

## Health and Exercise Science-1

### Health and Exercise Science

*Faculty:* Hoffman, *Chair;* Chilakos, Faigenbaum, Farrell, Kang, Ratamess

The Department of Health and Exercise Science prepares students for careers as K–12 teachers and as exercise science professionals.

Students must complete their major required courses within the Department of Health and Exercise Science at The College of New Jersey unless special permission is granted by the student's program director to allow completion of a major required course at another college. The Department of Health and Exercise Science reserves the right to specify certain courses which must be taken at The College of New Jersey before the student will be permitted to enroll in student teaching or a practicum and internship.

The department maintains the right and the responsibility to dismiss students from the major who have not made satisfactory progress by completing the major component of the program, fulfilling department requirements, and/or satisfying teacher certification requirements.

#### Requirements for the major:

Twelve units within the major are required within the Health and Exercise Science program.

#### Requirements for the exercise science option are:

HES	099/Emergency Care	0 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Exercise Science	1 course unit
HES	203/Human Anatomy and Physiology	1 course unit
HES	204/Anatomy and Kinesiology	1 course unit
HES	302/Assessment and Evaluation of Human Performance	1 course unit
HES	311/Applied Physiology	1 course unit
HES	350/Nutrition and Metabolism	1 course unit
HES	405/Guidelines for Allied Health Professionals	1 course unit
HES	410/Exercise Physiology and Exercise Prescription	1 course unit
HES	493/Internship	2 course units
HES	497/Research Seminar in Health and Exercise Science	1 course unit
<b>Total</b>		<b>12 course units</b>

Also required are:

BIO	171/Human Form and Function	1 course unit
STA	115/Statistics	1 course unit

#### Major core requirements for the teaching option are:

HES	099/Emergency Care	0 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Health and Exercise Science	1 course unit
HES	182/Lifespan Wellness Activities	1 course unit
HES	203/Human Anatomy and Physiology	1 course unit
HES	204/Anatomy and Kinesiology	1 course unit
HES	282/Sports Concepts and Skills	1 course unit
HES	302/Assessment and Evaluation of Human Performance	1 course unit
HES	304 Adapted Kinetics	1 course unit

## Health and Exercise Science-2

HES	311/Applied Physiology	1 course unit
HES	350/Nutrition and Metabolism	1 course unit
HES	371/Outdoor Education	1 course unit
HES	460/Comprehensive School Health	1 course unit
<b>Total</b>		<b>12 course units</b>

Also required are teacher preparation courses:

HES	180/Motor Development and Elementary Movement	1 course unit
HES	292/Methods of Elementary Health and Physical Education	1 course unit
HES	390/Methods of Secondary Health and Physical Education	1 course unit
HES	490/Student Teaching	2 course units
HES	498/Research Seminar in Health and Physical Education	1 course unit
<b>Total</b>		<b>6 course units</b>

Also required are:

BIO	171 Human Form and Function	1 course unit
PSY	220/Development across the Lifespan	1 course unit

### **Certification—(0–1 course units)**

All students are required or recommended to earn certificates in the following:

- Emergency Care (Required)—no credit
- Driver Education Teacher Certification—one course unit
- Teacher Certification

### **Suggested First-Year Sequence (exercise science option)**

FSP	First Seminar	1 course unit
BIO	171/Human Form and Function	1 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Health and Exercise Science	1 course unit
	Liberal Learning	1 course unit
STA	115/Statistics (Liberal Learning-Quantitative Reasoning)	1 course unit
WRI	102/Academic Writing (if not exempted)*	1 course unit
	Elective or a liberal learning class	1 course unit

*\*It is recommended that students exempted from this course take other liberal learning courses.*

