

EXERCISE SCIENCE & PERSONAL FITNESS TRAINING

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NASM-CPT

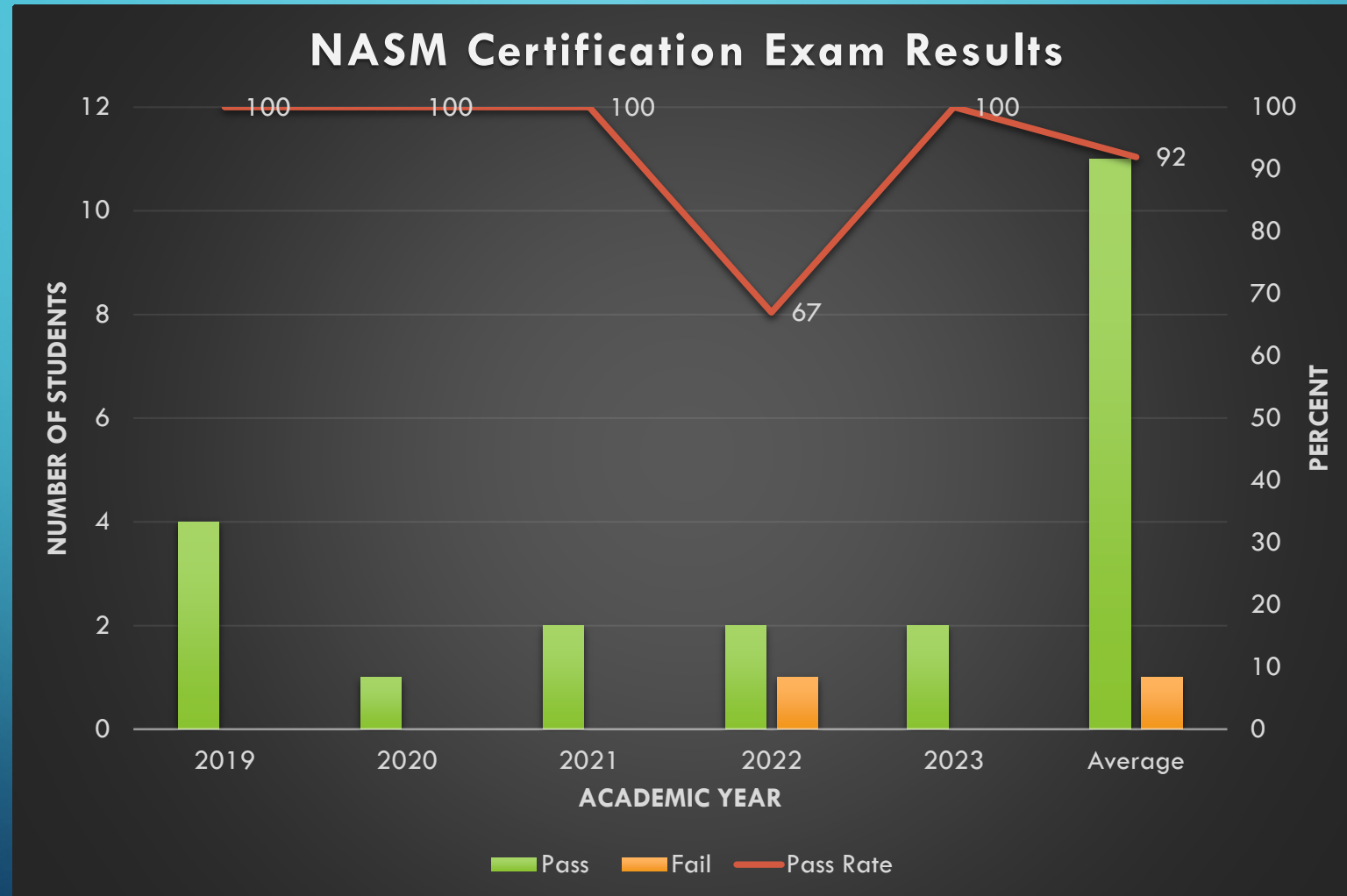
INSTRUCTOR & PROGRAM
COORDINATOR



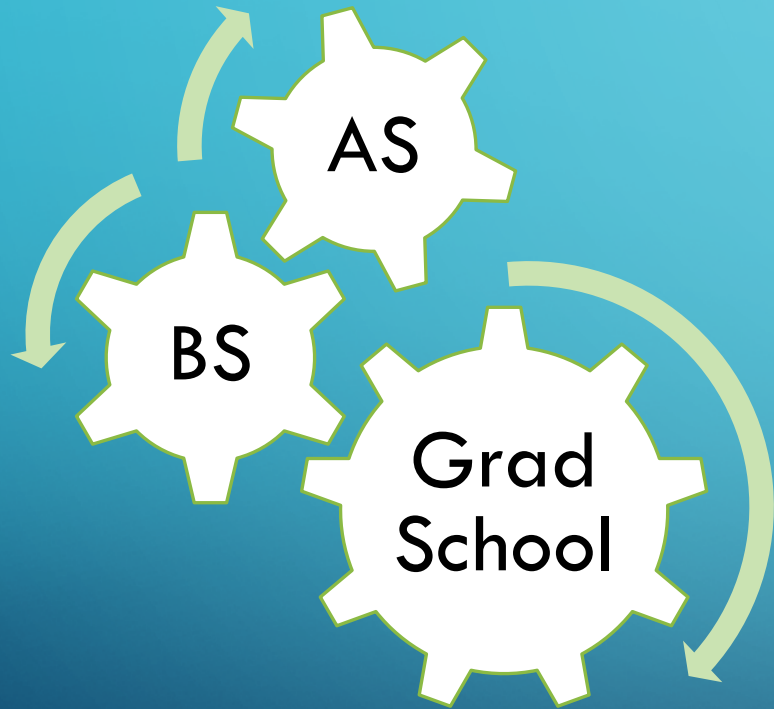
PROGRAM OVERVIEW

- **Personal Fitness Training Proficiency Certificate**
 - 16 credits, 5 courses, including internship
 - National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT)
- **Exercise Science Associate of Science**
 - 60 credits, 8 program specific courses
 - Personal Fitness Training Certificate nests directly into the associates degree

