

**BA IN HEALTH & EXERCISE SCIENCE – SPECIALIZATION HEALTH PROMOTION & FITNESS MANAGEMENT
PROGRAM GUIDE**

Benchmark Point 1: Admission To HEALTH PROMOTION & FITNESS MANAGEMENT (HEALTH BEHAVIOR)

Candidates are eligible for the HP&FM program when they have achieved the following:

- A. Meeting with Program Advisor to complete Application (including responding to all communications from Advisor)
- B. Qualifying scores for the **PRAXIS I/PPST Exam, (Reading 175, Math 174, Writing 173), will be** on file in the COE Student Services Center. Paper copies must be given to the HPFM Program Coordinator.
- C. Completed application submitted on time and completed interview with HPFM faculty
- D. Completion of all Basic Skills requirements
- E. Completion, with grades of C- or better, of the following courses: *College Composition I, College Composition II, Public Speaking, and Elementary Statistics I, Contemporary Health I/II, Foundations HPFM; Structure/Function I/II or Anatomy/Physiology I/II, and Public Speaking*
- F. Approved Ratings on all Dispositional Reports from Application Committee review
- G. Qualifying GPAs: Overall GPA of 2.5; Professional GPA of 3.0
- H. No “D” grades or lower or “Incomplete” grades (Inc) for any general education, core or specialization courses required for the BA in Health & Exercise Science

II. Benchmark Point 2: Enrollment in Internship Field Experience (Professional Semester)

Candidates are eligible for enrollment in the Professional Semester when the following are completed:

- A. Successful completion of Section I as listed above
- B. Meeting with Program Advisor to complete Application for internship letter of intent (including responding to all communications from Advisor)
- C. Completed application submitted on time to Internship Program Coordinator
- D. Qualifying GPAs: Overall GPA of 2.5; Professional Specialization 3.0 (*Foundation HPFM, Stress Management, Health Behavior, Nutrition Fitness, Administration HPFM, Ex Physiology Lab, Practicum, Ex Prescription, Ex Spec Pop, Lab/Personal Train*)
- E. No “D” grades or lower or “Incomplete” grades (Inc) for any general education, core or specialization courses required for the BA in Health & Exercise Science.

III. Benchmark Point 3: Program Completion and Recommendation for Graduation

- A. Successful completion of Sections I & II as listed above
- B. Meeting with Program Advisor to complete Application (including responding to all communications from Advisor) for graduation
- C. Successful completion of *Internship for HPFM*
- D. No “D” grades or lower or “Incomplete” grades (Inc) for any general education, core or specialization courses required for the BA in Health & Exercise Science
- E. Qualifying GPAs: Overall GPA of 2.5; Professional GPA of 3.0

IV. Application for Graduation

Candidates can apply for **graduation** with a BA in Health & Exercise Science with a Specialization in Health Promotion & Fitness Management **after successfully completing all of the requirements needed for the BA in the major.**

I have thoroughly read the entire program packet and agree to its terms and conditions.

Signature: _____ **Advisor:** _____ **Date** _____

Candidate's Name _____ **Date** _____ **Revised 2/8/08**

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COLLEGE OF EDUCATION POLICIES

1. Only matriculated Health & Exercise Science majors may enroll in core or specialization courses required for the BA in Health Promotion & Fitness Management.
2. No waivers are given for any required core or specialization course
3. No Pass/No Credit grades will not be accepted for any course in the Core & Specialization.
4. “D” grades or lower, or Incomplete grades (Inc) are not acceptable for any general education, core or specialization courses required for the BA
5. An overall Grade Point Average (GPA) of 2.5, and a 3.0 GPA in all BA in core and specialization courses, (see front page for further details).
6. General Education, Core and specialization courses required for the BA may only be attempted twice.
7. **Praxis Due Dates will be determined by the program coordinator in conjunction with the class Foundations of Health Promotion & Fitness Management**

Questions regarding the **PRAXIS I** can be answered by your education advisor or by staff members in the Office of Field Experience (856-256-4725). You can review the ETS website for additional information:
www.ets.org/praxis

