

# 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](mailto: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](http://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 Requirements<sup>1</sup>

*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 Attribute<sup>2</sup>            *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

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

<sup>2</sup> 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**