

ROWAN UNIVERSITY

DEPARTMENT OF HEALTH AND EXERCISE SCIENCE

*HEALTH PROMOTION AND
FITNESS MANAGEMENT*

STUDENT HANDBOOK

REVISED August 2006

Education Hall
201 Mullica Hill Rd.
Glassboro, NJ 08028

TABLE OF CONTENTS

	<u>Page</u>
Introduction	
1. What is Health Promotion and Fitness Management (HPFM)?	5
2. What kinds of careers are available in HPFM?	5
3. Who is my advisor? How can I contact him/her?	6
4. Faculty Listing in the Department of Health and Exercise Science (HES)	7
5. Student Chapter of the National Wellness Institute (NWI)	7
Academic Requirements	
6. What are the requirements to enter the HPFM program?	8
7. What are the requirements for graduation?	8
8. What courses do I need to take?	9
a) General Education	9
b) HES Core Curriculum	10
c) HPFM Specialization Curriculum	10
9. Recommended Schedule and Checklist	11
10. Core and Specialization Course Descriptions	12
11. Choosing a Minor: Benefits and Options	16
HPFM Field Experience	
12. What are my options for field experience?	17
13. What is required for a Site to be approved?	18
14. When should I begin planning for my field experience?	18
15. What am I required to do BEFORE the field experience starts?	18
16. What am I required to do DURING the field experience?	18

TABLE OF CONTENTS

	<u>Page</u>
Commonly-Asked Questions	
17. Where can I find information on graduate school options?	18
18. Where can I find information on jobs in the field?	18
19. Can I take courses at other colleges to satisfy the requirements?	18
20. Other useful telephone numbers on campus	18

Dear prospective or current student,

Thank you for your interest in the Health Promotion and Fitness Management (HPFM) specialization within the Department of Health and Exercise Science. This handbook is designed to be a practical guide throughout your years in the specialization and attempts to answer the many questions you may have. For the prospective student, this handbook is also useful in helping you decide if the health promotion field is right for you and if the HPFM specialization at Rowan University will meet your needs. Please do not hesitate to contact the faculty or administrative staff within the department with any questions not answered by this handbook. We are more than happy to help you!

We are very proud of the HPFM specialization and believe it to be the finest undergraduate preparation program for health promotion professionals in this region. **The HPFM specialization at Rowan University received the “2000 Best Undergraduate Program Award” from the Association of Worksite Health Promotion.** The award was given based on our dedicated faculty, progressive curriculum, extensive hands-on training and the overall academic quality of our program. The specialization has grown since its inception in 1991 to over 120 students enrolled annually, with an average graduation rate of 30 students per year. Nationally, Rowan University is recognized for its HPFM program and its graduates are often sought after by employers.

Please take a few moments to read this handbook. If you are currently a student, please keep and use it as a reference and a place to record your progress through the program. Again, if you have any questions or comments, don't hesitate to contact me at 856.256.4500 ext. 3761 or spencer@rowan.edu. Please also visit our webpage on the Rowan University website (www.Rowan.edu) for the most up-to-date information on activities within HPFM.

I wish you the best in your future endeavors!

Sincerely,

Dr. Leslie Spencer
Associate Professor and HPFM Coordinator
Department of Health and Exercise Science
Rowan University

Introduction

1. What is Health Promotion and Fitness Management (HPFM)?

Health Promotion is a process of supporting, training and encouraging others in the pursuit of well-being in all dimensions of a person's life, including Social, Physical, Emotional, Occupational, Intellectual, Environmental and Spiritual. Personal health behavior is significant, as individuals are encouraged to adopt and maintain positive lifestyles through a variety of awareness, educational and motivational strategies. While *fitness* is a component of health promotion, it is highlighted in the title to reflect the strong emphasis on exercise science within this specialization of the HES Department. The specialization also emphasizes the *management* of health promotion and fitness interventions, preparing students with the administrative and business skills they need to successfully implement HPFM programs.

2. What kinds of careers are available in HPFM?

Corporations offer health promotion and fitness programs to their employees (and sometimes dependents and retirees) to reduce health risks and improve productivity. Their programs are staffed with college-prepared professionals who develop and manage programs and provide education, counseling and training to clients.

Clinical settings, such as those in cardiovascular or pulmonary rehabilitation, utilize health promotion and fitness professionals to work with patients as they recover from illness or injury. Professionals educate, train and monitor individual clients in a medical setting. Increasing numbers of hospitals are also offering health promotion programs to the community to maintain and improve their health.

