

# School of Nursing, Health, and Exercise Science

## SUSAN BAKEWELL-SACHS, DEAN

### Mission Statement

The mission of the School of Nursing, Health, and Exercise Science is congruent with that of The College of New Jersey in promoting excellence, valuing diversity, and providing a service to society in a community of learners. The School of Nursing, Health, and Exercise Science serves the people of New Jersey and the nation by preparing professional nurses at the baccalaureate level and advanced practice nurses at the master's level, with all graduates prepared to be successful ethical and visionary leaders in a multicultural, highly technological, and increasingly global world.

### Master of Science in Nursing (NURT), (NURV), (NURX), (NURL), and (NURK)

The Master of Science in Nursing prepares advanced nurses to care for individuals and families. The curriculum builds on the nursing and scientific knowledge base of the baccalaureate-prepared nurse and focuses on advanced decision-making and critical-thinking skills. Graduates are prepared to accurately and critically assess the health and illness experiences of individuals and families, to develop health interventions, and to evaluate healthcare outcomes.

The program offers five options. Four nurse practitioner options include: family nurse practitioner, adult nurse practitioner, neonatal nurse practitioner, and a variation in the family nurse practitioner option for BSN-prepared nurse midwives and nurse practitioners. An additional MSN option is the Clinical Nurse Leader. The program begins in the fall. Classes are offered in the evening. All MSN options include clinical practicum experiences. Most clinical practicum hours are during the day. Clinical experiences take place under the guidance of experienced advanced practice nurses, physicians, or other advanced nursing personnel. Required practicum hours for each course are listed in the course description. Nurse practitioner options may be completed in two years and one summer of full-time study. Other MSN options may be completed in two years of full-time study. Students may take up to six years of part-time study to complete any of the options. Faculty advisers work closely with each student to plan an appropriate course of study and to ensure progress through the program. There is also a bridge sequence of courses to the MSN for RNs with a non-nursing baccalaureate.

The baccalaureate and master's degree programs of The College of New Jersey School of Nursing, Health, and Exercise Science are accredited by the Commission on Collegiate Nursing Education, One Dupont Circle, NW, Suite 530, Washington, DC 20036-1120, 202.887.6791.

### Admission Requirements:

Bachelor in Nursing degree from an NLN- or CCNE-accredited program

Graduate Record Exam (GRE) required unless student meets one of the following criteria:

- Graduated with a bachelor's degree in nursing from a program accredited by NLN or CCNE with a GPA of 3.2 or better on a 4.0 scale.
- Achieved a grade of B or better on two graduate nursing courses taken, as a non-matriculated student, at TCNJ within the two academic years prior to or concurrent with application for matriculation. For nurse practitioner and clinical nurse leader applicants, one of the two courses must be NURS 504/Advanced Pathophysiology.

Undergraduate statistics course

Undergraduate health assessment course or approved equivalent

Preadmission interview

(Also see page 9)

### Additional Requirements:

CPR certification

Health requirements

License to practice as a registered nurse in New Jersey

License to practice in Pennsylvania may be recommended

### Family Nurse Practitioner Option (NURT)

#### Graduation Requirements:

47 credits

#### Required Courses:

- NURS 506/Theoretical Foundations of Advanced Nursing Practice and Research
- NURS 501/Perspectives in Advanced Practice Nursing
- NURS 503/Pharmacology for Advanced Nursing Practice
- NURS 504/Advanced Human Pathophysiology
- NURS 604/Research and Evidence-Based Nursing for Advanced Nursing Practice
- NURS 603/Individual, Family, and Community Systems
- NURS 633/Advanced Holistic Health Assessment
- NURS 634/Primary Care of Women
- NURS 635/Primary Care of Children
- NURS 636/Primary Care of Adults and Elders I
- NURS 637/Primary Care of Adults and Elders II
- NURS 690/Practicum in the Nurse Practitioner Role
- NURS 705/Capstone Project in Nursing

### Family Nurse Practitioner for Certified Nurse Practitioners Option (NURV)

#### Graduation Requirements:

30-credit minimum

#### Required Courses:

- NURS 506/Theoretical Foundations of Advanced Nursing Practice and Research
- NURS 501/Perspectives in Advanced Practice Nursing
- NURS 503/Pharmacology for Advanced Nursing Practice
- NURS 504/Advanced Human Pathophysiology
- NURS 604/Research and Evidence-Based Nursing for Advanced Nursing Practice
- NURS 603/Individual, Family, and Community Systems
- NURS 633/Advanced Holistic Health Assessment
- NURS 690/Practicum in the Nurse Practitioner Role

#### Clinical Courses:\*

- NURS 634/Primary Care of Women
- NURS 635/Primary Care of Children
- NURS 636/Primary Care of Adults and Elders I
- NURS 637/Primary Care of Adults and Elders II
- NURS 705/Capstone Project in Nursing

\*Required clinical courses based upon area of certification and practice.