8. **Admission to HPFM Internship Field Experiences**
All Requirements listed under Section II on the first page of this program guide must be completed before you are eligible to take the Internship HPFM field experience course. The HPFM Internship can be done during the Spring, the Fall or the Summer
Please see your advisor for additional information.
9. **GRADUATION** - see dates listed on the cover page of the schedule of courses’ booklet for the semester before taking your Internship course(s). The graduation form can be obtained through the Registrar’s Office or you’re Academic Advisor’s Office. **IT IS IMPORTANT THAT THIS FORM BE RETURNED TO THE REGISTRAR’S OFFICE BY THE PRINTED DEADLINE DATE.** Stop by the Dean of Students’ Office (2nd Floor-Savitz Hall) for the University Policy regarding who can participate in the Commencement Ceremonies the semester before their official graduation date.
10. **OTHER HES SPECIALIZATIONS** - contact one of the following individuals:
Athletic Training: Dr. Robert Sterner Coordinator – sterner@rowan.edu
Teacher Certification HPE: Dr. Richard Fopeano Chairperson – fopeano@rowan.edu
Academic Coordinator HES: Mr. Melvin Pinckney – pinckney@rowan.edu

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++Additional Rowan Experience Requirements: 1 __ RS rowan seminar; 1 __ RI writing intensive; 1 __ MG multicultural Global; 1 __ Computer Literacy Course or Computer Competency Exam

Candidates cannot apply for graduation for the BA in Health & Exercise Science with Specialization in Health Promotion & Fitness Management without successfully completing all of the requirements needed for the BA

In addition to fulfilling the program requirements, all students are required to fulfill the University-Wide General Education Requirements and Rowan Requirements.

For Advisor’s Use:

	University-Wide Gen. Ed. Requirements (31 sh)		**Rowan Experience Requirements	
	Communications (9)		1 Multicultural/Global Course (M/G)	
	Math/Science (10)		1 Artistic and Creative Experience (ACE)	
	History, Humanities, and Language (6)		1 Literature Intensive (LI)	
	Social Behavior Science (3)		1 Writing Intensive (WI) taken at Rowan	
	Artistic and Creative Experience (3)		1 Rowan Seminar – Freshman Level (RS)	
Note!	Non – Program (Gen. Ed. – 11) (for minors)		1 Public Speaking (SP)	
	Non - Program (Free Electives -18) (for Minors)			

Notes:

SEQUENCING OF HEALTH PROMOTION AND FITNESS MANAGEMENT COURSES

Course Can Be Taken Separately Before Requisite Courses

HLTH 37192 Contemporary Health I (can be taken with HLTH 37193 – Contemporary Health II)
PHED 35352 Tech & Assess HES (Prerequisite Computer Literacy or Computer Competency Test)
HLTH 37210 Consumer Health Decisions
INAR 06415 Nutrition For Fitness (Prerequisite is INAR 06200 – Basic Nutrition)
HLTH 170 Stress Management
PHED 35235 Safety, First Aid of Orthopedic Injury

Courses Must Be Taken Prior To Requisite Courses

STUDENT RESPONSIBILITIES

(See University Undergraduate Catalog (www.rowan.edu/catalog))

“...It is the responsibility of the student to become knowledgeable of, and to observe, all University policies, regulations and procedures. The University is under no obligation to waive a requirement or grant an exception because a student pleads ignorance of a policy, regulation or requirement or because a student asserts that he/she has not been informed of such policy, regulation or requirement.

It is the student’s responsibility to become familiar with, and to remain informed about, all academic, administrative, financial or other policies, regulations or requirements concerning admission, registration, payment of tuition or fees, continued enrollment, grades and satisfactory program progress, graduation requirements or any other matter which affects the student.

All matriculated students at Rowan University must complete the following All-University requirements: (1) a Writing Intensive (**WI**) course, (2) a Multicultural/Global Studies (**M/G**) course, (3) a 4 SH laboratory science course, (4) a mathematics course, (5) a literature course [these courses may be general education, or education courses], and (6) successful completion of either the approved **Computer Competency Exam** or the 3 SH Computer Literacy course [failing the Exam twice will result in the student having to take Computer Literacy considered a Basic Skills course for Rowan University]. Information on the Computer Competency Exam can be obtained by contacting the Academic Success Center (3rd Floor-Savitz Hall). **Please work closely with your advisor to make sure that these requirements are satisfied. Your graduation and/or certification approval may be withheld if these requirements are not met.**

ADVISEMENT INFORMATION

Because the time period for registration is limited, you are encouraged to make an appointment for advisement in advance of obtaining the schedule of courses’ booklet, available shortly before Early Registration begins.

