

Department of Health and Nutrition Sciences
Undergraduate Exercise Science Program
Student Handbook



Academic Year of 2023-2024

**Department of Health and Nutrition
Sciences 2900 Bedford Avenue
Brooklyn, New York 11210**

<https://www.brooklyn.edu/health-and-nutrition-sciences/>

(718) 951-5026

DEPARTMENT OF HEALTH AND NUTRITION SCIENCES UNDERGRADUATE EXERCISE SCIENCE PROGRAM

Welcome to the Department of Health and Nutrition Sciences (HNSC). This brochure provides information about the Health and Nutrition Sciences undergraduate Exercise Science degree program at Brooklyn College.

Useful websites:

- The official Brooklyn College website is <http://www.brooklyn.cuny.edu>
- The Brooklyn College Bulletin is the official document for courses and requirements: <https://www.brooklyn.edu/registrar/bulletins/>
- The webpage for the department is available at: <https://www.brooklyn.edu/health-and-nutrition-sciences/>

The information in this handbook:

- Reflects the requirements for Exercise Science students starting the Fall of 2023.
- helps to complete degrees in the Department of Health and Nutrition Sciences.
- assists undergraduate students in making academic and career decisions.

Requirements are continually being updated. Should you have any questions, please contact your advisor or the deputy chair of the Exercise Science program.

Department Administration

Chairperson

Professor Kathleen Axen
kaxen@brooklyn.cuny.edu

Deputy for Undergraduate Exercise Science

Professor Patricia Cai
ppcai@brooklyn.cuny.edu

Deputy for Undergraduate Nutrition Science

Professor Susan Jakuboski
SJakuboski@brooklyn.cuny.edu

Deputy for Undergraduate Health Science

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Exercise Science Faculty and Advisors

Advisors For BS in Exercise Science

Professor Cai (ppcai@brooklyn.cuny.edu)

- Deputy Chair for Exercise Science Program
- Pre-Health Professions Advisor to Last Names: A-L

Professor Geraghty (BGeraghty@brooklyn.cuny.edu)

- Pre-Health Professions Advisor to Last Names: M-Z

Prof. Leung (RLeung@brooklyn.cuny.edu)

- Fitness Professional Advisor

BS in Exercise Science in the Department of Health and Nutrition Sciences (HNSC)

The Department of Health and Nutrition Sciences (HNSC) offers BS in Exercise Science in two concentrations/tracks to provide a foundation in health and wellness related career options:

- BS with a **Fitness Professional** concentration
- BS with a **Pre-Health Professions** concentration

The fitness professional concentration provides students with a background in exercise testing, exercise training, athletic training, and strength and conditioning. The pre-health profession concentration prepares students to pursue advanced programs in health-related professions such as physical therapy, nursing, occupational therapy, physician assistant and chiropractic with a basic knowledge in exercise science.

The Exercise Science major requires students to obtain a minimum grade of C in all major courses.

All students are advised to watch the orientation video before declaring the exercise science major. Please click the link for the video: **Exercise Science Orientation Video** (4 min), or scan the QR code:



Brooklyn College Bulletin as bulletins are updated every academic year. Please review the “Academic Regulations and Procedures” in the bulletin.

HNSC 2302** (Same as KINS 3281), Human Anatomy and Physiology 1, is a prerequisite for most of major courses. Take this course as soon as you can.

** HNSC 2302 (Same of KINS 3281), Human Anatomy and Physiology 1, is offered in the Fall semesters and Summer 1 session only. HNSC 2303 (same as KINS 3285), Human Anatomy and Physiology 2, is offered in the Spring semesters and Summer 2 session only.

BS in Exercise Science: Fitness Professional Concentration/Track

The fitness professional concentration provides students with a background in exercise testing, exercise training, athletic training, and strength and conditioning. Graduates should be well prepared to enter the fields of fitness and wellness, and certification ready as the Group Exercise Instructor and Certified Personal Trainer by American College of Sports Medicine (ACSM).

Some courses are not offered every semester. Please review the course rotation at the end of the handbook. The course rotation is subject to change, and is posted on the department's website.

In addition to the HNSC major requirements, students must complete the Brooklyn College general education requirements as specified in the Brooklyn College course catalogue.

