

Department of Health and Exercise Science (HES)

Health and Exercise Science (HESA) Program

Frequently Asked Questions

GENERAL INTEREST

How long is the program?

- The program is 32 course units. For transferability, one course unit equals four (4) semester hours. TCNJ will transfer courses based on this same formula, i.e., a 3 semester hour course will equal .75 course units. Following the course path on the right column, the program takes four years.

How is TCNJ different from other HESA Programs?

- Our program prides itself on undergraduate research. Starting freshman year, students are exposed to strength and conditioning research, led by our globally distinguished faculty. The ongoing collaboration between faculty and students bridges the gap between science and application in the students' education, which provides a well-rounded education.

How academically rigorous is the program?

- TCNJ is academically demanding. However, excellent instruction, student-centered faculty, and student support services allow us to maintain a very high retention rate. Our program requires a rich background in the sciences and research. We challenge our students to build on this background because we believe it is essential in order to empower our graduates not only to succeed in their profession, but also excel.

What is the average class size?

- Typical HESA classes range from 15-25 students. Thus, the faculty-to-student ratio within the department is 1 to 15.

THE FACULTY

Who will be my Faculty Advisor?

- Upon matriculation to The College, each student is assigned an advisor within the HES Department from the members of the full-time faculty. You may change your advisor at any time simply by making a request through the Department Program Assistant.

What should I know about the faculty?

- The faculty is comprised of dedicated, globally published educators. Our faculty members are highly student-focused, making themselves available and approachable to student both in and out of the classroom.

CLASSROOM FACILITIES

Where will I attend classes?

- The majority of HESA courses are held in Packer Hall. Other required courses that are not offered through the HES Department (e.g. Liberal Learning, Biology, Chemistry, Physics, etc.) are offered at a variety of locations across campus.

What computer resources are available to me?

- Packer Hall is home to one of the College's computer labs. It is located on the same floor of the HESA courses, and is easily accessible between and after classes. Additionally, a number of labs are located throughout campus, including those in the library.

HES Curriculum

1st Fall Semester:

First Year Seminar
Academic Writing
HES 203: Anatomy & Physiology I
HES 172: Foundations of HES

1st Spring Semester:

STA 115/215: Statistics
BIO 201: Foundations of Biology
HES 205: Anatomy & Physiology II
HES 160 Health & Wellness Issues

2nd Fall Semester:

Liberal Learning
Liberal Learning
HES 250: Nutrition & Metabolism
HES 210: Strength & Conditioning

2nd Spring Semester:

Liberal Learning
Liberal Learning
Elective
HES 311: Applied Physiology

3rd Fall Semester:

Liberal Learning
Elective
Elective
HES 302: Assessment & Evaluation of Human Performance

3rd Spring Semester:

Elective
HES 320: Research Methods
HES 400: Pediatric Exercise Science
HES 301: Biomechanics

4th Fall Semester:

Elective
Elective
HES 405: Clinical Exercise Physiology
HES 410: Exercise Physiology & Prescription

4th Spring Semester:

Elective
HES 493: Internship
HES 497: Seminar in HES (Capstone)

What lab resources are utilized by the Department of Health & Exercise Science?

- o The HES Department is home to two sophisticated learning labs. As stated before, The Human Performance Lab is used primarily for faculty research where HES majors are encouraged and required (in some courses) to be involved. In addition, The Performance Enhancement Center provides students with the opportunity to learn, explore, and implement best practices in HES.

TRANSFER STUDENTS

As a transfer, how long can I expect the program to take?

- o As the number of credits and level of experience each transfer student brings are different, it is difficult to universally predict the length of our program. We have found, however, that students transferring in with an A.S. degree from a Community College have between four and five semesters remaining in our program.

Who evaluates my transcript?

- o Transfer transcripts are evaluated both by The College’s Office of Records and Registration, and by the Chair of the HES Department.

How many credits can I transfer?

- o Students may transfer no more than 80 credits into our program, and no more than 64 of these may come from two year programs. TCNJ requires that no fewer than 48 credits be taken at TCNJ in order to fulfill our residency requirement.

ALTERNATIVE COURSE OPTIONS

What options do you offer for distance learning or internet based classes? The HES Department offers select blended and online course. However, most course are taught on campus because we place great emphasis on the role of developing a community of teaching professionals. Our challenge is to find a ways to present distance learning options while preserving the mentoring and collegial relationships fostered in our curriculum.

Tuition Rate can be found on the Office of the Treasurer/Student Accounts webpage.

<http://studentaccounts.tcnj.edu/tuition-fees-archive/tuition-fees/>

CONTACT AND APPLICATION INFORMATION

For more information please contact the office at The College of New Jersey Department of Health and Exercise Science 609-771-3034. The chair of the Department of Health and Exercise Science is Dr. Ann Farrell.

You can also obtain more information by visiting our web sit: [www.http://hes.tcnj.edu/](http://hes.tcnj.edu/)

To receive an application to The College of New Jersey, or for information about visiting the TCNJ campus, please contact:

The TCNJ Office of Admissions

Phone: 609-771-2131

Fax: 609-637-5174

The application deadline for enrollment can be located on the Admissions webpage: <http://admissions.tcnj.edu/>

Health & Exercise Science Club

All HESA & HEST students become members of the HES Club when they matriculate as freshman. The club’s main priority is to establish a community among the students. Students are responsible to be active members throughout the year by attending meetings, events, and assisting in graduation ceremony.

HES Club Mentor Program

This new program began the Fall 2016 semester. In the mentor program, underclassmen and transfer students are matched with upperclassmen who share similar career goals; Physical Therapy, Medical School, Physician Assistant, Chiropractic. Throughout the year, the mentors and mentees work on the following:

- o Establish course schedules for the consecutive semesters that are geared towards particular graduate schools.
- o Creating resumes that will be polished at the Career Center at TCNJ.
- o Mentors, who have applied to and gotten into graduate schools, provide insight on what made them stand out.
- o Time Management techniques.

Exercise is Medicine On Campus

Founded in the Spring of 2016 by the 2016-2017 HES Club President Jeremy Kuper, this program encourages campuses to engage in the promotion of physical activity as a vital sign of health. EIM-OC encourages faculty, staff and students to work together toward improving the health and well-being of the campus community. Each year, the program focuses on chronic diseases that affect college students. One event is held each semester to educate student on how exercise is medicine for disease.