

**BA IN HEALTH & EXERCISE SCIENCE
SPECIALIZATION HEALTH PROMOTION & WELLNESS MANAGEMENT**

Candidates are eligible for a Bachelors degree in Health and Exercise Science – Specialization in HPWM, when they have achieved the following:

Standard requirements:

- All Basic Skills requirements have been completed
- All appropriate general education courses, free electives and major courses have been completed
Your academic advisor will direct you on proper courses
- Qualifying GPAs: **Overall GPA of 2.0 : Specialization GPA of 2.75**
- No “Incomplete” grades (IN) for any general education, free elective or major courses required for the BA in Health & Exercise Science

Proper course sequence has been completed

1. Foundations Of Health Promotion And Wellness Management
 - i. Must complete a self assessment, 20 professional development hours and an interview with Dr. Spencer, Dr. DiRosa or Dr. Bullard to progress to #2.
2. Health Behavior Theory and Practice
 - i. Must complete 20 professional development hours
3. Program Planning and Leadership
 - i. Must complete 20 professional development hours
4. Practicum In Health Promotion And Wellness Management
 - i. Must complete 20 professional development hours
 - ii. Must have a 2.75 in major course to progress to #5
5. Senior Internship In HES
 - i. 80 hours of professional development must be complete prior to starting
 - ii. 400 hours at an approved location

Proper science course sequence has been completed

- Anatomy and Physiology I **and** II
 - Must get a C- or better to progress
- Basic Nutrition
 - Must get a C- or better to progress
- Exercise Physiology lab
 - Must get a C- or better to progress
- Kinesiology - can be taken in conjunction with senior year major courses - **NOT** recommended
 - Must get a C- or better to progress
- Senior Level courses
 - Exercise Prescription
 - Lab/Personal training
 - Exercise for Special Populations

Application for Graduation

Candidates can apply for graduation with a BS in Health & Exercise Science - Specialization in Health Promotion & Wellness Management after successfully completing all of the requirements needed for the BA in the major and can do so within the last 12 credit hours of the program.

Student: I have read and I understand all the requirements for graduating from this program.

Signature: _____ Advisor: _____ Date _____

Name (Print): _____

**ROWAN UNIVERSITY - DEPARTMENT OF HEALTH AND EXERCISE SCIENCE
(833) Specialization in Health Promotion and Wellness Management – 122 credits**

NAME: _____ ID#: _____ ADVISORS: Mrs. Jeanine Dowd / Mrs. Laurie Dwyer
PROGRAM COORDINATOR: Dr. Leslie Spencer: Overall 2.0 GPA and Major GPA 2.75 MUST BE MAINTAINED

Freshman Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
College Composition I	3			College Composition II	3		
Lab Science (Chem or Bio)	4			Math Choice (Elem Stats)	3		
HHL (Multicultural)	3			General Education Elective	3		
Contemporary Health 1- <i>RS</i> (M)	3			Contemporary Health 2 (M)	3		
Fine Arts choice (ACE)	3			Interpersonal Communications	3		
Semester Total	16			Semester Total	15		
Sophomore Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
A/P1or S&F Human Body 1 (M)	3 / 4			A/P 2or S&F Human Body 2 (M)	3 / 4		
Public Speaking	3			Stress Management (M)	3		
Foundations of HPWM (M)	3			General Education elective	3		
HHL - Lit (WI)	3			General Education elective	3		
Consumer Health Decisions	3			Free elective	3		
General Education Elective	2						
Semester Total	17			Semester Total	15		
Junior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Kinesiology (M)	3			Nut. For fitness or Cont Issues (M)	3		
Basic Nutrition (M)	3			Program Planning & Leadership(M)	3		
Safety, First Aid& Prev (M)	3			Exercise Physiology lab (M)	4		
Health Behavior Theory & Practice (M)	3			Free elective	3		
Free elective	3			Free elective	3		
Semester Total	15			Semester Total	16		
Senior Year							
Semester 1				Semester 2			
Course	S.H.	Grade	Sem/Year	Course	S.H.	Grade	Sem/Year
Exercise Prescription (M)	3			Senior Internship in HES (M)	9		
Practicum of HPWM (M)	3			Free elective	3		
Lab/Personal Training Tech (M)	1						
Exercise for Special Pops (M)	3						
Tech & Assess HES (M)	3						
Free Elective	3						
Semester Total	16			Semester Total	12		