

Health and Physical Education Program

Dr. Jay Garrels, *Director*

These majors are offered through the School of Education.

The Health and Physical Education Program offers a major in Fitness and Wellness, Exercise Science and Teaching to prepare students for employment in a number of venues including commercial fitness, corporate health and fitness, and community recreation and health promotion. Students desiring a teaching certificate in Health and Physical Education will include a series of courses offered through the School of Education in order to teach in the K-12 school environment. These courses would be part of the Minor in Secondary Education.

Requirements for the Fitness and Wellness Major

Degree of Bachelor of Science

BI-171	Anatomy and Physiology I ¹	4
BI-171L	Anatomy and Physiology I Lab ¹	0
HE-122	Nutrition in Health and Disease	3
HE-271	Concepts of Public Health	3
HE-486	Current Issues in Health Education	3
PE-103	Prin & Found of Phys Education ³	3
PE-255	Fitness and Wellness	3
PE-310	Kinesiology	3
PE-311	Biomechanics	3
PE-352	Exercise Physiology I	3
PE-353	Exercise Physiology II (Capstone) ⁴	3
PE-410	Legal & Ethical Issues in Sports ²	3
Choose two of the following courses		6
PE-202	Fundamentals of Coaching	
PE-301	Technology in Health and Fitness	
PE-360	Sports Medicine	
PE-499	Internship	
Choose two of the following courses		6
HE-150	Physiology of Exercise and Healthy Aging	
HE-200	Compl Thrpy Health Wellness Cognition	
HE-301	Technology in Health and Fitness	
HE-350	Human Sexuality in Health Education	
HE-498	Internship in HEPE	
Total Credits		46

¹ May count towards the Core Natural Science requirement.

² May count towards the Core Values requirement.

³ May count towards the Core Pluralism requirement.

⁴ May count towards the Core Writing Intensive requirement.

Requirements for the Exercise Science Major

Degree of Bachelor of Science

BI-171	Anatomy and Physiology I ¹	4
BI-171L	Anatomy and Physiology I Lab ¹	0
BI-172	Anatomy and Physiology II ¹	4

BI-172L	Anatomy and Physiology II Lab ¹	0
HE-122	Nutrition in Health and Disease	3
HE-271	Concepts of Public Health	3
HE-486	Current Issues in Health Education	3
HE-498	Internship in HEPE	3
PE-103	Prin & Found of Phys Education ³	3
PE-255	Fitness and Wellness	3
PE-310	Kinesiology	3
PE-311	Biomechanics	3
PE-352	Exercise Physiology I	3
PE-353	Exercise Physiology II (Capstone) ⁴	3
PE-360	Sports Medicine	3
PE-410	Legal & Ethical Issues in Sports ²	3
PE-499	Internship	3
Choose one of the following courses		3
HE-200	Compl Thrpy Health Wellness Cognition	
HE-350	Human Sexuality in Health Education	
PE-301	Technology in Health and Fitness	

Total Credits **50**

- ¹ May count towards the Core Natural Science requirement.
² May count towards the Core Values Requirement.
³ May count towards the Core Pluralism requirement.
⁴ May count towards the Core Writing Intensive requirement.

Requirements for the Teaching Major

Degree of Bachelor of Science

HE-122	Nutrition in Health and Disease	3
HE-271	Concepts of Public Health	3
HE-486	Current Issues in Health Education	3
PE-103	Prin & Found of Phys Education ²	3
PE-240	Teaching of Skills Activities I	3
PE-241	Teaching of Skills Activities II	3
PE-255	Fitness and Wellness	3
PE-310	Kinesiology	3
PE-311	Biomechanics	3
PE-352	Exercise Physiology I	3
PE-353	Exercise Physiology II (Capstone) ³	3
PE-410	Legal & Ethical Issues in Sports ¹	3
Choose one of the following courses		3
PE-200	Adapt Phys Ed for Special Needs Students	
PE-202	Fundamentals of Coaching	
Choose two of the following courses		6
HE-150	Physiology of Exercise and Healthy Aging	
HE-301	Technology in Health and Fitness	
HE-350	Human Sexuality in Health Education	

Total Credits **45**

- ¹ May count towards the Core Values requirement.

- ² May count towards the Core Pluralism requirement.
- ³ May count towards the Core Writing Intensive requirement.

Eligibility for Physical Education and Health Teaching Certification in the State of New Jersey

A student in this program can be certified to teach in one of three areas: Physical Education and Health, Physical Education, and Health. Applicants must complete a minimum of 30 credits in an area-specific coherent sequence with at least 12 of these credits completed at the advanced level of study.