

EXERCISE SCIENCE CONCENTRATION

Program Description

The **Exercise Science 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 focused on human movement and performance.

This concentration provides a foundation in the science of physical activity and the physiological principles that influence health, fitness, and athletic performance. Students explore how the body responds and adapts to exercise while developing knowledge in areas such as fitness assessment, training principles, and health-related physical activity. Coursework emphasizes scientific understanding, critical thinking, and the application of exercise science principles to support lifelong health and performance.

The program prepares students for continued study in exercise science and related health and performance fields.

Transfer Information

The Exercise Science concentration is structured to align with bachelor's degree programs in exercise science, kinesiology, athletic training, 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 careers related to fitness, rehabilitation, sports performance, or health sciences.

Career Information

The A.S. in Public Health and Human Performance – Exercise Science Concentration is designed primarily for transfer. A bachelor's degree is typically required for professional roles in exercise science and related fields, and some careers require graduate study or professional certification.

With further education, graduates may pursue careers such as:

- Exercise Physiologist
- Strength and Conditioning Specialist
- Athletic Trainer
- Fitness or Wellness Program Director
- Sports Performance Coach
- Physical Therapist or Occupational Therapist (graduate study required)

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 exercise science 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
Choose one of the following Lecture and Lab:		4
BIOL 130 & 130L	Human Anatomy and Physiology I Lecture and Human Anatomy and Physiology I Lab	
BIOL 161 & 161L	General Biology I Lecture and General Biology I Lab	
Credit Hours		15
Spring One		Credit Hours
ENGL 152	English II	3
HEHP 225	Contemporary Health	3
PSYC 172	General Psychology	3
Humanities or Social Science Gen. Ed. Requirement (https://catalog.ocean.edu/academic-information/general-education/)		3
Choose one of the following Lecture and Lab:		4
BIOL 131 & 131L	Human Anatomy & Physiology II Lecture and Human Anatomy and Physiology II Lab	
BIOL 162 & 162L	General Biology II Lecture and General Biology II Lab	
Credit Hours		16
Fall Two		Credit Hours
HEHP 160	First Aid/CPR/AED	3
HEHP 188	Introduction to Nutrition	3
COMM 154	Fundamentals of Public Speaking	3
PSYC 278	Life Span Development	3
Any Gen. Ed. Requirement (https://catalog.ocean.edu/academic-information/general-education/#general-education)		3
Credit Hours		15
Spring Two		Credit Hours
BUSN 271	Principles of Management	3
HEHP 228	Care and Prevention of Athletic Injuries	3
HEHP 239	Strength and Conditioning Physiology	3
Technology Gen. Ed. Requirement (https://catalog.ocean.edu/academic-information/general-education/)		3
Humanities Gen. Ed. Requirement (https://catalog.ocean.edu/academic-information/general-education/)		3
Credit Hours		15
Total Credit Hours		61