

Academic Rhode Map for BS Wellness and Exercise Science Major at Rhode Island College

GENERAL EDUCATION: A complete listing of General Education courses can be found in the online catalog; look at catalog for year you enrolled. For Gen Ed courses, aside from Second Language requirement, which varies depending on where you are placed, you need ONE course from each category. Second Language 101/102 options are: American Sign, Arabic, French, German, Italian, Japanese, Portuguese, or Spanish. For other ways to satisfy the second language requirement look under the Gen Ed. section of the catalog. For information about Math Placement exam visit the orientation webpage. Any courses marked (F) offered Fall only; (Sp) Spring only. **Courses with a "W" in the prefix are Writing in the Discipline (WID) courses and will be writing intensive. Courses with an asterisk* have prerequisites.**

Academic Major Checklist	Check Course	Academic Major Checklist contd.	Check Course
HPE 102 Human Health and Disease		HPE 427W Internship in Wellness and Exercise Science* (WID)	
HPE 140 Foundations: Physical Education and Exercise Science		HPE 430 Seminar in Wellness and Exercise Science*	
HPE 201 Prevention and Care of Athletic Injuries (Sp)		ENGL 230W Writing for Professional Settings* (WID) or MKT 201W Introduction to Marketing* (WID)	
HPE 205 Conditioning for Personal Fitness		BIOL 108 Basic Principles of Biology*	
HPE 221 Nutrition		BIOL 231 Human Anatomy*	
HPE 233 Social Perspectives of Health*		BIOL 335 Human Physiology*	
HPE 243 Motor Development and Motor Learning		PSYC 110 Intro to Psychology or PSYC 215 Social Psychology	
HPE 278 Coaching Skills and Tactics*		Choose TWO from: HPE 244 Group Exercise Instruction*(Sp), HPE 307 Introduction to Epidemiology*, HPE 308 Science of Coaching* (Sp), HPE 310 Strength and Conditioning for Athletic Performance*(F), HPE 404 School Health and Physical Education Leadership* (Sp), HPE 408 Coaching Applications* (F), HPE 451 Recreation and Aging*, or SOC 217 Sociology of Aging	
HPE 301W Principles of Teaching Activity* (WID)			
HPE 303W Research in Community and Public Health* (WID)			
HPE 309W Exercise Prescription (F)* (WID)			
HPE 406 Program Planning in Health Promotion (Sp)*			
HPE 410 Managing Stress and Mental/Emotional Health*			
HPE 411 Kinesiology (F/Su)*			
HPE 420 Physiological Aspects of Exercise*			
HPE 421 Senior Lecture: Wellness and Exercise Science (F)*			

This map is a semester-by-semester plan to help you toward graduation in four years. Not everyone graduates in four years as it depends on how many courses you can take, and how you do in those courses. This map is not your only route; it is a suggestion. You might take additional courses over the summer (or early spring/winter) to catch up or get ahead if the courses you need are offered at these times. While many courses in your major will have prerequisites that you will need to take in a special order, there is some flexibility in this map, but always double check you have the correct prerequisites for a course you plan to take.

The column to the left on the other side of this page suggests the ideal courses for you to take each semester. There are times when those courses may be full or unavailable the semester you plan to take them, in which case consider another course from a different semester with which you can switch. The column on the right has "Checkpoints" for each semester that show where you should be by the end of that semester. You should work from this map as you plan each semester's schedule, before checking in with your advisor. The Map is designed primarily for freshmen coming to college for the first time, but transfer students may also use the Rhode Map with the understanding that they have most likely completed several requirements through transfer of credit and will be starting further into the program. Maps assume a Fall start.

GRADUATION REQUIREMENTS: The following requirements must be completed by undergraduate degree candidates at Rhode Island College in order to graduate:

- General Education program, including a second language requirement and RIC 100 or its equivalent
- College Math Milestone (which is separate from the Gen Ed math requirement)
- College Writing Competency (satisfied by FYW with a minimum grade of C). ***Feinstein School of Education & Human Development (FSEHD), Department of Health & Physical Education (HPE), Wellness & Exercise Science (WES) program requires a minimum grade of B***
- Academic Major—check chart above. Writing in the Discipline requirement is satisfied through major courses
- A minimum of 120 credit hours, with a minimum of 45 credit hours taken at RIC. Of the 45 credit hours, a minimum of 15 credit hours must be in the major (12 of which must be at the 300- or 400-level)
- A minimum overall grade point average (GPA) of 2.0. ***FSEHD, HPE Dept. WES Program requires a minimum GPA of 2.7.***
- A minimum grade point average of 2.0 in major. ***FSEHD, HPE Dept. WES Program requires a minimum GPA of 2.75 in your major***

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+Program Admission Requirements. Complete these courses prior to applying to Feinstein School of Education & Human Development, Wellness and Exercise Science Program. **Minimum Grade Requirement:** FYW (B), HPE 140 & HPE 205 (B-).