Community settings, such as the YMCA, offer a wide range of health promotion, fitness and recreation programmed and require a variety of professional skills. Programs and services may target children, teens, senior citizens and other special populations. As non-profit organizations, their goal is to improve the health and well-being of members of their identified community.

The HPFM degree specialization also prepares students for graduate-level academic programs in physical and occupational therapy, exercise physiology, business management and administration, health education and public health. While an undergraduate degree is sufficient to obtain a professional position in the field, a master's degree will provide more options and greater growth potential.

3. Who is my advisor?

Mr. Melvin Pinckney is the academic advisor for all Health and Exercise Science majors. All students should meet with him each semester to have their schedules approved and verify that they are “on track”. See Mr. Pinckney for any of the following:

- Transfer of credits from another college or university
- Fulfillment of General Education requirements
- Fulfillment of requirements within the major
- Qualification to begin a field experience
- Verification of completed courses, recorded grades, academic standing and G.P.A.

Dr. Leslie Spencer is the faculty coordinator of the HPFM specialization. All students within the specialization should make an appointment to meet with her upon entering it. See her for questions in the following areas:

- Description and content of courses within HPFM
- Career planning within the HPFM field
- Involvement in the student chapter of the Association for Worksite Health Promotion
- Choosing a graduate school and/or major

Dr. Francie Pagell is the faculty coordinator of the HPFM field experience (internship) program. All HPFM students must meet with her prior to registering for the field experience. Students should begin planning ONE YEAR prior to their intended start date. Dr. Pagell can:

- Provide field experience guidelines
- Assist with site selection
- Approve new field experience sites
- Monitor the field experience

4. Faculty Listing in the Department of Health and Exercise Science

To reach a faculty member, dial (856) 256-4500 and their extension. To reach the department secretary, Mrs. Lisa Brown, dial (856) 256-4785.

<u>Name</u>	<u>Extension</u>	<u>Name</u>	<u>Extension</u>
Dr. Greg Biren	3728	Dr. Fred Bradley	3709
Dr. Nancy Buhner	3703	Mr. Jim Burd	4783
Dr. Ed Chaloupka	3705	Dr. Steve Cone	3704
Dr. Richard Fopeano (Department Chairperson)	4784	Dr. Douglas Mann	3706
Dr. Michele DiCorcia	3623	Dr. Francie Pagell	3708
Mr. Mel Pinckney (Academic Advisor)	256-4576		
Dr. Mary Putman	3752	Dr. Peter Rattigan	3766
Dr. Leslie Spencer	3761	Dr. Rob Sterner	3767
Mr. Chuck Whedon	256-4699	Dr. Shari Willis	3702

5. Student Chapter of the National Wellness Institute (NWI)

Our mission as a student chapter is to:

- *Create an awareness of the importance for developing and maintaining a high level of wellness among members of the Rowan community and*
- *Develop future health promotion leaders.*

Chapter membership provides students with the opportunity to gain valuable experience and begin building a professional network while in school. Active members are better prepared and in higher demand for internships and job opportunities upon graduation. In the past, chapter projects have included hosting a regional Health Promotion Student Conference, implementation of a campus-wide blood pressure screening and presentations and internships at several regional and national conferences.

The National Wellness Institute is an international organization for health promotion professionals. It is one of the leading non-profit organizations dedicated to enhancing the personal and organizational health and well-being of individuals and communities in worksite, community, educational and health care settings.

Academic Requirements

6. What are the requirements to enter the HPFM program?

To qualify for acceptance into HPFM, a student must first meet with Mr. Pinckney to discuss his/her intentions to declare this specialization. Application to the program consists of three components, **all of which are completed during semester (s)he takes the Foundation of HPFM course**. These components are:

- a) successful passing of the PRAXIS I basic skills test for reading, writing and math,
- b) completion of the written Self-Assessment application form, and
- c) completion of an interview with Drs. Spencer and Pagell.

The PRAXIS I test is required of all College of Education students (of which the Department of HES is a member) and is offered on campus throughout the year. The cost of the test is approximately \$130, which the student must pay at the time of registration. Passing scores are 175 for reading, 173 for writing and 174 for math. The test can be taken at a Sylvan Learning Center or at designated times on the Rowan campus.

