

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)

Leslie Rice, Coordinator, Graduate Programs in Nursing

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 leading to the MSN for RNs with a non-nursing baccalaureate.

The master degree programs in Nursing at The College of New Jersey 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:
 - 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. One of the two courses must be NURS 504/Advanced Pathophysiology.
 - 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.

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 636/Primary Care I
NURS 638/Primary Care II
NURS 637/Primary Care III
NURS 643/Primary Care of the Childbearing Family
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 643/Primary Care of the Childbearing Family
NURS 690/Practicum in the Nurse Practitioner Role

Clinical Courses:*

NURS 636/Primary Care I
NURS 638/Primary Care II
NURS 637/Primary Care III
NURS 705/Capstone Project in Nursing

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

Adult Nurse Practitioner Option (NURX)

Graduation Requirements:

43 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 I
 NURS 638/Primary Care II
 NURS 637/Primary Care III
 NURS 643/Primary Care of the Childbearing Family
 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
 NURS 667/Advanced Pharmacotherapeutics for Neonatal Nurse Practitioners

Clinical Nurse Leader Option (NURL)

Graduation Requirements:

33.5 credits

Required Courses:

NURS 506/Theoretical Foundations of Advanced Nursing Practice and Research
 NURS 501/Perspectives in Advanced Practice Nursing
 NURS 511/Introduction to the CNL Role
 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/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 8 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 Department of Nursing faculty.

Following completion of the above bridge requirements, the student completes the requirements for either the 47-credit Family Nurse Practitioner Program, the 43-credit Adult Nurse Practitioner Program, or the 34-credit Clinical Nurse Leader Program.

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

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:

37 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 636/Primary Care I
 NURS 638/Primary Care II
 NURS 637/Primary Care III
 NURS 643/Primary Care of the Childbearing Family
 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 I
 NURS 638/Primary Care II
 NURS 637/Primary Care III
 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 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 636/Primary Care I
 NURS 638/Primary Care II
 NURS 637/Primary Care III
 NURS 643/Primary Care of the Childbearing Family

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: NURS 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)

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

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/Learning and Behavior of Handicapped

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 (HPEM)*

Aristomen Chilakos, Coordinator, Graduate Programs in Health and Physical Education (MAT)

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 course work. 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.

*This program is pending final approval.

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, five out of the following six areas must be studied and for secondary content, three out of the following six areas must be studied. *Content area required.

- Physical Education
- Foundations/Introductory Courses
- Health and Wellness
- Developmental*
- Individual, Dual, Group Activities*

- Human Structure
- Assessment and Evaluation

Required content areas of study are: for primary content, five out of the following six areas must be studied and for secondary content, three out of the following six areas must be studied.

- Health
- Comprehensive Health*
- Current Health and 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.**

- HPED 694/Internship I 3
- RDLG 579/Content Area Literacy 3
- HPED 554/Curriculum and Program Construction in HPE 3
- HPED 590/Methods of Elementary and Secondary HPE 3

Spring I **11 cr.**

- EDUC 614/Creating and Sustaining Classroom Communities 3
- HPED 695/Internship II (Student Teaching) 6
- HPED 698/Seminar in HPE 2
- EDUC 615/Capstone Experience: The Teaching Professional 0

Summer II **6 cr.**

- EDUC 513/Collaboration, Consultation, and Partnerships 3
- HPED 653/Problems and Issues in HPE 3
- HPED 700/Comprehensive Examination 0

*Content area required.