SEMESTER 1	CR	SEMESTER 1 CHECKPOINTS
+First Year Writing (FYW 100)	4	FYW 100P is a 6-credit option. There is a Directed Self-Placement questionnaire you can take to aid in this decision; check the RIC First Year Writing website. Minimum grade of B for FYW (HPE WES Program)
RIC 100 Introduction to Rhode Island College	1	Exempt if taking COLL 101, COLL 150, or HONR 150
Gen Ed Math (M) course	4	Math Gen. Ed. completed, will need to pass Math Milestone or get the appropriate score on the Math Placement Exam to enroll in one of these
HPE 140 Foundations: Physical Education and Exercise Science	3	Minimum grade of B-
+ HPE 205 Conditioning for Personal Fitness	3	Minimum grade of B-
Requirements and GPA		Aim for 15 earned credits (While 12 is fulltime, 15 credits are preferred to stay on track to graduate in 4 years). Minimum 2.75 GPA and Math competency completed. Apply for School of Education (FSEHD) admission at the end of this semester: https://www.ric.edu/departments-directory/feinstein-school-education-and-human-development/fsehd-undergraduate-programs-and-admission
# CREDITS EARNED	15	Make appointment in Sept. with department advisor to discuss your schedule for next semester

SEMESTER 2	CR	SEMESTER 2 CHECKPOINTS
+HPE 102 Human Health and Disease	3	Minimum grade of B-
HPE 201 Prevention and Care of Athletic Injuries (Sp)	3	Minimum grade of B-
HPE 221 Nutrition	3	Minimum grade of B-
HPE 243 Motor Development and Motor Learning	3	Minimum grade of B-
FYS 100 First Year Seminar	4	
Requirements and GPA		Aim for a minimum of 30 credits, with minimum 2.75 GPA. Apply for FSEHD admission at the end of this semester if not accepted yet
# CREDITS EARNED	16	Make appointment in Feb. with advisor to discuss your schedule for next semester

SEMESTER 3	CR	SEMESTER 3 CHECKPOINTS
HPE 233 Social Perspectives of Health*	3	Prereq. 24 completed credits; Minimum grade of B-
HPE 278 Coaching Skills and Tactics*	3	Prereq. HPE 243; minimum grade of B-
Gen Ed Social and Behavioral Sciences (SB): PSYC 110 or PSYC 215	4	Minimum grade of C. Gen Ed SB Completed
Gen Ed: Second Lang 101 (based on placement, a course higher than 101/102 may be taken)—or other Gen Ed. if lang. not needed	4	Language placement test with Dept. of Modern Languages (optional); Complete Second Lang 101 if needed.
Gen Ed Natural Science (NS): BIOL 108 Basic Principles of Biology *	4	Prereq. College Math competency. Minimum grade of C. Gen Ed NS Completed
Requirements and GPA		Aim for a minimum of 45 earned credits, with minimum of 2.75 GPA
# CREDITS EARNED	18	Make appointment in Sept. with advisor to discuss your schedule for next semester

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SEMESTER 4	CR	SEMESTER 4 CHECKPOINTS
HPE 301W Principles of Teaching Activity* (WID)	3	Prereq. admission into FSEHD; Minimum grade of B-
HPE 410 Managing Stress and Mental/Emotional Health*	3	Prereqs. 45 credits. Minimum grade of B-
Select ONE from: HPE 244* (Sp), HPE 307*, HPE 308* (Sp), HPE 310* (F), HPE 404* (Sp), HPE 408* (F), HPE 451*, or SOC 217	3-4	SOC 217 is 4 credit, others all 3 credits. Varied prereqs.— see catalog. Minimum grade of B-
Gen Ed: Second Lang 102* (if needed)	4	Prereq. Lang 101. Complete Second Lang 102 (if needed)
BIOL 231 Human Anatomy*	4	Prereq. minimum of C in BIOL 108; minimum grade of C
Requirements and GPA		Aim for a minimum of 60 earned credits, with minimum of 2.75 GPA
# CREDITS EARNED	17-18	Make appointment with advisor to discuss your schedule for next semester in Feb.

