

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

- This Rhode Map is a suggested pathway to graduation in 8 semesters
 - There are other valid pathways available to graduation - part time, summer/early spring classes, etc.
- The left column contains the suggested courses for each semester, the right column contains notes for the course and about progress towards graduation
- Some courses might not be offered during the semester shown on the map
 - In these cases, courses listed in future semesters can be substituted if their prerequisites have been satisfied
 - Your advisor can help you determine which courses can be used during your appointment each semester
- This Rhode Map is designed primarily with incoming freshmen in mind and assumes a Fall start
 - Transfer students can also use it as a guide, knowing that their transfer credits may have satisfied some requirements. Academic advisors are available to answer questions about how these will affect the program
 - Students starting in the spring may need to adjust based on class offerings and availability

GENERAL EDUCATION REQUIREMENTS CHECKLIST

FYW 100 – Taken in first year (Cannot be used as elective)		Distribution Courses -	Math (M) - Suggested in first year
		One from each category	Arts (A)
			History/Philosophy (HP)
			Literature/Language (LL)
			Natural Science (NS) - Satisfied by BIOL 201/202
			Social & Behavioral Sciences (SB) - Satisfied by PSYC 110/215
FYS 100 – Taken in first year (Cannot be used as elective)			Elective(s) for 40 total Gen Ed credits - BIOL 203/204 satisfies 4 credits
Connections – Taken after FYW & FYS			

MAJOR REQUIREMENTS CHECKLIST

HPE 102 Human Health and Disease		ENGL 230W Writing for Professional Settings OR MKT 201W Introduction to Marketing
HPE 140 Foundations: Physical Education and Exercise Science		BIOL 108 Basic Principles of Biology
HPE 201 Prevention and Care of Athletic Injuries (Sp)		BIOL 231 Human Anatomy
HPE 205 Conditioning for Personal Fitness		BIOL 335 Human Physiology
HPE 221 Nutrition		PSYC 110 Intro to Psychology OR PSYC 215 Social Psychology
HPE 233 Social Perspectives of Health		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 408 Coaching Applications (F) HPE 451 Recreation and Aging SOC 217 Sociology of Aging
HPE 243 Motor Development and Motor Learning		
HPE 278 Coaching Skills and Tactics		
HPE 301W Principles of Teaching Activity		
HPE 303W Research in Community and Public Health		
HPE 309W Exercise Prescription (F)		
HPE 406 Program Planning in Health Promotion		
HPE 410 Managing Stress and Mental/Emotional Health		
HPE 411 Kinesiology		
HPE 420 Physiological Aspects of Exercise (Sp)		
HPE 421 Senior Lecture: Wellness and Exercise Science (F)		
HPE 427 Internship in Wellness and Exercise Science		
HPE 430 Seminar in Wellness and Exercise Science		

Graduation Requirements:

- **Completion of General Education Requirements** – See table above
- **Completion of Major Requirements** — See table above
- **RIC 100 or Equivalent** — Taken in first year
- **College Math Milestone** — Satisfied by placement exam or completion of MATH 010
- **College Writing Competency** — Satisfied by FYW 100 with a minimum grade of C
- **Minimum 120 Credit Hours** — At least 30 credits at RIC (of which 15 from major, including 12 at 300 or 400 level)
- **Minimum GPA** - 2.0 overall

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SEMESTER 1	CR	SEMESTER 1 NOTES
FYW 100 First Year Writing	4	FYW Directed Self Placement exam
RIC 100 Introduction to Rhode Island College	1	Exempt if taking COLL 101, COLL 150, or HONR 150
Gen Ed Math (M) course	4	Prereq = Math Milestone completed
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		<i>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</i>
# CREDITS EARNED	15	<i>By October, make appointment with advisor to discuss your schedule for next semester</i>

SEMESTER 2	CR	SEMESTER 2 NOTES
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		<i>Aim for a minimum of 30 credits by the end of year 1, with minimum 2.75 GPA.</i>
# CREDITS EARNED	16	<i>By March, make appointment with advisor to discuss your schedule for next semester</i>

SEMESTER 3	CR	SEMESTER 3 NOTES
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-
PSYC 110 Intro to Psychology OR PSYC 215 Social Psychology	4	Minimum grade of C Satisfies Gen Ed (SB)
BIOL 108 Basic Principles of Biology	4	Minimum grade of C Satisfies Gen Ed (NS)
Requirements and GPA		<i>Aim for a minimum of 45 earned credits by the end of semester 3, with minimum of 2.75 GPA</i>
# CREDITS EARNED	14	<i>By October, make appointment with advisor to discuss your schedule for next semester</i>

