

ARTICULATION AGREEMENT

Between

EXERCISE SCIENCE A.S.

Mercer COUNTY COMMUNITY COLLEGE

AND

EXERCISE SCIENCE B.S.

NEW JERSEY CITY UNIVERSITY

September 1, 2022

I. Purpose and Goals

- The purpose of this agreement is to outline the terms and conditions of the articulation agreement between the Mercer County Community College (MCCC) Associate in Science (A.S.) degree in Exercise Science and the Bachelor of Science in Exercise Science (ES) degree at New Jersey City University (NJCU). Through this agreement, current students and graduates have an opportunity to complete a Bachelor of Science degree "seamlessly" at two institutions of higher learning. This agreement is specifically designed for students who are graduates of MCCC's Exercise Science program. Under this agreement, students will enter into a sequential degree program wherein a Bachelor of Science in Exercise Science degree at New Jersey City University is predicated upon conferral of an Associate in Science degree in Exercise Science at Mercer County Community College (See Section III for admission requirements). Students who subsequently complete their A.S. degree program and fulfill all criteria of this Articulation Agreement will enter NJCU as fully matriculated students with junior-year standing.

II. Benefits / Advantages of the Articulation Agreement

- Creation of a four-year plan for completing the Bachelor of Science in Exercise Science (ES) degree;
- Ability to earn both associate's and bachelor's degrees while maximizing transferability of credits;
- A guarantee that students who meet the stated criteria will have a reserved place in the Exercise Science program at NJCU, and
- Access to NJCU financial aid counselors to facilitate early financial planning and estimates of financial aid and scholarships.

III. Requirements for Admission to NJCU under the Articulation Agreement

Admission to NJCU is contingent upon a student's:

- Successful completion of the Mercer County Community College Exercise Science program;
- Attainment of a grade point average of 2.75 or higher at MCCC;
- Completion of an NJCU undergraduate admissions application;
- Submission of official transcripts from MCCC, all previously attended colleges or college credit earning institutions, and/ or a WES evaluation; and
- Meeting the general admission criteria of NJCU.

IV. Articulation Agreement Process and Procedures

- Upon completion of the MCCC A.S. degree in Exercise Science or anytime thereafter, graduates (present and past) can apply to NJCU and will receive a maximum of 60 credits, if accepted.
- Once accepted into NJCU's Exercise Science program, students will schedule an advising appointment with an NJCU faculty member. Students can complete the 60 credits required for the BS in Exercise Science degree as part- or full-time students. NJCU requires completion of 120 credits in order to earn a Bachelor's degree.
- Representatives of NJCU will meet with MCCC students and graduates at MCCC at least annually, or as needed. The purpose of these meetings is to provide information about NJCU's Exercise Science program, available services and answer student questions.

V. Time Limit

- Students completing the A.S. in Exercise Science degree course work at MCCC and matriculating at NJCU within four years of the student's first enrollment in an Exercise Science course at MCCC will follow the undergraduate college degree requirements in place at NJCU at the time of initial enrollment in Exercise Science at MCCC. If more than four years elapses between the date of initial enrollment in an Exercise Science course at MCCC and the date of matriculation at NJCU, the student must fulfill the degree requirements in place at the time of entrance to NJCU.

VI. Transferability of Credits

- NJCU will accept a maximum of 60 credits when the student enters the University with an A.S. degree.
- Students entering the Exercise Science program through this articulation agreement may not transfer into another NJCU major without a re-evaluation of his or her original transcript(s).
- A maximum of 60 credits may be to NJCU degree requirements.
- Students will need to complete a minimum of 31 credits within the FES Department to receive an NJCU Degree in Exercise Science.
- Students can transfer up to 21 credits towards the Major requirements (15 core Exercise Science credits and 6 Elective credits). A minimum GPA of 2.75 is required. See Attachment A, entitled, "Course Alignment Mercer County Community College and NJCU".

VII. Bachelor of Science in Exercise Science Curriculum Requirements

- Attachment B, entitled, "Exercise Science (ES) Program - Course Requirements," and
- Attachment C, entitled "Exercise Science (ES) Program - Course Descriptions," are appended to this Agreement.

VIII. Institutional Responsibilities

- MCCC and NJCU will work collaboratively to support and effectively administer this articulation agreement in the best interest of the students.
- MCCC and NJCU will regularly communicate regarding changes in program requirements and any other relevant issues and/ or concerns.
- MCCC and NJCU agree to promote the articulation agreement in appropriate college publications and at recruitment and outreach activities.
- MCCC agrees to distribute information provided by NJCU to its students and alumni regarding the Bachelor of Science in Exercise Science.

IX. Agreement Review

- NJCU and MCCC will notify one another of curricular changes upon institutional approval. The Articulation Agreement shall be reviewed and modified, as needed, every three years by officials at NJCU and MCCC.
- This agreement represents the entire agreement between NJCU and MCCC through their authorized agents and will be deemed fully executed on the date of the last signature. All


negotiations, oral agreements, and understandings are merged herein and any change(s) in the terms must be made in writing and signed by all parties.

