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## Academic Program Guide for New First-Year Students (Effective Fall 2021) Department of Health and Exercise Science

Students who entered Rowan University prior to Fall 2020 should follow the guide for their program and start year consultation with their advisor

### Rowan University Graduation Requirements for all Majors/ Degrees

x Students must complete a minimum of 120 credits (6 semesters) of coursework with a cumulative GPA of at least 2.0 Rowan University coursework (Transfer courses/credit do not count toward the RU GPA.)  
xA minimum of 30% of coursework must be completed through Rowan University  
x Some programs may require a minimum of 120 credits (6 semesters) of coursework with a cumulative GPA of at least 2.0 Rowan University coursework (Transfer courses/credit do not count toward the RU GPA.)

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Major Requirements (62 sh)

12 sh of Foundational courses

46 sh of Upper Level courses

58 sh total

Course #	Course Name	Course Designation & Notes	Sem/Yr	Grade	Credits
HES 00105	Foundations of Exercise Science	Satisfies Rowan Seminar requirement	Fall/1		3
HES 00116	Safety First Aid & Basic Under. Injury		Fall/2		3
NUT 00200	Basic Nutrition		Spring/2		3
HES 00243	Motor Control and Learning		Spring/2		3
HES 00201	Essentials of Strength Training		Fall/2		3
<b>Subtotal:</b>					<b>15 sh</b>

Choose one of the following courses. Courses chosen here may not be used in other banks.

Course #	Course Name	Course Attributes / Notes	Sem/Yr	Grade	Credits
HES 00301	Research Methods in HES		Fall/3		3
HES 00346	Introduction to Biomechanics		Fall/3		3
HES 00349	Exercise Physiology for Health Care Professionals		Fall/3		4
HPW00350	Health Behavior Theory and Counseling		Fall/3		3
HES 00348	Human Disease and Epidemiology		Spring/3		3
HPW00360	Facility & Program Management in Wellness		Spring/3		3
HES 00401	Exercise Prescription		Spring/3		3
NUT00415	Nutrition for Fitness		Spring/3		3
ATR 00347	Applied Biomechanics		Fall/4		3
HES 00402					