Kean University 120 S.H.

School of Health and Human Performance

25108 Physical Education / Exercise Science

4 Year Plan

									Recommended credits	
Year 01	*Fall*	GE 1000/3000 Transition to Kean (1cr.)	ENG 1030 College Composition (3cr.)	MATH 1030 Problem Solving (3cr.)	PSY 1000 General Psychology (3cr.)	GE HUM (3cr.)	EXSC 1045 Gymnastics Fitness (2cr.)		15 S.H.	
	Winter									
	Spring	COMM 1402 Speech Communications (3cr.)	BIO 1000 Principles of Biology (4cr.)	HIST 1062 Worlds of History (3cr.)	EXSC 1500 Intro to Motor Learning (3cr.)	EXSC 1109 Zumba Fitness (1cr.)	EXSC 1022 Tai Chi (1cr.)		15 S.H.	
	Summer									
Year 02	*Fall*	EXSC 1023 Yoga (1cr.)	PSY 3110 Lifespan Psychology (3cr.)	EXSC 2800 Intro to Exercise Science (3cr.)	BIO 2402 Human Physiology & Anatomy (4cr.)	GE 2022 Research & Technology (3cr.)	EXSC 1011 Strength Fitness (1cr.)		15 S.H.	
	Winter									
	Spring	MATH/CPS (3cr.)	ENG 2403 World Literature (3cr.)	EXSC 2500 Biomechanics (3cr.)	FREE ELECTIVE (3cr.)	EXSC 1130 Cardio Fitness (1cr.)	EXSC 1020 Personal Fitness (1cr.)	EXSC 1108 Pilates I (1cr.)	15 S. H.	
	Summer									
Year 03	*Fall*	EXSC 3505 Kinesiology (3cr.)	AT 3500 Care/Prev. Athletic Inj (3cr.)	HED 3231 First Aid/Dis Prep (3cr.)	HED 3600 Nutrition (3cr.)	EXSC 3510 Phys. of Ex. (3cr.)	EXSC 3511 Phys. of Ex. Lab (1cr.)	EXSC 1021 Personal Fit II (1cr.)	17 S.H.	
	Winter									
	Spring	MGS 2030 Principles of Management (3cr.)	EXSC 4626 Presriptive Exercise Prog. (3cr.)	EXSC 3612 Principles of Personal & Group Exercise (3cr.)	EXSC 3692 Clinical Exp. in EXSC (3cr.)	EXSC 4629 Ex Testing & Interpret. (3cr.)			15 S.H.	
	Summer									
Year 04	*Fall*	EXSC 4605 Stats. in EXSC (3cr.)	HED 3515 Wellness (3cr.)	EXSC 4630 Electrocardiography (3cr.)	FREE ELECTIVE (3cr.)	FREE ELECTIVE (3cr.)			15 S.H.	
	Winter									
	Spring	EXSC 4625 Org./Admin./EXSC Prog. (3cr.)	EXSC 4627 Clin. Prac. in EXSC (3cr.)	FREE ELECTIVE (3cr.)	FREE ELECTIVE (3cr.)	PED Dance Option (1cr.)			13 S.H.	

Please see the Curriculum Sheet for this program via Quick Links on the Kean University home page.

Total Recommended **120 S.H.**

17-Sep-19