

## Health and Exercise Science

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

Students must complete 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 junior level courses, 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.

**Notice** - Students follow the degree requirements of the Undergraduate Bulletin in effect when they begin matriculation at the College. The information in this document applies to the 2019-2020 academic year. Students changing majors or adding a second or third major follow the major requirements in effect at the time the major is changed or added. Students returning to the College after an absence of two consecutive semesters (not including summer) follow the requirements in effect at the time of their return.

**Revision Advisory** – The School of Nursing, Health, and Exercise Science on behalf of the Department of Health and Exercise Science maintains the right and responsibility to revise content as appropriate in response to changes to accreditation requirements or other professional standards in the field.

### Requirements for the major:

Sixteen units within the Health and Exercise Science program major are required. Two units outside the major are also required.

### Requirements for the Exercise Science option are:

HES	096/Exercise Science Guidelines	0 course units
HES	103/203/Human Anatomy and Physiology	1 course unit
HES	105/205/Human Anatomy and Physiology II	1 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Exercise Science	1 course unit
HES	210/Applied Strength & Conditioning Techniques	1 course unit
HES	211/Applied Physiology	1 course unit

HES	250/Nutrition and Metabolism	1 course unit
HES	300/Pediatric Exercise Science	1 course unit
HES	301/Biomechanics	1 course unit
HES	302/Assessment and Evaluation of Human Performance	1 course unit
HES	320/Research Methods for HES	1 course unit
HES	396/EIM Junior Internship I	0.25 course units
HES	397/EIM Junior Internship II	0.25 course units
HES	405/Clinical Exercise Physiology	1 course unit
HES	410/Exercise Physiology and Exercise Prescription	1 course unit
HES	496/Internship	1.5 course units
HES	497/Research Seminar in Health and Exercise Science	1 course unit

**Total** **16 course units**

Also required are:

BIO	201/Themes in Biology	1 course unit
STA	115/Statistics	1 course unit

Twenty units within the major are required within the Health & Physical Education - Teaching program. Two units outside the major are also required.

**Requirements for the Health & Physical Education Teaching option are:**

HES	150/Sports Concepts and Skills	1 course unit
HES	151/Lifespan Wellness Activities	1 course unit'
HES	152/Fitness Principles	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/Human Anatomy and Physiology	1 course unit
HES	211/Applied Physiology	1 course unit
HES	240/Motor Development and Elementary Movement	1 course unit
HES	250/Nutrition and Metabolism	1 course unit
HES	260/Issues in School Health	1 course unit
HES	270/Assessment and Evaluation in HPE	1 course unit
HES	340/Adapted Kinetics	1 course unit
HES	360/Comprehensive School Health	1 course unit
HES	371/Dance & Non-Traditional Activities	1 course unit
<b>Total</b>		<b>14 course units</b>

**Also required are teacher preparation field experience or student teaching courses:**

HES	280/Methods of Elementary Health and Physical Education	1 course unit
HES	380/Methods of Secondary Health and Physical Education	1 course unit
HES	480/ HES Clinical Practice I	1 course unit
HES	490/Clinical Practice II	2 course units
HES	498/Research Seminar in Health and Physical Education	1 course unit
<b>Total</b>		<b>6 course units</b>

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 to earn certificates in the following:

- Emergency Care (Required for all clinical experiences)—no credit
- Harassment, Intimidation, & Bullying Prevention Certificates – no credit
- Substitute Certification
- Teacher Certification

All students are recommended to earn certificates in the following:

- Driver Education Teacher Certification—HES 335: one course unit

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

FSP	First Seminar	1 course unit
BIO	BIO/201/Themes in Biology	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	103/203/Anatomy & Physiology	1 course unit
HES	105/205/Anatomy & Physiology 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 (HE & PE teaching option)**

FSP	First Seminar	1 course unit
BIO	171/Human Form And Function	1 course unit
HES	150/Sports Concepts and Skills	1 course unit
HES	151/Lifespan Wellness Activities	1 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Health and Exercise Science	1 course unit
	Liberal Learning course	1 course unit
WRI	102/Academic Writing (if not exempted)*	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.

**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. Acceptance is dependant on availability of space within the major.

**Retention and Exit Standards***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 cardiopulmonary 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 requirements 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 HES program.
4. A current American Red Cross/American Heart Association First Aid/CPR/AED certification for the Professional Rescuer is required for the internship field experience.
5. Students must demonstrate evidence of annual involvement in the Exercise Is Medicine on Campus Chapter events, and other departmental, campus, community, or professional activities that support the mission of the department.
6. Students must attend a professional meeting/conference yearly. A minimum of four full-day professional development experiences are required prior to graduation. Two required sessions must be met by a TCNJ HES conference and state, regional, or national level (NSCA, ACSM, or SHAPE) conference. The remaining professional development experiences can be met through a combination of activities (conferences, seminars, trainings, certification courses). Proof of attendance and summary form must be submitted to the department and student's web portal. Failure to complete professional development requirements impact Capstone and Internship grades. College travel documents will need to be completed prior to conference attendance.
7. Successful completion of an internal exit exam and external Health and Exercise Science national certification exam.

