

## Associate in Arts

## Health and Exercise Science

### Program Information

The Health and Exercise Science option explores various theories and methods of physical and health education, in addition to offering a foundation in liberal arts studies. With course work that examines a variety of academic disciplines and modes of inquiry, students have opportunities to increase self-awareness, interpersonal skills, creativity and civic awareness. Students should expect to develop frames of reference necessary for critical thinking and problem solving.

This program meets education recognition guidelines recommended by the National Strength and Conditioning Association.

Upon successfully completing this program, students should be able to:

- ▼ design and implement exercise programs to a broad spectrum of populations,
- ▼ employ knowledge of exercise science to address prevalent health issues regionally and nationally, and
- ▼ prepare for a nationally accredited exercise certification exam.

### Transfer of Credits

Health and Exercise Science graduates may transfer credits to a bachelor's degree program at a four-year college or university. Please direct specific questions to a Student Affairs advisor.

### Credits

#### First Semester

<input type="checkbox"/>	CHM 100	Basic Chemistry	3
<input type="checkbox"/>	ENG 101	English Composition I	3
<input type="checkbox"/>	HIS 101	Western Civilization I	3
<input type="checkbox"/>	MAT 137	College Algebra	3
<input type="checkbox"/>	SOC 101	Introduction to Sociology	<u>3</u>
			15

#### Second Semester

<input type="checkbox"/>	ENG 102	English Composition II	3
<input type="checkbox"/>	HIS 102	Western Civilization II	3
<input type="checkbox"/>	HSC 168	Nutrition	3
<input type="checkbox"/>	PSY 111	Human Growth and Development	3
<input type="checkbox"/>		Computer Science Elective	<u>3</u>
			15

#### Third Semester

<input type="checkbox"/>	BIO 220	Human Anatomy & Physiology I	4
<input type="checkbox"/>	ENG 202	Introduction to Speech Communication	3
<input type="checkbox"/>	HPE 220	Introduction to Exercise Science I	4
<input type="checkbox"/>	HSC 200	Standard First Aid and CPR	2
<input type="checkbox"/>	PHY 101	Physics I	<u>4</u>
			17

#### Fourth Semester

<input type="checkbox"/>	BIO 221	Human Anatomy & Physiology II	4
<input type="checkbox"/>	ETH 200	Ethics in the Modern World	3
<input type="checkbox"/>	HPE 210	Contemporary Health Studies	3
<input type="checkbox"/>	HPE 221	Introduction to Exercise Science II	4
<input type="checkbox"/>	MAT 201	Statistics	<u>3</u>
			17

**Total Credits: 64**

### N.J. General Education Component for Health and Exercise Science

<b>Communication:</b>	ENG 101, ENG 102, ENG 202
<b>Math/Science/Computer Technology:</b>	MAT 137, BIO 220, BIO 221, CSC Elective
<b>Social Science:</b>	SOC 101, PSY 111
<b>Humanities:</b>	ETH 200, HIS 101, HIS 102
<b>History:</b>	HIS 101, HIS 102
<b>Cultural/Global Awareness:</b>	SOC 101