

EXERCISE SCIENCE PRE-ATHLETIC TRAINING CONCENTRATION

Program Description

The **Exercise Science – Pre-Athletic Training Concentration** within the Associate in Science 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 exercise science, kinesiology, or a related field that prepares them for graduate study in athletic training.

This concentration focuses on the scientific principles of human movement, physical conditioning, and injury prevention. Students explore how the body responds and adapts to physical activity while developing foundational knowledge in exercise physiology, fitness assessment, and sports performance. Coursework emphasizes critical thinking, scientific analysis, and the application of exercise science principles to support safe and effective physical activity.

The program provides a strong academic foundation for students interested in athletic training, sports medicine, and other health and human performance professions.

Transfer Information

The Exercise Science – Pre-Athletic Training concentration is structured to align with bachelor's degree programs in exercise science, kinesiology, or related disciplines that lead to graduate study in athletic training.

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 (<http://www.njtransfer.org>)) to review articulation agreements and institutional requirements.

Students interested in becoming certified athletic trainers should be aware that the profession requires completion of a **graduate-level athletic training program** and national certification. Early academic planning is strongly recommended to prepare for these requirements.

Career Information

The A.S. in Public Health and Human Performance – Exercise Science – Pre-Athletic Training Concentration is designed primarily for transfer. A bachelor's degree and graduate study are required for professional roles in athletic training.

With further education, graduates may pursue careers such as:

- Athletic Trainer (with graduate degree and certification)
- Strength and Conditioning Specialist
- Sports Performance Coach
- Exercise Physiologist
- Rehabilitation or Sports Medicine Professional

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

Fall One		Credit Hours
STSC 150	Student Success Seminar	2
ENGL 151	English I	3
MATH 156	Introduction to Statistics	3
HEHP 184	Exploration of the U.S. Healthcare System and Healthcare Professions	3
BIOL 130	Human Anatomy and Physiology I Lecture	3
BIOL 130L	Human Anatomy and Physiology I Lab	1
Credit Hours		15
Spring One		Credit Hours
ENGL 152	English II	3
PSYC 172	General Psychology	3
BIOL 131	Human Anatomy & Physiology II Lecture	3
BIOL 131L	Human Anatomy and Physiology II Lab	1
Humanities Gen. Ed. Requirement (https://catalog.ocean.edu/academic-information/general-education/)		3
MATH 166	Topics in Algebra (Or Higher)	4
Credit Hours		17
Fall Two		Credit Hours
HEHP 160	First Aid/CPR/AED	3
BIOL 161	General Biology I Lecture	3
BIOL 161L	General Biology I Lab	1
COMM 154	Fundamentals of Public Speaking	3
PSYC 278	Life Span Development	3
CHEM 181	General Chemistry I Lecture	3
CHEM 181L	General Chemistry I Lab	1
Credit Hours		17
Spring Two		Credit Hours
HEHP 228	Care and Prevention of Athletic Injuries	3
HEHP 239	Strength and Conditioning Physiology	3
PHYS 171	Physics I Lecture	3
PHYS 171L	Physics I Lab	1
Technology Gen. Ed. Requirement (https://catalog.ocean.edu/academic-information/general-education/)		3
Credit Hours		13
Total Credit Hours		62