X. Anticipated Date of Implementation

- The terms of this Agreement become effective September 1, 2022.

XI. Approvals

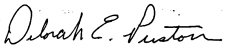
For Mercer County Community College



Dr. Robert J. Schreyer
Vice President for Academic Affairs

08 / 10 / 2022

Date




Dr. Deborah Preston, President

08 / 10 / 2022

Date

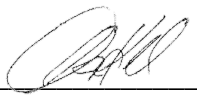
For New Jersey City University



Dr. Donna Breault
Acting Provost and Senior Vice President

12-07-2022

Date



Mr. Jason Kroll
Acting President

12/07/2022

Date

**ATTACHMENT A
Course Alignment**

Mercer County Community College & NJCU

Mercer County Community College AS in Exercise Science				NJCU BS in Exercise Science				
Course Prefix	Course Number	Title	Credits	Course Prefix	Course Number	Title	Credits	Credits applied to NJCU
Program Prerequisites				Program Prerequisites (17 credits)				
BIO	103	Human Anatomy and Physiology I	4	BIOL	236	Anatomy and Physiology I	4	4
BIO	104	Human Anatomy and Physiology II	4	BIOL	237	Anatomy and Physiology II	4	4
HPE	111	Living with Health	3	HLTH	203	Cultural Aspects of Health	3	3
				MATH	112	Intermediate Algebra	3	
PSY	101	Introduction to Psychology	3	PSYC	110	Introduction to Psychology	3	3
				Program Requirements (43 credits)				
HPE	101	Basic Concepts of Nutrition	3	FES	320	Sports Nutrition	3	3
				FES	207	Introduction to Exercise Science	3	3
HPE	242	Exercise Measurement and Prescription	3	FES	325	Exercise Testing and Prescription	3	3
HPE	105	First Aid, CPR, and Safety	3	FES	407	Responding to Emergencies	3	3
HPE	134	Prevention, Assessment and Care of	3	FES	205	Prevention and Treatment	3	

		Athletic Injuries					of Athletic Injuries		
					FES	314	Lifespan Motor Development	3	
PTA	105	Kinesiology	3		FES	315	Structural Kinesiology	3	
					FES	326	Adapted Physical Education	3	
					FES	344	Psychosocial Dimensions of Sport	3	
					FES	410	Motor Control and Learning	4	
HPE	241	Applied Exercise Physiology	3		FES	422	Exercise Physiology	3	
					FES	414	Contemporary Issues in Exercise Science	3	
					FES	415	Biomechanics of Sport and Exercise	3	
HPE	243	Exercise Science Field Experience	3		FES	450	Internship in Exercise Science	3	
Program Electives				Program Electives and Special Electives (20-25 credits)					
					FES	202	Foundations of Physical Fitness	3	3
					FES	190	Weight Training Methods	3	3
					FES	124	Cardio Training I	3	
					FES	123	Step Aerobics	3	
					FES	188	Basic Fencing	3	

				FES	310	Sports in American Society	3	
				BIOL *	130	Principles of Biology I	4	
				BIOL*	131	Principles of Biology II	4	
MAT	125	Elementary Statistics I	3	MATH *	140	Statistics I	3	3
				MATH *	175	Enhanced Precalculus	3	
				CHEM *	105	General Chemistry I Lecture + Recitation	4	
				CHEM *	106	General Chemistry II Lecture + Recitation	4	
				PHYS *	130	College Physics I	4	
				PHYS *	131	College Physics II	4	
				*Required for Doctor of Physical Therapy track students ONLY				
Gen Ed Requirements				Gen Ed Requirements + AUR (35-40 credits)				
TOTAL: 60 credits				TOTAL: 120 credits				

ATTACHMENT B
NJCU Exercise Science Program - Course Requirements
(Sample Design for Students Entering in the Fall Semester)

Freshman Year			
Semester 1	Credits	Semester 2	Credits
ENGL 101 English Composition 1	4	ENGL 102 English Composition II	4
MATH 112 Intermediate Algebra	3	FES 207 Intro to Exercise Science	3
PSYC 110 Introduction to Psychology	4	FES Elective	2
INTD 101 Orientation to College	1	Gen Ed. Tier I	3
Gen Ed. Tier I	3	Gen Ed. Tier I	3
TOTAL	15		15
Sophomore Year			
Semester 3	Credits	Semester 4	Credits
HLTH 203 Cultural Aspects of Health	3	BIOL 237 Prin. of Anatomy and Physiology II	4
BIOL 236 Principles of Anatomy and Physiology I	4	FES 407 - Responding to Emergencies	3
FES 314 - Life Span Motor Development	3	FES 315 Structural Kinesiology	3
Gen Ed. Tier I	3	Gen Ed. Tier II	3
FES Elective	2	FES Elective	2
TOTAL	15		15
Junior Year			
Semester 5	Credits	Semester 6	Credits
FES 326 Adapted Physical Education	3	FES 325 Exercise Testing and Prescription	3
FES 205 Prevention and Treatment of Athletic Injuries	3	FES 410 Motor Control and Learning & lab	4
FES 344 Psycho-Social Dimensions of Sport	3	FES Elective	3
Gen Ed. Tier II	3	FES Elective	3
Gen Ed. Tier II	3	Gen Ed. Tier II	
TOTAL	15		15
Senior Year			
Semester 7	Credits	Semester 8	Credits
FES 414 Contemporary Issues in Ex. Science	3	FES 450 Internship in Exercise Science	3
FES 422 Exercise Physiology	3	FES 415 Biomechanics & lab	3
FES 320 Sports Nutrition	3	FES Electives	3
Gen Ed. Tier III Capstone	3	FES Electives	3
Elective	3	Elective	3
TOTAL	15		15