PERSONAL FITNESS TRAINING CERTIFICATION



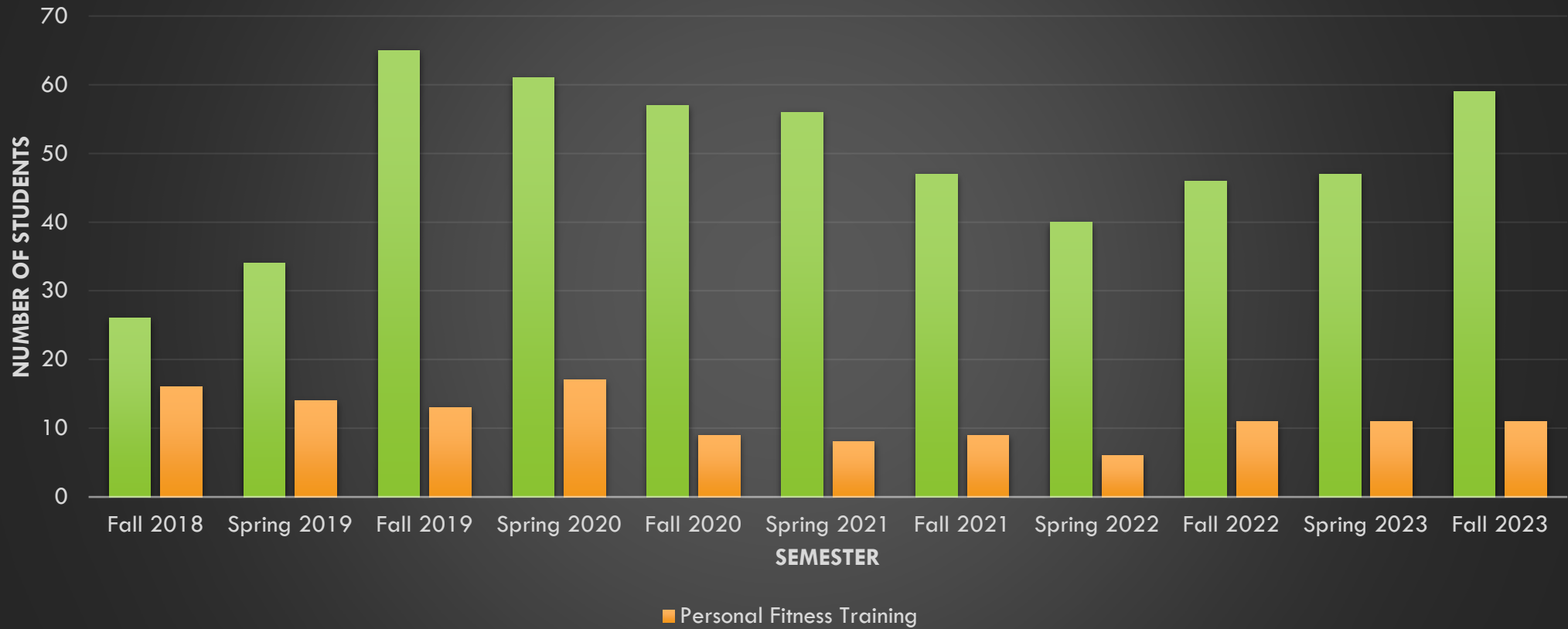
WHAT CAN YOU DO WITH A DEGREE IN EXERCISE SCIENCE?