**Requirements for the BS in Exercise Science
Fitness Professional Concentration/Track (49-54 credits)**

Course Number		Course Title	Credits	Prerequisites /Comments
Choose 1 course	HNSC 1200	Fundamentals of Nutrition	3	
	HNSC 2210	Human Nutrition	4	Biology 1010 or Biology 1001 and 1002
HNSC 2302 (previously KINS 3281)		Human Anatomy and Physiology 1	4.5	
HNSC 2303 (previously KINS 3285)		Human Anatomy and Physiology 2	4.5	HNSC 2302
HNSC 3000 (previously KIN 3000)		Introduction to Kinesiology	3	
HNSC 3005 (previously KINS 3005)		First Aid and Safety	2	
HNSC 3290 (previously KINS 3290)		Applied Musculoskeletal Anatomy	3	HNSC 2302
HNSC 4200W (previously KINS 4200W)		Physiology of Exercise	3	HNSC 2302
HNSC 4260 (previously KINS 4250)		Biomechanics	3	HNSC 2302
HNSC 4400 (previously KINS 4400)		Fitness Program Management	3	
HNSC 4402 (previously KINS 4402)		Fitness Assessment and Exercise Prescription	3	HNSC 4200W
HNSC 4500 (previously KINS 4500)		Sports and Exercise Psychology	3	
HNSC 4510 (previously KINS 4510)		Advanced Principles of Physical Activity: Cardiovascular/Pulmonary Training	3	HNSC 4200W
HNSC 4520 (previously KINS 4520)		Advanced Principles of Physical Activity: Strength/Resistance Training	3	HNSC 4200W
Choose 1 from the 3 listed stats courses	HNSC 3300	Introduction to Biostatistics for the Health Sciences	3	HNSC 1100, or HNSC 1200, or HNSC 2210
	MATH 2501	Elementary Probability and Statistics	3	Math 1206 or 1211
	PSYC 3400	Statistical Methods in Psychological Research	4	Psychology 1000
Choose 1 Chemistry Sequence	CHEM 1200	General Chemistry 1 Lec	3.5	<ul style="list-style-type: none"> • Math 1006 or Math 1021, or any Mathematics course numbered 2000 or higher • Pre-/Corequisite: Chemistry 1201
	CHEM 1201	General Chemistry 1 Lab	1.5	
	CHEM 1050	General Chemistry IA Lec	3	
	CHEM 2060	General Chemistry IB Lec	3.5	
	CHEM 1201	General Chemistry 1 Lab	1.5	

BS in Exercise Science: Pre-Health Professions Concentration/Track

The pre-health professions concentration prepares students to pursue advanced programs in health-related professions such as physical therapy, nursing, occupational therapy, physician assistant and chiropractic with a basic knowledge in exercise science. Although designed to provide the requirements for applying to such programs, students should consult with the professional programs of their interest for the additional course requirements.

Some courses are not offered every semester. Please review the course rotation at the end of the handbook. The course rotation is subject to change, and is posted on the department's website.

In addition to the HNSC major requirements, students must complete the Brooklyn College general education requirements as specified in the Brooklyn College course catalogue.

Brooklyn College Pre-health Professionals Advisement office provides guidance with regard to career choices, undergraduate course requirements, course sequences, research and internship opportunities, personal statement review and feedback, interview preparation, standardized test education, and professional school application procedures.

- Director: Benjamin Stewart: Benjamin.Stewart@brooklyn.cuny.edu
- Advisor: Serafina D'Agostino: sdagostino@brooklyn.cuny.edu
- Phone #: 718-951-4706
- Location: 2231 Boylan

The office offers a Pre-Health Professions handbook, which summarizes courses required by many professional schools:

http://www.brooklyn.cuny.edu/web/aca_honors/Pre-Health_Professions_Handbook__July_2021.pdf

