

## Kean-Ocean Suggested Curriculum BS Exercise Science

*Courses in Bold are essential for transfer*

### GENERAL STUDIES – Health and Physical Education Concentration - A.S. Degree Program - Effective Catalog Year 2019-2020

The Associate in Science (A.S.) degree is designed for students who wish to create an individualized program in a specific academic area. Students may explore career fields while selecting courses that will facilitate their goal of transferring to a four-year college/university or beginning a career. Students must complete the following:

- All students must complete STSC 150, Student Success Seminar, during their first year of enrollment.
- A minimum of 30 credits from the list of Approved General Education Courses.
- At least 18 credits from the academic area of Health and Physical Education to satisfy the Department Concentration.
- Additional elective credits to meet the requirements for the degree (minimum of 60 credits).

GENERAL EDUCATION CORE REQUIREMENTS		
COMMUNICATIONS (6 credits)		
ENGL 151	English I	3 cr.
ENGL 152	English II	3 cr.
HUMANITIES (3 credits)		
ENGL Literature	Select any Literature course from Humanities General Education	3 cr.
SOCIAL SCIENCE (3 credits)		
<b>PSYC 172</b>	<b>General Psychology</b>	3 cr.
ADDITIONAL HUMANITIES OR SOCIAL SCIENCE (3 credits)		
SOCI 181	Intro to Sociology	3 cr.
MATHEMATICS-SCIENCE-TECHNOLOGY (10 credits)		
MATH 151 or higher	Survey of Mathematics or higher	3 cr.
<b>BIOL 114</b>	<b>Principles of Biological Science</b>	4 cr.
CSIT 123	Integrated Office Software  <i>*Students may attempt to “test out” of the technology requirement. If they succeed, they must take an additional course(s) in math or science from the List of Approved General Education Courses. Highly recommended MATH 156 Intro to Stats</i>	3 cr.
ADDITIONAL GENERAL EDUCATION CREDIT (6 credits)		

<b>COMM 154</b>	<b>Fundamentals of Public Speaking</b>	3 cr.
<b>GHUM</b>	One Humanities General Education course from the Approved General Education Course List	3 cr.
<b>PROGRAM REQUIREMENT</b>		
<b>STSC 150</b>	<b>Student Success Seminar</b>	2 cr.
<b>DEPARTMENT CONCENTRATION</b>		
	<p>To satisfy the Department Concentration, students must earn 18 credits</p> <p>From the academic area of Health and Physical Education. Course prefixes for the Health and Physical Education concentration are listed below:</p> <p><b>Health and Physical Education: HEHP, HHAW</b></p> <ul style="list-style-type: none"> <li>• <b>HEHP 160 First Aid &amp; Safety 3-credits</b></li> <li>• <b>HEHP 188 Intro to Nutrition 3-credits</b></li> <li>• <b>HEHP 225 Contemporary Health 3-credits</b></li> <li>• <b>HEHP 228 Care &amp; Prevention of Athletic Injury 3-credits</b></li> <li>• <b>HEHP 239 Strength &amp; Conditioning 3-credits</b></li> <li>• <b>HEHP 238 Management &amp; Rehab 3-credits</b></li> </ul>	18 cr.
<b>ELECTIVE COURSES to meet 60 credits</b>		<b>9 cr.</b>
<ul style="list-style-type: none"> <li>• <b>BIOL 130 Anatomy &amp; Physiology I 4-credits</b></li> <li>• <b>BIOL 131 Anatomy &amp; Physiology II 4-credits</b></li> <li>• <b>HEHP 100 Aerobic Conditioning 1-credit</b></li> </ul>		
<p><b>This degree is a 3+1 and requires a total of 85-credits from OCC.</b></p> <p><b>Students should take the additional courses below:</b></p> <ul style="list-style-type: none"> <li>• <b>HEHP 252 Nutrition &amp; Fitness 3-credits</b></li> <li>• <b>HEHP 266 Exercise &amp; Health Counseling 3-credits</b></li> <li>• <b>HEHP 267 Sports Management 3-credits</b></li> <li>• <b>HEHP 101 Weight Training 1-credit</b></li> <li>• <b>Any HEHP course 3-credits</b></li> <li>• <b>PSYC 278 Lifespan Development 3-credits</b></li> <li>• <b>MATH 156 Intro to Statistics 3-credit</b></li> <li>• <b>Elective 3-credits</b></li> <li>• <b>Elective 3-credits</b></li> </ul>		<b>25 cr.</b>

	cr. (credit) = semester credit hour