

## Health and Exercise Science-1

### Health and Exercise Science

*Faculty:* Bush-Wallace, Faigenbaum, A. Farrell, J. Farrell, Kang, Ratamess

The Department of Health and Exercise Science prepares students for careers as K–12 teachers and as exercise science professionals.

Students must complete their major required courses within the Department of Health and Exercise Science at The College of New Jersey unless special permission is granted by the student's program director to allow completion of a major required course at another college. The Department of Health and Exercise Science reserves the right to specify certain courses which must be taken at The College of New Jersey before the student will be permitted to enroll in student teaching, practicum, or internship experiences.

The department maintains the right and the responsibility to dismiss students from the major who have not made satisfactory academic progress by completing all major components of the program, fulfilling department course requirements with the requisite grades, presenting a professional disposition suitable for the major, and/or satisfying teacher certification requirements.

#### Requirements for the major:

Twelve or thirteen units within the major are required within the Health and Exercise Science program.

#### Requirements for the exercise science option are:

HES	099/Emergency Care (FA/CPR/AED certification)	0 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Exercise Science	1 course unit
HES	203/Human Anatomy and Physiology	1 course unit
HES	204/Anatomy and Kinesiology	1 course unit
<i>or</i>		
HES	205/Human Anatomy and Physiology II	
<i>and</i>		
HES	301/Biomechanics	2 course units
HES	210/Applied Strength & Conditioning Techniques	1 course unit
HES	250/Nutrition and Metabolism	1 course unit
HES	302/Assessment and Evaluation of Human Performance	1 course unit
HES	311/Applied Physiology	1 course unit
HES	320/Research Methods for HES	1 course unit
HES	400/Pediatric Exercise Science	1 course unit
HES	405/Clinical Exercise Physiology	
HES	410/Exercise Physiology and Exercise Prescription	1 course unit
HES	493/Internship	2 course units
HES	497/Research Seminar in Health and Exercise Science	1 course unit
<b>Total</b>		<b>15 or 16 course units</b>

Also required are:

BIO	171/Human Form and Function	
<i>or</i>		
BIO	185/Themes in Biology	1 course unit
STA	115/Statistics	1 course unit

#### Major core requirements for the teaching option are:

HES	099/Emergency Care (FA/CPR/AED certification)	0 course unit
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HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Health and Exercise Science	1 course unit
HES	182/Lifespan Wellness Activities	1 course unit
HES	203/Human Anatomy and Physiology	1 course unit
HES	204/Anatomy and Kinesiology	1 course unit
HES	250/Nutrition and Metabolism	1 course unit
HES	260/Issues in School Health	1 course unit
HES	282/Sports Concepts and Skills	1 course unit
HES	303/Assessment and Evaluation in HPE	1 course unit
HES	304 Adapted Kinetics	1 course unit
HES	311/Applied Physiology	1 course unit
HES	371/Outdoor Education	1 course unit
HES	460/Comprehensive School Health	1 course unit
<b>Total</b>		<b>13 course units</b>

Also required are teacher preparation courses:

HES	180/Motor Development and Elementary Movement	1 course unit
HES	292/Methods of Elementary Health and Physical Education	1 course unit
HES	390/Methods of Secondary Health and Physical Education	1 course unit
HES	490/Student Teaching	2 course units
HES	498/Research Seminar in Health and Physical Education	1 course unit

**Total** **6 course units**

Also required are:

BIO	171 Human Form and Function	1 course unit
ELE	201/Childhood and Adolescent Development	1 course unit

### **Certification—(0–1 course units)**

All students are required or recommended to earn certificates in the following:

- Emergency Care (Required)—no credit
- Driver Education Teacher Certification—HES 335: one course unit
- Teacher Certification

### **Suggested First-Year Sequence (exercise science option)**

FSP	First Seminar	1 course unit
BIO	171/Human Form and Function	1 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Health and Exercise Science	1 course unit
HES	203/Anatomy & Physiology	1 course unit
HES	204 or 205/ Anatomy & Kinesiology or Anat & Phys II	1 course unit
STA	115/Statistics (Liberal Learning-Quantitative Reasoning)	1 course unit
WRI	102/Academic Writing (if not exempted)*	1 course unit

*\*It is recommended that students exempted from this course take other liberal learning courses.*

**Total** **8 course units**

### **Suggested First-Year Sequence (teaching option)**

FSP	First Seminar	1 course unit
BIO	171/Human Form And Function	1 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Health and Exercise Science	1 course unit
HES	180/Motor Development and Elementary Movement	1 course unit
	Liberal Learning course	1 course unit
WRI	102/Academic Writing (if not exempted)*	1 course unit

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HES 182/Lifespan Wellness Activities 1 course unit

*\*It is recommended that students exempted from these courses take other liberal learning courses.*

**Total 8 course units**

### Program Entrance, Retention, and Exit Standards

Every major program at the College has set standards for allowing students to remain in that program, to transfer within the College from one program to another, and to graduate from a program. The following are the standards for Department of Health and Exercise Science programs. Minimum grades are noted in parentheses.

