



Kean University

Department of Health and Human Performance

Undergraduate Exercise Science Handbook

Updated: Spring 2026

D'Angola Building
1000 Morris Avenue
Union, NJ 07083

Welcome Letter	2
Mission Statement.....	3
Vision Statement	3
Introduction to the Bachelor of Science in Exercise Science	3
What You Will Learn.....	3
Declaring the Major.....	4
Good Academic Standing	5
Program Goals	5
Student Learning Outcomes.....	6
Career Opportunities	7
Faculty Members	8
Degree Overview.....	12
Curriculum Overview (What classes you will take)	12
Academic Policies and Procedures.....	13
Academic Advisement	13
Internship Procedures	14
Internship Eligibility Requirements	17
Transfer Credit.....	18
Coursework at Another Institution.....	18
Graduation Requirements.....	19
Minor Degree Programs	20
Switching Majors	20
Master's in Athletic Training.....	20
Doctor of Physical Therapy Resources	21

Welcome Letter

Dear Current or Prospective Student,

Thank you for your interest in the Exercise Science program at Kean University. This handbook is designed to serve as a comprehensive guide throughout your academic experience, providing essential information and addressing many common questions. For those exploring their academic and career options, this document will also help determine whether a career in Exercise Science aligns with your personal and professional goals.

Our faculty are committed to student success and are readily available to support you throughout your academic journey. Each faculty member actively participates in professional organizations and brings meaningful applied experience into the classroom. Many also hold industry-recognized certifications and provide mentorship to students pursuing similar credentials.

The Exercise Science program is recognized by the National Strength and Conditioning Association (NSCA) through its Education Recognition Program, confirming that the curriculum meets established standards for preparing students in strength and conditioning. In addition, the program is aligned with the Commission on Accreditation of Allied Health Education Programs (CAAHEP) through the Commission on Accreditation for the Exercise Sciences (CoAES), in alignment with standards established by the American College of Sports Medicine (ACSM). This accreditation ensures that the program reflects current professional expectations and supports career advancement.

Students are expected to read and understand this handbook and to adhere to all policies contained within it. Current students should retain this document for future reference.

If you have any questions, please contact Dr. Eckart at (908) 737-0669 or eckarta@kean.edu.

Additional information is available on the Kean University website:
<https://www.kean.edu/academics/programs/exercise-science>

We wish you continued success in your academic and professional pursuits.

Sincerely,

Dr. Adam Eckart
Program Director

Mission Statement

The Bachelor of Science in Exercise Science program at Kean University prepares students for careers in health, fitness, and clinical practice through a comprehensive, evidence-based, and experiential curriculum. The program integrates foundational scientific principles with applied learning to develop competencies in exercise testing, prescription, and health promotion. Aligned with CAAHEP/CoAES accreditation standards and professional guidelines established by organizations such as ACSM and NSCA, the program aims to develop practitioners who can enhance human performance, reduce disease risk, and contribute to improved public health outcomes.

Vision Statement

The Exercise Science program strives to be a leader in undergraduate education by fostering innovation, interdisciplinary collaboration, and experiential learning. The program seeks to graduate ethical, competent professionals who are prepared for certification, employment, and advanced study, and who are capable of addressing evolving health, fitness, and performance challenges across diverse populations.

Introduction to the Bachelor of Science in Exercise Science

The Exercise Science program is designed to provide students with the knowledge, skills, and practical experience necessary to work in a variety of health, fitness, and clinical settings. Graduates are trained to identify health risks, evaluate movement patterns, conduct fitness assessments, and design individualized exercise programs for diverse populations.

The program prepares students for careers in areas such as clinical exercise physiology, strength and conditioning, corporate wellness, and community health. It also prepares students to pursue national certifications through organizations including ACSM, NSCA, NASM, and ISSN.

What You Will Learn

Students in the program will:

- Acquire foundational knowledge and adaptable skill sets for careers in fitness and health
- Complete 200+ hours of hands-on learning (Base program only) in clinical or applied settings
- Perform, evaluate, and interpret fitness assessments
- Design individualized exercise programs based on assessment data
- Apply principles of nutrition and weight management
- Understand acute physiological responses to exercise
- Understand chronic adaptations to training
- Develop safe and effective exercise prescriptions for diverse populations

Students will gain proficiency in assessing heart rate, blood pressure, strength, flexibility, and aerobic capacity, and will learn to interpret these results to inform exercise programming. Emphasis is also placed on professional communication and collaboration with healthcare providers.

