

ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE
(0841) BA in Wellness Management – 120 credits

NAME: _____ ID#: _____ Date: _____

PROGRAM COORDINATOR: Dr. Leslie Spencer

Freshman Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
College Composition I COMP 01111	3			College Composition II COMP 01112	3		
Essentials of psychology PSY 01107	3			Statistics I STAT 02260	3		
Global Literacy Choice	3			Minor/Elective choice	3		
Drugs/Alcohol/Tobacco-RS (M) HLT 00262	3			General Bio of Human Focus BIOL 01113	4		
Intro to Public Health and Wellness (M) HLT 00200 20 PH hours	3			Artistic Literacy Choice	3		
Semester Total	15			Semester Total	16		
Sophomore Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Anatomy & Physiology I (M) BIOL 10210	4			Anatomy & Physiology II (M) BIOL 10212	4		
Public Speaking or Digital Presentations	3			Basic Nutrition (M) NUT 00200	3		
Minor/Elective choice	3			Safety, First Aid, Basic ATHL Injury (M) HES 00116	3		
Stress Management (M) HLT 00170	3			Environmental Issues and Health (M) HLT 00303	3		
Adventure & Experiential Learning (M) HES 00109	2			Literature (WI) Choice	3		
Semester Total	15			Semester Total	16		
Junior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Minor/Elective choice	3			Public Health Epidemiology (M) HLT 00348	3		
Minor/Elective choice	3			Research Methods in HES (M) HES 00301	3		
Health Behavior Theory/Practice (M) HPW 00350 20 PD hours	3			Program Planning/Leadership (M) HPW 00340 20 PD hours	3		
Health and Diverse Populations (M) HLT 00301	3			Facility & Program Management (M) HPW 00360	3		
Minor/Elective choice	3			Minor/Elective choice	3		
Semester Total	15			Semester Total	15		
Senior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Minor/Elective choice	3			Senior Internship in PHW (M) HLT 00483	6		
Career Planning & Develop. INTR 01448 20 PD hours	2			Minor/Elective choice	3		
Wellness Coaching Seminar(M) HPW 00351	1			Minor/Elective choice	3		
Contemporary Issues in Nutrition (M) NUT 00420	3						
Wellness Program for Children Seminar (M) HES 00347	1						
Minor/Elective Choice	3						
Minor/Elective Choice	3						
Semester Total	16			Semester Total	12		

****All Courses with (M) next to them require a minimum grade of C- or better to continue progression.**

***2.0 Minimum GPA required to apply for Graduation**