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SEMESTER 4	CR	SEMESTER 4 NOTES
HPE 301W Principles of Teaching Activity	3	Prereq = HPE 243, Minimum grade of B-
HPE 410 Managing Stress and Mental/Emotional Health	3	Prereqs = 45 credits or consent of department chair Minimum grade of B-
Choose ONE 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 408 Coaching Applications (F) HPE 451 Recreation and Aging SOC 217 Sociology of Aging	3-4	SOC 217 is 4 credit, others all 3 credits Varied prereqs — see catalog Minimum grade of B-
BIOL 231 Human Anatomy	4	Prereq = BIOL 108, with a grade of C or better. Satisfies Gen Ed. Elective
General Education Course (any still needed)	3-4	
Requirements and GPA		<i>Aim for a minimum of 60 earned credits by the end of semester 4, with minimum of 2.75 GPA</i>
# CREDITS EARNED	16 -18	<i>By March, make appointment with advisor to discuss your schedule for next semester</i>

SEMESTER 5	CR	SEMESTER 5 NOTES
HPE 303W Research in Community and Public Health	3	Prereq = admission into FSEHD Minimum grade of B-
HPE 309W Exercise Prescription (F)	3	Prereq = HPE 205 and 243; minimum grade of B-
HPE 411 Kinesiology (F)	3	Prereq = BIOL 201 and 202; minimum grade of B-
BIOL 335 Human Physiology	4	Prereq = BIOL 108 with minimum of C and BIOL 231
General Education Course or Free Elective	3-4	
Requirements and GPA		<i>Aim for a minimum of 75 earned credits by the end of semester 5, with minimum of 2.75 GPA</i>
# CREDITS EARNED	15 -17	<i>By October, make appointment with advisor to discuss your schedule for next semester</i>

SEMESTER 6	CR	SEMESTER 6 NOTES
HPE 406 Program Planning in Health Promotion (Sp)	3	Prereqs = HPE 303W Minimum cumulative GPA of 2.75 Minimum grade of B-
HPE 420 Physiological Aspects of Exercise (Sp)	3	Prereq = BIOL 203 & 204 Minimum grade of B-
MKT 201W Introduction to Marketing OR ENGL 230W Writing for Professional Settings	4	ENG 230W prereq = FYW or College Writing Requirement MKT 201W prereq = 30 credits
General Education Course or Free Elective	3-4	
Requirements and GPA		<i>Aim for a minimum of 90 earned credits by the end of semester 6, with minimum of 2.75 GPA. Apply for degree audit online through MyRIC.</i> <i>Apply for Internship</i>
# CREDITS EARNED	13 -14	<i>By March, make appointment with advisor to discuss your schedule for next semester</i>

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SEMESTER 7	CR	SEMESTER 7 NOTES
General Education Course or Free Elective	3-4	
General Education Course or Free Elective	3-4	
HPE 421 Senior Lecture: Wellness and Exercise Science (F)	3	Prereqs = HPE 309W Minimum cumulative grade of 2.75 or consent
Choose ONE 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 408 Coaching Applications (F) HPE 451 Recreation and Aging SOC 217 Sociology of Aging	3-4	SOC 217 is 4 credit, others all 3 credits Varied prereqs.—see catalog Minimum grade of B-
Requirements and GPA		<i>Aim for a minimum of 105 earned credits by the end of semester 7, with minimum of 2.75 GPA. Application for Internship completed</i>
# CREDITS EARNED	12 -15	<i>By October, make appointment with advisor to discuss your schedule for next semester</i>

SEMESTER 8	CR	SEMESTER 8 NOTES
HPE 427 Internship in Wellness and Exercise Science	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		<i>Need minimum of 120 earned credits, with minimum GPA of 2.75 overall and in the major</i>
# CREDITS EARNED	12	<i>Attend Gradfest and Commencement Complete Exit Survey</i>

The total credit count for the major is 85-87 credits, and 40 credits for General Education. However, 12 Gen. Ed. credits for NS, SB and Elective can double count, so the program can be completed in 113-115 credits.

Approved by Department Chair: Susan Clark

Date: 11/11/2024

Approved by Undergraduate Curriculum Committee

Date: 11/10/2024

Revised: