

PUBLIC HEALTH AND HUMAN PERFORMANCE, ASSOCIATE IN SCIENCE

Program Description

The **Associate in Science (A.S.) in Public Health and Human Performance** is designed for students who plan to transfer to a four-year institution to pursue a bachelor's degree in public health, exercise science, physical education, or a related field focused on health, wellness, and human performance.

This program provides a foundation in health sciences, human movement, and wellness while exploring how lifestyle, physical activity, and community health initiatives contribute to overall well-being. Students develop knowledge in areas such as health promotion, fitness, human development, and the social factors that influence health outcomes. Coursework emphasizes critical thinking, scientific understanding of human performance, and the application of health and wellness principles in community and educational settings.

Students are encouraged to choose a concentration to guide their studies and align their coursework with their intended transfer major. Concentrations in **Public Health**, **Exercise Science**, and **Physical Education** help students focus their academic preparation while completing appropriate prerequisites for upper-level study.

Transfer Information

The A.S. in Public Health and Human Performance is structured to align with bachelor's degree programs in public health, kinesiology, exercise science, health education, physical education, and related disciplines.

Students are encouraged to work closely with faculty and Advising & Transfer Services to ensure coursework aligns with the requirements of their intended transfer institution. Students planning to transfer within New Jersey should explore the "Transfer Programs" feature on NJ Transfer (www.njtransfer.org) to review articulation agreements and institutional requirements.

Early academic planning is recommended, particularly for students interested in specialized fields such as athletic training, health promotion, teaching, or graduate study in health sciences.

Career Information

The A.S. in Public Health and Human Performance is designed primarily for transfer. A bachelor's degree is typically required for professional roles in health promotion, fitness, and physical education, and some careers require advanced degrees or professional certification.

With further education, graduates may pursue careers such as:

- Public Health Educator
- Exercise Physiologist
- Fitness or Wellness Program Coordinator
- Physical Education Teacher (with certification)

- Athletic Performance Specialist
- Community Health Program Manager

Students are encouraged to consult with faculty and Career Services early in their academic journey to explore transfer pathways, internships, and long-term career planning in health and human performance fields.

First Semester

Code	Title	Credit Hours
ENGL 151	English I	3
HEHP 227	Introduction to Public Health	3
MATH 156	Introduction to Statistics (Or Higher)	3
BIOL 161 or BIOL 130	General Biology I Human Anatomy and Physiology I	4
STSC 150	Student Success Seminar ¹	2
Total Credit Hours		15

Second Semester

Code	Title	Credit Hours
ENGL 152	English II	3
BIOL 162 or BIOL 131	General Biology II Human Anatomy & Physiology II	4
HEHP 184	Exploration of the U.S. Healthcare System and Healthcare Professions	3
PSYC 172	General Psychology	3
	Public Health Elective ²	3
Total Credit Hours		16

Third Semester

Code	Title	Credit Hours
HEHP 225	Contemporary Health	3
	Technology Gen Ed ³	3
	Any General Education Course	3-4
AHMT 110	Medical Terminology	3
	Public Health Elective ²	3
Total Credit Hours		15-16

Fourth Semester

Code	Title	Credit Hours
HEHP 188	Introduction to Nutrition	3
SOCI 181	Introduction to Sociology	3
	Open Elective ⁵	3-4
	Humanities General Education Course ⁴	3
	Elective if needed to reach 60-credits	0-2
Total Credit Hours		12-15

¹ A variety of STSC -Student Success Seminar courses are available. Please speak to your academic advisor for assistance when selecting.

² Students have the opportunity to choose electives that focus on Health Administration, Community Health or Environmental Public Health.

Health Administration

Code	Title	Credit Hours
HEHP 183	Introduction to Health Administration	3
BUSN 151	Introduction to Human Resource Management	3

Community Health

Code	Title	Credit Hours
ANTH 134	Cultural Anthropology	3
PSYC 278	Life Span Development	3
SOWK 191	Foundations of the Community Health Worker	3
SOWK 192	Introduction to Community Healthcare Practice	3
SOWK 194	Interviewing and Communication Techniques	3

Environmental Public Health⁶

Code	Title	Credit Hours
ENVI 142	Industrial Hygiene	4
ENVI 205	Hazardous Materials Management	3
ENVI 210	Indoor Environmental Quality	3
ENVI 217	Occupational Safety and Health	3

³ Students may attempt to “test out” of the technology requirement. If they succeed, they must take an additional course(s) in math or science from the List of Approved General Education Courses.

⁴ Suggested General Humanities General Education courses

- HIST 191 African-American History
- PHIL 191 Introduction to Philosophy
- PHIL 192 Contemporary Ethical Issues

⁵ Course selections should be based on the requirements of the intended transfer to a four-year institution. Students should speak to their advisor for clarification.

⁶ Students completing all Environmental Public Health electives, and CHEM 180 or higher, are eligible to receive the Certificate of Completion in Industrial Hygiene/Hazardous Materials Management.

The A.S. in Public Health degree is designed to prepare students for careers in public health. Students will be introduced to how science, prevention, policy and education contributes to protecting and improving the health of people and their communities. This program is designed to transfer to four-year institutions.

Program Learning Outcomes

1. Describe the fundamental concepts of public health and human performance.
2. Demonstrate basic knowledge and skills appropriate for students seeking advanced study in the field of public health and human performance.
3. Apply basic scientific methods to analyze data that typically arise within fields of study related to the area of public health and human performance.

4. Analyze historical and current key public health issues and the impact of these issues locally, nationally, and globally.
5. Explain basic public health practices and concepts from a legal, ethical, economic, and cultural perspective.