Declaring the Major

Base Exercise Science Major

- Minimum 2.5 GPA (overall and in major)
- Minimum grade of B- in EXSC 2800
- Math and Anatomy and Physiology must be completed
- Declarations will be evaluated no earlier than the end of 2nd year, or no less than 60 credits completed

Pre-Athletic Training / Pre-Physical Therapy Option

- Minimum 2.75 GPA
- Completion of all General Education requirements
- Minimum grade of B- in EXSC 2800
- Includes additional science and pre-professional coursework
- Declarations will be evaluated no earlier than the end of 2nd year, or no less than 60 credits completed
- You may declare with no more than two incomplete prerequisite courses

The pre-PT prerequisites include:

- English Composition
- General Psychology

- Lifespan Psychology
- General Biology I
- General Biology II
- Anatomy and Physiology I
- Anatomy and Physiology II
- General Chemistry I
- General Chemistry II
- Physics I
- Physics II

The pre-AT prerequisites include:

- Statistics
- Anatomy and Physiology I
- Anatomy and Physiology II
- Biology
- Chemistry
- Physics

Good Academic Standing

To remain in good academic standing, students must:

- Maintain the required GPA (2.5–3.0 depending on program option)
- Earn at least a C or B- in required major courses (B- in EXSC 2800)
- Follow all university policies related to academic integrity, attendance, and conduct.

Program Goals

To provide students with:

- a. foundational knowledge of functional human anatomy and physiology.
- b. foundational knowledge of clinical exercise physiology.
- c. understanding of the acute and chronic physiological responses to physical activity, fitness training, periodization, and various exercise modalities.
- d. practical skills to conduct and interpret fitness assessments for the apparently healthy, those with controlled disease, and athlete populations.

- e. practical skills to conduct symptom-limited exercise tests for those with controlled disease.
- f. the ability to appraise health behaviors, assess disease risk factors, and apply motivational strategies for behavior modification.
- g. the knowledge necessary to develop weight management and nutritional guidance programs to prevent and improve excessive weight gain and obesity, and to support sports performance enhancement.
- h. preparation to apply their understanding of exercise science to develop and supervise exercise programs for the healthy and those with controlled disease.
- i. opportunities to conduct undergraduate research.
- j. greater opportunities for gainful employment through on and off-site professional certification preparation and testing.
- k. prerequisite courses relevant to multiple graduate health professions programs.

Student Learning Outcomes

Upon completion of the B.S. in Exercise Science and Pre-Athletic Training/Physical Therapy Option, students will be able to:

1. conduct assessments for all fitness parameters for the healthy and for those with controlled disease (KU 1-4).
2. implement exercise prescriptions critically analyzing theories of training (KU 1-4).
3. conduct symptom-limited exercise tests for those with controlled disease (KU 1-4).

4. apply exercise counseling and behavioral strategies for health behavior modification (KU 1-4).
5. implement effective risk management and injury prevention programs for a health/fitness facility, department, or organization to reduce member, employee, and business risk (KU 1-4).
6. examine organizational and management skills based on scientific methods to enhance their skills as exercise science leaders (KU 1-4).
7. apply research methods and statistical analysis to relevant issues in exercise science to expand the body of knowledge in the field (KU 1-4).

Career Opportunities

Clinical Exercise Physiology

Professionals work with patients and healthcare teams to improve health outcomes and reduce disease risk through exercise-based interventions.

Strength and Conditioning

Professionals design performance programs for athletes and general populations in settings such as schools, private facilities, and sports organizations.

Corporate Fitness

Programs focus on improving employee health, reducing healthcare costs, and enhancing productivity.

Community Health

Organizations such as the YMCA provide accessible health and fitness programming across the lifespan.

Youth Fitness

Programs focus on developing physical literacy, confidence, and lifelong physical activity habits.

