

B.A. in Health Promotion and Wellness Management

Academic Program Guide for **New First-Year Students** (Effective Fall 2018) Department of Health and Exercise Science (wellnessmgt@rowan.edu)

Students who entered Rowan University prior to Fall 2018 should follow the guide for their program and start year in consultation with their advisor.

Rowan University Graduation Requirements for all Majors / Degrees

- Students must complete at least 120 semester hours (sh) of coursework that apply to their Rowan University degree.
- Students must have a cumulative GPA of at least 2.0 in Rowan University coursework. (Transfer courses/credit do not count toward the RU GPA.)
- A minimum of 30 sh of coursework must be completed at/through Rowan University.
- Only grades of "D-" or above may apply to graduation/degree requirements. (Some programs may set higher minimums.)
- Students must meet the Rowan Core and Rowan Experience Requirements.
 - An individual course can potentially satisfy one Rowan Core literacy and/or multiple Rowan Experience attributes.
 - Rowan Core and Rowan Experience designations are listed in course details in Section Tally (www.rowan.edu/registrar) and may also be searched on that site under "Attributes." A list of Rowan Core courses is here: <https://confluence.rowan.edu/display/AS/Rowan+Core+Course+List>.
- Students must apply for graduation and should do so for the term in which they will complete all program requirements.

Program-Specific Graduation Requirements for this Major / Degree

- Students must receive a grade of C- or better in all courses satisfying Major requirements.

Rowan Core Requirements¹

Students must satisfy all six Rowan Core Literacies. A minimum total of 3 sh of coursework is required to satisfy each Literacy. With the exception of the 9 sh counted here for Communicative Literacy, credits attached to the courses in this section will apply elsewhere.

- (COML) Communicative Literacy: *Must be met by the following three courses or their official equivalents:*
 - COMP 01111 College Composition I (3 sh) COMP 01112 College Composition II (3 sh) CMS 04205 Public Speaking (3 sh)
- (ARTL) Artistic Literacy *Recommendation from major:*
- (GLBL) Global Literacy *Recommendation from major:*
- (HUML) Humanistic Literacy *Recommendation from major:* PSY 01107 (3 sh counted under major)
- (QNTL) Quantitative Literacy *Recommendation from major:* STAT 02100 (3 sh counted under major)
- (SCIL) Scientific Literacy *Recommendation from major:* BIOL 01113 (4 sh counted under non-program)

Subtotal of credits counted in this section: 9 sh

Rowan Experience Requirements

Students must satisfy all three Rowan Experience attributes. Credits attached to the courses in this section will apply elsewhere.

- (LIT) Broad-Based Literature Attribute *Recommendation from major:*
- (WI) Writing Intensive Attribute *Recommendation from major:*
- (RS) Rowan Seminar Attribute² *Recommendation from major:*

Non-Program Courses (minimum 18 sh)

Courses in this section cannot be in the major department.

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
BIOL 10210	Anatomy and Physiology 1				4
BIOL 01212	Anatomy and Physiology 2				4
PSY 05310	Psychology of Human Sexuality				3
NUT 00200	Basic Nutrition				3
BIOL 01113	General Biology Human Focus	Satisfies Scientific Literacy			4

Subtotal: 18 sh

¹ The Rowan Core requirements are waived for transfer students with an earned A.A. or A.S. degree from a NJ community/county college.

² The Rowan Seminar requirement is waived for all students transferring 24 or more approved credits into Rowan University at the time of initial entry.

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Major Requirements (69 sh)

SUMMARY OF MAJOR REQUIREMENTS

- 27 sh of Foundational Courses
 - 42 sh of Upper-Level and Capstone Courses
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- 69 sh total

FOUNDATIONAL COURSES

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
HLT 00262	Drugs, Alcohol & Tobacco	Satisfies RS requirement	Fall / 1		3
HLT 00301	Health and Diverse Populations		Spring / 1		3
HLT 00303	Environmental Issues and Health		Fall / 2		3
HLT 00327	Consumer Health Decisions				3
HPW 00210	Foundations of HPWM	20 PDH required	Fall / 2		3
HLT 00170	Stress Management		Spring / 2		3
HES 00272	Technology and Assessment		Spring / 2		3
PSY 01107	Essentials of Psychology	Satisfies Humanistic Literacy			3
STAT 02100	Elementary Statistics	Satisfies Quantitative Literacy			3
					Subtotal: 27 sh

UPPER-LEVEL AND CAPSTONE COURSES

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
HES 00348	Human Disease and Epidemiology		Fall / 3		3
HES 00345	Exercise Physiology w/Lab		Fall / 3		4
HPW 00350	Health Behavior Theory and Practice	20 PDH required	Fall / 3		3
HES 00116	Safety, First Aid and Prevention		Spring / 3		3
HES 00301	Research Methods in HES		Spring / 3		3
HPW 00340	Program Planning and Leadership	20 PDH required	Spring / 3		3
HLT 00360	Facilities Management in HPWM		Spring / 3		3
HES 00401	Exercise Prescription		Fall / 4		3
HPW 00430	Practicum in HPWM	20 PDH required	Fall / 4		3
HES 00329	Lab in Personal Training		Fall / 4		1
NUT 00420	Contemporary Issues in Nutrition		Fall / 4		3
HES 00347	Wellness Programming for Children		Fall / 4		1
HES 00483	Senior Internship in HES		Spring / 4		9
					Subtotal: 42 sh

Free Electives for this Major/Degree (24 sh)

Students should choose Free Electives that satisfy any Rowan Core or Rowan Experience requirements that are not fulfilled by Major or Non-Program courses.

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
					Subtotal: 24 sh

Total Program Credits Required for this Major / Degree: 120 SH