Once a student has completed the Foundations of HPFM course (recommended in the Sophomore year) and completed the requirements, he or she may then register as an HPFM specialization student at the Career and Academic Placement (CAP) Center.

7. What are the requirements to graduate with the HPFM specialization?

Professional Contact Hours. Prior to registering for Field Experience in HPFM, a student must complete 80 professional contact hours (PCHs) outside of the classroom. A thorough description of PCHs is given in the Foundations of HPFM course. In general, they include participation in conferences, professional organizations and certification programs related to the HPFM field. Most can be completed at little or no cost to students and many opportunities are offered on campus to complete the hours. PCHs are essential for providing students with hands-on experience and practical knowledge that will better prepare them for the workplace upon graduation.

Grade Point Average. A student must have a GPA of 2.5 in General Education, 2.75 in HES Core courses and 3.0 in HPFM specialization courses to graduate. A "C-" or better must be earned in all HES Core, HPFM Specialization and General Education courses prior to completing the field experience.

Coursework Completion. Courses within the major and specialization should be completed at Rowan. Any substitute courses or transfer credits must be approved by Mr. Pinckney.

Application. A student must apply for graduation. Application should be made **at the start** of a student's final semester through Mr. Pinckney's office. To participate in the May graduation ceremony, a student must have completed all requirements with no more than 12 credits left to take (including 6 for the field experience) **during the summer session only**.

8. What courses do I need to take?

Courses fall into three categories. General Education courses (60 credits) are required of all Rowan students. HES Core courses (28 credits) are required of all Health and Exercise Science majors. HPFM Specialization courses (34 credits) are required of all HPFM students.

A specific list of courses is shown on the following pages. Please see the **Rowan University Undergraduate Catalog** for a full description of the General Education requirements and additional information about the University's academic policies.

8a. General Education Requirements for HPFM Specialization Students

	<u>Credits</u>
Communications	9
Composition 1 (3 credits)	
Composition 2 (3)	
Public Speaking (3)	
Science and Mathematics	7
Any 4-credit Chemistry or Biology course with a lab	
Elementary Statistics (3)	
Social and Behavioral Sciences	6
Consumer Health Decisions (3)	
Interpersonal Speech (3)	
History/Humanities/Language	6
Any LIT elective (3)	
Any M/G elective (3)	
Arts	3
Any elective	
General Education Electives	11
Any WI elective (3)	
Free Electives	18

TOTAL OF 60 CREDITS

Students are **STONGLY** encouraged to complete a minor or concentration using the General Education and Free Electives. Recommended minors include Business, Dance, Speech Communication, Computer Science, Foreign Language and Psychology. Recommended concentrations include Pre-Medicine, International Studies, Women's Studies, Leadership and Honors.

8b. Health and Exercise Science Core Curriculum for all HES majors

	<u>Credits</u>
Structure and Function of the Human Body	6
(note: Anatomy and Physiology, Biology Dept, 8 credits with lab, may be substituted)	
* Kinesiology	3
* Exercise Physiology w/Lab	4
Contemporary Health I & II	6
Safety, First Aid and Prevention	3
Technology and Assessment	3
Basic Nutrition	3
TOTAL 28 CREDITS	

8c. HPFM Specialization Curriculum

Foundations of Health Promotion and Fitness Management	3
* Health Behavior	3
* Administration of Health Promotion and Fitness Programs	3
* Exercise Prescription	3
* Personal Training Techniques Lab	1
* Exercise for Special Populations	3
Stress Management	3
* Practicum in HPFM	3
* HPFM Field Experience (internship)	9
* Nutrition for Fitness	3
TOTAL 34 CREDITS	

Note: An * indicates a prerequisite for this course.

**BEGINNING FALL 2006 ROWAN UNIVERSITY
DEPARTMENT OF HEALTH AND EXERCISE SCIENCE
(833) HEALTH PROMOTION AND FITNESS MANAGEMENT**

NAME: _____ SOC. SEC#: _____ ADVISOR: Mr. Pinckney Date: _____
PROGRAM COORDINATOR: DR. L. SPENCER

GENERAL EDUCATION COURSE WORK (GE), (2.50 MUST BE MAINTAINED); H.E.S. CORE COURSE WORK (C), (2.75 MUST – BE MAINTAINED); SPECIALIZATION REQUIREMENTS (S), (3.0 MUST BE MAINTAINED), (122 credits)

