

ACADEMIC RHODEMAP
BS COMMUNITY HEALTH AND WELLNESS MAJOR
Concentration in Wellness and Movement Studies



GENERAL EDUCATION: A complete listing of General Education courses can be found at the Office of Academic Support and Information Services (OASIS) or online at <http://www.ric.edu/recordsoffice/Pages/College-Catalog.aspx>; 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, Latin, Portuguese, or Spanish. For other ways to satisfy the second language requirement look under the Gen Ed. section of the catalog. Any courses marked (F) offered Fall only; (Sp) Spring only. All courses marked with an asterisk * have a prerequisite.

Academic Major Core Checklist	Course	Concentration Requirements	Course
BIOL 108 Basic Principles of Biology		HPE 243 Motor Development and Motor Learning	
BIOL 231 Human Anatomy*		HPE 278 Coaching Skills and Tactics	
BIOL 335 Human Physiology*		HPE 301 Principles of Teaching Activity*	
ENGL 230 Writing for Professional Settings* or MKT 201 Introduction to Marketing*		HPE 309 Exercise Prescription* (F)	
HPE 102 Personal Health		HPE 411 Kinesiology (F)*	
HPE 205 Conditioning for Personal Fitness		HPE 420 Physiological Aspects of Exercise*	
HPE 221 Nutrition		HPE 421 Practicum in Movement Studies (F)*	
HPE 233 Social and Global Perspectives on Health*		HPE 427 Internship in Movement Studies*	
HPE 303 Community Health*		HPE 430 Seminar in Movement Studies*	
HPE 406 Program Development in Health Promotion (Sp)*		TWO courses from: HPE 151 Introduction to Recreation in Modern Society (as needed), 244 Group Exercise Instruction* (Sp), 247 Rhythmic Movement* (Sp), 307 Dynamics and Determinants of Disease*, 308 Science of Coaching* (Sp), 310 Strength and Conditioning for Athletic Performance* (F), 323 Teaching in Adventure Education (F)*, 408 Coaching Applications* (F), 404 School Health and Physical Education Leadership * (Sp), 451 Recreation and Aging*, or SOC 217 Aging and Society	
HPE 410 Stress Management*			
PSYC 110 Intro to Psychology or PSYC 215 Social Psychology			
HPE 140 Introduction to Movement Studies			
HPE 201 Prevention and Care of Athletic Injuries (Sp)			

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 will need you to take them 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 RhodeMap 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
- College Math Competency (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), Community Health & Wellness (CHW) program requires a minimum grade of B.***
- Academic Major—check chart above.
- 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. CHW Program requires a minimum GPA of 2.75.***
- A minimum grade point average of 2.0 in your major. ***FSEHD, HPE Dept. CHW 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, Community Health & Wellness Program. **Minimum Grade Requirement:** FYW (B), HPE 102 & HPE 205 (B-).

SEMESTER 1	CR	SEMESTER 1 CHECKPOINTS ✓
+First Year Writing (FYW 100) or First Year Seminar (FYS 100).	4	<input type="checkbox"/> FYW 100P is a 6 credit option. To decide which FYW to take, check the Directed Self-Placement test at www.ric.edu/firstyearwriting <input type="checkbox"/> Minimum grade of B for FYW (HPE CHW Program)
Gen Ed--Second Lang 101 (based on placement, a course higher than 101/102 may be taken). If language requirement satisfied: another Gen Ed Distribution course.	4	<input type="checkbox"/> Language placement test with Dept. of Modern Languages (optional); Complete Second Lang 102, grade C or better
+HPE 102 Personal Health	3	<input type="checkbox"/> Minimum grade of B-
HPE 140 Introduction to Movement Studies	3	<input type="checkbox"/> Minimum grade of B-
+HPE 205 Conditioning for Personal Fitness	3	<input type="checkbox"/> Minimum grade of B-
Requirements and GPA		<input type="checkbox"/> Aim for 16 earned credits (While 12 is fulltime, 16 credits are preferred to stay on track to graduate in 4 years) <input type="checkbox"/> Minimum 2.75 GPA <input type="checkbox"/> Math competency completed
# CREDITS EARNED	17	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 2	CR	SEMESTER 2 CHECKPOINTS ✓
FYW 100 +or FYS 100	4	<input type="checkbox"/> Complete FYS and FYW, for FYW, grade B or better
HPE 233 Social Perspectives of Health*	3	<input type="checkbox"/> Prereq. 24 completed credits; Minimum grade of B-
HPE 243 Motor Development and Motor Learning	3	<input type="checkbox"/> Minimum grade of B-
Gen Ed--Second Lang 102 (if needed) or Gen Ed Math (M) course	4	<input type="checkbox"/> Complete Second Lang 102, grade C or better
Requirements and GPA		<input type="checkbox"/> Need a minimum of 30 earned credits <input type="checkbox"/> Minimum 2.75 GPA <input type="checkbox"/> May apply for School of Education (FSEHD) admission at the end of this semester
# CREDITS EARNED	14	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.

