



**Associate of Science,
Exercise Science
to
Bachelor of Science,
Exercise Science**

**HCCC
Exercise Science A.S.**

**NJCU
Exercise Science B.S.**

Course Number	Course Name	Credits		Course Number	Course Name	Credits
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
BIO111	Anatomy and Physiology I	4	=	BIOL136	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	TBD	3	=	TBD		3
	1 Social Science or					
Humanities Elective	TBD	3	=	TBD		3
1 Humanities Elective	TBD	3	=	TBD		3
BIO211	Anatomy and Physiology II	4	=	BIOL137	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 (If taken with PFT220, then one will be FES1XX)	3
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
PFT220	Advanced Personal Fitness	3	=	FES140	Perspectives in Personal Health and Wellness (If taken with HLT124, then one will be FES1XX)	3

Total Credits Transferred 60

General Education Waiver Awarded!

Remaining NJCU Courses

COURSE NUMBER	COURSE NAME	CREDITS
Prerequisites		3
HLTH 203	Cultural Aspects of Health	3
Required Courses		27-30
FES 205	Prevention & Treatment of Athletic Injuries <i>Note: This course may be a part of the transfer if taken at HCCC</i>	3
FES 314	Life Span Motor Development	3
FES 315	Structural Kinesiology	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 414	Contemporary Issues in Exercise Science	3
FES 450	Internship in Exercise Science	3
FES Electives (Choose a minimum of 12 credits.)		9 to 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 <i>Note: This course is part of the transfer if taken at HCCC and will count towards the 12 minimum</i>	3
FES 310	Sport in American Society	3
Special Electives		9 to 12 credits
BIOL 130	Principles Biology I 1	4
BIOL 224	The Human Body	3
CHEM 105+1105	General Chemistry I Lecture 1	3
	General Chemistry I Recitation/Laboratory	2
CHEM 106+1106	General Chemistry II Lecture 1	3
	General Chemistry II Recitation/Laboratory	2
MATH 140	Statistics I	3
PHYS 101	Basic Concepts of Physics	3
<i>Note: These will be recommendations on a student by student basis (Not Required for Major)</i>		
Free Elective Courses		3 to 24
<i>Note: Depends on if you take Special Electives</i>		
Total Credits To Graduate		120