

Kean University - College of Education
(21141) B.S. in Exercise Science: Pre-AT/PT 120 Semester Hours (S.H.)
2.75 Minimum GPA Required for Declaration; Major and Graduation: 3.0
EFFECTIVE DATE: Fall 2026

GENERAL EDUCATION		32 S.H.	ACADEMIC MAJOR		40 S.H.
Essential Learning Courses*		17 S.H.	Major Required Courses**		24 S.H.
Critical Reading & Academic Study Skills		4	EXSC 1996 Research Initiative in Exercise Science		1
All students must take 1 credit in Academic Study Skills: either GE*1000 or GE*3000		1	EXSC 2800 Introduction to Exercise Science ^{5,***}		3
All students must take 3 credits in Critical Reading from the GE PLO Course List.		3	EXSC 2900 Biomechanics & Motor Learning		4
Written Communication**		3	EXSC 3510 Physiology of Exercise		3
All students must take 3 credits in Written Communication from the GE PLO Course List.			EXSC 3511 Physiology of Exercise Lab		1
Speech Communication		3	EXSC 4605 Statistics in Exercise Science		3
All students must take 3 credits in Speech Communication from the GE PLO Course List.			EXSC 4626 Prescriptive Exercise Programming		3
Quantitative & Scientific Reasoning		7	EXSC 4629 Exercise Testing & Interpretation		3
MATH 1016 Statistics		3	Major Capstone Course		3 S.H.
BIO 1000 Principles of Biology or BIO 1300 General Biology I		4	EXSC 4625 Org/Adm of EXSC Programs		3
Core Competency Courses		12 S.H.	Exercise Science Electives (choose any combination)		4 S.H.
Intercultural Knowledge & Understanding		3	EXSC 1011 Strength Fitness (1) EXSC 1020 Personal Fitness (1) YOGA 1023 Yoga I (1) EXSC 1025 Animal Flow (1) EXSC 1130 Group Fitness (1) EXSC 1108 Pilates I (1) EXSC 1109 Zumba® Fitness (1) YOGA 2023 Yoga II (1) YOGA 3023 Foundation of Yoga (3) YOGA 3024 Yoga Teacher Training (3)		EXSC 3109 Zumba® Fitness Program (3) EXSC 3515 Wellness (3) EXSC 3601 Nutrition for Fit & Well (3) EXSC 3612 Princ. Pers. & Group Training (3) EXSC 3617 Group & Personal Training Lab (3) AT 3500 Care/Prev Athl Injur (3) EXSC 3700 Intro to Phys Rehab (3) EXSC 4630 Electrocardiography (3) ESHC 3233 Intro to Prin of Em (3) HLTH 3635 Intro to Public Health (3) ESHC 3610 First Aid, EMR, & CPR Instr (3)
Critical & Creative Thinking		3			
All students must take 3 credits in the 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			
PSY 1000 General Psychology		3			
Inquiry & Analysis Sophomore Passion Project		3 S.H.	Athletic Training Concentration Courses**		12 S.H.
All students must take 3 credits in Inquiry & Analysis from the GE PLO Course List.		3	AT 3500 Care/Prev. of Athletic Injuries or EXSC 3700 Intro to Phys Rehab		3
Additional Required Courses		22 S.H.	EXSC 3612 Princ. Pers. & Group Training		3
MATH 1054 Precalculus or HLTH 3600 Nutrition ¹		3	EXSC 3617 Group and Personal Training Lab ¹		3
CHEM 1030 Essentials of Chemistry ³ or CHEM 1083 General Chemistry I ²		4	EXSC 3692 Clinical Exp. Exercise Science ¹		3
BIO 2403 Human Anatomy & Physiology I ²		4	Physical Therapy Concentration Courses**		12 S.H.
BIO 2404 Human Anatomy & Physiology II		4	BIO 1400 General Biology II ⁶		4
PHYS 2091 General Physics I ² or PHYS 1000 Princ of Contemp Phys ³		4	CHEM 1084 General Chemistry II ⁷		4
PSY 3110 Lifespan Developmental Psychology ⁴		3	PHYS 2092 General Physics II ⁸		4
Special Instructions			Free Electives: 50% at the 3000-4000 level		26 S.H.
1. Or approved AT course for students on the 3+2 B.S. in EXSC/M.S. in AT			Lower Level (1000-2000)		13
2. Course requires a C or better to move on to the next course					
3. Fulfills requirement for M.S. in Athletic Training			Upper Level (3000-4000)		13
4. PSY 1000 is a prerequisite for this course					
5. EXSC 2800 is a prerequisite for upper-level EXSC courses: EXSC 3612, EXSC 3617, EXSC 3692, EXSC 3700, EXSC 4605, EXSC 4625, EXSC 4626, EXSC 4629			Recommended Minor Programs: Yoga Studies, Health, Sport/Event Management, Management, Recreation Administration, Data Analytics, Artificial Intelligence		
6. BIO 1300 is a prerequisite					
7. CHEM 1083 is a prerequisite					
8. PHYS 2091 is a prerequisite					
*For all prerequisites and equivalencies, see page 2					
** Requires a C or better					
*** Courses Requires a B- or Better					