



[EXERAS; CIP Code 31.0505]

Associate in Science (A.S.) – Transfer

This program is designed for those students who are interested in a career within the health and fitness industry. Designed to equip students with both theoretical knowledge and practical skills, this program prepares graduates for entry-level roles in fitness and wellness, as well as for further study in exercise science and related fields.

Program Learning Outcomes

Students who have completed the program should be able to:

- Analyze physiological responses and adaptations of the human body to various forms of physical activity, applying knowledge to optimize performance and safety in fitness programming
- Conduct fitness assessments and develop individualized health and fitness programs tailored to diverse backgrounds, fitness levels, and goals, integrating proper exercise techniques and progression principles
- Demonstrate effective client interaction skills, including health appraisal, goal setting, and motivational strategies, while adhering to professional and ethical standards in health and fitness environments
- Apply foundational knowledge of CPR, first aid, nutrition, and stress management to support client health, safety, and performance in fitness and wellness settings.

Program Contact

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★ Are you ready to get started at RCSJ? Visit [RCSJ.edu/Enroll](https://www.rcsj.edu/Enroll) and complete the interest form. ★

Exercise Science, A.S.

3+1 option in Fitness Management

FIRST YEAR – Fall Semester

☐ ENGL 101 English Composition I <i>or</i> ENGL 101E Enhanced English Composition I	3–4
☐ BIOL 101 General Biology I	4
☐ HPER 240 Introduction to Health, Physical Education, and Recreation	3
☐ PSYC 101 General Psychology	3
☐ NTRN 101 Nutrition	3
	16–17

Spring Semester

☐ ENGL 102 English Composition II	3
☐ BIOL 105 Anatomy and Physiology I	4
☐ MATH 103 Statistics	3
☐ EXSI 116 Foundations of Human Performance and Movement	2
☐ ____ Program Elective	3
	15

SECOND YEAR – Fall Semester

☐ BIOL 106 Anatomy and Physiology II	4
☐ SPEH 101 Effective Speech	3
☐ HPER 245 Motor Development & Motor Learning	3
☐ EXSI 200 Professional Practices in Health and Fitness	1
☐ ____ Program Elective	3
	14

Spring Semester

☐ EXSI 233 Safety, First Aid, CPR, and Prevention of Athletic Injuries	3
☐ ____ General Education Humanities Elective ¹	3
☐ SOCI 101 Principles of Sociology <i>or</i> SOCI 102 Sociology of the Family ²	3
☐ ____ Program Elective	3
☐ ____ Program Elective	3–4
	15–16

TOTAL MINIMUM CREDITS: 60

Program Notes

¹ ARTS 101 Art Appreciation or MUSI 101 Music Appreciation recommended

² Recommended for transfer to Rowan University

Health and Wellness/Public Health Electives

HPER 170 Stress Management
HPER 201 Health and Wellness
HPER 211 Consumer Health Decisions
EXSI 252 Foundations of Fitness

Recommended for transfer to Rowan University's B.S., Public Health and Wellness or B.A., Wellness Management

Human Performance Electives

EXSI 205 Strength and Conditioning Techniques
EXSI 209 Applied Strength Assessment and Program Design
EXSI 215 Cardiovascular Fitness Assessment and Program Design
BIOL 102 General Biology II OR CHEM 101 General Chemistry I

Recommended for transfer to Rowan University's B.S., Exercise Science or Fitness Management 3+1



*After completing the **Exercise Science, A.S.**, students may choose to continue with the bachelor's degree pathway at RCSJ.*

The 3+1 Program enables students to complete three years of coursework at RCSJ and one year at Rowan University to earn a bachelor's degree. The 3+1 pathway follows Rowan's course curriculum, with junior year classes taught by RCSJ advanced-degree faculty.

Fitness Management 3+1 Program

THIRD YEAR — Fall Semester

☐ EXSI 300 Kinesiology	3
☐ PSYC 300 Introduction to Sport & Exercise Psychology	3
☐ BUSN ____ Business Elective	3
☐ HPER 170 Stress Management or	
____ Free Elective	3
☐ ____ Free Elective	3
	15

Spring Semester

☐ EXSI 305 Exercise Physiology with Laboratory	4
☐ HPER 238 Principles of Coaching	2
☐ ISCC 211 Internship Career Connections	3
☐ PSYC 308 Social Psychology of Sport or	
____ Free Elective	3
☐ ____ Free Elective	3
	15

STEP 1

START AT RCSJ
EXERCISE SCIENCE (A.S.)

STEP 2

END AT
ROWAN UNIVERSITY
FITNESS MANAGEMENT (B.A.)

FOURTH YEAR — After completing the third year at RCSJ, students will seamlessly transfer to Rowan University for their senior year. 3+1 Program team members at both institutions work closely with students to guide them through the process.



Industry & Employment Opportunities

Bachelor's

Exercise Physiologist, Recreation Teacher

Master's

Physical Therapist, Athletic Trainer



Questions

About 3+1 Program:

Stephen Sweeney, Assistant Director,
3+1 Program, ssweene1@rcsj.edu

RCSJ.edu/3plus1