

ACADEMIC RHODEMAP
BS COMMUNITY HEALTH AND WELLNESS MAJOR
Concentration in Recreation and Leisure Studies



RHODE ISLAND COLLEGE

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 <https://www.ric.edu/recordsoffice/catalog.php>; 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
HPE 102 Personal Health		HPE 151 Introduction to Recreation in Modern Society (As needed)	
HPE 205 Conditioning for Personal Fitness		HPE 243 Foundations of Movement	
HPE 221 Nutrition		HPE 251 Recreation Delivery Systems	
HPE 233 Social Perspectives of Health		HPE 253 Introduction to Therapeutic Recreation	
HPE 303 Community Health*		HPE 301 Principles of Teaching Activity*	
HPE 406 Program Development in Health Promotion (Sp)*		HPE 323 Teaching in Adventure Education*	
HPE 410 Stress Management*		HPE 351 Leadership and Supervision*	
		HPE 356 Recreation Practicum*	
		HPE 427 Internship in Movement Studies*	
PSYC 215 Social Psychology		HPE 430 Seminar in Movement Studies*	
BIOL 108 Basic Principles of Biology		HPE 451 Recreation and Aging*	
ENGL 230 Writing for Professional Settings* or MKT 301 Introduction to Marketing*		TWO courses from: ANTH 308 Culture, Aging, and the Life Course*, HPE 252 Camping and Recreational Leadership (as needed), HPE 278 Coaching Skills and Tactics, HPE 307 Dynamics and Determinants of Disease*, HPE 412 Organization and Administration of PE Programs: Pre-K to 12* (F), or PYSC 339 Psychology of Aging*	

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 205 Conditioning for Personal Fitness	3	<input type="checkbox"/> Minimum grade of B-
HPE 151 Introduction to Recreation in Modern Society	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 221 Nutrition	3	<input type="checkbox"/> Minimum grade of B-
HPE 243 Foundations of Movement	3	<input type="checkbox"/> Minimum grade of B-
HPE 251 Recreation Delivery Systems (As needed)	3	
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 <input type="checkbox"/> Gen Ed Math completed.
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	17	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.

SEMESTER 3	CR	SEMESTER 3 CHECKPOINTS ✓
BIOL 108 Basic Principles of Biology* (Gen Ed Natural Science)	3	<input type="checkbox"/> Prereq. Math competency; Complete BIOL 108 with minimum grade of C
HPE 233 Social Perspectives of Health*	3	<input type="checkbox"/> Prereq. 24 completed credits; Minimum grade of B-
HPE 253 Introduction to Therapeutic Recreation	3	<input type="checkbox"/> Minimum grade of B-
Math Gen Ed (if needed) or other Gen Ed Distribution from Art (A); History (H); or Literature (L)	4	<input type="checkbox"/> Gen Ed Math completed
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 minimum of 45 earned credits, <input type="checkbox"/> Minimum of 2.75 GPA
# CREDITS EARNED	17	<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 ✓
HPE 301 Principles of Teaching Activity*	3	<input type="checkbox"/> Prereqs. HPE 140, 206 and 243 and admission to program. <input type="checkbox"/> Minimum grade of B-
HPE 303 Community Health*	3	<input type="checkbox"/> Prereqs. admission to School of Education <input type="checkbox"/> Minimum grade of B-
ENGL 230 Writing for Professional Settings* or MKT 301 Introduction to Marketing*	3-4	<input type="checkbox"/> Minimum grade of B- MKT 301 prereq. 45 credits. <input type="checkbox"/> ENG 230 prereq. FYW or College Writing Req. (4 credits)
Gen Ed Social and Behavioral Sciences (SB) PSYC 215 Social Psychology	4	<input type="checkbox"/> Minimum grade of C
Requirements and GPA		<input type="checkbox"/> Need minimum of 60 earned credits <input type="checkbox"/> Minimum of 2.75 GPA
# CREDITS EARNED	13-14	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.

SEMESTER 5	CR	SEMESTER 5 CHECKPOINTS ✓
ONE from: ANTH 308 Culture, Aging, and the Life Course*, HPE 252 Camping and Recreational Leadership, HPE 278 Coaching Skills and Tactics, HPE 307 Dynamics and Determinants of Disease*, HPE 412 Organization and Administration of PE Programs: Pre-K to 12* (F), or PYSC 339 Psychology of Aging*	3-4	<input type="checkbox"/> Various Prereqs. –see catalog <input type="checkbox"/> Minimum grade of B-
HPE 410 Stress Management*	3	<input type="checkbox"/> Prereqs. Gen Ed. SB and 60 credits. Minimum grade of B-
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L).	4	
Gen Ed Advanced Quantitative/Scientific Reasoning (Gen Ed AQSR)*	4	<input type="checkbox"/> Prerequisite: Gen Ed Math or Gen Ed Natural Sciences
Requirements and GPA		<input type="checkbox"/> Aim for minimum of 75 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.

SEMESTER 6	CR	SEMESTER 6 CHECKPOINTS ✓
Choose Connections course (Gen Ed-C)*	4	<input type="checkbox"/> Prereqs are 45 completed credits and FYW and FYS.
HPE 351 Leadership and Supervision*	3	<input type="checkbox"/> Prereq is HPE 151; Minimum grade of B-
HPE 406 Program Development in Health Promotion (Sp)*	3	<input type="checkbox"/> Prereqs. are HPE 301 and HPE 303 <input type="checkbox"/> Minimum grade of B-
ONE from: ANTH 308 Culture, Aging, and the Life Course*, HPE 252 Camping and Recreational Leadership, HPE 278 Coaching Skills and Tactics, HPE 307 Dynamics and Determinants of Disease*, HPE 412 Organization and Administration of PE Programs: Pre-K to 12* (F), or PYSC 339 Psychology of Aging*	3-4	<input type="checkbox"/> Varied prereqs.—see catalog. <input type="checkbox"/> Minimum grade of B-
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L), or elective	3-4	
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	16-18	<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 323 Teaching in Adventure Education*	3	<input type="checkbox"/> Prereq. consent of chair; Minimum grade of B-
HPE 356 Recreation Practicum*	3	<input type="checkbox"/> Prereqs. are HPE 151 and 252; Minimum grade of B-
HPE 451 Recreation and Aging*	3	<input type="checkbox"/> Prereqs. completion of 60 credits; Minimum grade of B-
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L), or free elective	3-4	
Free elective	3	
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	15-16	<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*	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*	2	<input type="checkbox"/> Prereq. 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/ug_program_comm_health.php