FRESHMAN YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
College Comp I _____ GE _____	3	_____	_____	College Comp II _____ GE _____	3	_____	_____
Lab Science (Chem or Bio) _____ GE _____	4	_____	_____	Gen Ed Elective _____	3	_____	_____
HHL(M/G) _____ GE _____	3	_____	_____	Math Choice (Elem Stat) GE _____	3	_____	_____
Contemporary Health I _____ C _____	3	_____	_____	Interpersonal Communication _____ GE _____	3	_____	_____
Fine Arts Choice _____	3	_____	_____	Contemporary Health II _____ C _____	3	_____	_____
_____				_____			
___16___				___15___			

SOPHOMORE YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
S&F Human Body I _____ C _____	3	_____	_____	S&F Human Body II _____ C _____	3	_____	_____
Public Speaking _____ GE _____	3	_____	_____	Free Elective _____	3	_____	_____
Foundations HPFM _____ S _____	3	_____	_____	Gen Ed Elective _____	3	_____	_____
H/H/L (Lit/WI) Choice _____ GE _____	3	_____	_____	Gen Ed Elective _____	3	_____	_____
Consumer Health Decisions _____ GE _____	3	_____	_____	Stress Management _____ S _____	3	_____	_____
Gen. Ed Elective _____	2	_____	_____	_____			
_____				_____			
___17___				___15___			

JUNIOR YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
Kinesiology _____ C _____	3	_____	_____	Free Elective _____	3	_____	_____
Basic Nutrition _____ GE _____	3	_____	_____	Nurtirion for Fitness _____ S _____	3	_____	_____
Safety, First Aid & Prev _____ C _____	3	_____	_____	Administration of HP&FM _____ S _____	3	_____	_____
Health Behavior _____ S _____	3	_____	_____	Exercise Physiology w/lab _____ S _____	4	_____	_____
Free Elective _____	3	_____	_____	Free Elective _____	3	_____	_____
_____				_____			
___15___				___16___			

SENIOR YEAR

FIRST SEMESTER	SH	GR	SEM/YR	SECOND SEMESTER	SH	GR	SEM/YR
Exercise Prescription _____ S _____	3	_____	_____	Field Experience Hp & FM _____ S _____	9	_____	_____
Practicum HP &FM _____ S _____	3	_____	_____	Free Elective _____	3	_____	_____
Lab/Personal Training Tech _____ S _____	1	_____	_____	_____			
Exercise for Special Popul _____ S _____	3	_____	_____	_____			
Tech & Assess HES _____ C _____	3	_____	_____	_____			
Free Elective _____	3	_____	_____	_____			
_____				_____			
___16___				___12___			

10. Core and Specialization Course Descriptions

MAJOR CORE REQUIREMENTS

TECHNOLOGY AND ASSESSMENT IN HEALTH AND EXERCISE SCIENCE (0835.230) 3 s.h.
(Prerequisite: Computer Literacy, 1701.100, or equivalent)

This course will prepare students to use computers and technology for organizing information, amplifying presentation, developing written documents, assessing clients/students, gathering information and completing research. Students will evaluate software, use peripheral devices, explore Internet applications, and use non-computer media applications as they apply to their discipline. An introduction to simple statistical designs will also be a component of this course.

SAFETY, FIRST AID AND PREVENTION (0835.235) 3 s.h.

This course is a lecture/laboratory experience that meets standards established by the American Red Cross. Topics include the theories behind the safety and prevention of common injuries and illnesses. The course focuses on first aid principles, along with the knowledge and skill development that can be of value to oneself as well as others. Successful completion of this course leads to certification in CPR as well as Standard First Aid and Personal Safety.

STRUCTURE AND FUNCTION OF THE HUMAN BODY I (0835.241) 3 s.h.

This course investigates basic anatomical and physiological concepts of the human body. It includes cellular structure and function, metabolism, and the skeletal, nervous, muscular, circulatory and respiratory systems.

STRUCTURE AND FUNCTION OF THE HUMAN BODY II (0835.242) 3 s.h.
(Prerequisite: S&F I, 0835.241)

This course continues the study of the human body begun in 0835.241. It investigates the urinary, endocrine, reproductive, digestive and integumentary systems.

EXERCISE PHYSIOLOGY with Lab (0835.345) 3 s.h.
(Prerequisites: S&F I, II, 0835.241 & 242)

A course in applied anatomy and physiology, this course studies the interrelationship of exercise and physiology. This course also covers the functions of the human body under the stress of physical activity.

