



[AS-EXS; CIP Code 31.0505]

Associate in Science (A.S.) – Transfer

This program is designed for those students who have selected a major field of concentration and yet want more flexibility in course selection. The program is designed to meet transfer requirements for students pursuing a Bachelor of Science degree. It is suggested, however, that students seek advisement in course selection from the institutions to which they intend to transfer.

Program Learning Outcomes

Students who have completed the program will be able to:

- Analyze and explain how the human body responds to various types of physical activities.
- Develop health and fitness programs for individuals with diverse health backgrounds and needs that involve proper demonstration and instruction of a variety of exercises.
- Demonstrate basic CPR and first aid techniques.
- Identify general nutritional needs of individuals and how nutrition impacts exercise and athletic performance.

Program Contact

Timothy Schmitz, Assistant Professor
 tschmitz@rcsj.edu

Are you ready to get started at RCSJ?
 Visit [RCSJ.edu/Enroll](https://www.rcsj.edu/Enroll) and complete the interest form.

Exercise Science, A.S.

This is a 3+1 option program with Rowan University.

FIRST YEAR – Fall Semester

<input type="checkbox"/> ENG 101 English Composition I	3
<input type="checkbox"/> BIO 101 General Biology	4
<input type="checkbox"/> HPE 240 Introduction to Health and Physical Education	3
<input type="checkbox"/> PSY 101 General Psychology	3
	13

Spring Semester

<input type="checkbox"/> ENG 102 English Composition II	3
<input type="checkbox"/> BIO 105 Anatomy and Physiology I	4
<input type="checkbox"/> HPE 136 Nutrition	3
<input type="checkbox"/> MAT ___ Math General Education Elective ⁴	3
<input type="checkbox"/> HPE 170 Stress Management ² or BIO 102 General Biology II ³	3-4
	16-17

SECOND YEAR – Fall Semester

<input type="checkbox"/> BIO 106 Anatomy and Physiology II	4
<input type="checkbox"/> SPE 101 Oral Communications	3
<input type="checkbox"/> HPE 245 Motor Development and Motor Learning	3
<input type="checkbox"/> Humanities General Education Elective (ART 101 or MUS 101 recommended)	3
<input type="checkbox"/> HPE 252 Foundations of Fitness ² or CHM 111 General Chemistry I ³	3-4
	15-16

Spring Semester

<input type="checkbox"/> HPE 233 Safety, First Aid and the Care and Prevention of Athletic Injuries	3
<input type="checkbox"/> HPE 211 Consumer Health Decisions	3
<input type="checkbox"/> SOC 101 Principles of Sociology or SOC 102 Sociology of the Family ¹	3
<input type="checkbox"/> HPE 265 Fitness Assessment and Exercise Prescription	3
<input type="checkbox"/> PSY 206 Psychopharmacology ² or HPE 270 Essentials of Personal Training ³	1-3
	13-15

TOTAL MINIMUM CREDITS: 60

Program Notes

- ¹ Recommended for transfer to Rowan University
- ² Recommended for transfer to Rowan University B.S. Public Health and Wellness program
- ³ Recommended for transfer to Rowan University B.S. Exercise Science or Fitness Management 3+1 program
- ⁴ MAT 103 recommended



After completing the Exercise Science, A.S., students may choose to continue with the bachelor's degree pathway at RCSJ.

The 3+1 pathway enables students to complete three years of coursework at RCSJ and one year at Rowan University to earn a bachelor's degree. The 3+1 pathway follows Rowan's course curriculum, with junior year classes taught by RCSJ advanced-degree faculty.

Fitness Management 3+1

THIRD YEAR — Fall Semester

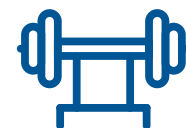
<input type="checkbox"/> HPE 300 Kinesiology	3
<input type="checkbox"/> PSY 300 Introduction to Sport & Exercise Psychology	3
<input type="checkbox"/> Business Elective	3
<input type="checkbox"/> HPE 170 or Free Elective	3
<input type="checkbox"/> Free Elective	3
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Spring Semester

<input type="checkbox"/> HPE 305 Exercise Physiology with Laboratory	4
<input type="checkbox"/> HPE 238 Principles of Coaching	2
<input type="checkbox"/> ICC 211 Internship Career Connections	3
<input type="checkbox"/> PSY 308 Social Psychology of Sport or Free Elective	3
<input type="checkbox"/> Free Elective	3
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FOURTH YEAR — After completing the third year at RCSJ, students will seamlessly transfer to Rowan University for their senior year. 3+1 team members at both institutions work closely with students to guide them through the process.



Industry & Employment Opportunities

Bachelor's

Exercise Physiologist, Recreation Teacher

Master's

Physical Therapist, Athletic Trainer

Questions?

About 3+1: Alescia Kennon,
akennon1@rcsj.edu

About the program:
Timothy Schmitz, tschmitz@rcsj.edu

[RCSJ.edu/3plus1](https://www.rcsj.edu/3plus1)