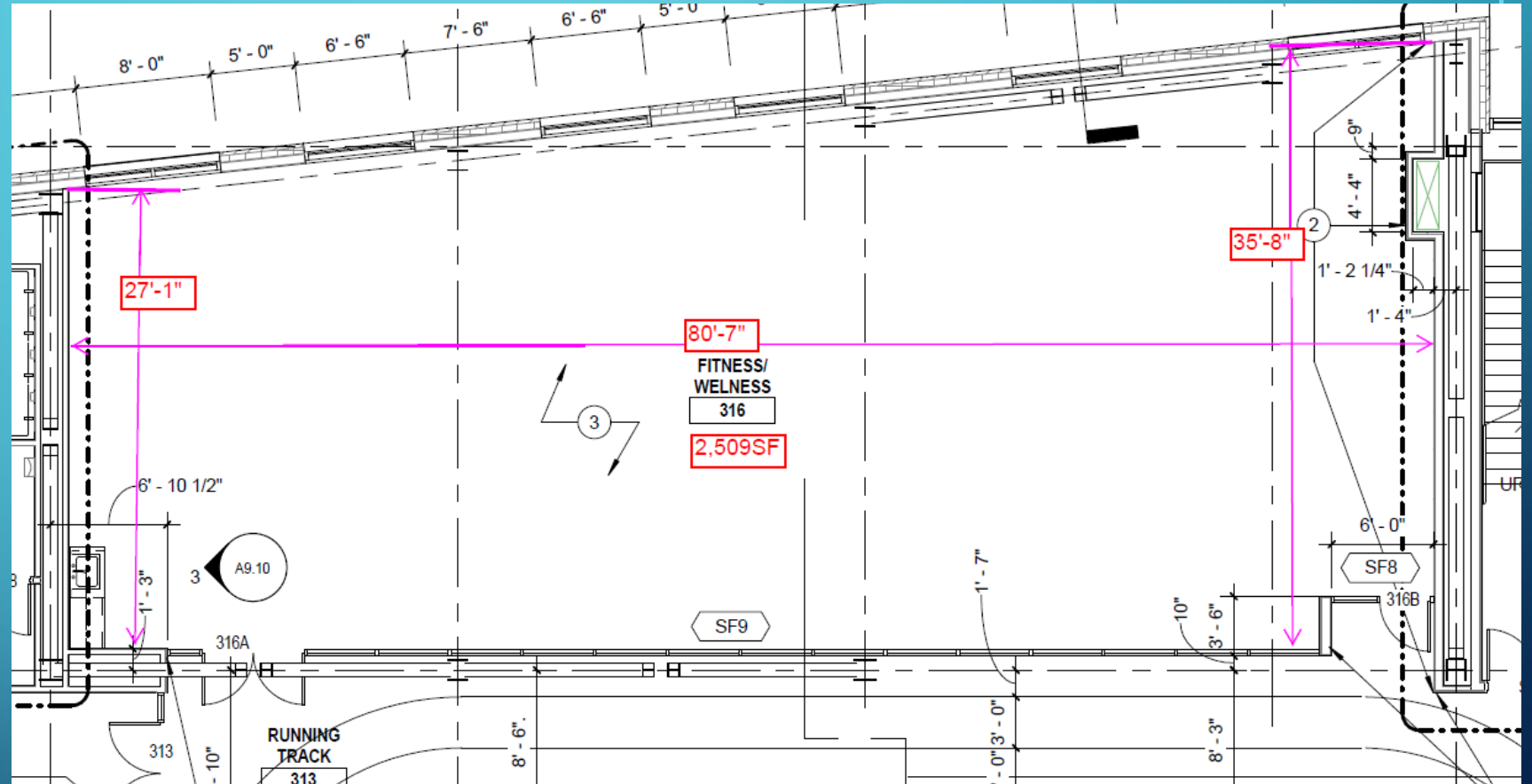
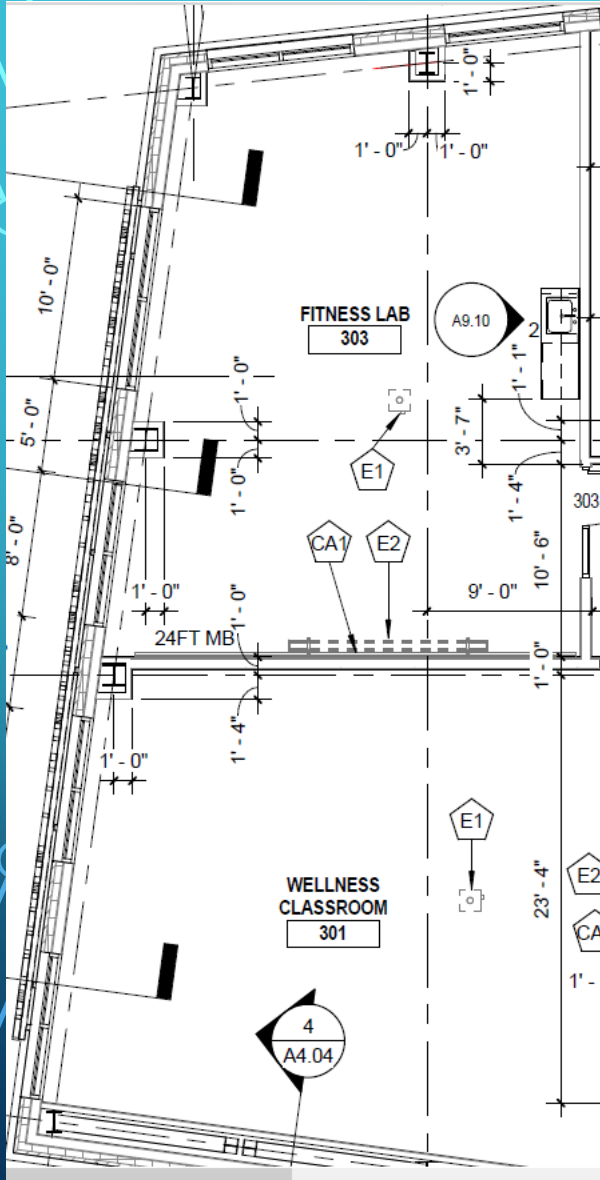
- Personal trainer, Physical therapy aide, Wellness coach, Corporate fitness
- Transfer to NJCU, Montclair State, Kean, St. Peter's, Stockton, William Paterson, and Rutgers University for:
 - Exercise Science, Cardiac Rehab, Physical Education, Strength and Conditioning, Athletic Training, and Physical Therapy