KINESIOLOGY (0835.343) 3 s.h.
(Prerequisites: S&F I, II, 0835.241 & 242)

Kinesiology, the study of human movement, integrates the sciences of anatomy, physiology and physics as they contribute to developing an appreciation for the art of movement. Opportunity is given for an individual study of a movement pattern with emphasis on the application of the mechanical principles of motion.

CONTEMPORARY HEALTH I (0837.192) 3 s.h.

This is the first in a series of two survey courses which provide students with general knowledge of current health issues which occur in the human life cycle. Topics which will be addressed are family life and human sexuality, personal growth and development, mental and emotional health, aging and death and dying.

CONTEMPORARY HEALTH II (0837.193) 3 s.h.

This is the second in a series of two survey courses which provide students with general knowledge of current health issues which occur in the human life cycle. Topics which will be addressed are alcohol, tobacco and other drugs, personal health, chronic and infectious diseases, environmental health and consumerism.

CONSUMER HEALTH DECISIONS (0837.210) 3 s.h.

(Note: is part of General Education Bank under Social and Behavioral Sciences)

This course examines the rights and responsibilities of a consumer faced with increasing amounts of information related to his or her overall well-being. It examines the problem of health fraud and the components of scientific research. The role of advertising is explored, as well as sound principles for purchasing nutrition, fitness and other health-related products and services. Students learn important concepts related to health insurance and hospitals, traditional and alternative medical care and how to better manage the decisions they make.

BASIC NUTRITION (1306.200) 3 s.h.

(Note: is part of General Education Bank under Math/Science)

Students study human nutrition through the basic knowledge of nutrients and the physiological processes involved in the utilization of food. They also develop an understanding of the ways in which age, health, social and economic factors affect nutritional needs and food practices. A computerized dietary analysis is one of the course requirements.

SPECIALIZATION REQUIREMENTS

EXERCISE PRESCRIPTION (0835.401) 3 s.h.

(Prerequisites: S&F I, II, 0835.241 & 242 and Exercise Physiology 0835.345)

This course provides students with knowledge and practical experience in exercise testing and prescription. This information enables students to establish scientific foundations of exercise testing and prescription, to identify the risk factors for disease development and to prescribe an exercise program based on exercise test results and personal limitations. Practical experience is provided for testing subjects in the laboratory.

LAB, PERSONAL TRAINING TECHNIQUES (co-requisite, 0835.401) 1 s.h.

To be taken with or upon completing Exercise Prescription, this offers students extensive hands-on experience with the principles taught in Exercise Prescription. This small class is conducted in the fitness center.

FOUNDATIONS OF HEALTH PROMOTION AND FITNESS MANAGEMENT (0837.310) 3 s.h.

This course examines the history, purpose and current practice of health promotion and fitness in organizational settings. Concepts of the field as they relate to corporate, hospital, non-profit community health agency and commercial providers are discussed. Students meet with professionals in the field and learn how health promotion and fitness are addressed in different organizations. Resources for professionals in the field are reviewed. Characteristics and skills of successful professionals in this field are addressed.

HEALTH BEHAVIOR (0837.350) 3 s.h.
(Corequisite: Foundations of HPFM, 0837.310)

This course examines the factors that influence an individual's choices and behaviors related to health and the process of motivating change within the individual to adapt healthful behaviors and discontinue unhealthful ones. Several theories of health behavior are examined and applied. The different roles of the client and educator are addressed as the student is prepared to counsel others in making positive health behavior changes.

ADMINISTRATION OF HEALTH PROMOTION AND FITNESS PROGRAMS (0837.340) 3 s.h.
(Prerequisite: Health Behavior, 0837.350)

This course identifies and explains the components of a successful health promotion and fitness program. Students learn how to conduct a needs assessment, set goals and objectives, design intervention strategies, promote the program, find resources, prepare a budget and evaluate a program. In addition, students sharpen their professional skills related to public speaking, time management and business writing.

STRESS MANAGEMENT (0837.710) 3 s.h.

This course focuses on the nature of stress and the impact it has on a person's health. The student will study the relationship of the physiological, psychological and social factors which contribute to one's general stress balance and develop life skills to combat the negative impact of stress.

