

## ASSOCIATE IN ARTS (A.A.) AWC ADVISEMENT CHECK SHEET

To help you decide upon which courses to include in both the major and elective blocks, you and your advisor should consult university requirements for specific required and recommended courses.

Exercise, Wellness and Nutrition			
<b>Student Name</b>	<b>ID #</b>	<b>Advisor</b>	<b>Major Code: EXWN</b> <b>Credits: 60</b>

Designed to prepare individuals for employment in the fitness or health and wellness industry and/or prepare the individual interested in continuing their education leading to careers in exercise science, health and wellness, or nutrition.

Required Major Courses (15 credits)		Cr	Gr	Sem	App*	Notes
EXW100	Health and Wellness	3				
EXW101	Concepts of Kinesiology and Physical Education	2				
EXW212	Exercise Science	3				
MAT270	Applied Statistics	4				
NTR 201	Nutrition	3				
Additional Department requirements (Select a minimum of 9 credits from one the following emphasis)		Cr	Gr	Sem	App*	Notes
Emphasis in Fitness & Exercise (9 credits)						
EXW214	Instructional Competency: Flexibility and Mind-Body Exercises	2				
EXW216	Instructional Competency: Muscular Strength and Conditioning	2				
EXW218	Instructional Competency: Cardio respiratory Exercises and Activity	2				
EXW225	Exercise Physiology	3				
EXW265	Exercise For Special Populations	3				
EXW275	Fitness Professional Practicum	4				
EXW280	Certification Preparation	2				
Emphasis in Health & Fitness (9 credits)						
PEM202	Sports Injury Management	3				
PEM 208	Sports Injury Treatment	3				
PEM210	Athletic Training Practicum	3				
EXW265	Exercise For Special Populations	3				
EXW150	Nutrition for Exercise & Sports	2				
Arizona General Education Curriculum - AGEC-A (36 Credits)		Cr	Gr	Sem	App*	Notes
See the AGEC-A course list in the current catalog for selection of courses.						
English Composition (6 credits)						
ENG 101	Freshman Composition  ENG 1101	3				
ENG 102	Freshman Composition  ENG 1102	3				
Mathematics (3 credits)						
MAT 142	College Mathematics with applications or approved higher level	3				
Arts/Humanities - Select at least one course from the Arts list and one course from the Humanities list. (6 credits)						
	Arts:					
PHI105	Humanities: (Recommended) Intro to Ethics	3				
Social and Behavioral Sciences (7 credits)						
PSY101	Inro to Psych	3				
FAS238	Human Development	4				
Physical and Biological Sciences (8 credits)						
BIO 201	Anatomy and Physiology I	4				
BIO202	Anatomy and Physiology II	4				
Additional Courses - (6 credits)						
SPC215	Public Speaking	3				

One cultural (C) course and one global (G) or historical (H) course are required. Two writing intensive (WI) courses are required. ENG 101 is a