## Adult Nurse Practitioner Option (NURX)

### Graduation Requirements:

42 credits

### Required Courses:

NURS 506/Theoretical Foundations of Advanced Nursing Practice and Research  
 NURS 501/Perspectives in Advanced Practice Nursing  
 NURS 503/Pharmacology for Advanced Nursing Practice  
 NURS 504/Advanced Human Pathophysiology  
 NURS 604/Research and Evidence-Based Nursing for Advanced Nursing Practice  
 NURS 603/Individual, Family, and Community Systems  
 NURS 633/Advanced Holistic Health Assessment  
 NURS 636/Primary Care of Adults and Elders I  
 NURS 637/Primary Care of Adults and Elders II  
 NURS 638/Primary Care of Adults: Special Populations  
 NURS 690/Practicum in the Nurse Practitioner Role  
 NURS 705/Capstone Project in Nursing

## Neonatal Nurse Practitioner Option (NURK)

### Graduation Requirements:

37 credits (22 at The College of New Jersey;  
 15 at Thomas Jefferson University)

### Required Courses:

NURS 506/Theoretical Foundations of Advanced Nursing Practice and Research  
 NURS 501/Perspectives in Advanced Practice Nursing  
 NURS 504/Advanced Human Pathophysiology  
 NURS 604/Research and Evidence-Based Nursing for Advanced Nursing Practice  
 NURS 603/Individual, Family, and Community Systems  
 NURS 633/Advanced Holistic Health Assessment  
 NURS 690/Practicum in the Neonatal Nurse Practitioner Role  
 NURS 705/Capstone Project in Nursing

### Clinical Courses:

NURS 662/Diagnostic Reasoning and Clinical Decision Making for NNP I  
 NURS 663/Diagnostic Reasoning and Clinical Decision Making for NNP II  
 NURS 664/Diagnostic Reasoning and Clinical Decision Making for NNP III  
 NURS 665/Comprehensive Assessment for Clinical Decision Making of the Mother and Neonate  
 NU 667/Advanced Pharmacotherapeutics for Neonatal Nurse Practitioners

## Clinical Nurse Leader Option (NURL)

### Graduation Requirements:

34 credits

### Required Courses:

NURS 506/Theoretical Foundations of Advanced Nursing Practice and Research  
 NURS 501/Perspectives in Advanced Practice Nursing  
 NURS 503/Pharmacology for Advanced Nursing Practice  
 NURS 504/Advanced Human Pathophysiology

NURS 604/Research and Evidence-Based Nursing for Advanced Nursing Practice  
 NURS 603/Individual, Family, and Community Systems  
 NURS 633/Advanced Holistic Health Assessment  
 NURS 660/Advanced Nursing Diagnosis and Treatment of Patient Responses to Chronic and Complex Conditions  
 NURS 685/Health Promotion for Advanced Nursing Practice  
 NURS 695/Practicum in the Clinical Nurse Leader Role  
 NURS 705/Capstone Project in Nursing

## Bridge to the Master of Science in Nursing for RNs with a Non-Nursing Baccalaureate Degree

This prerequisite sequence of courses is designed for RNs with a non-nursing baccalaureate degree who wish to enter the MSN program at The College of New Jersey. Up to 16 undergraduate credits are taken prior to MSN course content. In addition, students must meet all the requirements for admission to the MSN programs.

### Admission Requirements:

Diploma or associate's degree in nursing  
 Bachelor's degree from an accredited or approved institution  
 Graduate Record Exam (GRE) required unless student meets one of the following criteria:

- A GPA of 3.2 or better in his/her baccalaureate degree program.
- PLUS a GPA of 3.2 or better from basic nursing program.
- A grade of B or better on the first three TCNJ undergraduate courses taken as part of the undergraduate bridge program.

Undergraduate course in statistics

An undergraduate health assessment course or equivalent

Preadmission interview

(Also see page 9)

### Additional Requirements:

CPR certification

Health requirements

License to practice as a registered nurse in New Jersey

License to practice in Pennsylvania may be recommended

### Bridge Requirements: up to 5 undergraduate units (20 credits)

NUR 210/Professional Role I (Learner)  
 OR  
 NUR 310/Professional Role II (Clinician)

Note: Student may choose one; both are not required.

