

Health and Physical Education Program

Dr. Jay Garrels, *Chairperson*

The Health and Physical Education Program offers a major in Fitness and Wellness, Exercise Science, and Teaching to prepare students for employment in a number of venues, including commercial fitness, corporate health and fitness, and community recreation and health promotion. The curriculum also prepares students for graduate level studies in the health sciences. Students desiring a teaching certificate in Health and Physical Education will include a series of courses offered through the School of Education to teach in the K-12 school environment with the additional opportunity to minor in Secondary Education. Students desiring a DPT (Doctor of Physical Therapy) degree will fulfill the prerequisites for DPT school under the requirements for the exercise science major and collaborate with their department advisor to complete the electives required by their intended DPT school.

Requirements for the Fitness and Wellness Major

Degree of Bachelor of Science

BI-171	Anatomy and Physiology I (Core Natural Science)	4
BI-171L	Anatomy and Physiology I Lab (Core Natural Science)	0
HE-122	Nutrition in Health and Disease	3
HE-271	Concepts of Public Health	3
HE-486	Current Issues in Health Education	3
PE-103	Prin & Found of Phys Education (Core Pluralism)	3
PE-255	Fitness and Wellness	3
PE-310	Kinesiology	3
PE-311	Biomechanics	3
PE-352	Exercise Physiology I	3
PE-353	Exercise Physiology II (Capstone, Core Writing Intensive)	3
PE-410	Legal & Ethical Issues in Sports (Core Values)	3
Choose two of the following courses		6
PE-202	Fundamentals of Coaching	
PE-301	Technology in Health and Fitness	
PE-360	Sports Medicine	
PE-499	Internship	
Choose two of the following courses		6
HE-150	Physiology of Exercise and Healthy Aging	
HE-200	Compl Thrpy Health Wellness Cognition	
HE-301	Technology in Health and Fitness	
HE-350	Human Sexuality in Health Education	
HE-498	Internship in HEPE	
Total Credits		46

Requirements for the Exercise Science Major

Degree of Bachelor of Science

BI-171	Anatomy and Physiology I (Core Natural Science)	4
BI-171L	Anatomy and Physiology I Lab (Core Natural Science)	0
BI-172	Anatomy and Physiology II (Core Natural Science)	4
BI-172L	Anatomy and Physiology II Lab (Core Natural Science)	0
HE-122	Nutrition in Health and Disease	3
HE-271	Concepts of Public Health	3
HE-486	Current Issues in Health Education	3

EX-498	Internship in HEPE	3
EX-103	Prin & Found of Phys Education (Core Pluralism)	3
EX-255	Fitness and Wellness	3
EX-310	Kinesiology	3
EX-311	Biomechanics	3
EX-352	Exercise Physiology I	3
EX-353	Exercise Physiology II (Core Writing Intensive)	3
EX-360	Sports Medicine	3
EX-410	Legal & Ethical Issues in Sports (Core Values)	3
PE-499	Internship	3
Choose one of the following courses		3
HE-200	Compl Thrpy Health Wellness Cognition	
HE-350	Human Sexuality in Health Education	
PE-301	Technology in Health and Fitness	
Total Credits		50

Requirements for the Teaching Major

Degree of Bachelor of Science

HE-122	Nutrition in Health and Disease	3
HE-271	Concepts of Public Health	3
HE-486	Current Issues in Health Education	3
PE-103	Prin & Found of Phys Education (Core Pluralism)	3
PE-240	Teaching of Skills Activities I	3
PE-241	Teaching of Skills Activities II	3
PE-255	Fitness and Wellness	3
PE-310	Kinesiology	3
PE-311	Biomechanics	3
PE-352	Exercise Physiology I	3
PE-353	Exercise Physiology II (Capstone, Core Writing Intensive)	3
PE-410	Legal & Ethical Issues in Sports (Core Values)	3
Choose one of the following courses		3
PE-200	Adapt Phys Ed for Special Needs Students	
PE-202	Fundamentals of Coaching	
Choose two of the following courses		6
HE-150	Physiology of Exercise and Healthy Aging	
HE-301	Technology in Health and Fitness	
HE-350	Human Sexuality in Health Education	
Total Credits		45

Eligibility for Physical Education and Health Teaching Certification in the State of New Jersey

A student in this program can be certified to teach in one of three areas: Physical Education and Health, Physical Education, and Health. Applicants must complete a minimum of 30 credits in an area-specific coherent sequence with at least 12 of these credits completed at the advanced level of study.