTH 301 Health Counseling (3 Credits)

Theories of health counseling are discussed and the practice of health counseling is studied as an approach to voluntary change in an individual's behavior. Students engage in self-analysis and develop personal plans to help prevent illness, maintain health and/or cope with existing problems. Current trends in patient education are discussed.

### HLTH 302 Mental Health (3 Credits)

This course provides students with an overview of current mental health problems and the community resources that address them. It presents an overview of emotional and behavioral problems that may affect physical well-being. Particular emphasis is placed on social, mental and physical interaction in a variety of community settings.

### HLTH 303 Environmental Health (3 Credits)

An overview of the environment and the environmental factors that affect health and well-being, are studied in this course. Although students assess their own communities and discuss environmental issues in New Jersey, a global perspective is maintained.

### HLTH 304 Biostatistics (3 Credits)

This course presents procedures in the collection, summarization, presentation and analysis of data in the health sciences. Elements of statistical inference including sampling, probability distributions, tests of hypotheses, confidence interval estimation, types of error, the t-test and chi-square test are discussed. Pre-requisite: ACR in mathematics successfully completed.

**Pre/Co-Requisite:** MATH 140

### HLTH 305 Safety Education & First Aid (3 Credits)

Principles of safety and the identification of responsibilities of community agencies and the individual are examined in this course. Types of accident hazards, conditions causing them and the extent of accidents at the national, state and local levels are discussed.

### HLTH 310 Public Health Issues of Immigration (3 Credits)

This course will prepare administrators, health educators, school nurses, social workers, teachers and other providers to detect, identify, evaluate and determine possible interventions for this vulnerable population. The first part of this course will introduce issues in international population movement to provide a context for discussion of U.S. immigration policy. The impact of the immigrant's status, i.e. legal, undocumented, or refugee on ability or willingness to interact with educational of medical institutions will be discussed. Differences in causes of morbidity and mortality in different parts of the world and public health issues and concerns will be addressed. The role of culture and beliefs will be a strong theme that underlies all aspects of the course and the work of developmental theorists and theories as they relate to social and cultural constructs of public health will be utilized.

### HLTH 402 Health Education Theories and Techniques (3 Credits)

This course is designed to move between the theoretical bases for health education program development and the practical applications of such theories. Initial class sessions focus on establishing a framework for development of educational programs.



**HLTH 405 Health Planning (3 Credits)**

This course is designed to help students develop knowledge and understanding of the planning and evaluation of health programs. The roles and responsibilities of public, private and voluntary health agencies and organizations are explored. Individually, and in groups, students investigate the sociological, economic and environmental causes of health problems at the community level and identify the role of government and public/private organizations and agencies in addressing those problems. A course requirement is to write and present a health program plan for a specific population.

**HLTH 415 Family Living & Sex Education (3 Credits)**

The American family, past and present, and its evolution are studied in this course. Emphasis is placed on mate selection, human sexuality, interpersonal relations, planning for parenthood, childbearing and the various stages of the family life cycle, alternate life-styles and future trends.

**HLTH 418 Methods and Curriculum in Health Education (3 Credits)**

Studied will be a systematic organization of instructional materials and teaching strategies. Key-systematic approaches (methodologies) will be studied in the cognitive affective, and psychomotor domains. Students will learn to critically think and evaluate instructional materials and strategies of presentation (K-12). Certification requirements for health educators will be satisfied by this course. The course could not be applied to graduate credit.

**HLTH 425 Epidemiology (3 Credits)**

This course is an introductory study of the nature and causes of communicable diseases. Measures of morbidity and mortality are reviewed and the concept of risk factors are discussed by looking at how disease is distributed in a population by person, place and time factors. Various types of research methodologies employed by epidemiologists are examined. A computer application of a food borne disease is included in the course work and methods of screening for disease are also covered. Some common childhood and adolescent communicable diseases are reviewed.

**Co-requisite:** HLTH 304 Biostatistics, MATH 140 Statistics I

**HLTH 430 Health Science Field Study (3 Credits)**

The analysis of health problems in selected countries and their sociological, political and economic relationships to specific geographical areas are the focuses of this course. The origin, orientation and purposes of agencies and organizations functioning in the international health domain are studied. (Travel plans to be arranged.)

**HLTH 434 School & Community Health (3 Credits)**

This course is an introduction to the various elements of school and community health education programs. The philosophy of health education and practices and principles for program development are explored.

**HLTH 435 Public Health Education Internship (full time) (6 Credits)**

This supervised field experience is required in the senior year. It consists of 16 weeks (Fall or Spring semester) of full-time, supervised experience in various health agencies upon completion of all other requirements. This advanced experience provides students opportunities to apply the principles, techniques and procedures learned in the classroom to actual working situations in preparation for assuming the role of a qualified health educator in a variety of health agencies.

**Pre-Requisite(s):** HLTH 402 and 405.

**HLTH 450 Community Health Research (3 Credits)**

This course provides an introduction to the research process, study design, methods and data collection. Skills necessary for reading and understanding research are presented. Students will apply research concepts to analyze and describe recent research in the field. They will implement the research process by conducting a survey research project.

**Co-Requisite(s):** BIOL 304

**HLTH 503 Defensive Driving Teaching Techniques (3 Credits)**

The purpose of the course is to develop classroom and behind-the-wheel perceptual (IPDE) instructional skills. Students explore the habits, attitudes, and practices confronting drivers. Instructional strategies that can be applied to a six hour defensive driving course are also developed.

**HLTH 505 Contemporary Methods, Materials and Evaluation in Driver Education (3 Credits)**

This course is designed to enrich the background of certified traffic safety educators. The latest instructional materials (audio-visual and computer software) are reviewed. Behind-the-wheel time is also included.

**HLTH 506 Trends and Issues in Driver Education (3 Credits)**

This is a seminar on current issues confronting traffic safety educators. Presentations and reports from the U.S. Department of Transportation provide the focus of group discussions and reports. Insight into the needs and problems of both schools and community traffic programs is the primary goal. The course helps traffic educators design more effective courses of study. The course is required for permanent New York State certification.

**HLTH 507 Principles of Safety and Accident Prevention (3 Credits)**

The psychology of human behavior as it relates to risks individuals take and to safety in school and community is the focus of this course. Domestic, industrial and school safety problems are studied. Liability issues relevant to education are also explored. This is a required course for permanent New York State certification.

**HLTH 1435 Public Health Education Internship (Part Time) (3 Credits)**

This supervised field experience is required in the senior year. It is to be taken twice over two consecutive semesters and consists of supervised experience in various health agencies upon completion of all other requirements. This advanced experience provides students opportunities to apply the principles, techniques and procedures learned in the classroom to actual working situations in preparation for assuming the role of a qualified health educator in a variety of health agencies.

**Pre-Requisite(s):** HLTH 402 and 405.