NUR 328/Research  
 NUR 440/Caring in Community Health/Science\*  
 NUR 444/Caring in Community Health/Practice\*

\*Up to 6 credits of community health (NURS 440 and/or NURS 444) may be waived for applicants with significant community health experience and experience based on a portfolio review by the School of Nursing, Health, and Exercise Science faculty.

Following completion of the above bridge requirements, the student completes the requirements for either the 47-credit Family Nurse Practitioner Program, the 42-credit Adult Nurse Practitioner Program, or the 34-credit Clinical Nurse Leader Program.

## Post-Master's Nurse Practitioner Certificate Program (NURU), (NURX), and (NURY)

This program is designed for registered nurses, with a master's degree in nursing, who wish to become family or adult nurse practitioners. Students may take up to six years of part-time study to complete either option.

**Admission Requirements:**

Master of Science in Nursing from an NLN- or CCNE-accredited program  
 An undergraduate health assessment course or equivalent  
 Preadmission interview  
 (Also see page 9)

**Additional Requirements:**

CPR certification  
 Health requirements  
 License to practice as a registered nurse in New Jersey  
 License to practice in Pennsylvania may be recommended

**Family Nurse Practitioner Option (NURU)****Program Requirements:**

38 credits

**Required Courses:**

NURS 503/Pharmacology for Advanced Nursing Practice  
 NURS 504/Advanced Human Pathophysiology  
 NURS 603/Individual, Family, and Community Systems  
 NURS 633/Advanced Holistic Health Assessment  
 NURS 634/Primary Care of Women  
 NURS 635/Primary Care of Children  
 NURS 636/Primary Care of Adults and Elders I  
 NURS 637/Primary Care of Adults and Elders II  
 NURS 690/Practicum in the Nurse Practitioner Role

**Adult Nurse Practitioner Option (NURX)****Program Requirements:**

33 credits

**Required Courses:**

NURS 503/Pharmacology for Advanced Nursing Practice  
 NURS 504/Advanced Human Pathophysiology  
 NURS 603/Individual, Family, and Community Systems  
 or approved elective  
 NURS 633/Advanced Holistic Health Assessment  
 NURS 636/Primary Care of Adults and Elders I  
 NURS 637/Primary Care of Adults and Elders II  
 NURS 638/Primary Care of Adults: Special Populations  
 NURS 690/Practicum in the Nurse Practitioner Role

**Family Nurse Practitioner Option for Specialist NPs (NURV—SCT) up to 18 cr.**

This program is designed for nurse practitioners who have graduated from a master's degree program that prepares specialty nurse practitioners and who want to expand their scope of practice to include the entire family. Programs of study are available for adult, pediatrics, and women's health nurse practitioners. Students may begin in the fall or in the spring, depending on their prior area of specialization. This program may be completed in three to five semesters of part-time study.

**Admission Requirements:**

Master of Science in Nursing from an NLN- or CCNE-accredited program with a nurse practitioner specialty  
 At least 500 documented clinical practicum hours in an MSN program  
 A graduate health assessment course that includes all ages and both genders  
 A graduate-level general pharmacology course  
 A graduate-level general pathophysiology course  
 (Also see page 9)

**Additional Requirements:**

CPR certification  
 Health requirements  
 License to practice as a registered nurse in New Jersey  
 License to practice in Pennsylvania may be recommended

**Required Courses:**

NURS 603/Individual, Family, and Community Systems  
 Plus, two to three of the following courses based on prior area of specialty preparation:

**Adult Nurse Practitioners:**

NURS 634/Primary Care of Women  
 NURS 635/Primary Care of Children

**Women's Health Nurse Practitioners:**

NURS 635/Primary Care of Children  
 NURS 636/Primary Care of Adults and Elders I  
 NURS 637/Primary Care of Adults and Elders II

**Pediatric Nurse Practitioners:**

NURS 634/Primary Care of Women  
 NURS 636/Primary Care of Adults and Elders I  
 NURS 637/Primary Care of Adults and Elders II

**Policy Statement on Minimum Grade in Clinical Courses for NURT, NURU, NURV, and NURX:**

Clinical courses include theoretical learning in the classroom as well as practice in a clinical course. Clinical courses in the ANP and FNP options include NURS 633, 634, 635, 636, 637, 638, and 690. Clinical courses required for the NNP option include NURS 633 and the following required clinical courses offered by Thomas Jefferson University: NU 662, 663, 664, 665, and 666. Graduate students in these clinical courses must achieve a grade of B– or higher in order to continue in the sequence of clinical courses. A student who receives a C or F in a clinical course will be dismissed from the program. A student who receives a C or C+ may repeat the course once, the next time the course is offered. A student who repeats the course and does not achieve a grade of B– or higher will also be dismissed from the program.

