

# B.A. Health Promotion and Wellness Management

## Academic Program Guide for **New First-Year Students** Department of Health and Exercise Science

*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 major courses**

#### 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:*
- ☐ (HURL) Humanistic Literacy    *Recommendation from major: PSY 01107 (3 sh counted under non-program)*
- ☐ (QNTL) Quantitative Literacy    *Recommendation from major: STAT I 02260 (3 sh counted under non-program)*
- ☐ (SCIL) Scientific Literacy    *Recommendation from major: BIOL 01113 (4 sh counted under non-program)*

**Subtotal of credits counted in this section: 12 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: HLT 00200 Intro to PHW (counted in major 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
STAT 02260	Statistics I	Satisfies Quantitative Literacy			3
BIOL 01113	General Biology: Human Focus	Satisfies Scientific Literacy			4
PSY 01107	Essentials of Psychology	Satisfies Humanistic Literacy			3
BIOL 10210	Anatomy and Physiology I				4
BIOL 10212	Anatomy and Physiology II				4
					<b>Subtotal: 18 sh</b>

<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.

# B.A. Health Promotion and Wellness Management

## Major Requirements (69 sh)

### SUMMARY OF MAJOR REQUIREMENTS

- 21 sh of Foundational Courses
  - 23 sh of Mid-Level Courses
  - 25 sh of Upper-Level Courses
- 
- 69 sh total

### FOUNDATIONAL COURSES

Course #	Course Name	Course Designations / Notes	Sem/Yr	Grade	Credits
HLT 00200	Introduction to Public Health and Wellness	<b>Rowan Seminar Attribute</b>			3
<b>HLT 00262</b>	<b>Drugs, Alcohol and Tobacco</b>				3
<b>PSY 05310</b>	<b>Psychology of Human Sexuality</b>				3
HLT 00227	Consumer Health Decisions				3
NUT 00200	Basic Nutrition				3
<b>HES 00116</b>	<b>Safety, First Aid and Prevention</b>				3
<b>HLT 00170</b>	<b>Stress Management</b>				3
					Subtotal: 21 sh

### MID-LEVEL COURSES

Course #	Course Name	Course Designations / Notes	Sem/Yr	Grade	Credits
HLT 00301	Health and Diverse Populations				3
HES 00349	Exercise Physiology for the HCP				4
HES 00348	Human Disease and Epidemiology				3
HES 00272	Technology and Assessment				3
HLT 00302	Environmental Issue and Health				3
HLT 00360	Facility and Program Management				3
HES 00301	Research Methods in HES				3
HES 00347	Wellness Programming for Children				1
					Subtotal: 23 sh

### UPPER-LEVEL COURSES

Course #	Course Name	Course Designations / Notes	Sem/Yr	Grade	Credits
HPW 00350	Health Behavior Theory and Practice				3
HPW 00340	Program Planning and Leadership				3
HES 00401	Exercise Prescription				3
HPW 00430	Practicum in HPWM				3
HES 00329	Lab in Personal Training				1
HES 00483	Senior Internship in PHW				9
NUT 00420	Contemporary Issue Nutrition				3
					Subtotal: 25 sh

## Free Electives for this Major/Degree (15 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 course				3
	Free Elective course				3
	Free Elective course				3
	Free Elective course				3
	Free Elective course				3
					Subtotal: 15 sh

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

## B.A. Health Promotion and Wellness Management