

Kinesiology and Health Sciences

Department Faculty: N. Beller, L. Bruno, J. Bush -Wallace, A. Faigenbaum, A. Farrell, J. Kang, N. Ratamess, E. Rucker.

Notice - Students follow the degree requirements of the Undergraduate Bulletin in effect at the time of matriculation into the Kinesiology and Health Sciences major at the College. The information in this document applies to the 2025-26 academic year. Students changing majors or adding Kinesiology and Health Sciences as a second 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 return.

Department/Program Overview: 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 standard Kinesiology and Health Sciences program has three specialization options. These specializations include: General Studies (GS), Sport Science/Strength & Conditioning (SC) and Health Sciences (HS). All majors will initially be accepted into the KHS-GC option and choose to opt into another track within the first year of the major. Noting that acceptance into the KHS-HS track is limited to a select number of majors annually, minimum grades of C+ are required in the first year A&P, BIO, & STAT courses, and an overall minimum GPA of 2.5 are required.

KHS programs prepares students to pursue a variety of careers in health-related professions (e.g. physical therapy, occupational therapy, chiropractic, medicine and cardiopulmonary rehabilitation, among others), as well as fitness specialties, strength and conditioning, health promotion, sport management, health communications, and other health/wellness professions. Students will select courses from the following three areas: Major Core, Electives, and College Core. Students will work with faculty 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 in preparation for attaining 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. These required courses are specified in the department policies and procedures and also in the KHS 4-Year Course Sequence documents posted on the department website.

Revision Advisory – The Department of Kinesiology and Health Sciences, within the School of Nursing and Health Sciences, maintains the right and responsibility to revise content as appropriate in response to changes to college curricular changes, accreditation requirements, articulation agreements, or other professional standards in the field.

KHS Degree Specializations**Degree Program Requirements for the KHS: General Studies (KHS-GS)**

There are a total of 21 required major core courses for the standard Kinesiology and Health Sciences major, with 19 KHS courses (17 units) and two others correlate courses (2 units) from the Biology and Mathematics departments. A variety of College Core courses are required for designated content areas and remaining course units can be met through electives. A total of 30 units are needed for program completion.

KHS	099/Orientation to KHS	0 course unit
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	220/Research Methods for KHS	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	396/EIM Junior Internship I	0.50 course units
KHS	400/Applied Movement Analytics	1 course unit
KHS	405/Clinical Exercise Physiology	1 course unit
KHS	410/Exercise Physiology and Exercise Prescription	1 course unit
KHS	496/Internship	1.5-2.0 course units
KHS	497/Research Seminar in KHS	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		19 course units

Suggested First-Year Sequence

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 (College Core-Quantitative Reasoning)	1 course unit
	College Core course	1 course unit
Total		8 course units

Degree Program Requirements for KHS: Sport Science/Strength & Conditioning (KHS-SC)

This program follows the KHS-General Studies program requirements with the addition of two courses, for a total of 23 required major core courses, with 21 KHS courses (19 units) and two others correlate courses (2 units) from the Biology and Mathematics departments. A variety of College Core courses are required for designated content areas and remaining course units can be met through electives. A total of 30 units are needed for program completion.

This is the only KHS option that will provide students with the necessary requirements to

sit for select national certification exams for exercise scientists, strength & conditioning, or sport science. These courses include:

KHS-GS Curriculum	17 course units
KHS 304/KHS Management & Professional Responsibilities	1 course unit
KHS 374/Behavioral Science in Exercise and Sport	1 course unit

Suggested First-Year Sequence: for KHS-SC: Same as KHS General Studies

Degree Program Requirements for KHS: Health Sciences (KHS-HS) Degree

There are a total of 25 required major core courses for the KHS-HS major, with 19 KHS Department courses (17 units), three required correlate courses (3 units) from the Biology, Mathematics, and Psychology departments, and an additional three courses (3 units, minimum) are to be taken through the School of Science to fulfill specific health science requirements. A variety of College Core courses are required for designated content areas and remaining course units can be met through electives. A total of 30 units are needed for program completion. Additional prerequisite courses may be needed for entrance into science, mathematics, and psychology courses.

KHS 099/Orientation to KHS	0 course unit
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 220/Research Methods for KHS	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 396/EIM Junior Internship I	0.50 course units
KHS 400/Applied Movement Analytics	1 course unit
KHS 405/Clinical Exercise Physiology	1 course unit
KHS 410/Exercise Physiology and Exercise Prescription	1 course unit
KHS 496/Internship	1.5-2.0 course units
KHS 497/Research Seminar in KHS	1 course unit
KHS 499/Professional Development & EIM Responsibilities	0 course units

Also required are:

BIO 171/Human Form and Function	1 course unit
or	
BIO 201/Foundations of Biological Inquiry	1 course unit
STA 115/Statistics	1 course unit
PSY 101/Psychology	1 course unit
or	
SOC 101/Sociology	

Additional mix of three (3)(minimum) science courses:

May include, but not limited to: Biology, Chemistry, Physics, Microbiology, Biochemistry, Genetics, etc.

Total **23 course units**

Possible Pre/Co-requisites for TCNJ Science Courses

MAT 120/ Pre-Calculus (if not exempt)	1 course unit
*MAT 127 & 128 Calculus	2 course units

Suggested First-Year Sequence

FYS First Year Seminar	1 course unit
BIO 171 and 201	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 (College Core-Quantitative Reasoning)	1 course unit
Total	8 course unit

Dual Enrollment Physical Therapy Program with Thomas Jefferson University (TJU-PT)**Degree Program Requirements for the TJU-PT 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 correlate courses/units outside the major are also required. A variety of College Core courses are required for designated content areas and remaining course units can be met through electives. A total of 30 units are needed for program completion.

