

ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE
(0854) BS in Public Health and Wellness – 120 credits – Fall 2025

NAME: _____ ID#: _____ Date: _____

ADVISOR: Mrs. Laurie Dwyer

PROGRAM COORDINATOR: Dr. Leslie Spencer and Dr. Shari Willis

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			Artistic Literacy Choice	3		
Literature Literacy Choice	3			PHW Elective Choice (see list) (M)	3		
Basic Nutrition (M) NUT 00200	3			General Bio of Human Focus (M) BIOL 01113/L1113	4		
Intro to PHW HLT 00200 (M)-C-	3			Health/Diverse Populations (M) HLT 00301-C	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 lecture/lab (M) BIOL 10210/BIOL L0210	4			Anatomy & Physiology II lecture/lab (M) BIOL 10212/BIOL L0212	4		
Public Speaking CMS 04205 or Digital Presentation CMS 04206	3			Global Health (M) HLT 00302-C	3		
Medical Anthropology (M) ANTH 02215	3			Statistics 1 (M) STAT 00260	3		
Community Nutrition (M) NUT 00350	3			Environmental Issues and Health (M) HLT 00303 – 20 PDH Hours-C	3		
Health Behavior Theory/Practice (M) HPW 00350-C	3			PHW Elective Choice (see list) (M)	3		
Semester Total	16			Semester Total	16		
Junior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Data Analytics (M) HCM 51.255	3			Public Health Epidemiology (M) HLT 00348-C	3		
US Health Care Systems (M) HLT 00344-C	3			Research Methods in HP (M) HLT 00355-C	3		
PHW Elective Choice (see list) (M)	3			PHW Elective Choice (see list) (M)	3		
Program Planning/Leadership (M) HPW 00340 -20 PD hours required-C	3			US Health Care Policy, Ethics and Advocacy (M) HLT 00345-C	3		
Implementation/Assess (M) HLT 00300-C	3			Free 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
Grant Writing-WI (M) HLT 00304-C	3			Senior Internship in HES (M) HLT 00483-C	6		
Public Health Methods/Intervention (M) HLT 00415-C	3			Senior Seminar in PHW (M) HLT 00410-C	3		
Wellness Coaching Seminar (M) HPW 00351-C	1			Free Elective Choice	3		
Wellness Prog for Children (M) HES 00347-C	1			Free elective Choice	1		
Free Elective Choice	3						
Free Elective Choice	3						
Semester Total	14			Semester Total	13		
Courses with minimum necessary grades are listed next to the course number. Overall GPA must be a 2.0							