

Health and Exercise Science

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The Department of Health and Exercise Science prepares students for careers as exercise science and health & wellness 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 that must be completed satisfactorily at The College of New Jersey before the student will be permitted to enroll in junior- or senior-level internship experiences. These required courses are specified in the department's policies and procedures and also in the HES 4-Year Course Sequence document posted on the department website.

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, and presenting a professional disposition suitable for the major..

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 2020-2021 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.

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

Suggested First-Year Sequence

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**

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 the Department of Health and Exercise Science.

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 which includes providing TCNJ transcripts, having a minimum GPA of 2.75, and providing a letter of interest. 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.

Majors must complete two junior-level, on-campus, internship experiences and one senior level internship experience in the 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.
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 are required to attend 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 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)

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| • 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.