#### Program Entrance/Transfer

In order to transfer into the Department of Health and Exercise Science from another program within the College the student must complete the internal application process after successful completion of the three required courses HES 160/Current Health and Wellness Issues (B-), HES 172/Foundations in HES (B-) and BIO 171/Human Forms or BIO 185/Themes in Biology (C). In addition, at the time of application, the student must have an overall GPA of at least 2.75, provide two letters of recommendation, transcripts, and submit a one-page essay explaining personal interest in Health and Exercise Science.

#### Retention and Exit Standards

##### *Health and Exercise Science: Teacher Preparation Option*

Students are prepared with a background in liberal learning. Most course work consists of specialized health and physical education subjects. Class work and activity skills are combined in the physical education courses to cover all facets of this major. Practical teaching experience is provided at the elementary and secondary levels. Majors are expected to participate in the intercollegiate, intramural, or club programs and be members of the department majors' club, as well as state and national professional organizations. Majors are also required to take and pass a physical fitness exam.

Prior to all field experiences, candidates seeking placement must have completed the following:

1. The necessary criminal background check required by the college, state and district.
2. Earned appropriate content grade in the methodology course tied with the field experience.
3. Demonstrated ethical and professional behaviors.
4. First aid, CPR, AED certification for the professional rescuer.
5. Complete the required Harrassment, Inimidation, & Bullying (HIB) tutorial and exam.
6. A GPA of 2.50 for entrance into HES 390.

Prior to student teaching, candidates seeking a teacher-education certificate in Health and Physical Education must have the following:

1. A 2.75 overall GPA;
2. Present evidence of involvement in professional, departmental, campus, and community activities;
3. Demonstrated ethical and professional behavior
4. A C or above in major and required courses

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5. A C+ or above in teacher preparation required courses (HES 180, HES 292, HES 304, HES 371, and HES 390).
6. Attended at least one professional meeting/conference per year and proof of attendance must be submitted to the student's advisor. A minimum of four full day professional development experiences are required and one must be a New Jersey state, eastern district, or national conference (NJASPERD/AAHPERD or AAHE).
7. Obtain current CPR/AED and First Aid certification.
8. Complete the state required Harrassment, Inimidation, and Bullying (HIB) tutorial and exam.
9. The necessary criminal background check required by the college, state and district.

Before the New Jersey State Department of Education will issue the appropriate certificate the student must meet the state hygiene/physiology requirement and must pass the appropriate Praxis examination. Teacher-education candidates will receive a "certificate of eligibility with advanced standing" which requires a candidate to be provisionally certified for his or her first year of teaching. After one year of successful teaching, the candidate is eligible for a permanent certificate.

The teaching option provides not only a high-quality but a cutting-edge program that is consistent with the standards of the National Association for Sport and Physical Education (NASPE) and the National Council for the Accreditation of Teacher Education (NCATE). The program culminates in the preparation of exemplary health and physical education K-12 teachers who collaborate with other professionals to teach the whole child while achieving the goals of content mastery, professionalism, and pedagogical expertise common to the preparation of all teachers. The objectives of the program present TCNJ graduates as reflective, inquiry-oriented, pre-professionals who are cognizant of equity and diversity issues, competent in their subject matter, and able to select instructional strategies best suited for the varying needs of their students.

#### *Health and Exercise Science Option*

Students in this option are interested in pursuing careers in corporate fitness, strength and conditioning, health promotion, and other health-related professions such as medicine, physical therapy, occupational therapy, chiropractic, and cardiooplummonary rehabilitation. Students will select courses from the following three areas: Liberal Learning, Major Core, and Electives. Students will work with their advisors to develop academic programs that best suit their career aspirations. For example, students may choose to take courses of physics and chemistry to fulfill requirments for entering a graduate program or courses that prepare them for gaining a professional certification. They also must complete an internship experiences in their last semester before graduation.

Students must adhere to the following requirements:

1. A cumulative GPA of 2.0 or higher is required for graduation.
2. Earn a C or above in major and required courses
3. Internship placement dependent on achieving a GPA of at least 2.75 in required courses.
4. A current CPR/AED certification is required for the internship field experience.
5. Students must demonstrate evidence of involvement in departmental, campus, community, or professional activities.

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6. Students must attend at least one professional meeting/conference per year. A minimum of four full day professional development experiences are required and one must be a state, regional, or national conference (NSCA, ACSM, or AAHPERD). Proof of attendance must be submitted to the student's advisor.