

Health & Exercise Science Department

Thank you for your interest in the HES department and the exercise science program. As of spring 2020, the Health & Physical Education track will be closing and will no longer be accepting majors.

To be considered for the department, a packet of requirements must be completed and returned to the main HES office (Packer 216). During time when the campus is closed, all materials may be emailed to **HESOFC@TCNJ.edu**

Requirements of each program are listed in the grid below and the change of major form found at:

- <https://recreg.tcnj.edu/wp-content/uploads/sites/166/2018/06/CHANGE-OF-MAJOR.pdf>

Minimum Requirements from the Applicant
<ul style="list-style-type: none">• Completed Change of Major form• Current TCNJ transcripts<ul style="list-style-type: none">○ Strong math and science course grades are viewed favorably for the Exercise Science program.• 2.75 GPA from TCNJ• Letter of Interest in the program<ul style="list-style-type: none">○ If applying in the spring, the Letter of Interest must include the following statement for application review<ul style="list-style-type: none">▪ “I have been notified that most HES courses are offered only one semester per academic year, with the major sequences starting in the fall semester. Requesting admittance in the spring semester may limit the HES required courses available to me and impact progression through the program. I understand this and still wish to be considered for admittance into the Health & Exercise Science program”
Program Limitations
<ul style="list-style-type: none">• It is important to note that acceptance is based on multiple factors and the request alone does not guarantee acceptance into the HES program.• Acceptance will only be considered if all criteria have been met and the desired HES program is under the maximum enrollment capacity for the major or the academic cohort group.

Review Timeline:

- Submission of Change of Major applications can be completed and submitted to the main HES Office: Packer 216 throughout the semester.
- *Change of Major requests are reviewed at the end of each semester after transcripts are updated.*

Review Guidelines:

- HES faculty review all Change of Major requests.
- If space is not available for viable applicants, application packets are reviewed, candidates are identified and ranked.

Notification to Student:

- If accepted into the program, you will be notified via email prior to the start of the following semester. Emails will come from either HESOFC@TCNJ.edu or Wells@TCNJ.edu.
- The Change of Major form you submitted will be signed by the Department Chair and forwarded to R&R.

- ***MOST HES REQUIRED COURSES are offered only ONE SEMESTER per academic year, with the major sequences starting in the fall semester. Requesting admittance in the spring semester may limit the HES required courses available to you and impact progression through the program***

Notification to HES Department:

- If a Change of Major is no longer desired, please notify Mrs. Wells, wells@tcnj.edu to withdraw your application.
- Failure to do so may lead to a change that is not wanted and the need to start the process again.

Program/Course Advising:

- Prior to acceptance into the HES major, advising should be sought from your current advisor within your current major. Additional HES program information can be found on the HES website.
- The majority of HES courses are reserved for HES majors. HES 160 and HES 172 do have seats that are reserved for non-majors and are possible courses for students interested in exploring HES. At any time, if HES 160 and HES 172 are at capacity, you may put your name on a waitlist through the “Class Add/Change” form below.
 - https://tcnj.co1.qualtrics.com/jfe/form/SV_dm1x8IRm3ITK8aV
- Until accepted into the major, enrollment in additional required HES courses (excluding HES 160 & 172) is not possible.
- Please look to continue fulfilling requirements in your current major or meeting additional liberal learning requirements. To determine which additional classes or HES program requirements need to be met, run a PAWS “What If” report. This can be found on your PAWS account homepage, choose the HES option and run a report. Although the top of the PAWS Academic Requirements page will look the same, the bottom will be modified to now outline HES requirements.
- If accepted into the program, HES will enroll you into available HES courses and assign you an advisor.
- Specific information regarding graduate programs and pre-requisites for each, can be found on national sites (aapa.org, apta.org, aota.org, chiropracticcouncil.com, etc.). Each graduate program is different and students will need to research each graduate program’s requirements.
 - Most graduate school requirements are not HES degree program requirements.

HEALTH & EXERCISE SCIENCE DEPARTMENT

REVISED EXERCISE SCIENCE TRACK- Fall 2020

4 YEAR SEQUENCE

Year 1					
Fall Semester 1			Spring Semester 2		
Units	Course	Goal	Units	Course	Goal
1	First Year Seminar	LL-FSP	1	Stat 115 or 215	LL-QR (1)
1	Academic Writing (if complete...take Stats)	LL-Wrtg/Spkg	1	BIO 201 FND of Biological Inquiry	LL-Nat Sci (2)
1	HES 103/203 Anatomy & Physiology	CC (1)	1	HES 105/205 Applied Anat. & Phys	CC (3)
1	HES 172 Foundations of Health ** & Exercise Science (or HES 160)	CC (2)	1	HES 160 Health & Wellness Issues (or HES 172)**	CC (4) LL (3) Behavioral/Cultural
4			4		
Year 2					
Fall Semester 3			Spring Semester 4		
Units	Course	Goal	Units	Course	Goal
1	Liberal Learning/Arts & Humanities Literary, Visual, Performing Arts Include a Civic Responsibility	LL- option (3)	1	Liberal Learning/Arts & Humanities World Views, Ways of Knowing Include a Civic Responsibility	LL-Arts/Hum (5) WVWK
1	Liberal Learning/Social Science Behavioral, Cultural, Social Include a Civic Responsibility	LL-Arts/Hum (4) LVPA	1	Elective	EL (1)
1	HES 250 Nutrition and Metabolism (prereq BIO 201/HES 103/203)	CC (5)	1	HES 211 Applied Physiology	CC (7)
1	HES 210: Applied Strength & Conditioning –	CC (6)	1	Liberal Learning/Social Science Historical Perspective Include a Civic Responsibility	LL-Soc Sci (6) History
4			4		
Year 3					
Fall Semester 5			Spring Semester 6		
Units	Course	Goal	Units	Course	Goal
1	Liberal Learning Suggested: Quantitative Reasoning/ Natural Science elective or SS (ex. Calc/Bio/Chem/Psy)	LL- option (7)	1	Liberal Learning Suggested: Quantitative Reasoning/ Natural Science elective or SS (ex. Calc/Bio/Chem/Psy)	LL (8)
1	HES 302 Assessment & Eval of Human Performance Research	CC (8)	1	HES 320 Research Methods	CC (9)
1	Elective	EL (2)	1	HES 300: Pediatric Exercise	CC (10)
1	Elective	EL (3)	1	HES 301 Biomechanics	CC (11)
0.25	HES 396: EIM Jr. Internship I**	CC	0.25	HES 397: EIM Jr. Internship II**	CC
4			4		
Year 4					
Fall Semester 7			Spring Semester 8		
Units	Course	Goal	Units	Course	Goal
1	Elective	EL (4)	1	Elective	EL (6)
1	HES 405 Clinical Exercise Physiology	CC (12)	2	HES 496 Internship**	CC (14-15)
1	HES 410 Exercise Physiology And Exercise Prescription	CC (13)	1	HES 497 Seminar in Hlth & Ex Sci (Capstone)**	CC (16)
1	Elective	EL (5)		**	
4			4		

KEY: ** = Offered both semesters/all other courses offered only in the semester (fall or spring) as listed

Blue - Core Curriculum (CC) – 16 units

Green - Liberal Learning (LL) – 10 units

Black – Electives (EL) – 6 units

Total 32