

ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE

(0849) Exercise Science – 120 credits Overall 2.0 GPA

PROGRAM COORDINATOR: Dr. Greg Biren **ADVISOR:** Mrs. Jeanine Dowd

NAME: _____ ID#: _____ Date: _____

Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
COMP 01111 College Composition I (RS)	3			COMP 01112 College Composition II	3		
BIOL 10210/L0210 Anatomy and Physiology 1 (M)	4			BIOL 10212/L0212 Anatomy and Physiology 2 (M)	4		
HES 00105 Foundations of Exercise Science (RS) (M)	3			PSY 01107 Essentials of Psychology or Intro. to Sociology <i>(Humanistic Literacy)</i>	3		
MCB 01101/L1101 Found. in Bio for Biomed Sci. 1 (M) <i>(Scientific Literacy)</i>	4			MCB 01102/L1102 Found. in Bio for Biomed Sci 2 (M)	4		
				<i>(Artistic Literacy)</i>	3		
Semester Total	14			Semester Total	17		
Semester 1				Semester 2			
HES 00116 Safety First Aid Basic Understanding of Athletic Injuries (M)	3			NUT 00200 Basic Nutrition (M)	3		
CMS 04205 Public Speaking or CMS 04206 Digital Presentations	3			HES 00243 Motor Control and Learning (M)	3		
CHEM 06100/L6100 Chemistry 1 (M)	4			<i>Global Literacy</i>	3		
HES 00201 Essentials of Strength Training	3			STAT 02260 Statistics 1 (M) <i>(Quantitative Literacy)</i>	3		
Free Elective	3			Free elective	3		
Semester Total	16			Semester Total	15		
Semester 1				Semester 2			
HES 00349 Exercise Physiology for Health Care Prof (M)	4			HES 00401 Exercise Prescription (M)	3		
HES 00302 Research Methods in ES- WI (M)	3			NUT 00415 Nutrition for Fitness (M)	3		
HES 00346 Introduction to Biomechanics (M)	3			HES 00360 Advanced Exercise Physiology	3		
HPW 00350 Health Behavior Theory and Counseling (M)	3			HES 00348 Human Disease and Epidemiology in HES (M)	3		
Free Elective	3			Free Elective	3		
Semester Total	16			Semester Total	15		
Semester 1				Semester 2			
HES 00412 Exercise for Special Populations (M)	3			HES 00484 Senior Internship in E.S. (M)	6		
HES 00402 EKG Interpretation & Basic Pharm. in HES (M)	3			HPW 00360 Facility & Program Mgmt. Wellness (M)	3		
HES 00413 Senior Seminar in E.S. (M)	3			Free elective	3		
ATR 00347 Applied Biomechanics (M)	3						
(LIT) Broad-Based Literature Attribute	3						
Semester Total	15			Semester Total	12		

***ALL upper level (300 & 400) major courses MUST be taken at Rowan University's Glassboro Campus**