

Rowan College of South Jersey  
**Exercise Science**  
**Associate in Science (A.S.) – Transfer**  
Program Requirements

This program is designed for those students who have selected a major field of concentration and yet want more flexibility in course selection. The program is designed to meet transfer requirements for students pursuing a Bachelor of Science degree. It is suggested, however, that students seek advisement in course selection from the institutions to which they intend to transfer. Students who have completed the program will be able to:

- Analyze and explain how and why the human body responds to various types of physical activities
- Develop exercise/fitness programs for individuals or groups with diverse health backgrounds and needs that involve proper demonstration and instruction of a variety of exercise equipment
- Explain and apply basic CPR and first aid techniques
- Identify general nutritional needs of individuals as well as how nutrition impacts exercise and athletic performance

**Required Core and Elective Courses**

<b><u>Communications</u></b>		<b><u>Credits</u></b>
ENG 101	English Composition I	3
ENG 102	English Composition II	3
SPE 101	Oral Communications	3
<b><u>Humanities</u></b>		
_____	Humanities Elective (ART101 or MUS 101 recommended)	3
<b><u>Social Science</u></b>		
PSY 101	General Psychology	3
SOC 101	Principles of Sociology	3
<b><u>Mathematics</u></b>		
MAT ____	Math Elective (MAT103 recommended)	3-4
<b><u>Science</u></b>		
BIO 101 OR BIO 107	Biology Elective (BIO 101 or BIO 107)	4
BIO 105	Anatomy & Physiology I	4
BIO 106	Anatomy & Physiology II	4
<b><u>HPE</u></b>		
HPE 104 OR	Health and Fitness for the Individual OR	2
HPE 117	Weight Training Activities	
HPE 111 OR	Cardiovascular Fitness Activities OR	1
HPE 113	Physical Fitness Activities	
HPE 136	Nutrition	3
HPE 192 <sup>F</sup>	Contemporary Health I	3
HPE 193 <sup>S</sup>	Contemporary Health II	3
HPE 211	Consumer Health Decisions	3
HPE 233	Safety, First Aid, and Care and Prevention of Athletic Injuries	3
HPE 240	Introduction to Health, Physical Education, and Recreation	3
HPE 245 <sup>F</sup>	Motor Development & Motor Learning	3
HPE 265 <sup>S</sup>	Fitness Assessment & Exercise Prescription	3

**Total minimum credits    60**

*F Course is only offered in fall semester*

*S Course is only offered in spring semester*

*\*Multiple courses are also offered in winter and summer sessions – consult an advisor or faculty member for more information*

**Exercise Science**  
**Associate in Science (A.S.) – Transfer**  
**Four Semester Sequence of Courses**

**FIRST YEAR**  
**Fall Semester**

		<b>Credits</b>
ENG 101	English Composition I	3
BIO 101 or 107	General Biology or Human Biology	4
HPE 192 <sup>F</sup>	Contemporary Health I	3
PSY 101	General Psychology	3
HPE 111 or 113	Cardiovascular Fitness Activities or Physical Fitness Activities	1
		<b>14</b>

**Spring Semester**

ENG 102	English Composition II	3
BIO 105	Anatomy and Physiology I	4
HPE 193 <sup>S</sup>	Contemporary Health II	3
HPE 240	Introduction to Health and Physical Education	3
Humanities	Humanities Elective (ART 101 or MUS 101 recommended)	3
		<b>16</b>

**SECOND YEAR**  
**Fall Semester**

BIO 106	Anatomy and Physiology II	4
HPE 136	Nutrition	3
HPE 245 <sup>F</sup>	Motor Development & Motor Learning	3
MAT _____	Math Elective (MAT 103 recommended)	3
HPE 104 or 117	Health and Fitness for the Individual or Weight Training Activities	2
		<b>15</b>

**Spring Semester**

SPE 101	Oral Communications	3
SOC 101	Principles of Sociology	3
HPE 233	Safety, First Aid, and the Care and Prevention of Athletic Injuries	3
HPE 211	Consumer Health Decisions	3
HPE 265 <sup>S</sup>	Fitness Assessment & Exercise Prescription	3
		<b>15</b>

<b>TOTAL MINIMUM CREDITS</b>	<b>60</b>
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*F* Course is only offered in fall semester

*S* Course is only offered in spring semester

*\*Multiple courses are also offered in winter and summer sessions – consult an advisor or faculty member for more information*