Graduate and Professional Study

The program prepares students for advanced study in exercise science and healthcare fields such as physical therapy, physician assistant studies, and medicine.

Faculty Members



Dr. Adam Eckart, D.H.Sc., Assistant Professor
Program Coordinator, B.S. in Exercise Science
Office Location: D-213
Email: eckarta@kean.edu
Phone: (908)737-0669

Adam Eckart is an Assistant Professor, Program Coordinator, and Assessment Coordinator in the Department of Health and Human Performance at Kean University. He holds a Doctor of Health Sciences degree from A.T. Still University with a concentration in Organizational Behavior and Leadership, along with graduate and undergraduate degrees in Exercise Science and Physical Education from Kean University.

Dr. Eckart's research integrates exercise physiology, injury epidemiology, and applied biostatistics. His work focuses on injury risk modeling, force–time curve analytics, neuromuscular performance, and the use of advanced statistical and machine learning approaches to analyze complex human performance and health datasets. He has published extensively in peer-reviewed journals on topics including musculoskeletal injury risk, functional movement screening, dietary influences on chronic disease risk, and exercise-related biomarkers.

In the classroom, he teaches undergraduate and graduate courses in statistics, exercise physiology, exercise testing and interpretation, nutrition, and exercise prescription. His approach emphasizes analytical reasoning, translational application, and the integration of data science principles into exercise science curricula.

Before entering academia full-time, Dr. Eckart founded and operated a performance training facility and held leadership roles in the fitness industry, overseeing sales, operations, and program development. He maintains professional certifications through the NSCA, ACSM, and USA Weightlifting, and regularly mentors undergraduate and graduate students in research and professional development.



Dr. Pragya Sharma Ghimire, Ph.D., Assistant Professor
Program Coordinator, M.S. in Exercise Science
Office Location: D-211
Email: pghimire@kean.edu
Phone: (908)737-0659

Dr. Sharma earned a Ph.D. and M.S. in Exercise Physiology from the University of Oklahoma, as well as an M.S. in Microbiology with distinction and a B.S. in Microbiology from Tribhuvan University. She teaches several advanced Exercise Science courses, including Statistics, Research and Design in Exercise, Prescriptive Exercise Programs, and Electrocardiography. Her research focuses on how exercise and nutrition affect bone metabolism at the molecular level, including bone turnover and bone formation processes. She has studied novel biomarkers such as sclerostin, DKK-1, RANKL, and irisin, and how they respond to exercise through biological signaling pathways. Her work also emphasizes disease prevention related to osteoporosis and sarcopenia through exercise performance. In addition, she has collaborated with other researchers, published multiple peer-reviewed articles, and served as a reviewer for more than ten scholarly journals.



Dr. Walter Andzel, Ed.D., Professor
Office Location: D-171
Email: wandzel@kean.edu
Phone: (908)737-5462

Dr. Andzel holds an Ed.D. from Columbia University and has expertise in exercise physiology, research, nutrition, and exercise science. He teaches

a range of undergraduate and graduate courses, including Exercise Physiology, Exercise Physiology Lab, Nutrition for Fitness, Health, and Performance, Advanced Exercise Physiology Laboratory and Research, and Thesis Seminar in Exercise Science. His teaching philosophy focuses on helping students reach their full academic potential.



Victoria Baxter, M.S., Lecturer II
Office Location: D-216
Email: baxtervi@kean.edu
Phone: (908)737-0662

Professor Baxter specializes in sports nutrition and is a Certified Sports Nutrition Specialist (SNS) through the National Council on Strength and Fitness, with over three years of professional experience working as a nutritionist. They teach a wide range of courses across exercise science, health education, and physical education, including Physiology of Exercise lecture and lab, Organization and Administration of Exercise Science, Nutrition for Health Education, Fitness, and Athletic Performance, Advanced Exercise Physiology Laboratory and Research, and Thesis Seminar in Exercise Science. Additional courses taught include Nutrition, Wellness, Motor Learning, Biomechanics, Kinesiology (online), Assessment in Physical Education, Health and Dance, Yoga, Personal Fitness I and II, Aerobic Dancing, and other movement-based classes. Their teaching philosophy emphasizes that health is more than the absence of disease and includes eight dimensions of wellness: physical, emotional, intellectual, spiritual, social, environmental, occupational, and financial. As a fitness and health educator, she aims to help students understand the importance of achieving balance across all areas of wellness and provide them with the knowledge and tools needed to live a healthy, active, and fulfilling life.