SEMESTER 3	CR	SEMESTER 3 CHECKPOINTS ✓
HPE 278 Coaching Skills and Tactics	3	<input type="checkbox"/> Minimum grade of B-
MKT 201 Introduction to Marketing* or ENGL 230 Writing for Professional Settings*	3-4	<input type="checkbox"/> Minimum grade of B- MKT 201 prereq. 45 credits. <input type="checkbox"/> ENG 230 prereq. FYW or College Writing Req. (4 credits)
Gen Ed Math (M) if needed or Gen Ed. course from Arts (A), History (H), or Literature (L).	4	<input type="checkbox"/> Complete Second Lang 102, grade C or better <input type="checkbox"/> Gen Ed Math completed
BIOL 108 Basic Principles of Biology* (Gen Ed Natural Science)	4	<input type="checkbox"/> Prereq. Math competency; Complete BIOL 108 with minimum grade of C
Requirements and GPA		<input type="checkbox"/> Need minimum of 45 earned credits, <input type="checkbox"/> Minimum of 2.75 GPA
# CREDITS EARNED	14-15	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept. <input type="checkbox"/> Apply for School of Education (FSEHD) admission at the end of this semester if you did not do so last semester

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SEMESTER 4	CR	SEMESTER 4 CHECKPOINTS ✓
BIOL 231 Human Anatomy*	4	<input type="checkbox"/> Prereq. minimum of C in BIOL 108; Minimum grade of C
HPE 301 Principles of Teaching Activity*	3	<input type="checkbox"/> Prereq. HPE 140 and 243, and admission School of Ed. <input type="checkbox"/> Minimum grade of B-
HPE 303 Community Health*	3	<input type="checkbox"/> Prereq. Admission School of Ed. Minimum grade of B-
HPE 410 Stress Management*	3	<input type="checkbox"/> Prereqs. 45 credits. Minimum grade of B-
ONE from: HPE 151, 244* (Sp), 247* (Sp), 307*, 308*(Sp), 310* (F), 323 (F)*, 408* (F), 404* (Sp), 451*, or SOC 217	3-4	<input type="checkbox"/> Varied prereqs.—see catalog. Minimum grade of B- <input type="checkbox"/> SOC 217 is 4 credit, others all 3 credits
Requirements and GPA		<input type="checkbox"/> Need minimum of 60 earned credits <input type="checkbox"/> Minimum of 2.75 GPA
# CREDITS EARNED	16-17	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.

