

Kinesiology and Health Sciences

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The Department of Kinesiology and Health Sciences (KHS) has three programs that prepare students for careers as exercise science and health & wellness professionals. Program majors include the standard Kinesiology and Health Sciences program, a dual KHS-Physical Therapy program with Thomas Jefferson University, and a minor in Health & Wellness.

The program prepares students to pursue careers in health-related professions (e.g. medicine, physical therapy, occupational therapy, chiropractic, and cardiopulmonary rehabilitation, among others), as well as corporate fitness, strength and conditioning, health promotion, and other health/wellness professions. Students will select courses from the following three areas: Major Core, Electives, and Liberal Learning. Students will work with their advisors to develop academic programs that best suit career aspirations. For example, students may choose to take courses in physics and chemistry to fulfill requirements for entering a graduate program, or take courses that prepare them for gaining a professional certification.

Students must complete major required courses outlined by the Department unless special permission is granted by the student's program director to allow completion of a major required course at another college. The department 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 sophomore-, junior-, or senior-level internship experiences. TKHSe required courses are specified in the department policies and procedures and also in the KHS 4-Year Course Sequence document posted on the department website.

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 academic year. Students changing majors or adding an additional major will 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 and Health Sciences on behalf of the Department of Kinesiology and Health Sciences maintains the right and responsibility to revise content as appropriate in response to changes to accreditation requirements, articulation agreements, or other professional standards in the field.

Requirements for the KHS major:

There are a total of 18 required major core courses for the -standard Kinesiology and Health Sciences major, with 16 KHS Department courses and two others from the Biology and Mathematics departments.

KHS	103/203/Human Anatomy and Physiology	1 course unit
KHS	105/205/Human Anatomy and Physiology II	1 course unit
KHS	160/Current Health and Wellness Issues	1 course unit
KHS	172/Foundations of Kinesiology & Health Sciences	1 course unit
KHS	210/Applied Strength & Conditioning Techniques	1 course unit

KHS	211/Applied Physiology	1 course unit
KHS	250/Nutrition and Metabolism	1 course unit
KHS	300/Pediatric Exercise Science	1 course unit
KHS	301/Biomechanics	1 course unit
KHS	302/Assessment and Evaluation of Human Performance	1 course unit
KHS	320/Research Methods for KHS	1 course unit
KHS	396/EIM Junior Internship I	0.25 course units
KHS	397/EIM Junior Internship II	0.25 course units
KHS	405/Clinical Exercise Physiology	1 course unit
KHS	410/Exercise Physiology and Exercise Prescription	1 course unit
KHS	496/Internship	1.5 course units
KHS	497/Research Seminar in Health and Exercise Science	1 course unit
KHS	499/Professional Development & EIM Responsibilities	0 course units
Also required are:		
BIO	171/Human Form and Function	1 course unit
STA	115/Statistics	1 course unit

Total **18 course units**

Suggested First-Year Sequence

FYW	First Year Writing (if not exempted)*	1 course unit
FYS	First Year Seminar	1 course unit
BIO	171/Human Form and Function	1 course unit
KHS	160/Current Health and Wellness Issues	1 course unit
KHS	172/Foundations of Health and Exercise Science	1 course unit
KHS	103/203/Anatomy & Physiology	1 course unit
KHS	105/205/Anatomy & Physiology II	1 course unit
STA	115/Statistics (Liberal Learning-Quantitative Reasoning)	1 course unit

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

Total **8 course units**

Requirements for the Dual KHS-Physical Therapy program:

There are a total of 25 required major core courses for the Kinesiology and Health Sciences major, with 16 KHS Department courses and the remaining courses through the Schools of Sciences, Mathematics, and Humanities and Social Sciences.

Sixteen units within the Kinesiology and Health Sciences program major are required. Nine units outside the major are also required.

KHS	103/203/Human Anatomy and Physiology	1 course unit
KHS	105/205/Human Anatomy and Physiology II	1 course unit
KHS	160/Current Health and Wellness Issues	1 course unit
KHS	172/Kinesiology & Health Sciences Exercise Science	1 course unit
KHS	210/Applied Strength & Conditioning Techniques	1 course unit
KHS	211/Applied Physiology	1 course unit
KHS	250/Nutrition and Metabolism	1 course unit
KHS	300/Pediatric Exercise Science	1 course unit
KHS	301/Biomechanics	1 course unit
KHS	302/Assessment and Evaluation of Human Performance	1 course unit
KHS	320/Research Methods for KHS	1 course unit
KHS	396/EIM Junior Internship I	0.25 course units

KHS 397/EIM Junior Internship II	0.25 course units
KHS 405/Clinical Exercise Physiology	1 course unit
KHS 410/Exercise Physiology and Exercise Prescription	1 course unit
KHS 496/Internship	1.5-2 course units
KHS 497/Research Seminar in Health and Exercise Science	1 course unit

