

DEGREES AND CERTIFICATIONS

Degrees

- Bachelor's of Science in Exercise Science
- Minor in Fitness, Exercise and Sports

Certifications

- CPR/AED/ First Aid



The mission of the College of Professional Studies is to educate individuals from diverse communities, to succeed in their professional goals and personal aspirations and to effectively contribute to society.

Our engaging learning environment encourages students to become self-motivated learners who can think analytically, locate resources, solve problems creatively, and master essential technical skills.

The College attracts career-minded students who are eager to learn skills that are most critical to launching or advancing their professional lives, and our learning community welcomes both traditional and non-traditional students. NJCU's urban location is an integral part of the student experience, and is the perfect setting for educating students who will thrive in today's fast-paced world.

Mission Statement

New Jersey City University (NJCU) provides a diverse population of learners with an excellent education. The University is committed to the improvement of the educational, intellectual, cultural, socioeconomic, and physical environment of the surrounding urban region and beyond.

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EXERCISE SCIENCE



FACULTY DESCRIPTIONS

Our Exercise Science faculty either currently hold or have held the following positions

- Director of Pediatric and Motor Development Clinic
- Fitness Center Coordinator
- Physical Therapist Assistant
- Intramural and Recreational Events Coordinator
- Director of Aquatics and Safety
- Police Officer
- Health, Physical Education and Recreation Director
- Aquatics Director
- Dive Operations & Instructional Staff Manager
- Performance and Rehabilitation Trainer
- Wellness Coach
- CPR/ AED/ First Aid American Heart Association Instructor



WHY NJCU EXERCISE SCIENCE?

Exercise Science

- Enthusiastic and expert faculty in the field;
- Highly interactive classroom with emphasis on experiential learning;
- Updated curriculum offered both online and in the classroom.
- New Exercise Science Laboratory which allows student to learn, and to experience the latest technology in the field
- Paid Undergraduate Research opportunities
- Internships that provide students with relevant experiences in fitness testing, exercise prescription, stress testing, nutrition analysis, stress management techniques, exercise leadership and computer-based analyses.
- Courses' objectives and materials aligned with the requirements for NSCA and ACSM certifications in Strength and Conditioning, Exercise Physiology, Personal Training, Group Exercise Instruction, and much more
- Affordable tuition;
- Individualized guidance and assistance in choosing and building the desired career path.



ALUMNI JOBS

Where Alumni get jobs

- Medical Centers
- Universities and Colleges
- Fitness and Wellness Centers
- Athletic Clubs
- Corporate Wellness Centers

Graduates from the Exercise Science program will have the necessary skills to enter directly into the job market as part of an organization or in consulting roles as:

- Sport 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

Also, the students may choose to pursue a graduate study program in areas such as:

- Physical Therapy
- Occupational Therapy
- Nutrition
- Coaching
- Sports Management
- Physical Education Teacher Preparation
- Athletic Training