**Master of Education in Health or Physical Education**

Aristomen Chilakos, *Coordinator, Graduate Programs in Health and Exercise Science*

The Department of Health and Exercise Science offers two curriculum patterns leading to the MEd degree. One option is designed to meet the needs of certified teachers who teach or administer programs of health (HLEA) or physical education (PHEA) in public or private schools. The second option is available to individuals from allied fields of study that do not offer or provide for teacher certification or individuals who have a minor (15 credits) in health (HLEB) and/or physical education (PHEB). Those who complete the program under the second option will receive a diploma but will not receive teacher certification. The MEd in Health or Physical Education does not culminate in teacher certification.

**Admission Requirements:**

Bachelor's degree from an accredited or approved institution with a major or minor (15 or more credits) in health, physical education, recreation, safety, or related field of study  
 Miller Analogies Test (MAT) with a score at or near the 50th percentile  
 or  
 Graduate Record Exam (GRE)  
 (Also see page 9)

**Department Prerequisites:**

Human Anatomy I  
 Kinesiology

Exercise Physiology  
 Nutrition and Energy Balance  
 Motor Development  
 or  
 Training the Elite Athlete

### Master of Education in Health Science Education (HLEA) and (HLEB)

#### Graduation Requirements:

30 credits

#### Required Courses:

##### Research: 3 cr.

EDFN 508/Introduction to Research and Data-Based Decision Making

##### Foundations and Multicultural Education: 3 cr.

EDFN 500/Foundations of Education

or

EDFN 520/Social Problems and Education

##### Special Education: 3 cr.

SPED 501/Students with Disabilities in Our Schools

##### Specialization Requirements: 12 cr.

HLED 552/Health Science

HLED 554/Curriculum and Program Construction in Health and Safety Education

HLED 653/Problems and Issues in Health and Safety Education

HPED 600/Investigative Designs in Health, Physical Education, Recreation, and Safety

##### Specialization Options: 9 cr.

###### Health Science Education Option:

Designed for those having specific responsibility in the areas of health. Directed toward the study of factors involved in the operation of total health programs. Select three courses, for a total of nine hours, from the following courses:

HLED 500/Workshop in Health Education

HLED 521/Stress and Tension Management

HLED 551/Alcohol and Narcotics Education

HLED 553/Drugs in Society

HLED 555/Seminar on Aging, Death, and Dying

HLED 556/The Challenge of HIV: Prevention through Education

HLED 655/Sex Education and Family Living

###### Safety Education Option:

Designed for those having responsibility in the areas of general school or community safety or traffic safety education. Directed toward the study of the factors involved in the operation of safety programs. Select three courses, for a total of nine hours, from the following courses:

HLED 521/Stress and Tension Management

HLED 551/Alcohol and Narcotics Education

SAFT 582/Driver Education Teacher Certification Program

SAFT 587/Traffic Safety Workshop

##### Electives:\* 3 cr.

HPED 597/Special Topics in Health, Physical Education, and Safety

HPED 697/Independent Study in Health, Physical Education, and Safety

HPED 698/Departmental Project in Health, Physical Education, Recreation, and Safety

HPED 699/Thesis in Health, Physical Education, and Safety

\*Research options at discretion of graduate adviser.

**Comprehensive Examination:** HLED 700

### Master of Education in Physical Education (PHEA) and (PHEB)

#### Graduation Requirements:

30 credits

#### Required Courses:

##### Research: 3 cr.

EDFN 508/Introduction to Research and Data-Based Decision Making

##### Foundations and Multicultural Education: 3 cr.

EDFN 500/Foundations of Education

or

EDFN 520/Social Problems and Education

##### Special Education: 3 cr.

SPED 501/Students with Disabilities in Our Schools

##### Specialization Requirements: 6 cr.

HPED 600/Investigative Designs in Health, Physical Education, Recreation, and Safety

PHED 690/Professional Seminar

##### Specialization Options: 12 cr.

###### Adapted Physical Education and Scientific Foundations Option:

Designed for the physical educator with responsibilities in modified activity programs. Directed toward the assessment of physical limitations and status. Involves planning individualized programs that require specialized personnel and services. Complete the following three courses, and select one additional course in consultation with the coordinator:

