

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

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			Literature Literacy Choice	3		
Artistic Literacy Choice	3			PHW Elective Choice (see list) <b>(M)</b>	3		
Basic Nutrition <b>(M) NUT 00200</b>	3			General Bio of Human Focus <b>(M) BIOL 01113/L1113</b>	4		
Intro to PHW <b>HLT 00200 (M)</b> <i>20 PD hours required</i>	3			Health and Diverse Populations <b>(M) HLT 00301</b>	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 lecture/lab <b>(M) BIOL 10210/BIOL L0210</b>	4			Anatomy & Physiology II lecture/lab <b>(M) BIOL 10212/BIOL L0212</b>	4		
Public Speaking <b>CMS 04205</b> or Digital Presentation <b>CMS 04206</b>	3			US Health Care Policy, Ethics and Advocacy <b>(M) HLT 00345</b>	3		
Medical Anthropology <b>(M) ANTH 02215</b>	3			Statistics 1 <b>(M) STAT 00260</b>	3		
US Health Care Systems <b>(M) HLT 00344</b>	3			Environmental Issues and Health <b>(M) HLT 00303</b>	3		
Health Behavior Theory/Practice <b>(M) HPW 00350</b> <i>20 PD hours required</i>	3			PHW Elective Choice (see list) <b>(M)</b>	3		
Semester Total	<b>16</b>			Semester Total	<b>16</b>		
Junior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Data Analytics <b>(M) HCM 51.255</b>	3			Public Health Epidemiology <b>(M) HLT 00348</b>	3		
Contemporary Issues in Nutrition <b>(M) NUT 00420</b>	3			Research Methods in HES <b>(M) HES 00301</b>	3		
PHW Elective Choice (see list) <b>(M)</b>	3			PHW Elective Choice (see list) <b>(M)</b>	3		
Program Planning/Leadership <b>(M) HPW 00340</b> <i>20 PD hours required</i>	3			Global Health <b>(M) HLT 00302</b>	3		
Implementation/Assessment <b>(M) HLT 00300</b>	3			Free elective Choice	3		
Semester Total	<b>15</b>			Semester Total	<b>15</b>		
Senior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Grant Writing-WI <b>(M) HLT 00394</b>	3			Senior Internship in HES <b>(M) HLT 00483</b>	6		
Public Health Methods/Intervention <b>(M) HLT 00415</b> <i>20 PD hours required</i>	3			Senior Seminar in PHW <b>(M) HLT 00410</b>	3		
Wellness Coaching Seminar <b>(M) HPW 00351</b>	1			Free Elective Choice	3		
Wellness Program for Children Seminar <b>(M) HES 00347</b>	1			Free elective Choice	1		
Free Elective Choice	3						
Free Elective Choice	3						
Semester Total	<b>14</b>			Semester Total	<b>13</b>		
<b>**Refer to contract for minimum grade requirements. Overall GPA must be a 2.0</b>							

Foundations of Mathematical Reasoning: Semester \_\_\_\_\_ Grade \_\_\_\_\_

Foundations of College Writing: Semester \_\_\_\_\_ Grade \_\_\_\_\_ Improving Personal Reading Skills: Semester \_\_\_\_\_ Grade \_\_\_\_\_

