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For more info, please visit
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NJCU | COLLEGE OF
PROFESSIONAL
STUDIES

Department of Population Health & Exercise Science

Professional Studies Building, Suite 219 | 2039 Kennedy Boulevard | Jersey City, NJ

POPULATION HEALTH & EXERCISE SCIENCE DEPARTMENT

NJCU | COLLEGE OF
PROFESSIONAL
STUDIES



LEARN ABOUT OUR DEPARTMENT

There is no better place to study population health or exercise science than in a multicultural, urban setting like NJCU. The department also provides students with the opportunity to gain specific knowledge pertaining to two areas of study: public health and exercise & sport studies. Students in the Public Health programs develop the leadership and practical skills to improve population health. Students in Exercise Science develop a variety of movement skills, and adopt values that facilitate the attainment of autonomous behavior in lifetime fitness and wellness activities.

PROGRAM OFFERINGS

Undergraduate

- Bachelor of Science in Exercise Science
- Bachelor of Science in Public Health Education
- Public Health Education, Minor
- Fitness & Exercise Science, Minor

POTENTIAL FUTURE CAREERS

Graduates of our departments' programs will have the necessary skills to enter directly into the job market as part of an organization or in consulting roles as:

Exercise Science

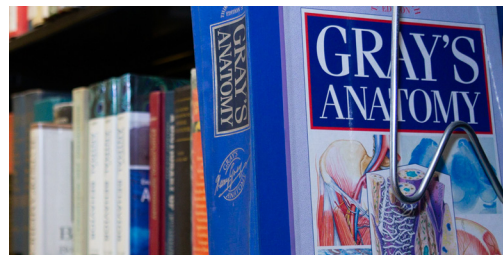
- Sports Science Consultants
- Exercise Physiologists
- Fitness Professionals
- Athletic Directors
- Physical Therapy Assistants
- Exercise Specialists
- Clinical Research Assistants
- Personal Trainers
- Strength and Conditioning Specialists
- Health Promotion and Wellness Specialists

CERTIFICATIONS

- Driver's Education
- CPR/AED/First Aid
- Certified Health Education Specialist (as provided by the National Commission of Health Education Credentialing)

Public Health Education

- Health Educator
- Health Program Coordinator
- Community Health Worker
- Patient Navigator
- Health Advocate
- Public Health Analyst
- Epidemiologist...and so much more!



ABOUT OUR DEGREE PROGRAMS

Exercise Science

Develop a strong health and exercise science foundation and be best prepared to gain employment in a variety of exercise science-related fields. Through internships, you can also gain relevant experiences in: fitness testing, exercise prescription, stress testing, nutrition analysis, stress management techniques, exercise leadership, computer-based analyses, and the professional training needed for continuing your education with Graduate studies.

Public Health Education

Students in this program gain the knowledge and skills to assess community health needs, design and implement evidence-based health programs, and advocate for the elimination of health disparities and equitable access to health care. They also develop competencies in health communication, data analysis, and program evaluation, preparing them for diverse leadership roles in healthcare, government, nonprofits, and corporate wellness. Students in this program are prepared to sit for and mandated to take NCHEC's Certified Health Education Specialist Exam.

OUR MISSION

The mission of the Population Health & Exercise Sciences Department is to identify and educate students who mirror today's society and reflect the University's urban mission. The Department's goals are to offer a range of health education and exercise science programs that provide opportunities for students to function as health education specialists or exercise science professionals in settings such as schools, community health and social services agencies, medical institutions, businesses, and voluntary health organizations.