

**Kean University - College of Health Professions & Human Services**

**(21140) B.S. in Exercise Science: 120 Semester Hours (S.H.)**

**2.5 Minimum GPA Required for Declaration; Major and Graduation: 2.5**

**EFFECTIVE DATE: Fall 2020**

GENERAL EDUCATION <sup>1</sup>	32 S.H.	ACADEMIC MAJOR	60 S.H.
<b>Foundation Requirements:</b>	13 S.H.		<b>Activity courses</b> (choose any combination to fulfill 5 credits) 5 S.H.
GE 1000 or GE 3000 Transition to Kean <sup>2</sup>		1 EXSC 1022 Tai Chi Chuan I	1
ENG 1030 College Composition <sup>3</sup>		3 EXSC 1023 Yoga I	1
MATH 1000 Algebra for College Students <sup>3</sup>		3 EXSC 1025 Animal Flow®	1
COMM 1402 Speech Communication <sup>3</sup>		3 EXSC 1045 Gymnastics Fitness	2
GE 2022 Research & Technology		3 EXSC 1108 Pilates I	1
<b>DISCIPLINARY &amp; INTERDISCIPLINARY DISTRIBUTION REQUIREMENTS</b>	19 S.H.	EXSC 1109 Zumba Fitness®	1
<b>Humanities:</b>	6 S.H.	EXSC 1130 Group Fitness	1
ENG 2403 World Literature		3 EXSC 2023 Yoga II	1
<b>Take one "GE Approved" course from one area below</b>		PED Dance Option (PED 1101, PED 1103, PED 1110, PED1113)	1
Fine Arts/Art History	3		<b>Major Required Courses**</b> 55 S.H.
Philosophy or Religion	3	EXSC 1500 Intro to Motor Learning	3
Foreign Languages (Must take I and II for credit)	3	MGS 2030 Principles of Management	3
Music or Theatre	3	EXSC 2500 Intro to Biomechanics	3
Interdisciplinary	3	EXSC 2800 Intro to Exercise Science (WE)***	3
<b>Social Sciences:</b>	6 S.H.	HED 3231 First Aid/Disaster Prep/Injury Prev. or HED 3232 Emergency Medical Responder	3
HIST 1062 Worlds of History	3	AT 3500 Care and Prevention of Athletic Injuries	3
		EXSC 3505 Kinesiology	3
PSY 1000 General Psychology <sup>4</sup>	3	EXSC 3510 Physiology of Exercise	3
		EXSC 3511 Physiology of Exercise Lab	1
		HED 3515 Wellness	3
<b>Science and Mathematics:</b>	7 S.H.	EXSC 3601 Nutrition for Fitness & Wellness	3
MATH/CPS (Options include: MATH 1030, MATH 1010, MATH 1016, MATH 1054, CPS 1032, CPS 1231)	3	EXSC 3612 Princ. Pers. & Group Training***	3
BIO 1000 Principles of Biology <sup>5</sup> or higher	4	EXSC 3617 Group & Pers.Train. Lab***	3
<b>Additional Required Courses:</b>	7 S.H.	EXSC 3692 Clinical Exp. Exercise Science***	3
PSY 3110 Lifespan Psychology <sup>4</sup>	3	EXSC 4605 Stats in Exercise Science	3
BIO 2402 Human Physiology & Anatomy <sup>5</sup> or higher	4	EXSC 4626 Prescriptive Ex. Programs	3
Special Instructions 1. See pre-requisites and equivalencies in courses catalog (on page 2) 2. All undergraduate students must satisfy this University Requirements for Graduation by successfully completing one of the following courses at Kean University: GE 1000 Transition to Kean (all freshmen and transfers entering with 0-29 credits; or GE 3000 Transfer Transitions (transfers entering with 30 credits or more) 3. ENG 1030, MATH 1000, COMM 1402 require a minimum grade of C or better 4. PSY 1000 is a prerequisite for PSY 3110 5. BIO 1000 is a prerequisite for BIO 2402  * GE Distribution Courses Required of all majors ** Courses Required By Major *** Courses Requires a B- or Better		EXSC 4627 Clinical Practice Exercise Science ***	3
		EXSC 4629 Exercise Testing and Interpretation	3
		EXSC 4630 Electrocardiography	3
		<b>Major Capstone Course</b>	<b>3 S.H.</b>
		EXSC 4625 Org / Admin Exercise Science***	3
		<b>FREE ELECTIVES 50% 3000-4000 level</b>	<b>18 S.H.</b>
		Optional: EXSC 1996 Intro to Research in Exercise Science	1
			3
			3
			3

## **Bachelors of Science in Exercise Science 4 Year Course Sequence**

**Total Semester Hours: 120**

**Minimum of 2.5 GPA Required**

### **Freshman Year**

FALL		SPRING	
GE 1000 Transition to Kean	1	COMM 1402 Speech Comm	3
ENG 1030 College Composition	3	BIO 1000 Principles of Biology	4
MATH 1030 Problem Solving	3	HIST 1062 Worlds of History	3
PSY 1000 General Psych	3	EXSC 1500 Motor Learning	3
GE HUM	3	ACTIVITY COURSE	1-2
ACTIVITY COURSE	1-2	ACTIVITY COURSE	1-2
	<b>15 S.H.</b>		<b>15 S.H.</b>