*Health & Physical Education – Teaching 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 health and physical education courses to cover all facets of this major. Practical teaching experience is provided at the elementary and secondary levels. . Health and Physical Education majors are required to meet all HES department and New Jersey certification requirements prior to, during, and after clinical experiences and practices in order to continue in the program and attain state K-12 Health and Physical Education Licensure. Current guidelines outlined below but are subject to change to meet certification requirements. Majors are required to be members of the department Exercise is Medicine on Campus or HPET majors' club, and state and national professional organizations Majors are also required to take and pass a physical skills tests and annual physical fitness exam to meet the SHAPE National Beginning Teaching Standards.

The New Jersey Department of Education outlined criteria for teaching candidates. The HES Department has adopted the requirements to fulfill the NJDOE criteria:

- HPET majors will not be considered HPET candidates until all 100 and 200 level HPET required courses have been successfully completed and earned the required GPA.
- Teaching majors must pass the PRAXIS I: Core exam prior to starting HES 380 and the Junior level clinical experience. Students earning sufficient scores on the SAT/GRE/ACT will be exempt. Teaching majors must earn a GPA of 3.0 to be accepted into the Junior Block and maintain a 3.0 GPA to be placed into student teaching.
- Teaching candidates must take the PRAXIS II: Health & Physical Education Content Knowledge exam and have scores sent to TCNJ the semester prior to Clinical Practice II/Student Teaching.
- A minimum number of clinical experience hours in a variety of school settings prior to clinical practice is required.
- Clinical Practice I requires a minimum of 175 hours the semester immediately prior to Clinical Practice II (Student Teaching). Time may include beginning of the school year professional development sessions.
- Teaching candidates must complete and submit teaching work samples to an external examination board to fulfill edTPA™ requirements for state certification.

During clinical experiences and clinical practice, candidates must demonstrate ethical and professional behaviors. Prior to all clinical experiences and clinical practice, candidates seeking placement must have completed the following:

- The necessary criminal background check required by the college, state and district.
- Earned appropriate content grade in the methodology course tied with the field experience.
- Demonstrated ethical and professional behaviors.
- Obtain and maintain a current American Red Cross or American Heart Association First Aid/CPR/AED certification for the 'Professional Rescuer' for all clinical and practice experiences.

- Complete the required Harassment, Intimidation, & Bullying (HIB) tutorials and exams.
- A GPA of 3.00 for entrance into HES 380. Subject to change based on NJ State Department of Education guidelines.
- Acquire the state substitute teaching certification upon entering the junior field experience.

Prior to Clinical P-practice II, candidates seeking a teacher-education certificate in Health and Physical Education must have the following:

- A 3.00 overall GPA; Subject to change based on NJ State Department of Education guidelines.
- Present evidence of involvement in professional, departmental, campus, Exercise is Medicine on Campus, and community activities.
- Demonstrated ethical and professional behavior.
- A C or above in major and required courses (non-teacher prep courses).
- A C+ or above in teacher preparation required courses: HES 150, HES 151, HES 240, HES 260, HES 270, HES 280, HES 340, HES 360, HES 371, HES 380, and HES 480.
- The necessary criminal background check required by the college, state and district.
- School districts may require teacher candidates to attain a state substitute certification prior to starting the student teaching experience.
- A minimum of 175 clinical practice I hours.

Before the New Jersey State Department of Education will issue the appropriate certificate, the student must be recommended by the College, meet the state hygiene/physiology requirement, must meet the 3.0 GPA requirement, successfully pass edTPA and must pass the appropriate Praxis I & II examinations. In order to be recommended in this or any other state, students must be recommended as “having demonstrated continued competence, aptitude, motivation, and potential for outstanding success in teaching.” 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)/Council for Accreditation of Educator Preparation (CAEP). 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.

Prior to graduation all HPET majors must attend four professional development conferences. Conference attendance must be verified by the student's advisor. It is ideal for students to attend at least one professional meeting/conference per year. However, 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/SHAPE or AAHE). College travel documents will need to be completed prior to conference attendance. Additionally, all majors must contribute annually to a campus community event presented by the HES Exercise is Medicine on Campus Chapter or serve as an ambassador for the NJASPERD state event.

### **Health and Wellness Minor**

The Health & Wellness minor is to support and prepare individuals to make important health decisions that will optimize overall health and well-being through education, health promotion and coach instruction. This minor is appropriate for students from all other majors at TCNJ, but especially those considering careers or further study in health related professions such as medicine, nursing, public health, public health policy, health management, social work, clinical psychology, health communications, and other fields.

#### **Health & Wellness Core Requirements (5 units)**

- |            |                           |        |
|------------|---------------------------|--------|
| • HES 160: | Current Health & Wellness | 1 Unit |
| • HES 209: | Personal Conditioning     | 1 Unit |
| • HES 225: | Nutrition                 | 1 Unit |
| • HES 371: | Stress Management         | 1 Unit |
| • HES 375: | Coaching Leadership       | 1 Unit |

\*Students with a minor in Health & Wellness may substitute one approved HES or NUR course in lieu of one outlined course.

### **Declaration of Health & Wellness Minor**

Students may declare the minor with approval from the Chair of Health & Exercise Science by submitting a completed Application for Minor Course of Study form, which may be downloaded from the Records and Registration website. Once signed by the Chair, the form must be submitted to Records and Registration. Note: Students must submit the Application for Minor Course of Study form at least one semester before graduation.

Students must satisfy the minor requirements according to the Bulletin in effect at the time of their formal declaration. Minors must be officially declared before the deadline for applying for graduating in a given term. Minors not completed at the time of graduation will be dropped from the student's record. Students are encouraged to declare intended minors as soon as possible, as some classes are restricted to majors and minors.