Tara Bogota, M.S., Lecturer II
Office Location: D-212
Email: tbogota@kean.edu
Phone: (908)737-0665

Professor Bogota holds a master's degree in psychology with a focus on Human Behavior and Organizational Psychology, a bachelor's degree in

psychology, and is a 500-hour Registered Yoga Teacher. She teaches several yoga-focused courses, including Yoga I, Yoga II, Foundations of Yoga, and Yoga Teacher Training and Methodology. Her areas of expertise include yoga, mindfulness and wellness curriculum and program development. Guided by the philosophy “Have a mind that is open to everything and attached to nothing,” she aims to meet students where they are, promote kindness toward self and others, and create a safe and supportive learning environment that encourages authenticity, trust, personal growth, and community, while keeping learning engaging and enjoyable.



Elizabeth Esposito, M.S., A.T.C., Lecturer II
Office Location: D-210
Email: kennedye@kean.edu
Phone: (908)737-0661



Angelo Gingerelli M.Ed., MBA, CSCS, Lecturer II
Office Location: Gateway 319
Email: angelo.gingerelli@kean.edu
Phone: (908)443-2457

Angelo Gingerelli is an exercise science lecturer at Kean University and teaches predominantly at the Kean Ocean campus. As the Strength & Conditioning Coach at Seton Hall University from 2005-2025 he regularly worked with hundreds of men & women each year from a variety of sports and was a key factor in the Pirates' success in the extremely competitive Big East Conference. He has held similar positions at Virginia Tech, North Carolina State, and the Pittsburgh Pirates, as well as training numerous elite high school athletes each year.

In addition to his duties in the weight room, Gingerelli is an adjunct professor (SHU's 2024 Adjunct Professor of the Year), winner of Seton Hall's prestigious Most Valuable Pirate Awards (2011), published author, frequent podcast guest, state/regional conference presenter and has served as the New Jersey State Director of the National Strength & Conditioning Association (NSCA).

LinkedIn: Angelo Gingerelli

Degree Overview

- Degree: Bachelor of Science in Exercise Science (B.S.)
- Credits required: 120 semester hours (S.H.)
- Department/College: Health and Human Performance, College of Health Professions and Human Services
- Campuses: Union (main campus), Kean Ocean at Ocean County College, and Kean Jersey City

Curriculum Overview (What classes you will take)

[Base Program Link to Program Catalog](#)

[Pre AT/PT Link to Catalog](#)

Academic Policies and Procedures

- Advisors can approve petitions for EXSC courses only
- Students listed as “intended majors” must confirm eligibility with an advisor before declaring the major
- Courses may be repeated twice; additional attempts require Dean’s Office approval
- Online courses open to all students 5 days before semester starts
- Students should register on time
- Use waitlists for full courses
- Use filters when searching for courses

Academic Advisement

Advisement is essential for academic success as it ensures that students are

- following the recommended course sequence,
- informed about their program requirements,

- successfully navigating institutional policies and procedures,
- informed about the career implications of their degree,
- prepared to apply to graduate school, if applicable, and
- on track for timely graduation.

Each student will be assigned a CAPS advisor (if under 60 completed credits) and a faculty advisor. Students may also be assigned an advisor as part of certain special programs, such as Bridge to Success or EEO. Advisor information is provided through the Navigate 360 Student portal, the link for which can be found in the Quicklinks tab on the homepage of the Kean.edu website. Students under 60 credits must schedule routine advisement with their assigned CAPS advisor to discuss program requirements and select courses for the following semester. Students going into their third year may begin scheduling advisement with their assigned faculty advisor.

Students are encouraged to search the program and university's websites for answers before contacting their academic advisor. When emailing faculty or staff, students should use professional email etiquette, including clearly written messages and always including their student ID number in email correspondence. Kean University uses Microsoft Outlook for official email communication, so students should make sure they are logged out of Google and signed into Microsoft Outlook to receive important emails; if any issues arise, contact IT Services for assistance. Students interested in the B.S. in Exercise Science should reach out to Dr. Eckart regarding admissions or research opportunities, while those interested in Yoga Studies or the yoga teacher training certification should contact Professor Bogota for more information:

tara.bogota@kean.edu

Internship Procedures

What are my options for the internship?