SEMESTER 5	CR	SEMESTER 5 CHECKPOINTS ✓
BIOL 335 Human Physiology* (Gen Ed-Advanced Quantitative/Scientific Reasoning)	4	<input type="checkbox"/> Prereqs. BIOL 108 and 231 <input type="checkbox"/> Minimum grade of C
Gen Ed Social and Behavioral Sciences (SB) PSYC 110 or PSYC 215	4	<input type="checkbox"/> Minimum grade of C
HPE 309 Exercise Prescription* (F)	3	<input type="checkbox"/> HPE 205, HPE 243, or consent of department chair <input type="checkbox"/> Minimum grade of C
HPE 411 Kinesiology *	3	<input type="checkbox"/> Prereqs. BIOL 231, HPE 278 and admission to School of Ed. <input type="checkbox"/> Minimum grade of B-
ONE from: HPE 151, 244* (Sp), 247* (Sp), 307*, 308*(Sp), 310* (F), 323*, 408* (F), 404* (Sp), 451*, or SOC 217	3-4	<input type="checkbox"/> Varied prereqs.—see catalog. Minimum grade of B- <input type="checkbox"/> SOC 217 is 4 credit, others all 3 credits
Requirements and GPA		<input type="checkbox"/> Aim for minimum of 75 earned credits <input type="checkbox"/> Minimum of 2.75 GPA
# CREDITS EARNED	17-18	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 6	CR	SEMESTER 6 CHECKPOINTS ✓
Choose Connections course (GE-C)*	4	<input type="checkbox"/> Prereqs. are 45 completed credits and FYW and FYS.
HPE 201 Prevention and Care of Athletic Injuries (Sp)	3	<input type="checkbox"/> Minimum grade of B-
HPE 221 Nutrition	3	<input type="checkbox"/> Minimum grade of B-
HPE 406 (Sp) Program Development in Health Promotion*	3	<input type="checkbox"/> Prereqs. HPE 301 and HPE 303 <input type="checkbox"/> Minimum grade of B-
HPE 420 Physiological Aspects of Exercise (F)*	3	<input type="checkbox"/> Prereqs. BIOL 335 and admission to School of Ed. <input type="checkbox"/> Minimum grade of B-
Requirements and GPA		<input type="checkbox"/> Aim for minimum of 90 earned credits <input type="checkbox"/> Minimum of 2.75 GPA <input type="checkbox"/> Apply for degree audit online through MyRI
# CREDITS EARNED	15-17	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.

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SEMESTER 7	CR	SEMESTER 7 CHECKPOINTS ✓
HPE 421 Practicum in Movement Studies (F)*	3	<input type="checkbox"/> Prereqs. BIOL 231, BIOL 335, HPE 406, and a minimum GPA of 2.75. <input type="checkbox"/> Minimum grade of B-
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L)	4	
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L)	4	
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L) if needed, or an elective	3-4	
Requirements and GPA		<input type="checkbox"/> All ten GE courses and second lang. req. completed <input type="checkbox"/> Aim for minimum of 105 earned credits <input type="checkbox"/> Minimum of 2.75 GPA <input type="checkbox"/> Application for Internship completed
# CREDITS EARNED	14-15	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 8	CR	SEMESTER 8 CHECKPOINTS ✓
HPE 427 Internship in Movement Studies and Recreation*	10	<input type="checkbox"/> Prereqs. HPE 421 and concurrent enrollment in HPE 430; minimum GPA of 2.75, approved Preparing for Internship Portfolio and completion of all required courses <input type="checkbox"/> Graded S/U
HPE 430 Seminar in Movement Studies and Recreation*	2	<input type="checkbox"/> Prereqs. concurrent enrollment in HPE 427 <input type="checkbox"/> Minimum grade of B-
Requirements and GPA		<input type="checkbox"/> Need minimum of 120 earned credits <input type="checkbox"/> Minimum of 2.75 GPA <input type="checkbox"/> Minimum GPA of 2.75 in major
# CREDITS EARNED	12	Attend Gradfest and Commencement

For more information, check the Community Health and Wellness Department website:

<http://www.ric.edu/healthphysicaleducation/Pages/Bachelor-of-Science-in-Community-Health-and-Wellness.aspx>

NOTE: The minimum total credit count for the CHW (conc. in wellness and movement studies) 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 8 more depending on secondary language needs. The minimum credit count will be 113 credits (without secondary language), which would leave 7 elective credits.