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

<table>
<thead>
<tr>
<th>Student Name</th>
<th>ID #</th>
<th>Advisor</th>
<th>Major Code: AA.EXWN</th>
<th>Credits: 60</th>
</tr>
</thead>
</table>

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.

For a recommended sequence of courses, view the program map in Self-Service or contact an Advisor.

## Required Major Courses (15 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr</th>
<th>Gr</th>
<th>Sem</th>
<th>App*</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXW 100</td>
<td>Health and Wellness</td>
<td>3</td>
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<tr>
<td>EXW 101</td>
<td>Concepts of Kinesiology and Physical Education</td>
<td>2</td>
<td></td>
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<tr>
<td>EXW 212</td>
<td>Exercise Science</td>
<td>3</td>
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<tr>
<td>MAT 270</td>
<td>Applied Statistics</td>
<td>4</td>
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<tr>
<td>NTR 201</td>
<td>Nutrition</td>
<td>3</td>
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</table>

*NTR 201 prerequisite: High school chemistry or BIO 100 or CHM 130

## Additional Department requirements (Select a minimum of 9 credits from one of the following emphasis)

### Emphasis in Fitness & Exercise (9 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr</th>
<th>Gr</th>
<th>Sem</th>
<th>App*</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXW 214</td>
<td>Instructional Competency: Flexibility and Mind-Body Exercises</td>
<td>2</td>
<td></td>
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<tr>
<td>EXW 216</td>
<td>Instructional Competency: Muscular Strength and Conditioning</td>
<td>2</td>
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<tr>
<td>EXW 218</td>
<td>Instructional Competency: Cardio respiratory Exercises and Activity</td>
<td>2</td>
<td></td>
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<tr>
<td>EXW 225</td>
<td>Exercise Physiology</td>
<td>3</td>
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<tr>
<td>EXW 265</td>
<td>Exercise For Special Populations</td>
<td>3</td>
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<tr>
<td>EXW 275</td>
<td>Fitness Professional Practicum</td>
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</table>

### Emphasis in Health & Fitness (9 credits)

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<th>Gr</th>
<th>Sem</th>
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<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>PEM 202</td>
<td>Sports Injury Management</td>
<td>3</td>
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<tr>
<td>PEM 208</td>
<td>Sports Injury Treatment</td>
<td>3</td>
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<tr>
<td>PEM 210</td>
<td>Athletic Training Practicum</td>
<td>3</td>
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<tr>
<td>EXW 265</td>
<td>Exercise For Special Populations</td>
<td>3</td>
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<tr>
<td>EXW 150</td>
<td>Nutrition for Exercise &amp; Sports</td>
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</table>

## Arizona General Education Curriculum - AGEC-A (35 Credits)

See the AGEC-A course list in the current catalog for selection of courses.

### English Composition (6 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr</th>
<th>Gr</th>
<th>Sem</th>
<th>App*</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>ENG 101</td>
<td>Freshman Composition OR</td>
<td>3</td>
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<tr>
<td>ENG 107</td>
<td>First-Year Composition I (for Multilingual Writers)</td>
<td>3</td>
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<tr>
<td>ENG 108</td>
<td>First-Year Composition II (for Multilingual Writers)</td>
<td>3</td>
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### Mathematics (3 credits)

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<th>Gr</th>
<th>Sem</th>
<th>App*</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>MAT 142</td>
<td>College Mathematics with applications or approved higher level</td>
<td>3</td>
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</tbody>
</table>

### Arts/Humanities - Select at least one course from the Arts list and one course from the Humanities list. (6 credits)

#### Arts:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr</th>
<th>Gr</th>
<th>Sem</th>
<th>App*</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHI105</td>
<td>Humanities: (Recommended) Intro to Ethics</td>
<td>3</td>
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</table>

#### Social and Behavioral Sciences (6 credits)

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<th>Course Code</th>
<th>Course Title</th>
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<th>Sem</th>
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<tbody>
<tr>
<td>PSY 101</td>
<td>Intro to Psych</td>
<td>3</td>
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<td>FAS 238</td>
<td>Human Development</td>
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### Physical and Biological Sciences (8 credits)

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<th>Sem</th>
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<tbody>
<tr>
<td>BIO 201</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
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<tr>
<td>BIO 202</td>
<td>Anatomy and Physiology II</td>
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### Additional Courses - (6 credits)

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<th>Course Code</th>
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<th>Sem</th>
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<tr>
<td>SPC 215</td>
<td>Public Speaking</td>
<td>3</td>
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### General Electives (1 credits)

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<th>Course Code</th>
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*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. This dual application of courses gives students the opportunity to include additional course work under general electives.

Catalog 2022-2023
One cultural (C) course and one global (G) or historical (H) course are required. Two writing intensive (WI) courses are required. ENG 101 or 107 a prerequisite for all WI courses. Consult the current catalog for a list of approved courses.

<table>
<thead>
<tr>
<th>List any courses used to satisfy program or degree credits due to dual application:</th>
<th>Cr</th>
<th>Gr</th>
<th>Sem</th>
<th>App*</th>
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