Students are encouraged to choose an internship site that matches their interests, personal needs, and long-term career goals. Because there are many options available, students should think carefully about what they hope to learn before selecting a site. Internship placements may be local or located in another state or country. Acceptable sites include corporate, clinical, rehabilitation, hospital, and community settings, if they meet the program's guidelines. Students should consult the senior internship coordinator for a list of approved sites, and new sites can be considered for approval after review by the coordinator.

What is required for a site to be approved?

The internship site supervisor must have a master's degree in a health-related discipline and hold appropriate professional credentials. The internship site itself must be a well-established and professional organization that can offer students a range of meaningful and relevant learning experiences. The site supervisor must also agree to provide daily guidance, allow the student to complete a major project, and conduct two formal evaluations during the internship. In addition, the site's administration must agree to follow the terms outlined in Kean University's internship contract, unless an alternative contract has been reviewed and approved by the university.

When should I begin planning for my internship?

Students are advised to start looking into possible internship sites and attend an internship information session about one year before they plan to begin the internship.

What am I required to do during the internship?

It is the student's responsibility to stay in regular contact with their faculty advisor during the senior internship. This includes submitting reports, videos, evaluations participating in site visits, and completing the final documents, all of which must be finished and submitted on time.

Internship Summary Information

- a. You must find a site before you are granted a petition to register for the internship courses.
- b. Complete Student Contract & submit Microsoft Form to request a petition.
 - i. EXSC 3692 (100-hour internship) - any site related to Exercise Science [Link to form](#)
 - ii. EXSC 4627 (200-hour internship) - must be strength & conditioning, cardiac rehab, medical fitness, or personal training site. Also, students must have CPR and personal training certification. [Link to form](#)
- c. Register and complete paperwork by the end of this semester
- d. No substitutions allowed
- e. Contact Prof. Esposito with any questions elizabeth.esposito@kean.edu

This [link](#) directs students to an official Kean University Microsoft Forms survey or application that must be completed as part of program accreditation. Students should carefully review and fill out the form with accurate and complete information. Be sure to submit the form and use your Kean Microsoft Outlook account when accessing or completing it to ensure your response is properly recorded.

Internship Eligibility Requirements

EXSC 3692

- Must pass EXSC 2800
- Declared major
- GPA $\geq$ 2.5 (base) or 2.75 (Pre-AT)
- CPR certification required
- 6–10 hours/week for 10–15 weeks

EXSC 4627

- Must complete EXSC 3692
- GPA $\geq$ 2.5 (base) or 3.0 (Pre-AT)
- CPR + personal training certification required
- 15–20 hours/week
- Must involve hands-on supervised experience

Submit all paperwork into the [Microsoft Form for Petition Request](#)

Once petition is granted, student should:

- Register for the course
- Check that site supervisor submitted Affiliation Agreement to internship coordinator

Once semester starts, student should:

- Review syllabus

- Submit weekly reports and other assignments in Canvas
- Meet with the university supervisor to review the midterm and final evaluations
- Contact the Internship Coordinator if any issues arise

Transfer Credit

Many students who enroll in the Kean Exercise Science program are transfer students from community colleges throughout NJ. Upon acceptance, the transfer admissions office reviews student transcripts and applies equivalent courses toward your program at Kean. However, there are some cases where credits earned at a previous institution may not count toward your degree at Kean. If you believe a course on your transcripts relates to a required course in one of the Exercise Science programs, please email the program director or transfer@kean.edu with the course code, course description, and credits earned, and we will determine whether the course can be credited toward your degree.

Coursework at Another Institution

Students may be able to take certain courses at another college and receive credit for a major-required course. Students should reach out to the program director or department chair to find out if a course can be taken at another institution and applied toward their degree. If you are approved, please confirm the equivalent course at NJTransfer.org, complete the form [here](#), and email the program director or department chair with the form and evidence of the transfer equivalency from NJTransfer.org.

