

# TO B. S. in Nutrition

## Academic Program Guide for **New First-Year Students** (Effective Fall 2021)

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 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:*

- ☐ (HURL) 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 Attribute<sup>2</sup>    *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

<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.

# TO B. S. in Nutrition

## Major Requirements (71 sh)

### SUMMARY OF MAJOR REQUIREMENTS

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