Be reasonable in your demands on your advisors' time and resources: (1) Make an appointment to see your advisor, do not just “show up” expecting your advisor to be ready and willing to meet with you; (2) see your advisor well ahead of deadlines [If you wait until the last minute you will not get the attention you are seeking.]; and (3) be sure to ask for clarification on any and all issues [It is better to receive correct information than to accept rumors.]

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8b. Health and Exercise Science Core Curriculum for all HES majors

	<u>Credits</u>
Structure and Function of the Human Body	6
(note: Anatomy and Physiology, Biology Dept, 8 credits with lab, may be substituted)	
* Kinesiology	3
* Exercise Physiology w/Lab	4
Contemporary Health I & II	6
Safety, First Aid and Prevention	3
Technology and Assessment	3
Basic Nutrition	3
TOTAL 28 CREDITS	

8c. HPFM Specialization Curriculum

Foundations of Health Promotion and Fitness Management	3
* Health Behavior	3
* Administration of Health Promotion and Fitness Programs	3
* Exercise Prescription	3
*Personal Training Techniques Lab	1
*Exercise for Special Populations	3
Stress Management	3
* Practicum in HPFM	3
* HPFM Field Experience (internship)	9
(note: will become 9 credits beginning Fall 2006)	
*Nutrition for Fitness	3
TOTAL 34 CREDITS	

Note: An * indicates a prerequisite for this course.

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**BEGINNING FALL 2006 ROWAN UNIVERSITY
DEPARTMENT OF HEALTH AND EXERCISE SCIENCE
(833) HEALTH PROMOTION AND FITNESS MANAGEMENT**

NAME: _____ SOC. SEC#: _____ ADVISOR: Mr. Pinckney Date: _____

PROGRAM COORDINATOR: DR. L. SPENCER

GENERAL EDUCATION COURSE WORK (GE), (2.50 MUST BE MAINTAINED); H.E.S. CORE COURSE WORK (C), (2.75 MUST – BE MAINTAINED); SPECIALIZATION REQUIREMENTS (S), (3.0 MUST BE MAINTAINED), (122 credits)

FRESHMAN YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
College Comp I _____ GE	3	_____	_____	College Comp II _____ GE	3	_____	_____
Lab Science (Chem or Bio) _____ GE	4	_____	_____	Gen Ed Elective _____	3	_____	_____
HHL(M/G) _____ GE	3	_____	_____	Math Choice (Elem Stat) GE	3	_____	_____
Contemporary Health I _____ C	3	_____	_____	Interpersonal Communication _____ GE	3	_____	_____
Fine Arts Choice _____	3	_____	_____	Contemporary Health II _____ C	3	_____	_____
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___16___				___15___			

SOPHOMORE YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
S&F Human Body I _____ C	3	_____	_____	S&F Human Body II _____ C	3	_____	_____
Public Speaking _____ GE	3	_____	_____	Free Elective _____	3	_____	_____
Foundations HPFM _____ S	3	_____	_____	Gen Ed Elective _____	3	_____	_____
H/H/L (Lit/WI) Choice _____ GE	3	_____	_____	Gen Ed Elective _____	3	_____	_____
Consumer Health Decisions _____ GE	3	_____	_____	Stress Management _____ S	3	_____	_____
Gen. Ed Elective _____	2	_____	_____	<hr/>			
<hr/>				<hr/>			
___17___				___15___			

JUNIOR YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
Kinesiology _____ C	3	_____	_____	Free Elective _____	3	_____	_____
Basic Nutrition _____ GE	3	_____	_____	Nurtirion for Fitness _____ S	3	_____	_____
Safety, First Aid & Prev _____ C	3	_____	_____	Administration of HP&FM _____ S	3	_____	_____
Health Behavior _____ S	3	_____	_____	Exercise Physiology w/lab _____ S	4	_____	_____
Free Elective _____	3	_____	_____	Free Elective _____	3	_____	_____
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___15___				___16___			

SENIOR YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
Exercise Prescription _____ S	3	_____	_____	Field Experience Hp & FM _____ S	9	_____	_____
Practicum HP & FM _____ S	3	_____	_____	Free Elective _____	3	_____	_____
Lab/Personal Training Tech _____ S	1	_____	_____	<hr/>			
Exercise for Special Popul _____ S	3	_____	_____	<hr/>			
Tech & Assess HES _____ C	3	_____	_____	<hr/>			
Free Elective _____	3	_____	_____	<hr/>			
<hr/>				<hr/>			
___16___				___12___			