Also required are 9 Dual KHS PT prerequisite courses:

FYW 102 Academic Writing	1 course unit
Two General Biology & Lab courses: one being BIO 171/Human Form and Function	2 course units
Two General Chemistry & Lab courses	2 course units
Two Physics & Lab courses	2 course units
STA 115/Statistics	1 course unit
Psychology	1 course unit

Total **25 course units**

Suggested First-Year Sequence

FYW First Year Writing	1 course unit
FYS First Year Seminar	1 course unit
BIO	2 course units
KHS 160/Current Health and Wellness Issues	1 course unit
KHS 172/Foundations of Health and Exercise Science	1 course unit
KHS 103/203/Anatomy & Physiology	1 course unit
KHS 105/205/Anatomy & Physiology II	1 course unit
STA 115/Statistics (Liberal Learning-Quantitative Reasoning)	1 course unit

Total **8 course units**

Program Entrance/Transfer, Retention, and Exit Standards*Program Entrance/Transfer:*

For the standard KHS program, entrance into the program may occur by direct admission or through the internal or external transfer process. In order to transfer into the Department 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. Applications are reviewed at the end of each semester. Acceptance is dependent on availability of space within the major. External transfers, from other institutions, must complete the TCNJ admissions process and where appropriate, follow the guidelines outlined in articulation agreements between institutions.

For the dual KHS-Physical Therapy program: entrance into the program may only occur by direct admission as a first year student. Transfer options are not available at this time.

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.

Retention and Exit Standards

Every major/minor 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 Department maintains the right and the responsibility to dismiss students from the majors and minor 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. The following are the general expectations/standards for the Department, with additional criteria being provided in the Policies and Procedures document that can be found on the website.

- A cumulative GPA of 2.0 or higher is required for graduation.
- A grade of C or above is required in major core courses.
- Failure to complete a course successfully in two attempts will lead to dismissal from the program. Similarly, a maximum of two different course failures is permitted, with failure of a third course leading to program dismissal.
- Senior internship placement dependent on achieving a minimum GPA of 2.75, completing all other major core requirements prior to placement, with the exception of one 400 level KHS course, (unless permission provided based on extenuating circumstances)
- A current American Red Cross/American Heart Association First Aid/CPR/AED certification for the Professional Rescuer is required for internship field experiences.
- 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.
- Students are required to attend a minimum of four full-day professional development experiences prior to graduation. Two required sessions must be met by a TCNJ KHS 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.
- Successful completion of an internal exit exam and external Health and Exercise Science national certification exam.

Retention and Progression standards for majors enrolled in the Dual KHS-Physical Therapy program are outlined in the articulation agreement between the institutions and indicate students must:

- Fulfill all program requirements outlined for the standard KHS program.
- Follow the TCNJ/KHS specific 4-year curricular track that includes DPT prerequisite coursework.
- Prerequisite coursework for the first four years **MUST BE COMPLETED** at TCNJ.
- Notwithstanding college credits received for non-science prerequisites that are approved by the Program Coordinator and Records & Registration.

Terms of Acceptance to the TJU-DPT Program: Students admitted to the Dual KHS-Physical Therapy program have the opportunity to transition into the graduate professional phase of the program on Jefferson's Center City campus provided the following criteria are met:

- Time at TCNJ can not be accelerated or decelerated

- Earned an overall minimum 3.3 cumulative GPA
- Earned a minimum 3.0 science prerequisite GPA (no less than “C+” grade in the Biology/lab I & II, Anatomy & Physiology/lab 1 & II, Chemistry/lab I & II, Physics/la I & II
- Complete all program prerequisite coursework with a “C+” grade or better.

If the above is met, communicate with the program coordinator in the second semester of Junior year and first semester of Senior year about program completion and TJU next step paperwork.

Exit guidelines for The College of New Jersey include:

- Successfully completing the outlined program requirements (major core, liberal learning, electives, etc.)
- Meeting the 32 unit minimum required for graduation
- Fulfilling the department professional development and Exercise is Medicine on Campus requirements.
- Meeting the minimum GPA required for graduation.

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

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

Declaration of Health & Wellness Minor

Students may declare the minor with approval from the KHS Department Chair 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 graduation 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.

Retention and Exit Standards for the Minor

Every major/minor 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 Department maintains the right and the responsibility to dismiss students from the minor who have not made satisfactory academic progress by completing all major components of the program, fulfilling department course requirements with the requisite grades or presenting a professional disposition unsuitable for the health coaching minor. The following are the general expectations/standards for the Health and Wellness minor

- A minimum grade of “C” is required in the five courses taken to fulfill the minor requirement.
- Dispositions presented to enforce qualities needed as a health coach and leader (acceptance, tolerance, adaptability, etc)