KEAN OCEAN

OCEAN COUNTY COLLEGE

KEAN UNIVERSITY – COLLEGE OF EDUCATION

(25106) B.S. PHYSICAL EDUCATION/GLOBAL FITNESS AND WELLNESS: 120 SEMESTER HOURS (S.H.)

For students graduating from Ocean County College with the A.A. in Liberal Arts OR the A. S. in General Studies with Health and Human Performance Concentration and transferring to Kean University

Kean University Courses are in Blue (60 S.H.) Ocean County College Courses are in Green (60 S.H.)

EFFECTIVE DATE: Fall 2016 **KEAN DECLARATION AND GRADUATION GPA REQUIREMENTS:** 2.75

GENERAL EDUCATION REQUIREMENTS: 32 S.H.		
Foundation Requirements: 13 S.H.		
GE 3000 Transfer Transitions		1
ENG 1030 English Comp[1]	ENGL 151 English I[1]	3
MATH 1030 Problem Solving[1]	MATH 151 Survey of Math (or higher)[1]	3
COMM 1402 Speech Comm[1]	COMM 154 Public Speaking[1]	3
GE 2022 Research/Tech	ENGL 152 English II	3
DISCIPLINARY & INTERDISCIPLINARY DISTRIBUTION COURSES		
Humanities: 6 S.H.		
ENG 2403 World Literature	General Education Literature (GHUM)	3
*Select **ONE** course from below*		
Fine Arts/Art History	Select one course from OCC list of GHUM courses, excluding English and History. Note: Credit for a foreign language is granted upon completion of 6 credits of the same language, with 3 credits applied here and 3 credits applied to free electives	3
Philosophy or Religion		
Foreign Languages		
Music or Theatre		
Interdisciplinary		
Social Sciences: 6 S.H.		
HIST 1062 Worlds of History	General Education History (GHIS)	3
PSY 1000 General Psychology[2]	PSYC 172 General Psychology[2]	3
Science and Mathematics: 7 S.H.		
MATH 1010;1016;1054 or CPS 1032; 1231	MATH 156 Statistics or higher	3
BIO 1000 Principles of Biology[3]	BIOL 130 Anat. & Phys. I[3]	4
ADDITIONAL REQUIRED COURSES: 10 S. H.		
ID 2950 The Child and Technology	CSIT 110 Computer Literacy or higher	3
PSY 3110 Life Span Psychology[2]	PSYC 278 Life-Span Development[2]	3
BIO 2402 Human Physio & Anat[3,4]	BIOL 131 Anat. & Phys. II[3,4]	4

[1] Requires a minimum grade of C or better.

[2] PSY 1000 is a prerequisite for PSY 3110.

[3] BIO 1000 is a prerequisite for BIO 2402.

[4] BIO 2402 is a prerequisite for PED 3505.

[5] Requires a minimum grade of B- or better.

[6] TC's who are classified in the Health Fitness Zone (HFZ) in all areas have the option of taking PED 1021 or a PED Elective of their choice. TC's who are not classified in the HFZ in all areas are required to take PED 1021 as remediation

PROFESSIONAL EDUCATION REQUIREMENTS[1]: 22 S.H.		
PED 2800 Pre. Prof. Field Experience[5] (WE)		3
PED 3612 Group and Personal Exercise Program		3
PED 3692 Junior Field Experience Fitness		1
PED 4626 Prescriptive Exercise Programs		3
PED 4627 Adult Fitness Internship		3
PED 4629 Exercise Testing and Interpretation		3
PED 4630 Electrocardiography		3
Capstone[1]: 3 S.H.		
PED 4625 Org/Adm Global Fit/Well Prog		3
Academic Major[1]: 44 S. H.		
Core Requirements[1]: 30 S.H.		
PED 1500 Intro to Motor Learning		3
PED 2500 Intro to Biomechanics		3
PED 3505 Kinesiology[4]		3
PED 3510 Physiology of Exercise		3
PED 3515 Wellness		3
MGS 2030 Business Org & Mgmt	BUSN 131 Intro Bus Mgmt or BUSN 271 Princip of Mgmt	3
PED 3500 Care & Prevention of Athletic Injuries		3
PED 4605 Assessment in Physical Education		3
HED 3600 Nutrition		3
HED 3231 First Aid/ Accident Prev	HEHP 160 First Aid & Safety	3
Physical Activities[1]: 11 S.H.		
PED 1045 (Men's Events) and PED 1047 (Women's Events) OR PED 2048 Intermediate Gymnastics	Any unused OCC HEHP course	2
PED 1011 Strength Fitness	HEHP 101 Weight training	1
PED 1020 Personal Fitness	Any unused OCC HEHP course	1
PED 1021 Personal Fitness II or Activity[6]		1
PED 11XX Dance of Choice		1
PED 1109 Zumba Fitness ®		1
PED 1130 Aerobic Dance		1
PED 1022 T'ai Chi Chih		1
PED 1023 Yoga		1
PED 1108 Pilates		1
PED/HED Elective[1]: 3 S.H. : Take one credit PED/HED Academic course		
PED/HED		3
FREE ELECTIVES: 12 S.H. 50% must be at the 3000-4000 level		
FEX 1000 Generic Lower Elective	Unused transferrable OCC course	3
FEX 1000 Generic Lower Elective	Unused transferrable OCC course	3
FEX 3000 Generic Upper Elective	Unused transferrable OCC course	3
Any 3000/4000 Level Kean University Course		3
TOTAL CREDITS		**120 S. H.**

REVISED 08/2016