HLED 521/Stress and Tension Management

PHED 500/Workshop in Physical Education

PHED 530/Theory and Practice of Physical Conditioning

###### Administration of Physical Education and Athletic Management Option:

Designed to prepare individuals for administrative positions in health, physical education, and athletics. Directed toward the study of purposes, policies, and procedures involved in the process of administering such programs. Select four of the following courses:

HLED 521/Stress and Tension Management

PHED 500/Workshop in Physical Education

PHED 511/Curriculum and Program Construction in Physical Education

PHED 530/Theory and Practice of Physical Education

PHED 610/Administration and Supervision of Physical Education and Athletics

PHED 612/Development and Maintenance of Facilities and Equipment for Physical Education, Athletics, and Recreation

PHED 633/Prevention and Care of Athletic Injuries

###### Elementary and Secondary School Physical Education Option:

Designed for the elementary or secondary school physical educator. Emphasis is placed upon the study of physical education programs consistent with current trends or academic enrichment value. Select four of the following courses:

PHED 500/Workshop in Physical Education

PHED 510/The Teaching and Planning of Physical Education in the Elementary School

PHED 511/Curriculum and Program Construction in Physical Education

PHED 603/Problems and Issues in Physical Education

PHED 612/Development and Maintenance of Facilities and Equipment for Physical Education, Athletics, and Recreation

**Electives:** Chosen with advisement\* **3 cr.**

HPED 597/Special Topics in Health, Physical Education, and Safety

HPED 697/Independent Study in Health, Physical Education, Recreation, and Safety

HPED 698/Departmental Project in Health, Physical Education, Recreation, and Safety

HPED 699/Thesis in Health, Physical Education, Recreation, and Safety

\*Research options at discretion of graduate adviser.

**Comprehensive Examination:** PHED 700

## Master of Arts in Teaching Health and Physical Education Specialization

Anne Farrell, Ph.D., *Physical Education Program Coordinator,*

Jay Hoffman, Ph.D., *Department Chairmen*

The Master of Art in Teaching Health and Physical Education prepares students to become certified teachers in health and physical education in K—12 programs. The program requires all degree candidates to have completed 45 hours of undergraduate content specific coursework.

Within these 45 credits, 30 (minimum) must be specific to one of two specified content areas (physical education or health) and 15 credits (minimum) must be specific to the other content. Within the 45 credits, 12 credits (minimum) must be comprised of upper level courses (300/400 level).

The program is designed to allow a cohort of full-time students to complete the MAT in one calendar year beginning and ending with a summer session. Students who are full-time employed may also elect to complete the program on a part-time basis.

In order to become certified, students successfully completing the Master of Arts in Teaching program must take and pass the PRAXIS Examination in their area of specialization (Health and Physical Education) and must complete the State of New Jersey hygiene-physiological requirement.

## Physical Education and Health Specialization

### Admission Requirements:

Bachelor's degree from an accredited or approved institution with a grade point average of at least 2.75 (on a 4.0 scale)

Graduate Record Exam (GRE)

### Graduation Requirements:

Must meet undergraduate content area knowledge requirement of 30 credits

A cumulative Grade Point Average of 3.0 in the MAT program

Completion of all departmental requirements/prerequisites

Required content areas of study are: for primary content, 5 out of the following 6 areas must be studied and for secondary content, 3 out of the following 6 areas must be studied. \* content area required.

Physical Education

Foundations/Introductory Courses

Health & Wellness

Developmental\*

Individual, Dual, Group Activities\*

Human Structure

Assessment and Evaluation

Required content areas of study are: for primary content, 5 out of the following 6 areas must be studied and for secondary content, 3 out of the following 6 areas must be studied. \* content area required.

Health

Comprehensive Health \*

Current Health & Wellness

Family living and sexuality

Drug prevention and abuse

Nutrition

Injury Prevention

**Summer I** **6 cr.**

EDUC 501/Exploring Teaching 3

EPSY 513/Psychology of Learning 3

**Fall I** **12 cr.**

HPEM 694/Internship I 3

RDLG 579/Content Area Literacy 3

HPEM 554/Curriculum & Program Construction in HPE 3

HPEM 590/Methods of Elementary & Secondary HPE 3

**Spring I** **11 cr.**

EDUC 614/Creating and Sustaining Classroom Communities 3

HPEM 695/Internship II (Student Teaching) 6

HPEM 698/Seminar in HPE 2

EDUC 615/Capstone Experience: The Teaching Professional 0

**Summer II** **6 cr.**

EDUC 513/Collaboration, Consultation, and Partnerships 3

HPEM 653/Problems & Issues in HPE 3

HPEM 700/Comprehensive Examination 0