

BACHELOR OF ARTS, HEALTH & EXERCISE SCIENCE: Health Promotion & Fitness Management

GENERAL EDUCATION REQUIREMENTS

42 S.H.

(Parentheses indicate prerequisites)

CHECK TO BE SURE THE FOLLOWING REQUIREMENTS ARE COMPLETED:				
<input type="checkbox"/> Writing Intensive Course (WI)		<input type="checkbox"/> Broad Based Literature Course (LIT)		
<input type="checkbox"/> Multicultural/Global Course (M/G)		<input type="checkbox"/> Computer Competency Exam or Computer Literacy Course		
<input type="checkbox"/> Lab Science Course (LAB)		<input type="checkbox"/> Rowan Seminar (RS) – Freshmen Only		
Transfer	Rowan	Rowan #	COMMUNICATIONS BANK	9 S.H.
		COMP 01111	College Composition I	3s.h.
		COMP 01112	College Composition II (<i>College Composition I</i>)	3 s.h.
		CMS 06202	Public Speaking (<i>College Composition II</i>)	3 s.h.
Transfer	Rowan	Rowan #	SCIENCE/MATHEMATICS BANK	7 S.H.
			Any 4 Credit Chemistry or Biology course with lab	4 s.h.
		STAT 02100	Elementary Statistics	3 s.h.
Transfer	Rowan	Rowan #	SOCIAL & BEHAVIORAL SCIENCES BANK	6 S.H.
		HLTH 37210	Consumer Health Decisions	3 s.h.
		CMS 06206	Interpersonal Communication	3 s.h.
Transfer	Rowan	Rowan #	HISTORY/HUMANITIES/LANGUAGE BANK	6 S.H.
			Any LIT Elective	3 s.h.
			Any M/G Elective	3 s.h.
Transfer	Rowan	Rowan #	ARTISTIC & CREATIVE EXPERIENCE BANK	3 S.H.
			Fine Arts Choice	3 s.h.
Transfer	Rowan	Rowan #	NON-PROGRAM COURSES	11 S.H.
			Any WI elective	3 s.h.
			Choice	
			Choice	

- ◆ This information has been provided by the department listed above as of the date listed below and is subject to change.
- ◆ To declare this major go to the Department Advisor.
- ◆ If this is a restricted major, Requirements for entering this major are attached.
- ◆ A suggested sequence of courses is also attached.

Bachelor of Arts, Health And Exercise Science:
Health Promotion And Fitness Management Specialization

62 S.H.

HES Core Requirements **28 s.h.**

ROWAN #	COURSE NAME	S.H.
PHED 35241*	Structure & Function of Human Body I	3 s.h.
PHED 35242*	Structure & Function of Human Body II	3 s.h.
PHED 35343	Kinesiology	3 s.h.
PHED 35345	Exercise Physiology with Lab	4 s.h.
HLTH 37192	Contemporary Health I	3 s.h.
HLTH 37193	Contemporary Health II	3 s.h.
PHED 35235	Safety, First Aid and Basic Und. of Ath. Injuries	3 s.h.
PHED 35230	Technology and Assessment	3 s.h.
INAR 06200	Basic Nutrition	3 s.h.

Promotion & Fitness Management Specialization Requirements **34 s.h.**

HLTH 37310	Foundations of Health Promotion & Fitness Management	3 s.h.
HLTH 37350	Health Behavior	3 s.h.
HLTH 37340	Administration of HP/FM	3 s.h.
PHED 35401	Exercise Prescription	3 s.h.
HLTH 37329	Lab/Personal Training Techniques	1 s.h.
PHED 35412	Exercise for Special Populations	3 s.h.
HLTH 37170	Stress Management	3
HLTH 37430	Practicum in HP/FM	3
HLTH 37483	HP/FM Field Experience	9
INAR 06415	Nutrition for Fitness	3

General Education (see other side).....42 s.h.

Free Electives..... 18 s.h.

Total Credits in Program122 S.H.

***Note: Anatomy & Physiology I [BIOL 10210] & Anatomy & Physiology II [BIOL 10212] (8 s.h.) may be substituted.**

Suggested Course Sequence

Health Promotion & Fitness Management Specialization

PLEASE NOTE: Considerable flexibility exists for moving courses between spring and fall semesters, except when a course is only offered in spring or fall (noted in some Specialization Courses). When altering course sequences, give careful consideration to prerequisites.

FIRST SEMESTER		SECOND SEMESTER	
College Comp I COMP 01111	3	College Comp II COMP 01112	3
Lab Science (Chem or Bio)	4	Gen Ed Elective	3
HHL (M/G)	3	Math Choice (Elem Stat) GE	3
Contemp. Health I HLTH 37192	3	Intpersonal Communication INAR 06206	3
Fine Arts Choice	3	Contemporary Health II HLTH 37193	3
TOTAL	16	TOTAL	15
THIRD SEMESTER		FOURTH SEMESTER	
S&F Human Body I PHED 35241	3	S&F Human Body II PHED 35242	3
Public Speaking CMS 06202	3	Free Elective	3
Foundations of HP & FM HLTH 37310	3	Gen Ed Elective	3
H/H/L (Lit/WI)	3	Gen Ed Elective	3
Consumer Health Decisions HLTH 37210	3	Stress Management HLTH 37170	3
Gen Ed Elective	2		
TOTAL	17	TOTAL	15
FIFTH SEMESTER		SIXTH SEMESTER	
Kinesiology PHED 35343	3	Free Elective	3
Basic Nutrition INAR 06200	3	Nutrition for Fitness INAR 06415	2
Safety, First Aid and Basic Und. of Ath. Injuries PHED 35235	3	Administration of HP & FM HLTH 37340	3
Health Behavior HLTH 37350	3	Exericse Physiology w/ Lab PHED 35345	4
Free Elective	3	Free Elective	3
TOTAL	15	TOTAL	16
SEVENTH SEMESTER		EIGHTH SEMESTER	
Exercise Prescription PHED 35401	3	Field Experience HP & FM HLTH 37483	9
Practicum HP & FM HLTH 37430	3	Free Elective	3
Lab/Personal Training Tech HLTH 37329	1		
Exercise for Special Populations PHED 35412	3		
Tech & Assess HES PHED 35230	3		
TOTAL	16	TOTAL	12