**Requirements for the BS in Exercise Science
Pre-Health Professions/Track**

Course Number		Course Title	Credits	Prerequisites	Group
Choose 1 course	HNSC 1200	Fundamentals of Nutrition	3		1
	HNSC 2210	Human Nutrition	4	<ul style="list-style-type: none"> • Biology 1010 or • Biology 1001 and 1002 	
HNSC 2302		Human Anatomy and Physiology 1	4.5		
HNSC 2303		Human Anatomy and Physiology 2	4.5	HNSC 2302	
HNSC 3000		Introduction to Kinesiology	3		
HNSC 3005		First Aid and Safety	2		
HNSC 3295		Motor Development and Learning	3	HNSC 2302	
HNSC 4200W		Physiology of Exercise	3	HNSC 2302	
Select 3 Exercise Science Courses	HNSC 3290	Applied Musculoskeletal Anatomy	3	HNSC 2302	2*
	HNSC 4260	Biomechanics	3	HNSC 2302	
	HNSC 4400	Fitness Program Management	3		
	HNSC 4402	Fitness Assessment and Exercise Prescription	3	HNSC 4200W	
	HNSC 4500	Sports and Exercise Psychology	3		
	HNSC 4510	Advanced Principles of Physical Activity: Cardiovascular/Pulmonary Training	3	HNSC 4200W	
	HNSC 4520	Advanced Principles of Physical Activity: Strength/Resistance Training	3	HNSC 4200W	
BIOL 1001		General Biology 1	4.5	<ul style="list-style-type: none"> • Math 1006 or • Chemistry 1100 or 1050 or 1040 or 1200 	3
BIOL 1002		General Biology 2	4.5	BIOL 1001 (grade C- or higher)	
Choose 1 Chemistry Sequence	CHEM 1200	General Chemistry 1 Lec	3.5	<ul style="list-style-type: none"> • Math 1006 or Math 1021, or any Mathematics course numbered 2000 or higher • Corequisite: Chemistry 1201 	
	CHEM 1201	General Chemistry 1 Lab	1.5		
	CHEM 1050	General Chemistry IA Lec	3		
	CHEM 2060	General Chemistry IB Lec	3.5		
	CHEM 1201	General Chemistry 1 Lab	1.5		

Course Number		Course Title	Credits	Prerequisites	Group
BIOL 3003 & 3004		Microbiology (Lecture & Lab)	5	BIOL 1001 & 1002	4*
CHEM 2200 & 2201		General Chemistry 2 (Lecture and Lab)	5	Corequisite: CHEM 2201	
CHEM 3511 & 3512		Organic Chemistry 1 (Lecture and Lab)	5	<ul style="list-style-type: none"> • CHEM 2100 or • Both Chem 2200 & 2201, and CHEM 2110 	
CHEM 3521 & 3522		Organic Chemistry 2 (Lecture and Lab)	5	<ul style="list-style-type: none"> • CHEM 3511 or • CHEM 3510 	
Choose 1 Physics Sequence	PHYS 1100	General Physics 1	5	<ul style="list-style-type: none"> • ≥ B or Higher in MATH 1011/1012 • ≥ C or higher in MATH 1201 	
	PHYS 1111	General Physics 1A	6		
	PHYS 1112	General Physics 1B			
PHYS 2100		General Physics II	5	PHYS 1100	
PSYH 1000		Introductory Psychology	3		
Choose 1 from the 3 Stats courses	HNSC 3300	Introduction to Biostatistics for the Health Sciences	3	HNSC 1100, or HNSC 1200, or HNSC 2210	
	MATH 2501	Elementary Probability and Statistics	3	Math 1206 or 1211	
	PSYC 3400	Statistical Methods in Psychological Research	4	Psychology 1000	
<p>*Courses in Group 4 may be replaced by courses in Group 2. Please contact Dr. Cai (PPCAI@BROOKLYN.CUNY.EDU) to find out if you are eligible.</p>					

Minor in Exercise Science

The minor in Exercise Science prepares students to work with people in a variety of areas related to physical fitness, wellness, and human performance. Students gain an academic background in exercise science by taking courses related to anatomy, physiology, biomechanics, fitness training and sports psychology. A minimum of 21 credits is needed to minor in Exercise Science.

Required: (9 credits)
<ul style="list-style-type: none">• HNSC 2302 (same as KINS 3281)**• HNSC 2303 (same as KINS 3285)
Four courses from the following: (12 credits)
<ul style="list-style-type: none">• HNSC 3005 (previously KINS 3005), First Aid and Safety• HNSC 3290 (previously KINS 3290), Applied Musculoskeletal Anatomy• HNSC 3295 (previously KINS 3295), Motor Development and Learning• HNSC 4200W (previously KINS 4200W), Physiology of Exercise• HNSC 4260 (previously KINS 4250), Biomechanics• HNSC 4400 (previously KINS 4400), Fitness Program Management• HNSC 4402 (previously KINS 4402), Fitness Assessment and Exercise Prescription• HNSC 4500 (previously KINS 4500) Sports and Exercise Psychology

**HNSC 2302, Human Anatomy and Physiology I, is a pre-requisite to all the courses. Please take this course as soon as you can.