The articulation agreement between TCNJ and TJU established the curriculum, along with the program completion requirements, timelines, and graduate program acceptance guidelines. All guidelines must be met for continuation into the TJU-PT graduate program.

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 220/Research Methods for KHS	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 396/EIM Junior Internship I	0.50 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 KHS	1 course unit

Also required are nine (9) Dual KHS PT prerequisite courses:

Academic Writing/FYS	1 course unit
Two General Biology & Lab courses	2 course units
BIO 171/Human Form and Function	
BIO 201/Foundations of Biological Inquiry	
Two General Chemistry & Lab courses	2 course units
CHE 201/Chemistry I/Lab*	

CHE 202/Chemistry II/Lab	
Two Physics & Lab courses	2 course units
PYS 12/Principles of Physics I/Lab	
PYS 122/Physics II/Lab	
STA 115/Statistics	1 course unit
PSY 101/Psychology	1 course unit
Total	25 course units

Pre/Co-requisites for TCNJ Science Courses

MAT 120/ Pre-Calculus (if not exempt)	1 course unit
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Suggested First-Year Sequence

FYS First Year Seminar	1 course unit
BIO 171 and 201	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 (College Core-Quantitative Reasoning)	1 course unit
Total	8 course units

Program Entrance/Transfer, Retention, and Exit Standards

Program Entrance/Transfer

For the KHS programs (General Studies, Sports Science/Strength & Conditioning, and Health Sciences), entrance into the program may occur by direct admission or through an internal or external transfer process. In order to transfer into the Department from another program within the College, the student must complete the digital internal application process which includes providing TCNJ transcripts, having a minimum GPA of 2.75, and a letter of interest. Applications are reviewed after the end of each fall/spring 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.

Retention and Exit Standards for KHS Programs

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 graduate from a program. The following are the standards for the Department of Kinesiology and Health Sciences. 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 by the college.
- Acceptable professional dispositions as outlined by accrediting bodies and the department policies and procedures.
- A minimum grade of C- is required for all KHS and correlate courses.

- Inability to complete a course successfully in two attempts will lead to dismissal from the program. Attempts include course withdrawals. Similarly, a maximum of two different KHS course failures/withdrawal is permitted, with failure of a third KHS course leading to KHS program dismissal.
- A minimum GPA of 2.50 for all KHS required courses is necessary for Junior year/300 level course enrollment, including enrollment in the Junior Internship.
- Senior year 400 level KHS course enrollment permitted with successful completion of all 100-300 level KHS courses, unless permission provided due to extenuating circumstances.
- Senior internship placement is dependent on achieving a minimum overall GPA of 2.75, completing all other major program requirements prior to placement, with the exception of **one** 400 level non-capstone KHS course (i.e. KHS 400, 405 or 410) unless permission provided due to extenuating circumstances.
 - Senior internship placements in clinical settings often require a minimum GPA higher than the placement minimum.
 - Internship placement is also dependent on host agency acceptance/approval.
- A current American Red Cross/American Heart Association First Aid/CPR/AED certification for the Professional Rescuer is required for internship field experiences.
- KHS majors are responsible for completing professional development requirements (KHS 499) in two ways.
 - The first is to demonstrate evidence of annual involvement in the Exercise Is Medicine on Campus Chapter events or other departmental, campus, community, or professional activities that support the mission of the department.
 - The second is required attendance in a minimum of four full-day (5 hour) professional development experiences prior to graduation. Two required sessions must be met by attendance at a TCNJ KHS conference and a state, regional, or national level (NSCA, ACSM, or SHAPE) conference. The remaining professional development experiences may 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 the 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** Exercise Science/Strengths & Conditioning national certification exam.
- Completion of all 30/32 units required for program specialization completion.

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 and terms of acceptance to the TJU-DPT program outlined below..
- 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 University'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/lab I & II
- Complete all TJU-PT program prerequisite coursework at TCNJ, earning a minimum grade of "C+" or better
- Complete a minimum of 50 volunteer hours in two (2) Physical Therapy settings. 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, college core, electives, etc.)
- Meeting the 30/32 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)

- | | | |
|-----------|---------------------------|--------|
| • KHS160: | Current Health & Wellness | 1 Unit |
| • KHS209: | Personal Conditioning | 1 Unit |
| • KHS225: | Nutrition | 1 Unit |
| • KHS351: | Stress Management | 1 Unit |
| • KHS375: | Coaching Leadership | 1 Unit |

*Students with a minor in Health & Wellness may substitute one approved KHS, PBH, or NUR course in lieu of one foundational course (KHS 160, 209, 225, 351).

*As Health & Wellness minor courses are added to the offering options, each may be substituted to count as one of the four foundational courses (KHS 160, 209, 225, 351).

* KHS 375 is required for all Health & Wellness minor students

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 and either serve as, or require, prerequisite courses.

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 retention and program completion:

- KHS 375 is the capstone course for the minor and may be taken concurrently with one other minor course. All remaining minor courses are to be successfully completed prior to KHS 375 enrollment.
- A minimum of two courses must be completed at the 300 level.
- KHS 375 is the capstone course for the minor and is required for the minor
- Dispositions presented to enforce qualities needed as a health coach and leader (acceptance, tolerance, adaptability, etc)
- Failure to complete a minor course successfully in two attempts, this includes course withdrawal, will lead to dismissal from the minor. Similarly, a maximum of one Health & Wellness minor course failure/withdrawal is permitted, with failure of a second minor course leading to KHS program dismissal.