



To Schedule an Appointment with an Academic Advisor call 928-782-1914 or email thodges@arizona.edu
 (This plan including footnotes meets AWC Exercise, Wellness and Nutrition degree)

AWC Health, Wellness and Nutrition to UA Nutritional 2023 - 2024

Year One			
Fall - Semester One			
Course	Title	Units	Complete
ENG 101	Freshman Composition I	3	
MAT 151~	College Algebra	4	
PSY101	Intro Psychology	3	
	choose from Arts category in the AGEC list	3	
EXW 100	Health & Wellness	3	
Total		16	
Spring - Semester Two			
Course	Title	Units	Complete
ENG 102	Freshman Composition II	3	
EXW101	Concepts of Kinesiology	3	
BIO 181	General Biology I	4	
AGEC Humanities	PHI105 Ethics rec.	3	
EXW212	Exercise Sciences	3	
Total		16	
Summer After			
Course	Title	Units	Complete
CHM151*	Chemistry 1	4	
FAS238	Human Development	3	
Total		7	
Total Year 1 Credits		39	

Year Two			
Fall - Semester Three			
Course	Title	Units	Complete
CHM 152~*	General Chemistry II	4	
BIO 201~	Anatomy & Physiology I	4	
MAT270	Statistics	4	
NTR201	Nutrition	3	
Total		16	
Spring - Semester Four			
Course	Title	Units	Complete
BIO202~	Anatomy & Physiology II	4	
SPC215	Public Speaking	3	
EXW/PEM	choose 9 credits from departmental requirements course list	9	
Total		16	
Total Year 2 Credits		32	
<p>** Second language proficiency is required for UA NSC major. Can be satisfied with CLEP or SPA/FRE/GER 102 etc.</p> <p>*Course serves as UA major requirement, completion not required for AA degree</p> <p>~ Prerequisite courses for entry into UA program – MUST have 3.0 GPA, NTR201 must have B or better GPA</p>			

Nutritional Science– Nutrition Option

Year Three			
Fall - Semester Five			
Course	Title	Units	Complete
CHEM 241A	Organic Chemistry I	3	
NSC 301	Nutrition & Life Cycle	3	
NSC 225 (Y)	Foundational Skills	2	
NSC 351R (Y)	Fundamentals of Food Science	3	
NSC 497F	Community/ School Gardening	3	
ASM 195	Colloquium	1	
Total		15	
Spring - Semester Six			
Course	Title	Units	Complete
NSC 260 (Y odd)	Nutrition Communication	3	
NSC 308	Nutrition & Metabolism	3	
NSC 396A	Survey of Careers	1	
NSC	Elective Course	3	
NSC	Elective Course	3	
NSC 491/AGTM 391	Preceptorship	3	
Total		16	

Total Year 3 Credits	31	
Total Year 4 Credits	31	

Year Four			
Fall - Semester Seven			
Course	Title	Units	Complete
MIC 205 & L	Microbiology	4	
BIOC 384	Foundations in Biochemistry	3	
NSC 408	Nutritional Biology	3	
NSC 395A	Experiential Learning	2	
NSC 395B	NSC Special Topics	3	
NSC 497B	MNT Workshop	1	
Total		16	
Spring - Semester Eight			
Course	Title	Units	Complete
BIOC 385	Metabolic Biochemistry	3	
NSC 410	Applied Nutrition and Disease	3	
NSC	Elective Course	3	
NSC	Elective Course	3	
NSC 492	Directed Research	3	
Total		15	

AA in Exercise Wellness (min)	60	
BS Degree (min)	120	

(Y) section meets in-person in Yuma

Elective options for major (will vary based on major theme; some transfer coursework also accepted)

Experiential Learning Courses included in SOPA