Miscellaneous

1. Grades on Course Work and Exams:
 - a) If a student misses course work, an exam, including the final exam, the default grade is a "0". It's the student's responsibility to contact the course instructor for missed work and exams.
 - b) Make-up exams are given at the discretion of the instructor who teaches the course.
 - c) On a repeated course: only the first passing occurrence will be factored into the student's overall credit and GPA calculation. All other instances of the class will be excluded from this calculation.

2. Academic Integrity:

Students are expected to read and to adhere to the Brooklyn College Handbook rules and regulations on academic integrity. If a student has questions about the meaning, significance or consequences of academic dishonesty, the student should speak with her/his instructor or the undergraduate deputy chair.

3. **Academic Residence Requirement**

Candidates for a BS degree in Exercise Science are required to complete at least 30 credits at Brooklyn College, including no fewer than 24 credits in advanced courses in Exercise Science, which must be completed with a grade of C or higher in each course.

4. Miscellaneous tips:
 - a) Keep track of college calendar for adding, dropping, or withdrawing from a course:
<http://www.brooklyn.cuny.edu/web/about/administration/enrollment/registrar/bulletins.php>
 - b) Be on top of:
 - your DegreeWorks
 - all the pre-requisites of courses in your major
 - the rotation schedule of courses in your major
 - tuition payment schedule (You will be drop from your registered class if the tuition is not received by due dates. Adding you back to the classes is not guaranteed)
 - c) College etiquette:
 - Always include your EMPL ID and use appropriate English grammar in emails.
 - Over-tallies may only be given by the course instructor. Contact them first.
 - Allow several weeks or longer for a faculty to complete a letter of recommendation.
 - Most faculty members are not available between semesters.

Student Services Highlight

I Need Information about	Person to Contact	Email/Phone/Teams
Academic Advisement—Degree Maps	Michael LoPorto, Associate Director, Student Success	MLoPorto@brooklyn.cuny.edu (718) 951-5471 Teams: Michael.LoPorto83
Academic Advisement—Degree Works	Student inquires: Michael LoPorto, Associate Director, Student Success	MLoPorto@brooklyn.cuny.edu (718) 951-5471 Teams: Michael.LoPorto83
Academic Advisement— General Education, Incoming Students, Sophomores, or Continuing Students	Takiyah Lord, Associate Director, CAASS	Tlord@brooklyn.cuny.edu (718) 951-5471 Teams: Takiyah.Lord64
	Nicole St. Clair, Associate Director, First Year College	Nstclair@brooklyn.cuny.edu (718) 951-5471 Teams: Nicole.Decle81
Academic Advisement—Graduation and Completion Requirements	Gina Priolo, Associate Director, Student Success	GPriolo@brooklyn.cuny.edu (718) 951-5471 Teams: Gina.Priolo17
Academic Advisement – Petitions to the Committee on Course and Standing	Robert Booras, Associate Director, CAASS	RBooras@brooklyn.cuny.edu (718) 951-5471 Teams: Robert.Booras48
Academic Advisement—Transfer Advisors and Transfer Completion Coaches	Michael LoPorto, Associate Director, Student Success	MLoPorto@brooklyn.cuny.edu (718) 951-5471 Teams: Michael.LoPorto83
Counseling—mental health and personal counseling	Greg Kuhlman, Director	BCpersonalcounseling@gmail.com (718) 951-5363
Disability Services	Valerie Stewart-Lovell, Director	vstewart@brooklyn.cuny.edu (718) 951-5538
E-Permits	Gavin Zhou	Gavin.Zhou@brooklyn.cuny.edu (718) 951-5144
	Shelly Roberts	Shelly.Roberts@brooklyn.cuny.edu (718) 951-5144
<input type="checkbox"/> Financial Aid	Francesco Calabrese, Financial Aid Specialist	Francesco.Calabrese@brooklyn.cuny.edu (718) 951-5051 (main office) (718) 951-5000 x 6862
<ul style="list-style-type: none"> • Federal Student Aid (PELL/Loans) • State Student Aid (TAP/Excelsior) • Alternative Student Loans 	Santa Perez, Financial Aid Advisor	Santa.perez95@brooklyn.cuny.edu

