

Department of Kinesiology and Health Sciences (KHS)

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 Kinesiology and Health Science Prgs?

- The KHS program prides itself on undergraduate research. Starting freshman year, students are exposed to current research, led by 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 supports success and a high retention rate. The KHS program requires a rich background in the sciences and research. Students are challenged to build on this background because it is essential in order to empower graduates not only to succeed, but excel in their future professions.

Can I meet the requirements for Professional Programs?

- The majority of KHS students hope to pursue graduate programs in a variety of health science fields (Physical or Occupational Therapy/Physician Assistant/Chiropractic/Athletic Training/Medical/etc.). The KHS program planner, provides the opportunity for graduate school pre-requisites to be met by strategically utilizing liberal learning & elective courses. Graduate school acceptance success rates for students who met acceptance criteria have a 95% acceptance rate.

What is the average class size?

- Typical KHS classes range from 15-25 students. Faculty hold regular office hours with open door policies to address student needs as they arise.

THE FACULTY

Who will be my Faculty Advisor?

- Upon matriculation to TCNJ, a full-time faculty member is assigned to serve as an advisor to each KHS student for the duration of program enrollment. Although, students are encouraged to connect with all faculty for support and guidance.

What should I know about the faculty?

- The faculty is comprised of dedicated, internationally published educators. KHS 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 KHS courses are held in Packer Hall. Other required courses that are not offered through the KHS Department (e.g. Liberal Learning, Biology, Chemistry, Physics, etc.) are offered at a variety of locations across campus.

HES Curriculum

1st Fall Semester:

First Year Seminar
Academic Writing
KHS 103/203: Anat & Phys I
KHS 172: Foundations of HES

1st Spring Semester:

STA 115/215: Statistics
BIO 201: Foundations of Biology
KHS 105/205: Anat & Phys II
KHS 160 Health & Wellness Issues

2nd Fall Semester:

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

2nd Spring Semester:

Liberal Learning x 2
Elective
KHS 211: Applied Physiology

3rd Fall Semester:

KHS 302: Assessment & Evaluation of Human Performance
KHS 396: Jr. Internship
Liberal Learning x 2
Elective

3rd Spring Semester:

KHS 300: Pediatric Exercise Science
KHS 301: Biomechanics
KHS 320: Research Methods
KHS 396: Jr. Internship
Elective

4th Fall Semester:

KHS 096: Clinical Ex Phys Reg
KHS 405: Clinical Exercise Physiology
KHS 410: Exercise Physiology & Prescription
Elective x 2

4th Spring Semester:

KHS 496: Internship
KHS 497: Seminar in KHS (Capstone)
Elective

What computer resources are available to me?

- o Packer Hall is home to one of the College’s computer labs and easily accessible between and after classes. Additionally, a number of labs are located throughout campus, including those in the library.

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

- o The HES Department is home to two sophisticated learning labs. 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 the opportunity to learn, explore, and implement best practices and research in HES.

TRANSFER STUDENTS

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

- o It is difficult to universally predict program length as the number of credits and level of experience each transfer student brings vary. Students arriving with an A.S. degree from a Community College can typically complete the program in four semesters.

Who evaluates my transcript?

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

How many credits can I transfer?

- o Students may transfer up to 80 credits from a four-year or 64 credits 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 a great emphasis is placed on the role of developing a community of teaching professionals. Our challenge is to find 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. Anne Farrell (afarrell@tcnj.edu).

You can also obtain more information by visiting our web sit:
www.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 & Exercise is Medicine-On Campus

All HESA students become members of the HES club and HES Exercise is Medicine-On Campus (EIM) group when they matriculate into the program. Both encourage majors, campus, and community members to engage in the promotion of health related activities or 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 select populations on how exercise is medicine for disease. EIM’s main priority is to establish a community among students and provide HES related activities to the department and surrounding community.

Professional Development

Students are responsible for participating in internal and external professional development workshop and conferences in order to connect program content to external sources.