

B. S. in Nutrition & Exercise Science

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 15 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:* ECON 04102 (3 sh counted under non-program course)
- (QNTL) Quantitative Literacy *Recommendation from major:* STAT 02100 (3 sh counted under major)
- (SCIL) Scientific Literacy *Recommendation from major:* BIOL 01113 or BIOL 01104 (4 sh counted under non-program course)

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:* NUT 00230 Intro to Nutrition Professions (counted in major courses)

Non-Program Courses (minimum 22 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
CHEM 06100	Chemistry 1				4
BIOL 01113 or BIOL 01104	General Biology Human Focus or Intro to Evolution	Satisfies Scientific Literacy			4
ECON 04102	Introduction to Macroeconomics	Satisfies Humanistic Literacy			3
		Satisfies Broad Based Literature Attribute			3
					Subtotal: 22 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 (71 sh)

SUMMARY OF MAJOR REQUIREMENTS

- 39 sh of Nutrition Major Courses
 - 32 sh of Exercise Science Concentration Course
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- 71 sh total

NUTRITION MAJOR COURSES

Course #	Course Name	Course Attributes / Notes	Sem / Yr	Grade	Credits
HES 00272	Technology and Assessment		Spring / 2		3
HES 00301	Research Methods in HES		Spring / 2		3
HLT 00227	Consumer Health Decisions		Spring / 3		3
HPW 00350	Health Behavior Theory and Practice	20 PDH required	Fall / 2		3
NUT 00200	Basic Nutrition		Fall / 1		3
NUT 00210	Macronutrients		Fall / 2		3
NUT 00230	Intro to Nutrition Professions	20 PDH required	Spring / 1		3
NUT 00220	Micronutrients		Spring / 2		3
NUT 00300	Lifecycle Nutrition		Fall / 3		3
NUT 00310	Mgt. Food & Nutrition Services		Spring / 3		3
NUT 00415	Nutrition for Fitness		Fall / 4		3
NUT 00420	Contemporary Issues in Nutrition		Fall / 4		3
STAT 02100	Elementary Statistics	Satisfies Quantitative Literacy			3
					Subtotal: 39 sh

EXERCISE SCIENCE CONCENTRATION COURSES

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
HES 00116	Safety, First Aid and Prevention		Fall / 3		3
HES 00329	Lab in Personal Training		Fall / 4		1
HES 00343	Kinesiology		Spring / 3		3
HES 00345	Exercise Physiology w/Lab		Fall / 3		4
HES 00401	Exercise Prescription	20 PDH required	Fall / 4		3
HES 00412	Exercise for Special Populations		Fall / 4		3
HES 00483	Senior Internship in HES		Spring / 4		9
HLT 00262	Drugs, Alcohol and Tobacco		Fall / 2		3
HPW 00340	Program Planning and Leadership	20 PDH required	Spring / 3		3
					Subtotal: 32 sh

Free Electives for this Major/Degree (12 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		S/2		3
	Free Elective		F/3		3
	Free Elective		S/3		3
	Free Elective		S/4		3
					Subtotal: 12sh

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