



HUDSON COUNTY COMMUNITY COLLEGE

NEW JERSEY CITY UNIVERSITY

AY 2025-2026

**Associate of Science**  
**Medical Sciences - Pre Nursing****Bachelor of Science**  
**Exercise Science**

Course Number	Course Name	Credits	Course Number	Course Name	Credits	Notes
<b>Complete The Following Courses for Gen Ed Requirements:</b>						
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	
ENG112	Speech	3	= ENGL147	Effective Speaking	3	
PSY101	Introduction to Psychology	3	= PSYC110	Introduction to Psychology	3	
<b>Complete 1 Math Course Below:</b>						
MAT100	College Algebra	3	= MATH112	Intermediate Algebra	3	
MAT114	Introduction to Probability and Statistics	3	= MATH140	Statistics I	3	NJCU Recommends
CSC100	Intro to Computers and Computing	3	= CS107	Computers & Information Systems	3	
BIO111	Anatomy and Physiology I	4	= BIOL236	Anatomy and Physiology I	4	
PSY260	Lifespan Development	3	= PSYC152	Development Adolescence to Adulthood	3	
HUM101	Cultures and Values	3	= WGST110	Diversity and Difference: Identities, Communities, and Cultures	3	
1 Humanities or Social Science Elective		3	= TBD		3	
<b>Complete The Following Courses for Major Requirements:</b>						
BIO211	Anatomy and Physiology II	4	= BIOL237	Anatomy and Physiology II	4	
BIO115	Principles of Biology I	4	= BIOL130	Principles of Biology I	4	
BIO116	Principles of Biology II	4	= BIOL131	Principles of Biology II	4	
HLT210	Medical Law and Ethics	3	= HLTH2XX	Health Sciences Elective Credits	3	
BIO250	Microbiology	4	= BIOL303	Microbiology	4	
<b>Complete 3 of the Following Courses:</b>						
MDA106	Medical Terminology	3	= HLTH1XX	Health Sciences Elective Credits	3	
MDA224	Pharmacology	3	= Not Transferable			
HLT112	Pathophysiology	3	= BIOL311	Pathophysiology	3	NJCU Recommends
HLT110	Culture, Diversity, and Health	3	= HLTH1XX	Health Sciences Elective Credits	3	
CHP100	Introduction to Chemistry	3	= CHEM100	Preperation for General Chemistry	3	

**Total Credits Transferred****60****General Education Waiver Awarded**

## Remaining NJCU Courses

Course Number	Course Name	Credits
<b>Prerequisites</b>		<b>3-7</b>
MATH 112	Intermediate Algebra	0-4
BIOL 236	Anatomy & Physiology I	0
BIOL 237	Anatomy & Physiology II	0
HLTH 203	Cultural Aspects of Health	3
PSYC 110	Introduction to Psychology	0
<b>Required Courses</b>		<b>43</b>
FES 205	Prevention & Treatment of Athletic Injuries	3
FES 207	Introduction to Exercise Science	3
FES 314	Life Span Motor Development	3
FES 315	Structural Kinesiology	3
FES 320	Sports Nutrition	3
FES 325	Exercise Testing and Prescription	3
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	3
FES 414	Contemporary Issues in Exercise Science	3
FES 415	Biomechanics of Sport and Exercise	3
FES 450	Internship in Exercise Science	3
<b>FES Electives</b>		<b>12</b>
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	3
FES 310	Sport in American Society	3

<b>Special Electives</b>		<b>0-3</b>	
BIOL 130	Principles Biology I	0	This will be satisfied with transfer
BIOL 131	Principles Biology II	0	This will be satisfied with transfer
CHEM 100	Preparation for General Chemistry	0-3	This will be satisfied with transfer
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	

<b>OR Free Elective Courses</b>	<b>0-5</b>
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<b>Minimum Total Credits To Graduate</b>	<b>120</b>
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**Full P.T. Track:**

<b>Minimum Total Credits To Graduate</b>	<b>154</b>
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