ENROLLMENT TRENDS

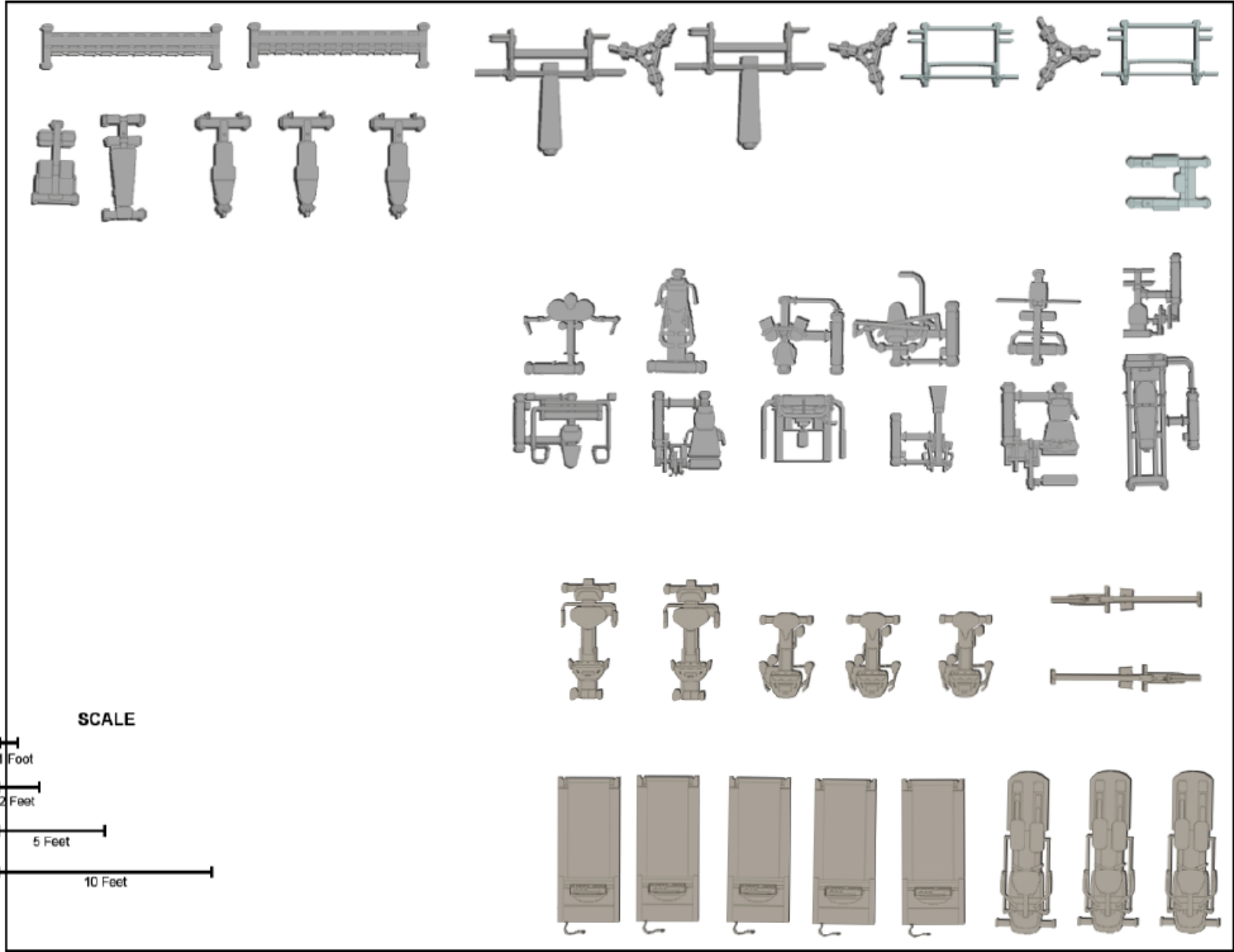
Student Enrollment From Fall 2018-Fall 2023



