

**ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE**  
**(0841) BA in Health Promotion and Wellness Management – 120 credits**

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

**ADVISOR:** Mrs. Kelly N. Young  
**PROGRAM COORDINATOR:** Dr. Leslie Spencer: Overall 2.0 GPA

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			Consumer Health Decisions <b>HLT 00227</b>	3		
Drugs/Alcohol/Tobacco- <b>RS (M) HLT 00262</b>	3			General Bio of Human Focus <b>BIOL 01113</b>	4		
Stress Management <b>(M) HLT 00170</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 <b>(M) BIOL 10210</b>	4			Anatomy & Physiology II <b>(M) BIOL 10212</b>	4		
Public Speaking <b>CMS 04205</b>	3			Basic Nutrition <b>(M) NUT 00200</b>	3		
Psychology of Human Sexuality <b>PSY 05310</b>	3			Technology and Assessment <b>(M) HES 0272</b>	3		
Foundations of HPWM <b>(M) HPW 00210 20 PD hours</b>	3			Environmental Issues and Health <b>(M) HLT 00303</b>	3		
Free Elective Choice	3			Literature (WI) Choice	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
Safety, First Aid, Basic ATHL Injury <b>(M) HES 00116</b>	3			Human Disease/Epidemiology <b>(M) HES 00348</b>	3		
Exercise Physiology for the HCP <b>(M) HES 00349</b>	4			Research Methods in HES <b>(M) HES 00301</b>	3		
Health Behavior Theory/Practice <b>(M) HPW 00350 20 PD hours</b>	3			Program Planning/Leadership <b>(M) HPW 00340 20 PD hours</b>	3		
Health and Diverse Populations <b>(M) HLT 00301</b>	3			Facility & Program Management <b>(M) HPW 00360</b>	3		
Free Elective Choice	3			Free elective Choice	3		
Semester Total	<b>16</b>			Semester Total	<b>15</b>		
Senior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Exercise Prescription <b>(M) HES 00401</b>	3			Senior Internship in HES <b>(M) HES 00483</b>	9		
Practicum of HPWM <b>(M) HPW 00430 20 PD hours</b>	3			Free elective Choice	3		
Lab/Personal Training Tech <b>(M) HES 00329</b>	1						
Contemporary Issues in Nutrition <b>(M) NUT 00420</b>	3						
Wellness Program for Children Seminar <b>(M) HES 00347</b>	1						
Free Elective Choice	3						
Semester Total	<b>14</b>			Semester Total	<b>12</b>		
<b>**All Courses with (M) next to them require a minimum grade of C- or better to continue progression.</b>							

Rowan Online Immersion: Semester \_\_\_\_\_ Rowan 101: Semester \_\_\_\_\_ Grade \_\_\_\_\_  
 Foundations of Mathematical Reasoning: Semester \_\_\_\_\_ Grade \_\_\_\_\_  
 Foundations of College Writing: Semester \_\_\_\_\_ Grade \_\_\_\_\_ Improving Personal Reading Skills: Semester \_\_\_\_\_ Grade \_\_\_\_\_