Graduation Requirements

What are the requirements to graduate with the Exercise Science major?

To graduate with a Bachelor of Science in Exercise Science, students must complete 120 semester hours of coursework including general education courses, major-required courses, and elective courses. Students must satisfy all general education requirements, which include foundational courses, distribution requirements in humanities, social sciences, and science/math, and additional university requirements such as the freshman/transfer transition course (GE 1000 or GE 3000). The academic major includes exercise science activity courses, required core EXSC classes (such as EXSC 2800- Introduction to Exercise Science, EXSC 3617- Group & Personal Training Lab, EXSC 3692- Clinical Experience in Exercise Science, EXSC 4626- Prescriptive Exercise Programs, and others), and a capstone course (EXSC 4625- Organization & Administration of Exercise Science Programs). Many of these required major courses must be completed with a minimum grade (e.g., B- or better in several core EXSC courses). Kean policy requires a C in all major required courses. Students also complete free electives, with at least half at the 3000 level or above, selected with the help of your advisor. To graduate, students must maintain at least a 2.5 cumulative GPA both for declaring the major and for graduation, and they must meet any minimum grade requirements in key major courses as specified. In summary, to earn the Exercise Science degree at Kean, students must finish 120 credits, fulfill all general education and major course requirements, meet minimum grade and GPA standards, and complete prerequisite and capstone courses as outlined in the curriculum sheets.

Minor Degree Programs

Minors available within HHP include Yoga, Public Health, Recreational Therapy, Sports and Event Management. However, students are free to pursue any minor available at Kean. Students interested in a minor must contact the minor coordinator, whose information is typically listed on the minor degree curriculum sheet, fo, which can be found on the Kean.edu website. All available minors are listed on pages 2 and 3 of the Change of Major/Minor form.

Switching Majors

In some cases, switching majors may require students to take higher-level prerequisite courses, which may extend the time to graduation. Students who wish to switch to any program within Exercise Science (Base program, Pre-AT/PT) should discuss with their faculty advisor the implications of switching their major or major interest.

Master's in Athletic Training

Students pursuing the Athletic Training concentration who complete the requirements for graduation are granted priority consideration for admission to the [Master's in Athletic Training](#) (MSAT) program. Prior to graduation, students are encouraged to schedule a meeting with the program director, Dr. Raymond DiVirgilio, at raymond.divirgilio@kean.edu to discuss the admission process and degree requirements.

Doctor of Physical Therapy Resources

PTCAS: <https://ptcas.liaisoncas.com/applicant-ux/#/login>

Supplemental Application Fee Waiver Code: OHKEANGRAD

GRE: <https://www.ets.org/gre.html>

Free GRE Prep through Kaplan & locations to take the GRE:

<https://www.kaptest.com/gre/free/gre-20-minute-workout>

<https://www.kaptest.com/study/locations/gre/nj/#:~:text=Summit,West%20Orange%2C%20NJ>

DPT Program Comparison Link (NJ): <https://ptcasdirectory.apta.org/6088/Compare-Program-Admission-Requirements?dircsrc=39&ids=428,485,478,495>

Kean DPT Admissions Requirements: <https://www.kean.edu/academics/physical-therapy/admissions-dpt>

GPA Calculator (for pre-requisites): <https://www.shu.edu/health/gpa-calculator.html>

- 3 credits- English Composition
- 3 credits- General Psychology
- 3 credits- Social Science (upper level Psychology, or any Sociology or Philosophy)
- 8 credits- Biological Sciences (with labs)-A two-semester sequence in biology
- 8 credits- Anatomy and Physiology (with labs)-A two-semester sequence in A&P OR Anatomy with labs and Physiology with labs (human preferred)
- 8 credits- Chemistry (with labs)-A two-semester sequence in chemistry
- 8 credits- Physics (with labs)-A two-semester sequence in physics
- 3 credits- Statistics

Pricing as of 1/26:

GRE: \$220

PTCAS Application: \$175 for the first program you apply to and \$75 for each additional program. \$400 for all 4 NJ schools, not including supplemental fees (Kean: \$75, Stockton: \$50)

[Application Fee Assistance Program Information \(Link\)](#)