SEMESTER 5	CR	SEMESTER 5 CHECKPOINTS
HPE 303W Research in Community and Public Health* (WID)	3	Prereq. admission into FSEHD; Minimum grade of B-
HPE 309W Exercise Prescription* (F) (WID)	3	Prereq. HPE 205 and 243; minimum grade of B-
HPE 411 Kinesiology * (F, Su)	3	Prereq. BIOL 231; minimum grade of B-
Gen Ed Advanced Quantitative/Scientific Reasoning (AQSR): BIOL 335 Human Physiology*	4	Prereqs. BIOL 108 and 231. Minimum grade of C; Gen Ed AQSR Completed
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L)	4	
Requirements and GPA		Aim for a minimum of 75 earned credits, with minimum of 2.75 GPA
# CREDITS EARNED	17	Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 6	CR	SEMESTER 6 CHECKPOINTS
HPE 406 Program Planning in Health Promotion* (Sp)	3	Prereqs. HPE 303 or HPE 303W; a minimum cumulative GPA of 2.75; or consent of department chair. Minimum grade of B-
HPE 420 Physiological Aspects of Exercise *	3	Prereq. BIOL 335; minimum grade of B-
MKT 201W Introduction to Marketing* or ENGL 230W Writing for Professional Settings* (WID)	4	ENG 230W prereq. FYW or College Writing Requirement; MKT 201W prereq. 30 credits.
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L)	4	
Requirements and GPA		Aim for a minimum of 90 earned credits, with minimum of 2.75 GPA. Apply for degree audit online through MyRIC. Apply for Internship
# CREDITS EARNED	14	Make appointment with advisor to discuss your schedule for next semester in Feb.

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SEMESTER 7	CR	SEMESTER 7 CHECKPOINTS
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L), or free elective if all complete	4	
Gen Ed Connections (C) course *	4	Prerequisites: 45 completed credits, FYW and FYS.
HPE 421 Senior Lecture: Wellness and Exercise Science* (F)	3	Prereqs. HPE 309 or HPE 309W; minimum cumulative grade of 2.75, or consent
Select ONE from: HPE 244* (Sp), HPE 307*, HPE 308* (Sp), HPE 310* (F), HPE 404* (Sp), HPE 408* (F), HPE 451*, or SOC 217	3-4	SOC 217 is 4 credit, others all 3 credits. Varied prereqs.— see catalog. Minimum grade of B-
Requirements and GPA		All ten GE courses, RIC 100, and second lang. req. completed. Aim for a minimum of 105 earned credits, with minimum of 2.75 GPA. Application for Internship completed
# CREDITS EARNED	14-15	Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 8	CR	SEMESTER 8 CHECKPOINTS
HPE 427W Internship in Wellness and Exercise Science* (WID)	10	Prereqs. HPE 421 and concurrent enrollment in HPE 430; minimum GPA of 2.75, successful completion of an internship application and completion of all required courses. Graded S/U
HPE 430 Seminar in Wellness and Exercise Science*	2	Prereqs. concurrent enrollment in HPE 427W; minimum grade of B-
Requirements and GPA		Need minimum of 120 earned credits, with minimum GPA of 2.75 overall and in the major
# CREDITS EARNED	12	Attend Gradfest and Commencement Complete Exit Survey

For more information, go to:

<https://www.ric.edu/departments-directory/departments-health-and-physical-education/departments-health-and-physical-education-undergraduate-programs/wellness-and-exercise-science-bs>

NOTE: The minimum total credit count for the Wellness and Exercise Science major is 85 credits (depending on which courses you choose), although 12 of those may be offset against Gen Ed. courses (AQSR, NS, SB), which leaves 28 more credits of Gen Ed. and possibly 9 more depending on secondary language needs and RIC 100. The minimum credit count will be 113 credits (without secondary language and RIC 100), which would leave 7 elective credits.