

**ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE**  
**(0854) BS in Public Health and Wellness – 120 credits – Fall 2026**

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 <b>COMP 01111</b>	3			College Composition II <b>COMP 01112</b>	3		
Essentials of Psychology <b>PSY 01107</b>	3			Artistic Literacy Choice	3		
Anatomy & Physiology I lecture/lab (M) <b>BIOL 10210/BIOL L0210</b>	4			Anatomy & Physiology II lecture/lab (M) <b>BIOL 10212/BIOL L0212</b>	4		
Basic Nutrition (M) <b>NUT 00200 C-</b>	3			Statistics 1 (M) <b>STAT 00260</b>	3		
Intro to PHW <b>HLT 00200 (M) C-</b>	3			Health/Diverse Populations (M) <b>HLT 00301 C-</b>	3		
<b>Semester Total</b>	<b>16</b>			<b>Semester Total</b>	<b>16</b>		
Sophomore Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
General Bio of Human Focus (M) <b>BIOL 01113/L1113</b>	4			Literature Literacy Choice	3		
Public Speaking <b>CMS 04205</b> or Digital Presentation <b>CMS 04206</b>	3			Global Health (M) <b>HLT 00302 C</b>	3		
Environmental Issues and Health (M) <b>HLT 00303 – 20 PDH hours C</b>	3			Program Planning/Leadership (M) <b>HPW 00340 -20 PDH hours required C</b>	3		
PHW Elective Choice (see list)	3			Medical Anthropology <b>ANTH 02215</b>	3		
Health Behavior Theory/Practice (M) <b>HPW 00350 C</b>	3			PHW Elective Choice (see list)	3		
<b>Semester Total</b>	<b>16</b>			<b>Semester Total</b>	<b>15</b>		
Junior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Data Analytics (M) <b>HCM 51.255</b>	3			Public Health Epidemiology (M) <b>HLT 00348 C</b>	3		
US Health Care Systems (M) <b>HLT 00344 C</b>	3			Research Methods in HP (M) <b>HLT 00355 C</b>	3		
PHW Elective Choice (see list)	3			PHW Elective Choice (see list)	3		
Community Nutrition (M) <b>NUT 00350 C-</b>	3			US Health Care Policy, Ethics and Advocacy (M) <b>HLT 00345 C</b>	3		
Implementation/Assess (M) <b>HLT 00300 C</b>	3			Free elective Choice	3		
<b>Semester Total</b>	<b>15</b>			<b>Semester Total</b>	<b>15</b>		
Senior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Grant Writing-WI (M) <b>HLT 00304 C</b>	3			Senior Internship in HES (M) <b>HLT 00483 C</b>	6		
Public Health Methods/Intervention (M) <b>HLT 00415 C</b>	3			Senior Seminar in PHW (M) <b>HLT 00410 C</b>	3		
Wellness Coaching Seminar (M) <b>HPW 00351 C</b>	1			Free Elective Choice	3		
Wellness Prog for Children (M) <b>HES 00347 C</b>	1			Free elective Choice	1		
Free Elective Choice	3						
Free Elective Choice	3						
<b>Semester Total</b>	<b>14</b>			<b>Semester Total</b>	<b>13</b>		
<b>Courses with minimum necessary grades are listed next to the course number. Overall GPA must be a 2.0</b>							