I Need Information about	Person to Contact	Email/Phone/Teams
<ul style="list-style-type: none"> • Federal Work Study • Financial Aid Eligibility 	Virtual Financial Aid Office Hours every Tuesday, 10am-4:45pm and individual appointments available through FAST on the portal.	(718)951-5051 (main office)
Food Pantry	Da’Nashja Davis, Assistant Director Pantry open Wednesdays 11 a.m.—5 p.m.	Danashja.davis@brooklyn.cuny.edu (718) 951-5059
Health Clinic	Ilene Tannenbaum, Director, Nurse Practitioner	lletnet@brooklyn.cuny.edu (718) 951-5580
Information Technology Services (ITS)	(ITS) Help Desk	helpdesk@brooklyn.cuny.edu (718) 951-4357
Magner Career Center <ul style="list-style-type: none"> • Offers internships before graduating. • Workshops on attaining skills for the internship • Hold database on Hire BC job and internship, updated daily 	Natalia Guarin-Klein, Director	Nataliag@brooklyn.cuny.edu (718) 951-5696
Enrollment Services Center	William Ip, Assistant Director Nicole Amezquita	esc@brooklyn.cuny.edu Wip@brooklyn.cuny.edu (718) 758-8150 Nicole.Amezquita@brooklyn.cuny.edu (718) 758-8150
Registrar Services	Jessica Gomez, Registrar Jacobed Kesseh Registrar’s Office Virtual Office Hours are M-Th. 10 AM to 3 PM: https://bit.ly/3vR9IxB	Jessica.Gomez@brooklyn.cuny.edu (718) 951-3027 Jacobed.Kesseh@brooklyn.cuny.edu (718) 951-5693
Transfer Evaluation Services	Monica Rivera, Director Chaka Johnson-Burkett, Associate Director	Monica@brooklyn.cuny.edu (718) 951-5427 Chakajohnson@brooklyn.cuny.edu (718) 951-5263
Learning Center (Tutoring)	Richard Vento, Director	Rvento@brooklyn.cuny.edu (718) 951-5821

Yearly Course Rotation*

* Course offering subjects to change. Please go to CUNYFirst for officially offered courses during registration.

Yearly Course Rotation*

Fall Semester	Spring Semester
HNSC 2302 Human Anatomy & Physiology 1	-
-	HNSC 2303 Human Anatomy and Physiology 2
HNSC 3000 Introduction to Kinesiology	HNSC 3000 Introduction to Kinesiology
HNSC 3005 First Aid and Safety	HNSC 3005 First Aid and Safety
HNSC 3290 Applied Musculoskeletal Anatomy	HNSC 3290 Applied Musculoskeletal Anatomy
HNSC 3295 Motor Development and Learning	HNSC 3295 Motor Development and Learning
HNSC 4200W Physiology of Exercise	HNSC 4200W Physiology of Exercise
HNSC 4260 Biomechanics	-
HNSC 4400 Fitness Program Management	-
HNSC 4402 Fitness Assessment and Exercise Prescription	-
-	HNSC 4500 Sport and Exercise Psychology
-	*HNSC 4510 Advanced Principles of Physical Activity: Cardiovascular/Pulmonary Training
-	*HNSC 4520 Advanced Principles of Physical Activity: Strength/ Resistance Training

Summer	
Summer 1	Summer 2
HNSC 2302 Human Anatomy and Physiology 1	HNSC 2303 Human Anatomy and Physiology 2
HNSC 3005 First Aid and Safety	--
*HNSC 4200W Physiology of Exercise	--

*HNSC 4200W may not be offered regularly in the summer sessions.

Physical Education and Physical Activity Courses

The following undergraduate courses related to physical education and physical activities are hosted by the Secondary Education Teacher's Education (SEED). Please contact SEED for their course schedule.

- Fitness and Conditioning (KINS 1100)
- Aerobic Training (KINS 1101)
- Weight/Resistance Training (KINS 1102)
- Self-Defense (KINS 1105)
- Tennis (KINS 1110)
- Racquetball (KINS 1111)
- Basketball (KINS 1115)
- Soccer (KINS 1116)
- Volleyball (KINS 1117)
- Swimming (KINS 1120)
- Ballroom Dance (KINS 1125)
- Pilates (KINS 1130)
- Yoga (KINS 1131)
- Introduction to Modern Dance I (KINS 2002)
- Modern Dance II (KINS 2003)
- Independent Study in Dance (KINS 2004)
- Lifeguarding (KINS 2011)
- Personal Fitness (KINS 2500)
- Anatomy and Physiology for Physical Education (KINS 3001)
- Fundamentals of Physical Conditioning (KINS 3004)
- Diversity and Inclusion in Physical Education (KINS 3401)
- Integrative and Multidisciplinary Teaching and Learning in Physical Education (KINS 3402)