

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 the human body responds to various types of physical activities.
- Develop health and fitness programs for individuals with diverse health backgrounds and needs that involve proper demonstration and instruction of a variety of exercises.
- Demonstrate basic CPR and first aid techniques.
- Identify general nutritional needs of individuals and how nutrition impacts exercise and athletic performance.

**Required Core and Elective Courses**

<u>Communications</u>		<u>Credits</u>
ENG 101	English Composition I	3
ENG 102	English Composition II	3
SPE 101	Oral Communications	3
 <u>Humanities</u>		
____	Humanities Elective (ART 101 or MUS 101 recommended)	3
 <u>Social Science</u>		
PSY 101	General Psychology	3
SOC ____	SOC 101 Principles of Sociology OR SOC 102 Sociology of the Family <sup>1</sup>	3
 <u>Mathematics</u>		
MAT ____	Math Elective (MAT 103 recommended)	3
 <u>Science</u>		
BIO 101	General Biology I	4
BIO 105	Anatomy & Physiology I	4
BIO 106	Anatomy & Physiology II	4
 <u>Exercise Science Core</u>		
HPE 136	Nutrition	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	Motor Development & Motor Learning	3
HPE 265	Fitness Assessment & Exercise Prescription	3
 <i>Students complete 9 credits from the elective bank</i>		
 <u>Program Elective Bank</u>		
HPE 170 <sup>2</sup> or BIO 102 <sup>3</sup>	Stress Management <sup>2</sup> or General Biology II <sup>3</sup>	3/4
HPE 252 <sup>2</sup> or CHM 111 <sup>3</sup>	Foundations of Fitness <sup>2</sup> or General Chemistry I <sup>3</sup>	3/4
PSY 206 <sup>2</sup> or HPE ____ <sup>3</sup>	Psychopharmacology <sup>2</sup> or HPE Elective <sup>3</sup>	3/1
<b>Total Credits</b>		<b>60</b>

<sup>1</sup>Recommended for transfer to Rowan University

<sup>2</sup>Recommended for transfer to Rowan University B.A. Health Promotion and Wellness Management program

<sup>3</sup>Recommended for transfer to Rowan University B.S. Exercise Science program

**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	General Biology I	4
HPE 240	Introduction to Health and Physical Education	3
PSY 101	General Psychology	3
		<b>13</b>

**Spring Semester**

ENG 102	English Composition II	3
BIO 105	Anatomy and Physiology I	4
HPE 136	Nutrition	3
MAT ____	Math Elective (MAT 103 recommended)	3
HPE 170 <sup>2</sup> or BIO 102 <sup>3</sup>	Stress Management <sup>2</sup> or General Biology II <sup>3</sup>	3/4
		<b>16/17</b>

**SECOND YEAR**

**Fall Semester**

BIO 106	Anatomy and Physiology II	4
SPE 101	Oral Communications	3
HPE 245	Motor Development & Motor Learning	3
Humanities	Humanities Elective (ART 101 or MUS 101 recommended)	3
HPE 252 <sup>2</sup> or CHM 111 <sup>3</sup>	Foundations of Fitness <sup>2</sup> or General Chemistry I <sup>3</sup>	3/4
		<b>16/17</b>

**Spring Semester**

HPE 233	Safety, First Aid, and the Care and Prevention of Athletic Injuries	3
HPE 211	Consumer Health Decisions	3
SOC ____	SOC 101 Principles of Sociology OR SOC 102 Sociology of the Family <sup>1</sup>	3
HPE 265	Fitness Assessment & Exercise Prescription	3
PSY 206 <sup>2</sup> or HPE ____ <sup>3</sup>	Psychopharmacology <sup>2</sup> or HPE Elective <sup>3</sup>	3/1
		<b>15/13</b>

**TOTAL MINIMUM CREDITS 60**

<sup>1</sup>Recommended for transfer to Rowan University

<sup>2</sup>Recommended for transfer to Rowan University B.A. Health Promotion and Wellness Management program

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