



HUDSON COUNTY COMMUNITY COLLEGE

Associate of Science
Exercise Science

NEW JERSEY CITY UNIVERSITY

Bachelor of Science
Exercise Science

AY 2025-2026

Course Number	Course Name	Credits	=	Course Number	Course Name	Credits	Notes
CSS100	College Student Success	1	=	INTD101	Orientation to College	1	
ENG101	College Composition I	3	=	ENGL101	English Composition I	3	
ENG102	College Composition II	3	=	ENGL102	English Composition II	3	
MAT100	College Algebra	3	=	MATH112	Intermediate Algebra	3	
BIO111	Anatomy and Physiology I	4	=	BIOL236	Anatomy and Physiology I	4	
CSC100	Intro to Computers and Computing	3	=	CS107	Computers & Information Systems	3	
PSY101	Introduction to Psychology	3	=	PSYC110	Introduction to Psychology	3	
ENG112	Speech	3	=	ENGL147	Effective Speaking	3	
HUM101	Cultures and Values	3	=	WGST110	Diversity and Difference: Identities, Communities, and Cultures		
1 Diversity Elective		3	=	TBD		3	
1 Social Science or Humanities Elective		3	=	TBD		3	
BIO211	Anatomy and Physiology II	4	=	BIOL237	Anatomy and Physiology II	4	
EXS101	Intro to Exercise Science	2	=	FES207	Introduction to Exercise Science	2	
EXS201	Biomechanics	3	=	FES415	Biomechanics of Sport and Exercise	3	
EXS202	Exercise Physiology	3	=	FES422	Exercise Physiology	3	
EXS203	Exercise Measurement and Prescription	4	=	FES325	Exercise Testing and Prescription	4	
EXS110	Fitness Training Methods	3	=	FES202	Foundations of Physical Fitness	3	
EXS115	Sports Nutrition	3	=	FES320	Sports Nutrition	3	
Take 2 courses from below:							
HLT103	Principles of First Aid	3	=	HLTH305	Safety Education & First Aid	3	
HLT124	Health and Wellness	3	=	FES140	Perspectives in Personal Health and Wellness	3	(If taken with PFT220, then one will be FES1XX)
PFT240	Personal Training Internship	3	=	FES2XX	Fitness, Exercise, and Sports Elective Credits	3	
EXS224	Principles of Athletic Injuries	3	=	FES205	Prevention & Treatment of Athletic Injuries	3	NJCU Recommendeds
PFT220	Advanced Personal Fitness	3	=	FES140	Perspectives in Personal Health and Wellness	3	

Total Credits Transferred 60

General Education Waiver Awarded

Remaining NJCU Courses

Course Number	Course Name	Credits	Notes
Prerequisites		3	
MATH 112	Intermediate Algebra	0	This will be satisfied with transfer
BIOL 236	Anatomy & Physiology I	0	This will be satisfied with transfer
BIOL 237	Anatomy & Physiology II	0	This will be satisfied with transfer
HLTH 203	Cultural Aspects of Health	3	
PSYC 110	Introduction to Psychology	0	This will be satisfied with transfer
Required Courses		25-28	
FES 205	Prevention & Treatment of Athletic Injuries	0-3	This will be satisfied with transfer
FES 207	Introduction to Exercise Science	0	This will be satisfied with transfer
FES 314	Life Span Motor Development	3	
FES 315	Structural Kinesiology	3	
FES 320	Sports Nutrition	0	This will be satisfied with transfer
FES 325	Exercise Testing and Prescription	0	This will be satisfied with transfer
FES 326	Adapted Physical Education	3	
FES 344	Psychosocial Aspects of Sport	3	
FES 407	Responding to Emergencies	3	
FES 410	Motor Control and Learning	4	
FES 422	Exercise Physiology	0	This will be satisfied with transfer
FES 414	Contemporary Issues in Exercise Science	3	
FES 415	Biomechanics of Sport and Exercise	0	This will be satisfied with transfer
FES 450	Internship in Exercise Science	3	
FES Electives		9	
FES 104	Spinning (R)	2	
FES 111	Yoga I	2	
FES 113	Yoga II	2	
FES 116	Swimming Level 1	2	
FES 117	Swimming Level 2	2	
FES 118	Scuba Open Water Dive Course	3	
FES 121	Pilates Flexibility Methods	3	
FES 123	Step Aerobics I	3	
FES 124	Cardio-Training I	3	
FES 180	Karate-Tae Kwon Do	3	
FES 188	Basic Fencing	3	
FES 190	Weight Training Methods	3	
FES 202	Foundations of Physical Fitness	0	This will be satisfied with transfer
FES 310	Sport in American Society	3	
FES Electives		9	Complete all if interested in P.T. Programs
BIOL 130	Principles Biology I	4	
BIOL 131	Principles Biology II	4	
CHEM 100	Preparation for General Chemistry	3	
CHEM 105	General Chemistry I Lecture	3	
CHEM 1105	General Chemistry I Recitation/Laboratory	2	
CHEM 106	General Chemistry II Lecture	3	
CHEM 1106	General Chemistry II Recitation/Laboratory	2	
MATH 140	Statistics I	3	
MATH 175	Enhanced Precalculus	4	
PHYS 100	Preparation for Physics	3	
PHYS 140	Principles of Physics I - Lecture	3	
PHYS 1140	Principles of Physics I - Laboratory and recitation	1	
PHYS 141	Principles of Physics II - Lecture	3	
PHYS 1141	Principles of Physics II - Laboratory and Recitation	1	
PSYC 150	Developmental: Birth Through Adolescence	3	

NON-PT Track:

Free Elective Courses 11-14

Total Credits To Graduate 120

PT Track:

Total Credits To Graduate 142-145