3RD FLOOR OF THE TOWER



FITNESS CENTER MOCK-UP



HEALTH AND FITNESS POP-UP EVENTS



- Open to faculty, staff, and students
- Facilitated by Exercise Science and Personal Fitness students
- Topics included:
 - Health & Fitness Screening
 - Assessing Cardiorespiratory fitness, flexibility, body composition, and muscular fitness
 - Prescribing Target Heart Rates
 - Demonstrating flexibility and resistance training exercises

THANK YOU



Students at the regional American College of Sports Medicine (ACSM) Conference in NYC last Spring

RN - NURSING PROGRAM

Dr. Lori Byrd, Interim Director



INTRODUCTION

Students complete the Nursing Program with an Associate in Science Degree-Nursing. This generic Nursing Program consists of a (2) two-year, 71-credit curriculum with 37 credits in general education courses and 34 credits in nursing courses. Students may attend classes in either the Day, Evening, or Weekend Division.

The Nursing Program maintains partnerships with a variety of constituents that promote excellence in nursing education, enhance the profession, and benefit the community. The Nursing Program partners with professional organizations and other academic institutions. To facilitate advancement of nursing education, articulation agreements exist with Montclair University, University of Phoenix, New Jersey City University, and Ramapo College, for graduates from the Program to obtain a BSN.

Currently there are 170 students in the program.



ENROLLMENT

FALL 2023

- Day
- Evening
- Weekend

Gender

- 18.6% male
- 80.4%

Race / Ethnicity

- 11.8% White
- 25.5% Asian
- 9.8% Black or African American
- 44.1% Hispanic or Latino
- 8.8% Other

NCLEX – RN

- National Council Licensing Exam (NCLEX) is the exam to certify graduates are equipped as safe practitioners. The National Council of State Boards of Nursing (NCSBN) develops the **NCLEX** exam to test the competency of nursing school graduates in the U.S. and Canada. The National Council Licensure Examination (NCLEX-RN® exam) has one purpose: To determine if it's safe for new graduates to begin practice as an entry-level nurse. In April 2023, NCSBN changed the exam to include Next Gen type question. This was done because clinical judgment underlies almost all of a nurse's activities.
- As of 3rd quarter of this year, the Nursing Program has a 94.8% passage rate. There are still 6 graduates that still need to test.



PAY – IT – FORWARD

The New Jersey Pay It Forward Program provides **zero-interest, no-fee loans** for participants to enroll in high-quality job training, especially those who may not have the savings to pay for training or the credit history for a loan. Participants pay **no upfront costs** and receive **living stipends** and supportive services including access to emergency aid funds and mental health counseling to help them succeed.



ACEN RE-ACCREDITATION

The Accreditation Commission for Education in Nursing (ACEN) supports the interests of nursing education, nursing practice, and the public by providing specialized accreditation for all levels of nursing education and transition-to-practice programs. In short, ACEN accreditation signifies quality in nursing education by fostering program excellence through the peer review process, which benefits students, faculty, and the community. The RN Nursing Program has received a full eight year accreditation from ACEN until 2031.





Questions

THANK YOU

