

B.A. in Wellness Management

Academic Program Guide for **New First-Year Students** Department of Health and Exercise Science

Students who entered Rowan University prior to Fall 2018 should follow the guide for their program and start year in consultation with their advisor.

Rowan University Graduation Requirements for all Majors / Degrees

Students must complete at least 120 semester hours (sh) of coursework that apply to their Rowan University degree.

Students must have a cumulative GPA of at least 2.0 in Rowan University coursework. (Transfer courses/credit do not count toward the RU GPA.)

A minimum of 30 sh of coursework must be completed at/through Rowan University.

Only grades of "D-" or above may apply to graduation/degree requirements. (Some programs may set higher minimums.)

Students must meet the Rowan Core and Rowan Experience Requirements.

o An individual course can potentially satisfy one Rowan Core literacy and/or multiple Rowan Experience attributes.

o Rowan Core and Rowan Experience designations are listed in course details in Section Tally (www.rowan.edu/registrar) and may also be searched on that site under "Attributes." A list of Rowan Core courses is here: <https://confluence.rowan.edu/display/AS/Rowan+Core+Course+List>.

Program-Specific Graduation Requirements for this Major / Degree

Students must apply for graduation and should do so for the term in which they will complete all program requirements.

Students must receive a grade of C- or better in major courses

Rowan Core Requirements¹

Students must satisfy all six Rowan Core Literacies. A minimum total of 3 sh of coursework is required to satisfy each Literacy.

With the exception of the 9 sh counted here for Communicative Literacy, credits attached to the courses in this section will apply elsewhere.

(COML) Communicative Literacy: *Must be met by the following three courses or their official equivalents:*

COMP 01111 College Composition I (3 sh) COMP 01112 College Composition II (3 sh) CMS 04205 Public Speaking (3 sh)

(ARTL) Artistic Literacy *Recommendation from major:*

(GLBL) Global Literacy *Recommendation from major:*

(HUML) Humanistic Literacy *Recommendation from major: PSY 01107 (3 sh counted under non-program)*

(QNTL) Quantitative Literacy *Recommendation from major: STAT I 02260 (3 sh counted under non-program)*

(SCIL) Scientific Literacy *Recommendation from major: BIOL 01113 (4 sh counted under non-program)*

Subtotal of credits counted in this section: 12 sh

Rowan Experience Requirements

Students must satisfy all three Rowan Experience attributes. Credits attached to the courses in this section will apply elsewhere.

(LIT) Broad-Based Literature Attribute *Recommendation from major:*

(WI) Writing Intensive Attribute *Recommendation from major:*

(RS) Rowan Seminar Attribute² *Recommendation from major: HLT 00200 Intro to PHW (counted in major courses)*

Non-Program Courses (minimum 18 sh)

Courses in this section cannot be in the major department.

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
STAT 02260	Statistics I	Satisfies Quantitative Literacy			3
BIOL 01113	General Biology: Human Focus	Satisfies Scientific Literacy			4
PSY 01107	Essentials of Psychology	Satisfies Humanistic Literacy			3
BIOL 10210	Anatomy and Physiology I				4
BIOL 10212	Anatomy and Physiology II				4
					Subtotal: 18 sh

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¹The Rowan Core requirements are waived for transfer students with an earned A.A. or A.S. degree from a NJ community/county college.

²The Rowan Seminar requirement is waived for all students transferring 24 or more approved credits into Rowan University at the time of initial entry.

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Major Requirements (69 sh)

SUMMARY OF MAJOR REQUIREMENTS

- 21 sh of Foundational Courses
- 23 sh of Mid-Level Courses
- 25 sh of Upper-Level Courses
- 69 sh total

FOUNDATIONAL COURSES

Course #	Course Name	Course Designations / Notes	Sem/Yr	Grade	Credits
HLT 00200	Introduction to Public Health and Wellness	Rowan Seminar Attribute			3
HLT 00262	Drugs, Alcohol and Tobacco				3
PSY 05310	Psychology of Human Sexuality				3
HLT 00227	Consumer Health Decisions				3
NUT 00200	Basic Nutrition				3
HES 00116	Safety, First Aid and Prevention				3
HLT 00170	Stress Management				3
					Subtotal: 21 sh

MID-LEVEL COURSES

Course #	Course Name	Course Designations / Notes	Sem/Yr	Grade	Credits
HLT 00301	Health and Diverse Populations				3
HES 00349	Exercise Physiology for the HCP				4
HES 00348	Human Disease and Epidemiology				3
HES 00272	Technology and Assessment				3
HLT 00302	Environmental Issue and Health				3
HLT 00360	Facility and Program Management				3
HES 00301	Research Methods in HES				3
HES 00347	Wellness Programming for Children				1
					Subtotal: 23 sh

UPPER-LEVEL COURSES

Course #	Course Name	Course Designations / Notes	Sem/Yr	Grade	Credits
HPW 00350	Health Behavior Theory and Practice				3
HPW 00340	Program Planning and Leadership				3
HES 00401	Exercise Prescription				3
HPW 00430	Practicum in HPWM				3
HES 00329	Lab in Personal Training				1
HES 00483	Senior Internship in PHW				9
NUT 00420	Contemporary Issue Nutrition				3
					Subtotal: 25 sh

Free Electives for this Major/Degree (15 sh)

Students should choose Free Electives that satisfy any Rowan Core or Rowan Experience requirements that are not fulfilled by Major or Non-Program courses.

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
	Free Elective course				3
	Free Elective course				3
	Free Elective course				3
	Free Elective course				3
	Free Elective course				3
					Subtotal: 15 sh

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Total Program Credits Required for this Major /
Degree: 120 SH