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 2026

GENERAL EDUCATION	46 S.H.
Essential Learning Courses*:	**17 S.H.**
Critical Reading & Academic Study Skills	**4**
All students must take 1 credit in Academic Study Skills: either GE*1000 or GE*3000	1
All students must take 3 credits in Critical Reading from the GE PLO Course List.	3
Written Communication**	**3**
All students must take 3 credits in Written Communication from the GE PLO Course List.	
Speech Communication	**3**
All students must take 3 credits in Speech Communication from the GE PLO Course List.	
Quantitative & Scientific Reasoning	**7**
All students must take either MATH*1016 or MATH*1054	3
All students must take 3 or 4 credits in Scientific Reasoning from the GE PLO course list	4
Core Competency Courses	**12 S.H.**
Intercultural Knowledge & Understanding	**3**
All students must take 3 credits in Intercultural Knowledge & Understanding from the GE PLO Course List.	
Critical & Creative Thinking	**3**
All students must take 3 credits in Critical & Creative Thinking from the GE PLO Course List.	
Ethical Reasoning	**3**
All students must take 3 credits in Ethical Reasoning from the GE PLO Course List.	
Wellness	**3**
All students must take 3 credits in Wellness from the GE PLO Course List.	3
Inquiry & Analysis Sophomore Passion Project	**3 S.H.**
All students must take 3 credits in Inquiry & Analysis from the GE PLO Course List.	3
Additional Required Courses	**7 S.H.**
PSY 3110 Life-Span Developmental Psychology[1]	3
PSY 1000 General Psychology	3
BIO 1000 Principles of Biology	4
BIO 2402 Human Physiology & Anatomy[2,4]	4

Special Instructions

1. PSY 1000 is a prerequisite for PSY 3110
2. BIO 1000 is a prerequisite for BIO 2402
3. EXSC 2800 is a prerequisite for upper-level EXSC courses: EXSC 3612, EXSC 3617, EXSC 3692, EXSC 4605, EXSC 4625, EXSC 4626, EXSC 4627, EXSC 4629
4. BIO 2402 or BIO 2403 or BIO 3403 is a prerequisite for AT 3500 and EXSC 3700

*For all prerequisites and equivalencies, see page 2
** Requires a minimum grade of C or higher
*** Courses Requires a B- or Better

ACADEMIC MAJOR	40 S.H.
Major Required Courses**	**35 S.H.**
EXSC 2800 Intro to Exercise Science[3,***]	3
EXSC 2900 Biomechanics & Motor Learning	4
EXSC 3510 Physiology of Exercise	3
EXSC 3511 Physiology of Exercise Lab	1
EXSC 3612 Princ. Pers. & Group Training	3
EXSC 3617 Group & Personal Training Lab	3
EXSC 4605 Statistics in Exercise Science	3
EXSC 4626 Prescriptive Exercise Programming	3
EXSC 4629 Exercise Testing & Interpretation	3
EXSC 3692 Clinical Practice in Exercise Science	3
EXSC 4627 Clinical Practice in EXSC	3
Major Capstone	**3 S.H.**
EXSC 4625 Org/Adm of EXSC Programs	3

Exercise Science Electives (choose any combination) 5 S.H.

EXSC 1025 Animal Flow (1)	EXSC 3109 Zumba® Fitness Program (3)
EXSC 1011 Strength Fitness (1)	EXSC 3515 Wellness (3)
EXSC 1020 Personal Fitness (1)	EXSC 3601 Nutrition for Fit & Well (3)
EXSC 1130 Group Fitness (1)	EXSC 3700 Intro to Physical Rehabilitation[8] or AT 3500[8] (3)
EXSC 1108 Pilates I (1)	ESHC 3232 Emergency Medical Responder (3)
EXSC 1109 Zumba® Fitness (1)	ESHC 3233 Intro to Prin of Em (3)
EXSC 1996 Research Initiative in EXSC (1)	ESHC 3610 First Aid, EMR, & CPR Instr (3)
YOGA 1023 Yoga I (1)	HLTH 3635 Intro to Public Health (3)
YOGA 2023 Yoga II (1)	EXSC 4630 Electrocardiography (3)
YOGA 3023 Foundation of Yoga (3)	
YOGA 3024 Yoga Teacher Training (3)	

Free Electives	34 S.H.
Lower Level (1000-2000)	18
Upper Level (3000-4000)	16

Recommended Minor Programs:
Yoga Studies, Health, Sport/Event Management, Athletic Coaching, Management, Recreation Administration, Data Analytics, Artificial Intelligence

GENERAL EDUCATION AND UNIVERSITY REQUIREMENTS

GENERAL EDUCATION INFORMATION AND REQUIREMENTS

Testing and Placement

Incoming freshmen and transfer students may be placed in specific GE Essential Learning, Development 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 Essential Learning Courses

GE*1000

Required of all freshmen & transfers entering with 0-29 credits
Prerequisite: None
Equivalency: ID*1001

GE*3000

Required transfer students entering with 30 credits or more
Prerequisite: 30 credits and ENG*1030 (or equivalent)

ENG*1030

Prerequisite: Placement testing or exemption from placement testing
Equivalency: ENG*1031/1032; ENG*1033/1034; ENG*1430; ENG*1620; ENG*1020; ENG*1400

MATH*1016

Prerequisite: MATH*0901 if required by placement testing
Corequisite: MATH*0902 should be taken concurrently with MATH*1016 if required by placement testing

COMM*1402

Prerequisite: ENG*1031/1032 OR ENG*1033/1034 if required by placement testing. May take concurrently with ENG*1030
Equivalency: COMM*1400

Inquiry & Analysis PLO

*GE*2021 – 2026: Research and Technology* is offered as a college-based course
Prerequisite: CS*0412 if required by placement testing. Written Communication course & Speech Communication course
Equivalency: GE*2020

- GE*2021: College of Business and Public Management
- GE*2022: College of Education & College of Health Professions and Human Services
- GE*2023: College of Liberal Arts
- GE*2024: College of Science, Mathematics, and Technology & College of Health Professions and Human Services
- GE*2025: Department of Fine Arts, Music and Theatre * Michael Graves College
- GE*2026: Undecided majors and other special populations

GE PLO Courses

Approve GE PLO Course List

All courses taken under the General Education Essential Learning and Core Competency requirements must be selected from the Approved General Education PLO course lists.

Foreign Language Credit

The three credits for a foreign language that may satisfy the GE Intercultural Knowledge & Understanding 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 not be used as an elective.

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 freshman and transfers entering with 0-29 credits) or GE*3000 Transfer Transitions (transfers entering with 30 credits or more)

Writing-Emphasis Requirement

To graduate, all students are required to complete at least one "Writing Emphasis" course within their major. Such courses are designed to provide students with an opportunity to explore writing as it is done in their chose field. Typically, Writing Emphasis courses are taken in the junior or senior year, after the student's initial composition courses are completed. Students should consult their major program advisor for specific information about the Writing Emphasis course requirement.