PRACTICUM IN HEALTH PROMOTION AND FITNESS MANAGEMENT (0837.430) 3 s.h.
(Prerequisites: should be taken just prior to field experience and after Administration, 0837.340)

This is an application-oriented course in which students design and implement a health promotion/fitness program for the Rowan community. While the major emphasis is on the implementation of the program, students continue to meet weekly to discuss and evaluate their progress. Specific topics related to the field, such as legal liability and resume preparation are also addressed. In addition, students complete a formal evaluation of their professional qualities and skills for the health promotion and fitness field.

SENIOR FIELD EXPERIENCE (0837.483) 6 s.h.
(Prerequisites: Practicum in HPFM, 0837.430)

Students complete a supervised field experience enabling them to gain knowledge of clients and the function of a health, sport or fitness facility or program in the community. Placements are made in organizations selected on the basis of a student's needs, interests and program specialization.

NUTRITION FOR FITNESS (1306.415) 3 s.h.
(Prerequisite: Basic Nutrition, 1306.200)

This advanced nutrition course explores the relationship between nutrition, physical fitness, performance and disease prevention. Specific topics include nutrition fraud, supplementation, ergogenic aids, diet planning for athletes and the relationship between nutrition and chronic diseases such as cancer and heart disease. In addition, students continue to develop their skills as nutrition counselors and educators.

EXERCISE FOR SPECIAL POPULATIONS (0835.412) 3 s.h.
(Prerequisites: S&F I, 0835.241 and Prevention/Care/Athletic Injuries, 0835.335)

This course provides a study of exercise considerations for special populations. It covers the basic concepts of the physiologic effects of exercise and the application of these concepts to special cases. Cases included are respiratory and cardiovascular diseases, hypertension, obesity, diabetes, arthritis, osteoporosis, pregnancy, childhood/adolescence and the elderly.

SUGGESTED ELECTIVES

PREVENTION AND CARE OF ATHLETIC INJURIES (0835.335) 3 s.h.

This course introduces students to preventive management techniques for athletic related injuries. The lecture/laboratory experience addresses the topics of physical conditioning, sports nutrition, injury recognition, crisis procedures, first aid techniques and the use of selected physical modalities. The laboratory experience exposes students to various taping, wound dressing and padding techniques.

INTRODUCTION TO ALLIED HEALTH PROFESSIONS (0835.337) 3 s.h.
(Prerequisite: 0410.410 or equivalent)

This course introduces students to the theory and practice of careers in allied health. It covers such topics as the history and purpose of physical therapy, occupational therapy and cardiac/pulmonary rehabilitation, entry requirements into these fields, commonly occurring medical problems, patient evaluation and types of treatment used in selected physical dysfunctions.

LIFETIME AND RECREATIONAL ACTIVITIES: AEROBIC EXERCISE (0835.262) 1 s.h.

This course will prepare students to teach aerobic exercise classes. Students will develop fundamental skill proficiencies and knowledge of strategies, teaching methods and skill analysis in aerobic exercise programming.

11. Choosing a Minor: Benefits and Options

The HPFM specialization curriculum requires students to take 121 semester hours. If a student is willing to take summer courses and/or an extra course for a few semesters, it is possible to obtain a minor as well. The benefit of pursuing a minor is that it provides an additional expertise in an area related to HPFM. This can make the student more “marketable” when finding a job or applying to graduate school. It can also help the student determine the direction in which he or she will pursue a career. Some suggested minors are described in this section.

Business Administration

This is ideal for HPFM students who plan to enter corporate health promotion or want to refine their skills in marketing, management and administration of health promotion programs. To enter this minor, students must complete the following General Education courses: Introduction to Micro Economics, Introduction to Macro Economics, Computer Literacy and Statistics I. Following this, students must complete an additional 7 courses within the College of Business. Contact the College of Business at 856.256.4025 for more information.

Computer Science

Use of technology is increasing in all fields, including health promotion. Confidence and competence in the use of computer software is an asset to those entering the field. The minor in Computer Science consists of 22 hours of course work (7 courses) which prepares students to make effective use of computers in their careers. Required courses include Computer Science and Programming, Discreet Mathematics, Computer Organization, Data Structures and Algorithms, Computer Laboratory Techniques and two additional electives. Contact the Computer Science Department at 856.256.4805 for more information.