### **Sophomore Year**

FALL		SPRING	
EXSC 1023 Yoga	1	MATH/CPS ( <i>see guidesheet</i> )	3
PSY 3110 Lifespan Psychology	3	ENG 2403 World Literature	3
EXSC 2800 Intro to Exercise Science.	3	EXSC 2500 Biomechanics	3
BIO 2402 Anatomy & Physiology	4	Free Elective	3
GE 2022 Research and Tech	3	ACTIVITY COURSE	1
ACTIVITY COURSE	1	ACTIVITY COURSE	1
	<b>15 S.H.</b>		<b>14 S.H.</b>

### **Junior Year**

FALL		SPRING	
EXSC 3505 Kinesiology	3		
AT 3500 Care/Prev of Athletic Inj	3	MGS 2030 Bus/Org/Management	3
HED 3231 First Aid	3	EXSC 4626 Prescriptive Ex. Prog	3
EXSC 3601 Nutrition	3	EXSC 3612 Princ. Pers.& Grp	3
EXSC 3510 Phys of Ex.	3	EXSC 3617 Pers. & Grp Traing Lab	3
EXSC 3511 Phys of Ex.	1	EXSC 4629 Ex. Testing	3
	<b>16 S.H.</b>		<b>15 S.H.</b>

### **Senior Year**

FALL		SPRING	
EXSC 3692 Clin Exp	3	EXSC 4625 Org/Admin/Ex Sci	3
EXSC 4605 Stats in Ex. Sci.	3	EXSC 4627 Clin Prac Ex Sci	3
HED 3515 Wellness	3	Free Elective	3
EXSC 4630 Electrocardiography	3	Free Elective	3
Free Elective	3	Free Elective	3
	<b>15 S.H.</b>		<b>15 S.H.</b>

# GENERAL EDUCATION AND UNIVERSITY REQUIREMENTS

## GENERAL EDUCATION INFORMATION AND REQUIREMENTS

### Testing and Placement

Incoming freshmen and transfer students may be placed in specific GE Foundations, Developmental or ESL courses as a result of testing prior to registration. Students may be exempt from testing due to SAT scores or prior college work.

### Prerequisites and Equivalencies for GE Foundations Courses

#### **GE 1000**

Required of all freshmen & transfers entering with 0-29 credits

Prereq: None  
Equiv: ID 1001

#### **GE 3000**

Required of transfers entering with 30 credits or more  
Prereq: 30 credits and ENG 1030

#### **ENG 1030**

Prereq: Placement testing or exemption from placement testing

Equiv: ENG 1031/1032, ENG 1033/1034, ENG 1430, ENG 1620, ENG 1020, ENG 1400

#### **MATH 1000 or 1010 or 1016 or 1030**

Prereq: MATH 0901 if required by placement testing

Equiv of MATH 1000: MATH 1001/1002, MATH 1003/1004, MATH 1051

#### **MATH 1044 or 1054**

Prereq: MATH 0901 if required by placement testing and MATH 1000

#### **COMM 1402**

Prereq: CS 0412 if required by placement testing  
ENG 1031/1032 or ENG 1033/1034 if required by placement testing  
May be taken concurrently with ENG 1030

Equiv: COMM 1400

**GE 2021-2026** *Research and Technology* is offered as college-based course

GE 2021 College of BPM

GE 2022 College of EDU

GE 2023 College of CLA

GE 2024 College of NAHS

& NJCSTM & NWGC

GE 2025 SVPA & Michael Graves College

GE 2026 Undecided Majors and other special populations

Prereqs: CS 0412 if required by placement testing  
ENG 1030 or equivalent  
COMM 1402

Equiv: GE 2020

### GE Distribution Courses

#### **Approved GE Distribution Courses**

All courses taken under the General Education Disciplinary/Interdisciplinary Distribution requirements must be selected from the Approved General Education Distribution Course List.

These courses are designated as GEHU, GESS, and GESM.

GEHU Humanities

GESS Social Sciences

GESM Science and Mathematics

#### **Required GE Distribution Courses**

**ENG 2403** is a required Humanities Distribution course with an emphasis on diversity.

Prereq: CS 0412 if required by placement testing; ENG 1030 or equivalent  
Equiv: ENG\*2203

**HIST 1062** is a required Social Sciences Distribution course.

Prereq: None

#### **Foreign Language Credit**

The three credits for a foreign language that may satisfy the GE Disciplinary/Interdisciplinary Distribution Requirement are awarded only upon successful completion of the second of two semesters of study at the introductory or intermediate level.

Credit for the first semester may be used as elective credit.

## UNIVERSITY REQUIREMENTS

### GE 1000/3000 Requirement

All undergraduate students must satisfy this University Requirement for Graduation by successfully completing one of the following courses at Kean University: GE 1000 Transition to Kean (all freshmen and transfers entering with 0-29 credits) or GE 3000 Transfer Transitions (transfers entering with 30 credits or more).

### Writing-Emphasis Requirement

All students are required to complete one "Writing- Emphasis" course. The "W-E" course must be within the major portion of your program. Consult your major program advisor for specific information.