

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	_____	_____				
_____16_____				_____12_____			