

## 2026-2027 ASSOCIATE IN SCIENCE DEGREE (A.S) 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 ([aztransfer.com](http://aztransfer.com)) for specific required and recommended courses. Sign in to your [Self-Service Student Planning](#) account to load the recommended program map and to track your academic progress.

### NUTRITION AND WELLNESS

<b>Student Name</b>	<b>ID #</b>	<b>Advisor</b>	<b>Major Code: AS.NTR</b> <b>Credits: 60</b>
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This program will provide students with a strong foundation in nutrition, human health, and wellness practices. This program is ideal for students interested in promoting healthy lifestyles, understanding the relationship between food and health, and exploring careers in expanding fields of nutrition, fitness, and public health.

Required Major Courses (15 Credits)		Cr	Sem	Notes
BIO 201	Anatomy & Physiology1GE	4		
BIO 202	Anatomy & Physiology 2GE	4		
BIO 205	Microbiology	4		
NTR 201	Nutrition	3		

Other Department Requirements (12 Credits)		Cr	Sem	Notes
NTR 195	Exploring Professions in Nutrition & Wellness	1		
NTR 225	Foundational Skills in Nutritional Science	2		
NTR 210	Nutrition & Disease	3		
EXW 150	Nutrition for Exercise & Sports	3		
EXW 100	Health & Wellness	3		

Arizona General Education Curriculum - AGEC (32-35 Credits)		Cr	Sem	Notes
See the AGEC course list in the current catalog for selection of courses.				

**Written and Oral Communication (9-10 credits)** The first 6 credits must be composition, the remaining 3-4 credits can be in communication studies or languages

Written Communication (6 credits)		Cr	Sem	Notes
ENG 101 or 107	Freshman Composition	3		
ENG 102 or 108	Freshman Composition	3		

Oral Communication (3-4 credits)		Cr	Sem	Notes

Arts & Humanities (6-9 credits)		Cr	Sem	Notes

Quantitative Reasoning (4 credits)		Cr	Sem	Notes
MAT 270	Applied Statistics	4		

Natural Sciences (8 credits)		Cr	Sem	Notes
BIO 181	General Biology	4		
CHM 151	General Chemistry 1GE	4		

Social & Behavioral Sciences (6 credits)		Cr	Sem	Notes
PSY 238	Human Development	3		
PSY 280	Behavioral Modification	3		

Institutions in the Americas (3 credits)		Cr	Sem	Notes

**\*Dual Application of Courses** is the sharing of coursework between the AGEC and major or program requirements which allows the student to meet both requirements with a single course. Students must still meet the required number of credits to satisfy the program or degree.

List any courses used to satisfy program or degree credits due to dual application		
		Dual App
		Dual App