

**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** \_\_\_\_\_

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**Candidate's Name** \_\_\_\_\_ **Date** \_\_\_\_\_ **Reviewed 2-10**

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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](http://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 (2<sup>nd</sup> 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 – <a href="mailto:sterner@rowan.edu">sterner@rowan.edu</a>
Teacher Certification HPE:	Dr. Richard Fopeano Chairperson – <a href="mailto:fopeano@rowan.edu">fopeano@rowan.edu</a>
Academic Coordinator HES:	Mr. Melvin Pinckney – <a href="mailto:pinckney@rowan.edu">pinckney@rowan.edu</a>



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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:**

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

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 or Contemporary Issues of Nutrition (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](http://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 (3<sup>rd</sup> 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
<b>TOTAL 28 CREDITS</b>	

**8c. HPFM Major 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
*Nutrition for Fitness OR Contemporary Issues in Nutrition . . . . .	3
<b>TOTAL 34 CREDITS</b>	

Note: An \* indicates a prerequisite for this course.

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

NAME: \_\_\_\_\_ ID#: \_\_\_\_\_ 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	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____16_____				_____15_____			

**SOPHOMORE YEAR**

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
A&P or S&F Human Body I _____(C)	3/4	_____	_____	A&P or S&F Human Body II _____(C)	3/4	_____	_____
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	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____15_____			
_____17_____							

**JUNIOR YEAR**

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
Kinesiology _____ C _____	3	_____	_____	Free Elective _____	3	_____	_____
Basic Nutrition _____ GE _____	3	_____	_____	Nut.for Fit or Contemp Issues Fit 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	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____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	_____	_____	_____	_____	_____	_____
Exercise for Special Popul _____ S _____	3	_____	_____	_____	_____	_____	_____
Tech & Assess HES _____ C _____	3	_____	_____	_____	_____	_____	_____
Free Elective _____	3	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____12_____			
_____16_____							

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**Transfer Sequence for BA in Health and Exercise Science  
Health Promotion / Fitness Management Specialization**

**Suggested Sequence: Community College (60 credits)**

<b>Fall 1</b>	<b>Spring 1</b>	<b>Fall 2</b>	<b>Spring 2</b>
College Comp I	College Comp II	Anatomy & Physiology I	Anatomy & Physiology II
Lab Sci (Chem or Bio)	Interpersonal Comm	HHL (Lit/WI)	Basic Nutrition
HHL (M/G)	Math Choice (Elem Stat)	Public Speaking	Fine Arts Choice
Free Elective	Gen Ed Elective	Gen Ed Elective	Free Elective
Gen Elective (2cr)	Gen Ed Elective	Free Elective	Free Elective
Total-15	Total- 15	Total- 15	Total-15

**Rowan University Sequence (62)**

<b>Fall 3</b>	<b>Spring 3</b>	<b>Fall 4</b>	<b>Spring 4</b>
Contemporary Health I	Contemporary Health II	Exercise Prescription	Practicum HPFM
Foundations HPFM	Safety, First Aid & Prev	Health Behavior	Free Elective
Consumer Health Dec	Nutrition for Fitness	Per Training Tech/Lab	Admin of HPFM
Stress Management	Ex Phys w/lab	Exer for Special Pop	Free Elective
Kinesiology		Tech and Assess HES	
Total-15	Total-13	Total -13	Total -12

<b>Fall 5</b>	<b>Spring 5</b>	<b>Fall 6</b>	<b>Spring 6</b>
Field Exp HPFM			
Total -9	Total -	Total-	Total-

**1) How many total credits are there on the above template (C.C. plus Rowan University)?**  
122 credits

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**2) How many total required credits are there in this degree program for native students?**

122 credits

**3) If #1 and #2 are different, why?**

Some Community Colleges may not offer a 3 credit Anatomy and Physiology course which may require students to take a 4 credit course instead. Native Rowan students can take a 3 credit Structure and Functions I and II to fulfill this requirement.

**4) How is the Writing Intensive requirement fulfilled by the above sequence?**

If the Community College offers a HHL course that is writing intensive, it can meet this requirement.

**5) Are any of the following requirements: ART, LIT, or M/G- listed in the “Community College” portion of the template? If so, why?**

If the ART, LIT or MC courses are HHL courses and meet the Rowan equivalent, they can be accepted as transfer credits.

**6) Are there any courses listed under your “Rowan University Sequence” above that could be taken at a community college?**

Maybe Safety, First Aid and Prevention if it addresses the same professional competencies that are addressed in the Rowan course.

Contemporary Health I or II if they address the same topics addressed in the Rowan courses.

**7) Do you have any other questions, comments or concerns about the Statewide Transfer Agreement that you wish to share with the Task Force?**

No

This information is needed to ensure we are in compliance with New Jersey state law.