**Total** **8 course units**

### **Suggested First-Year Sequence (teaching option)**

FSP	First Seminar	1 course unit
BIO	171/Human Form And Function	1 course unit
HES	160/Current Health and Wellness Issues	1 course unit
HES	172/Foundations of Health and Exercise Science	1 course unit
HES	180/Motor Development and Elementary Movement	1 course unit
	Liberal Learning	1 course unit
WRI	102/Academic Writing (if not exempted)*	1 course unit
HES	182/Lifespan Wellness Activities	1 course unit

### Health and Exercise Science-3

*\*It is recommended that students exempted from these courses take other liberal learning courses.*

**Total**

**8 course units**

### Program Entrance, Retention, and Exit Standards

Every major program at the College has set standards for allowing students to remain in that program, to transfer within the College from one program to another, and to graduate from a program. The following are the standards for Department of Health and Exercise Science programs. Minimum grades are noted in parentheses.

- Transfer into the program from another program within the College is based upon the following performance standards in these “foundation courses”: HES 160/Current Health and Wellness Issues (C); BIO 171/Human Form (C) and Function HES 172/Foundations in HES (C). In addition, the student must have an overall GPA of at least 2.50 at the time of application.
- Graduation requires a GPA of 2.0.

*\*Note: All students in teacher preparation programs must have a 2.75 GPA for recommendation for certification to teach in New Jersey. All students in teacher preparation programs must have a 2.75 GPA for recommendation for certification to teach in New Jersey.*

### Health and Exercise Science: Teacher Preparation Option

Students are required to attend at least one professional meeting/conference per year. Proof of attendance must be submitted to the student’s advisor.

Students are prepared with a background in liberal learning. Most course work consists of specialized health and physical education subjects. Class work and activity skills are combined in the physical education courses to cover all facets of this major. Practical teaching experience is provided on the elementary and secondary levels. Majors are expected to participate in the intercollegiate, intramural, or club programs and be members of the department majors’ club, as well as state and national professional organizations.

Students who apply for transfer into the department must have established a minimum cumulative average of 2.50 for teacher-education certification preparation.

All teacher-preparation students must apply for admission to teacher education prior to the junior professional experience and:

1. Have a 2.75 overall cumulative average;
2. Have successfully completed HES 292/Introduction to Elementary and Secondary Health and Physical Education;
3. Present evidence of involvement in professional, departmental, campus, and community activities;
4. Have demonstrated ethical and professional behavior; and
5. Earn a C or above in major courses.

Candidates for a teacher-education certificate must have a 2.75 cumulative grade point average prior to student teaching, must meet the state hygiene/physiology requirement, and must pass the appropriate Praxis examination before the New Jersey State Department of Education will issue the appropriate certificate. Teacher-education candidates will receive a “certificate of eligibility with advanced standing” which requires

## **Health and Exercise Science-4**

a candidate to be provisionally certified for his or her first year of teaching. After one year of successful teaching, the candidate is eligible for a permanent certificate.

The teaching option provides not only a high-quality but a cutting-edge program that is consistent with the standards of the National Association for Sport and Physical Education (NASPE) and the National Council for the Accreditation of Teacher Education (NCATE). The program culminates in the preparation of exemplary health and physical education K–12 teachers who collaborate with other professionals to teach the whole child while achieving the goals of content mastery, professionalism, and pedagogical expertise common to the preparation of all teachers. The objectives of the program present TCNJ graduates as reflective, inquiry-oriented, pre-professionals who are cognizant of equity and diversity issues, competent in their subject matter, and able to select instructional strategies best suited for the varying needs of their students.

### **Health and Exercise Science Professional Option**

Students interested in pursuing careers in health promotion, medicine, allied health, wellness, sports medicine, and other related professions such as physical therapy, cardiac rehabilitation, and exercise science will develop their academic programs on an individualized basis with their advisors.

Requirements for the Health and Exercise Science Professional Option:

1. 2.0 cumulative grade point average in major courses.
2. A grade of C or above will be accepted for major courses.
3. A current CPR certification is required for the internship field experience.
4. Present departmental evidence of involvement in departmental or professional activities.