

Degree Requirements for.....**HEALTH & EXERCISE SCIENCE – HPED**

NAME _____ SS# _____

Retain this sheet to record progress toward your degree. Eligibility for graduation requires:

- 1) completion of, or testing out of, courses printed below;
- 2) minimum of 42 s.h. earned at TCNJ excluding credit by exam;
- 3) a total of 128 s.h. excluding Basic Skills courses;
 - a) a minimum of 57 s.h. in general education
 - b) a minimum of 9 s.h. in social/behavioral sciences
- 4) a cumulative Grade Point Average of 2.0 (exercise science), 2.75 (teaching);
- 5) completion of all departmental requirements;
- 6) department may set an additional graduation/exit standard requiring a minimum grade of C- in some or all courses required in the major. See department chairperson.

A. GENERAL EDUCATION REQUIREMENTS.....42-44 S.H..
 (Consult 2003-2004 College Catalog or Course Schedule for acceptable courses)

I. INTELLECTUAL SKILLS.....0-12 S.H.

GROUP A: ACADEMIC WRITING.....0-4 S.H.

___ Academic Writing 4

GROUP B: MATHEMATICS.....0-8 S.H.

Required: ___ STAT 115 3
 Select One: ___ MATH 101 3 ___ MAT 127 4 ___ STAT 116 3
 ___ MATH 102 3 ___ MAT 128 4 ___ IDSC 105 3

II. INTERDISCIPLINARY CORE: UNDERSTANDING HUMANITY.....6 S. H.

A. FRESHMAN CORE COURSE ___ IDSC 151 3
 (Athens to New York)

B. SOCIETY, ETHICS, AND TECHNOLOGY ___ IDSC 252 3

III. PERSPECTIVES ON THE WORLD..... 26 S.H.

[DIVERSITY DISTRIBUTION.....Satisfied in A and B below].....

Satisfactory completion of 1) Non-Western, Native American, Third World Culture_____,
 2) Western Culture_____, and 3) Gender Studies_____.

GROUP A: NATURAL SCIENTIFIC PERSPECTIVES.....14 S. H.

1. NATURAL SCIENCES: (8 S.H.)
 ___ BIOL 181 or 183 4 ___ BIOL 182 or 184 4
 (BIOL183-184 for students planning to go on to Physical Therapy)
 2. SOCIAL SCIENCES: Completion of one approved "Content" course and one
 Approved "Process" course". (6 S.H.) (C)___ HLED 160 3 (P)_____ 3

GROUP B: HUMANISTIC AND ARTISTIC PERSPECTIVES.....12 S. H.

1. FINE OR PERF ARTS _____ 3 3. LITERATURE _____ 3
 2. HISTORY _____ 3 4. PHILOS/REL _____ 3

B. ADDITIONAL GENERAL EDUCATION REQUIREMENTS.....16 S.H.

GROUP A: Technology (3 S.H.) ___ INCD 140 Intro. To Microcomputers OR 3
 ___ INCD 240 Computer Theory Inst.

GROUP B: Psychology (6 S.H.) ___ PSYC 220 (Teaching) or Lib Arts Elective(Exercise Sci) 3
 ___ PSYC 101 3

GROUP C: Physics (4 S.H.) **TEACHING EXERCISE SCIENCE**
 ___ PHYS 121 ___ PHYS 121 or 201 4

GROUP D: (3 S.H.) EDFN 403 Sch. In Amer. Cult. (Teaching) or (3 S.H.) Gen. Electives (Exercise Sci) 3

C. MAJOR REQUIREMENTS COMMON CORE COURSES.....37 S.H.

___ HPED 099 School of Education / Department Seminar 0
 ___ HPED 172 Foundations I: Critical Issues 3 ___ PHED 301 Kinesiology 3
 ___ HPED 182 Team Sports I 2 ___ PHED 302 Measurement & Eval 3
 ___ HPED 274 Concept Based Fitness 2 ___ PHED 304 Adapted Kinetics 2
 ___ HPED 282 Individual & Dual Sport 2 ___ PHED 311 Exercise Physiology 3
 ___ PHED 203 Anatomy & Physiology I 3 ___ PHED 350 Nutrition & Exercise 3
 ___ PHED 204 Anatomy & Physiology II 3 ___ HPED 372 Fdns III: Care & Prevention 2
 ___ HLED Health Content Course 3 ___ HLED Health Content Course 3

(CHOOSE BOTH HEALTH COURSES FROM LIST ON BACK)

HPED

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D. PROFESSIONAL SEQUENCE.....33 S.H.

<u>TEACHING</u>		OR	<u>EXERCISE SCIENCE</u>	
___ HPED 183 Team Sports II	2		___ PHED 221 Thry & Pract Of Aerobic Ex	3
___ HPED 272 Fdn II: Fndmtl Movement	2		___ PHED 393 Practicum I	3
___ HPED 293 Developmental Activities	2		___ BUSN 217 Legal Envirn of Busn	3
___ HPED 374 Motor Learning/Devel	3		___ HLED 459 Counseling for Hlth Issues	3
___ PHED 292 Field Experience I	2		___ HLED 480 Hlth Promo Prog Mgnt	3
___ PHED 390 Methods & Materials	3		___ PHED 493 Internship	12
___ PHED 392 Field Experience II	2		___ Electives	6
___ PHED 400 Organization & Admin HPE	2			
___ HLED 460 Comprehensive Sch Hlth	3			
___ PHED 490 Student Teaching	10			
___ Electives	2			

E. CERTIFICATIONS / WORKSHOPS

<u>TEACHING</u>	<u>EXERCISE SCIENCE</u>
___ SAFT 099 Emergency Care (Required)	___ SAFT 099 Emergency Care (Required)
___ PHED 099 Workshop I & II (Required)	
___ Pass annual fitness tests approved by the HPED dept.: FR___ SOPH___ JR___	

HEALTH CONTENT OPTIONS (Choose only from the following)

HLED 351 Stress Management	3 (Required Option for Exercise Science)
HLED 353 Analysis of Drug Dependencies	3
HLED 358 Perspectives on Aging, Death & Dying	3
HLED 456 Seminar: HIV Prevention Education	3
HLED 356 Foundations of Sex Education	3
HLED 459 Counseling for Health Issues	3
SAFT 335 Driver's Education (Certification)	3

F. ADVENTURE ACTIVITIES WORKSHOP-Required (must complete at least one)

___ PHED 368 Outdoor Recreation	3
___ PHED 371 Outdoor Education	3
___ Participation in a department approved Adventure Activities Workshop	

OPTIONAL CERTIFICATIONS FOR HPED MAJORS

National Coaching Certification-American Sports Education Prog. (ASEP)	
___ PHED 307 Principles & Problems of Coaching	3
New Jersey Teacher Driver Education Certification	
___ SAFT 335 Driver's Education	3
American Red Cross Water Safety Instructor	
___ PHED 098 Water Safety	0

EVALUATOR _____ DATE _____

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