

Kean University - College of Health Professions & Human Services

(EXSCI) 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

GENERALEDUCATION		31-32 S.H	ACADEMIC MAJOR		40 S.H.
Essential Learning Courses*:		16-17 S.H.	Major Required Courses**		32 S.H.
Critical Reading & Academic Study Skills		4	EXSC 2800 Intro to Exercise Science ^{3,***}		3
All students must take 1 credit in Academic Study Skills: either GE*1000 or GE*3000		1	EXSC 2900 Biomechanics & Motor Learning		4
All students must take 3 credits in Critical Reading from the GE PLO Course List.		3	EXSC 3510 Physiology of Exercise		3
Written Communication**		3	EXSC 3511 Physiology of Exercise Lab		1
All students must take 3 credits in Written Communication from the GE PLO Course List.			EXSC 3612 Princ. Pers. & Group Training		3
Speech Communication		3	EXSC 3617 Group & Personal Training Lab		3
All students must take 3 credits in Speech Communication from the GE PLO Course List.			EXSC 4605 Statistics in Exercise Science		3
Quantitative & Scientific Reasoning		6-7	EXSC 4626 Prescriptive Exercise Programming		3
All students must take either MATH*1016 or MATH*1054		3	EXSC 4629 Exercise Testing & Interpretation		3
All students must take 3 or 4 credits in Scientific Reasoning from the GE PLO course list		3-4	EXSC 3692 Clinical Practice in Exercise Science		3
Core Competency Courses		12 S.H.	EXSC 4627 Clinical Practice in EXSC		3
Intercultural Knowledge & Understanding		3	Major Capstone		3 S.H.
All students must take 3 credits in Intercultural Knowledge & Understanding from the GE PLO Course List.			EXSC 4625 Org/Adm of EXSC Programs		3
			Major Electives (choose any combination) 5 S.H.		
Critical & Creative Thinking		3	EXSC 1025 Animal Flow (1)	EXSC 3515 Wellness (3)	
All students must take 3 credits in Critical & Creative Thinking from the GE PLO Course List.			EXSC 1011 Strength Fitness (1)	EXSC 3601 Nutrition for Fit & Well (3)	
Ethical Reasoning		3	EXSC 1020 Personal Fitness (1)	EXSC 3700 Intro to Physical Rehabilitation ⁸ or AT 3500 Care and Prevention of Athletic Injuries ⁸ (3)	
All students must take 3 credits in Ethical Reasoning from the GE PLO Course List.			EXSC 1130 Group Fitness (1)	ESHC 3232 Emergency Medical Responder (3)	
Wellness		3	EXSC 1108 Pilates I (1)	ESHC 3233 Intro to Prin of Em (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		14 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

EXSC 1109 Zumba® Fitness (1)	HLTH 3635 Intro to Public Health (3)
EXSC 1996 Research Initiative in EXSC (1)	ESHC 3610 First Aid, EMR and CPR Instructor (3)
YOGA 1023 Yoga I (1)	EXSC 4630 Electrocardiography (3)
YOGA 2023 Yoga II (1)	
YOGA 3023 Foundation of Yoga (3)	
YOGA 3024 Yoga Teacher Training (3)	
EXSC 3109 Zumba® Fitness Program (3)	

Free Electives		34-35 S.H.
Lower Level (1000-2000)		18
Upper Level (3000-4000)		16-17
Recommended Minor Programs: Yoga Studies Health Emergency Services Minor Sport/Event Management Athletic Coaching Management Recreation Administration Data Analytics Artificial Intelligence		