Psychology

The Psychology minor is designed to allow students from other majors to choose courses that will further their career goals. HPFM students interested in counseling, stress management, mental health and/or health behavior change might particularly benefit from this minor. Required courses include Introduction to Psychology: Personal, Emotional and Social Interactions, Introduction to Psychology: Brain, Mind and Behavior, three 300/400 level courses and two additional electives. Contact the Psychology Department at 856.256.4780 for more information.

Spanish

Spanish as a first or only language is increasing among the U.S. population. Public health professionals in certain geographical areas and/or working with Spanish-speaking populations will find it an asset to be able to speak Spanish. Fluency is also necessary for those wishing to work in international health. This minor requires six courses, including Elementary Spanish I & II, Intermediate Spanish I & II and two upper level Spanish courses. Contact the Foreign Languages Department at 856.256.4071 for more information.

Speech Communication

This minor provides students with the knowledge and skills needed to design, deliver, analyze and critique effective presentations. **You must meet with the Communication Studies chairperson to enroll in the minor before completing the courses.** Coursework includes Public Speaking, Interpersonal Skills and four additional upper-level speech courses from a bank of electives. Contact the College of Communication at 856.256.4340 for more information.

Dance

For students with an interest in group exercise as an area of expertise, the Dance minor can be beneficial. Learn more about movement, choreography, rhythm and music through these courses. Requirements include 18-24 semester hours of class, including Elements of Dance, and a selection of technique courses and theory courses. Contact the Theatre and Dance Department, 856.256.4031 for more information.

HPFM Field Experience

12. What are my options for field experience?

Students are encouraged to carefully select a site based on their interests, needs and future goals. Since there are a tremendous number of options available, the student should carefully consider what he/she wants to gain from the experience prior to choosing a site. Students may choose a local or “distance” site in another state or country. Corporate, clinical, rehabilitation, hospital and community sites are all acceptable if they meet basic guidelines described in the next section. Check with Dr. Pagell, the field experience coordinator, for a list and/or file of approved sites. New sites may be approved after being reviewed by Dr. Pagell.

13. What is required for a site to be approved?

- A. The Site Supervisor must hold a bachelor’s degree in a health-related field and carry appropriate professional credentials.
- B. The site must be an established, professional organization and provide a variety of relevant experiences for the student.
- C. The site Supervisor must agree to mentor the student on a daily basis, provide an opportunity for the student to design a major project and complete two formal evaluations with the student.
- D. The site administrators must agree to comply with the specifications of the contract supplied by Rowan University, unless a special contract is provided and approved by Rowan.

14. When should I begin planning for my field experience?

It is recommended that the student begin exploring potential sites and attend a field placement informational meeting *one year prior* to the anticipated start date.

15. What am I required to do BEFORE the field experience starts?

The student should begin by attending an information meeting and receive the Field Placement Handbook to learn the specific requirements. All field experience students must carry professional liability insurance during the semester they complete this course. A student CANNOT begin accruing hours until Dr. Pagell, field experience coordinator, has received the contract and verification of insurance.

The student should meet with Dr. Pagell to discuss her/his plans and interests and make sure the site is approved. See the Field Placement Handbook for due dates of the contract, insurance verification and other required forms.

16. What am I required to do DURING the field experience?

It is the STUDENT’S RESPONSIBILITY to maintain communication with Dr. Pagell throughout the field experience. This includes weekly logs, reports, evaluations, site visits and the final portfolio, which must be completed and turned in ON TIME.

Commonly-Asked Questions

17. Where can I find information on graduate school options?

Drs. Pagell and Spencer maintain a file of graduate school catalogs in a variety of health-related fields that students are welcome to use. They would be happy to discuss your choices with you and help you make a decision. The Internet and Career and Academic Placement Center are also good resources.

18. Where can I find information on jobs during school and after graduation?

The HPFM web page contains a “Job Opportunities” section that is frequently updated with part- and full-time professional positions for upper-level students and graduates. Professional conferences are also good resources and frequently employers look for potential employees there.

19. Can I take courses at other colleges to satisfy the requirements?

Students may transfer in General Education courses as long as they meet the requirements established by the Health and Exercise Science Department. Students are required to complete the courses within the HES major and HPFM specialization at Rowan.

20. Other useful telephone numbers on campus

Admissions	256-4200	Career and Academic Placement	256-4225
Dean, Education	256-4750	Financial Aid	256-4250
Library	256-4800	Registrar	256-4350
Student Center/Info Desk	256-4601		