

B.S. in Exercise Science

Academic Program Guide for New First-Year Students (Effective Fall 2019) Department of Health and Exercise Science (humanperform@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 & 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 Essentials of Psychology (counted in non-program)
- (QNTL) Quantitative Literacy *Recommendation from major:* STAT 02260 Statistics 1 (counted in non-program)
- (SCIL) Scientific Literacy *Recommendation from major:* MCB 01101 Foundations in Biology for Biomedical Science I (counted in non-program)

Subtotal of credits counted in this section: 15 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:* HES 00105 Foundations of Exercise Science (counted in foundational courses)

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
BIO 10210	Anatomy and Physiology 1		Fall/1		4
MCB 01101	Foundations in Bio. for Biomedical Science 1	Satisfies Scientific Literacy	Fall/1		4
BIO 10212	Anatomy and Physiology 2		Spring/1		4
MCB 01102	Foundations in Bio. for Biomedical Science 2		Spring/1		4
PSY 01107	Essentials of Psychology	Satisfies Humanistic Literacy	Spring/1		3
CHEM 06100	Chemistry 1		Fall/2		4
STAT 02260	Statistics 1	Satisfies Quantitative Literacy	Spring/2		3
	Broad Based Literature Attribute	Satisfies Broad Based Literature Attribute			3
					Subtotal: 29 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 (62 sh)

SUMMARY OF MAJOR REQUIREMENTS

- 12 sh of Foundational courses
 - 46 sh of Upper Level courses
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- 58 sh total

FOUNDATIONAL COURSES

Course #	Course Name	Course Designations / Notes	Sem/Yr	Grade	Credits
HES 00105	Foundations of Exercise Science	Satisfies Rowan Seminar requirement	Fall/1		3
HES 00116	Safety First Aid & Basic Under. Injury		Fall/2		3
NUT 00200	Basic Nutrition		Spring/2		3
HES 00243	Motor Control and Learning		Spring/2		3
					Subtotal: 12 sh

UPPER LEVEL COURSES

Choose one of the following courses. Courses chosen here may not be used in other banks.

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
<input type="radio"/> HES 00301	Research Methods		Fall/3		3
<input type="radio"/> HES 00346	Introduction to Biomechanics		Fall/3		3
<input type="radio"/> HES 00349	Exercise Physiology for Health Care Professions		Fall/3		4
<input type="radio"/> HES 00350	Health Behavior		Fall/3		3
<input type="radio"/> HES 00329	Laboratory in Personal Training Techniques		Spring/3		1
<input type="radio"/> HES 00348	Human Disease and Epidemiology		Spring/3		3
<input type="radio"/> HES 00360	Facility and Program Management		Spring/3		3
<input type="radio"/> HES 00401	Exercise Prescription		Spring/3		3
<input type="radio"/> HES 00415	Nutrition for Fitness		Spring/3		3
ATR 00347	Applied Biomechanics		Fall/4		3
HES 00402	EKG Interpretation and Basic Pharmacology		Fall/4		3
HES 00412	Exercise for Special Populations		Fall/4		3
HES 00413	Senior Seminar in Exercise Science		Fall/4		2
HES 00483	Senior Internship in HES		Spring/4		9
					Subtotal: 46 sh

Free Electives for this Major/Degree (??? 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
	Free Elective		Fall/2		3
	Free Elective		Spring/2		3
	Free Elective		Fall/3		3
	Free Elective		Fall/3		3
	Free Elective		Spring/3		3
	Free Elective		Spring/4		3
					Subtotal: 18 sh

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