ATTACHMENT C
NEW JERSEY CITY UNIVERSITY
Fitness, Exercise and Sports Department
Exercise Science Program - Course Descriptions

FES 205 Prevention & Treatment of Athletic Injuries (3 Credits)

This course reviews the practice and theory of athletic training procedures utilized for the immediate and temporary care of trauma, concussions, sprains, abrasions, lacerations and other injuries.

FES 207 Introduction to Exercise Science (3 Credits)

This course provides an introduction to the field of exercise and sport science with particular focus on the key concepts of the sub-disciplines and the diverse range of professional careers associated with physical activity. Students will be exposed to the key issues and challenges of exercise science and sport including the structure of the industry, as well as career opportunities and pathways.

FES 314 Life Span Motor Development (3 Credits)

This course examines how interactions of the developing and maturing individual, the environment, and the task being performed bring about changes in a person's movement. It also covers normal and abnormal developmental issues across the full life span, especially in the formative years. Clinical components are incorporated into the course.

FES 315 Structural Kinesiology (3 Credits)

This course examines the fundamental anatomical analysis of human movement and sports skills. The course exposes students to the field of athletic training, physical therapy, and other medical specialties, and gives a straightforward view of human anatomy and its relation to movement.

FES 320 Sports Nutrition (3 Credits)

A broad overview of the physiological aspects of nutrition and exercise programs are provided in this course. Proper selection of food for different age groups and genders is discussed. Physiological aspects of exercise and its effect on the cardiovascular system, metabolism, obesity and weight control are reviewed. Selection of type, intensity and frequency of an exercise program for children, women, middle-aged and senior citizens is considered.

FES 325 Exercise Testing and Prescription (3 Credits)

Exercise Testing and Prescription provides instruction in performing appropriate and reliable fitness and functional assessment, followed by guidelines for designing customized exercise programs to improve the fitness level of the general and special population. The course synthesizes research and practice with concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to clearly convey how assessments of physical fitness inform the design of individualized exercise programs.

FES 326 Adapted Physical Education (3 Credits)

Adapted Physical Education will provide students in the fields of exercise science an overview of best practices to adapt physical activity and exercise for individuals with disabilities with a specific focus on children and adults with disabilities and/or chronic conditions.

FES 344 Psychosocial Aspects of Sport (3 Credits)

Explores the psychological determinants and consequences of physical activity, with an emphasis on psychological factors relevant to enhancing sport performance. Students will also analyze key theories in exercise psychology in order to understand exercise's influence on psychological health outcomes.

FES 407 Responding to Emergencies (3 Credits)

Core knowledge and materials that introduce students to a basic understanding of the human body under normal and adverse conditions are reviewed in this course. The nature, cause and first aid care for emergency health procedures are reviewed. American Red Cross Standard First Aid Certification and C.P.R. Certification may be earned.

FES 410 Motor Control and Learning (4 Credits)

This course examines the behavioral, physiological, and psychological principles underlying motor control and motor learning. Specific topics include classifications and measurement of motor performance; the role and function of sensory processes, perception, memory, and attention; and the delivery of feedback and structure of practice.

FES 414 Contemporary Issues in Exercise Science (3 Credits)

Students examine contemporary research and new/contentious issues in exercise science. Students discuss relevant issues facing society regarding exercise, fitness, athletic performance, kinematic movement, motor development, and biomechanical analysis. The course challenges students to analyze and synthesize current topics and offer solutions to benefit exercise science research and related industries.

FES 415 Biomechanics of Sport and Exercise (3 credits)

This course explains how human movement is achieved through a complex and highly coordinated mechanical interaction between bones, muscles, ligaments and joints within the musculoskeletal system. Students will explore how this system responds and generates its own internal forces and will apply biomechanical principles to analyze movement and improve performance.

FES 422 Exercise Physiology

This course examines the structure and function of skeletal muscles, energy sources, oxygen requirements for muscular activity and fitness assessment, and exercise prescriptions. The course is intended for students interested in exercise physiology, medicine, clinical exercise physiology, human performance, kinesiology/exercise science, physical therapy, and physical education. This course provides students with an up-to-date understanding of the physiology of exercise through the use of numerous clinical applications.

FES 450 Internship in Exercise Science

The Exercise Science practicum/internship is designed to give the student experiential learning in the areas of athletic training, health/fitness/wellness, physical/ occupational therapy or physical education/sport management. It is a culminating activity which links classroom instruction to a career.