

ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE
Bachelor of Science in Nutrition – specialization in Exercise Science – 0830/P830 (120 credits)

NAME: _____ ID#: _____ Date: _____
Advisor: Mrs. Laurie Dwyer (Dwyerl@rowan.edu) **Program Coordinator: Dr. Riccardo** **Overall and Major GPA – 2.00**

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		
Anatomy/Physiology I (MS) BIOL 10210	4			Anatomy/Physiology II (MS) BIOL 01212	4		
Chemistry I (MS) - CHEM 06100	4			Intro to Nut Professions (M) NUT 00230 20 PD Hours	3		
Artistic Literacy - RS	3			Global Literacy Choice	3		
Basic Nutrition (M) NUT 00200	3			Elementary Stats STAT 02100	3		
Semester Total	17			Semester Total	16		
Sophomore Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Health Behavior (M) HPW 00350 20 PD Hours	3			Free Elective Choice	3		
Public Speaking CMS 04205	3			Intro to Macro ECON 04102	3		
Macronutrients (M) NUT 00210	3			Micronutrients (M) NUT 00220	3		
General Bio of Human Focus BIOL 01113	4			Research Methods in HES (M) HES 00301	3		
Drugs/Alcohol/Tobacco (M) HLT 00262	3			Tech/Assess in HES (M) HES 00272	3		
Semester Total	16			Semester Total	15		
Junior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Lifecycle Nutrition (M) NUT 00300	3			Program Planning (M) HPW 00340 20 PD Hours	3		
Lit – writing intensive choice	3			Kinesiology (M) HES 00343	3		
Safety, 1 st Aid & Prev. (M) HES 0016	3			Mgmt. Food/Nut Service (M) NUT 00310	3		
Exercise Phys. w. Lab (M) HES 00345	4			Consumer Health Decisions HLT 00227	3		
Free elective Choice	3			Free Elective Choice	3		
Semester Total	16			Semester Total	15		
Senior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Exercise Prescription (M) HES 00401	3			Senior Internship in HES (M) HES 00483	9		
Contemporary Issues Nut (M) NUT 00420	3			Free elective Choice	3		
Nutrition for Fitness (M) NUT 00415	3						
Exercise for Special Pops (M) HES 00412 20 PD Hours	3						
Lab Personal Training (M) HES 00329	1						
Semester Total	13			Semester Total	12		

All courses labeled M or MS – you must receive a C or C- in order to progress. Course requirements are noted on the agreement signed upon entering the major.

Rowan Online Immersion: Semester _____

Rowan 101: Semester _____ Grade _____

Found of Mathematical Reasoning: Semester _____ Grade _____

Improving Reading Skills: Semester _____ Grade _____