



HUDSON COUNTY COMMUNITY COLLEGE

Associate of Science
Medical Sciences - Pre Nursing

NEW JERSEY CITY UNIVERSITY

Bachelor of Science
Exercise Science

AY 2025-2026

| Course Number | Course Name | Credits | | Course Number | Course Name | Credits | Notes |
|--|--|---------|---|------------------|---|---------|-----------------|
| Complete The Following Courses for Gen Ed Requirements: | | | | | | | |
| 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 | |
| Complete 1 Math Course Below: | | | | | | | |
| 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 | |
| Complete The Following Courses for Major Requirements: | | | | | | | |
| 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 | |
| Complete 3 of the Following Courses: | | | | | | | |
| 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 | Preparation for General Chemistry | 3 | |

Total Credits Transferred

60

General Education Waiver Awarded

Remaing NJCU Courses

| Course Number | Course Name | Credits |
|-------------------------|---|------------|
| Prerequisites | | 3-7 |
| 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 |
| Required Courses | | 43 |
| 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 |
| FES Electives | | 12 |
| 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 |

| | | | |
|--------------------------|--|------------|--------------------------------------|
| Special Electives | | 0-3 | |
| 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 | |

Take all of these if you are
interested in a P.T.
Program

| | |
|--|------------|
| OR Free Elective Courses | 0-5 |
| Minimum Total Credits To Graduate | 120 |
| Full P.T. Track: | |
| Minimum Total Credits To Graduate | 154 |