

# ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE

## (0841) BA in Wellness Management – 120 credits Fall 2025

NAME: \_\_\_\_\_ ID#: \_\_\_\_\_ Date: \_\_\_\_\_

**PROGRAM COORDINATOR: Dr. Leslie Spencer**

**Advisor: Mrs. Laurie Dwyer**

### Freshman Year

Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
College Composition I <b>COMP 01111</b>	3			College Composition II <b>COMP 01112</b>	3		
Essentials of psychology <b>PSY 01107</b>	3			Statistics I <b>STAT 02260</b>	3		
Global Literacy Choice	3			Minor/Elective choice	3		
Drugs/Alcohol/Tobacco (M) <b>HLT 00262</b>	3			General Bio of Human Focus lec/lab <b>BIOL 01113/L1113</b>	4		
Intro to Public Health and Wellness- <b>RS (M) HLT 00200</b>	3			Artistic Literacy Choice	3		
Semester Total	<b>15</b>			Semester Total	<b>16</b>		

### Sophomore Year

Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Anatomy & Physiology I lec/lab (M) <b>BIOL 10210/L0210</b>	4			Anatomy & Physiology II lec/lab (M) <b>BIOL 10212/L0212</b>	4		
Public Speaking or Digital Presentations	3			Basic Nutrition (M) <b>NUT 00200</b>	3		
Minor/Elective choice	3			Safety/First Aid (M) <b>HES 00116</b>	3		
Stress Management (M) <b>HLT 00170</b>	3			Environmental Issues and Health (M) <b>HLT 00303 20 PDH hours</b>	3		
Adventure/ Exper Learning (M) <b>HES 00109</b>	2			Literature-Writing Intensive Choice	3		
Semester Total	<b>15</b>			Semester Total	<b>16</b>		

### Junior Year

Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Health Behavior Theory/Practice (M) <b>HPW 00350</b>	3			Public Health Epidemiology (M) <b>HLT 00348</b>	3		
Health/Diverse Populations (M) <b>HLT 00301</b>	3			Research Methods in HP (M) <b>HLT 00355</b>	3		
Career Planning & Develop. <b>INTR 01448</b> *Specific Section for HES	2			Program Planning/Leadership (M) <b>HPW 00340 20 PD hours</b>	3		
Minor/Elective choice	3			Facility & Program Management (M) <b>HPW 00360</b>	3		
Minor/Elective choice	3			Minor/Elective choice	3		
Semester Total	<b>14</b>			Semester Total	<b>15</b>		

### 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) <b>HLT 00483</b>	6		
Contemporary Issues in Nutrition (M) <b>NUT 00420</b>	3			Minor/Elective choice	3		
Wellness Coaching Seminar(M) <b>HPW 00351</b>	1			Minor/Elective choice	3		
Wellness Program for Children Seminar (M) <b>HES 00347</b>	1						
Minor/Elective Choice	3						
Minor/Elective Choice	3						
Minor/Elective Choice	3						
Semester Total	<b>17</b>			Semester Total	<b>12</b>		

**\*\*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**