

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							
Student Name	ID #	Advisor	Major Code: AA.EXWN				
			Credits: 60				
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)			Cr	Gr	Sem	App*	Notes
EXW 100	Health and Wellness		3				
EXW 101	Concepts of Kinesiology and Physical Education		2				
EXW 212	Exercise Science		3				
MAT 270	Applied Statistics		4				
NTR 201	Nutrition		3				
<i>NTR 201 prerequisite: High school chemistry or BIO 100 or CHM 130</i>							
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)							
EXW 214	Instructional Competency: Flexibility and Mind-Body Exercises		2				
EXW 216	Instructional Competency: Muscular Strength and Conditioning		2				
EXW 218	Instructional Competency: Cardio respiratory Exercises and Activity		2				
EXW 225	Exercise Physiology		3				
EXW 265	Exercise For Special Populations		3				
EXW 275	Fitness Professional Practicum		4				
Emphasis in Health & Fitness (9 credits)							
PEM 202	Sports Injury Management		3				
PEM 208	Sports Injury Treatment		3				
PEM 210	Athletic Training Practicum		3				
EXW 265	Exercise For Special Populations		3				
EXW 150	Nutrition for Exercise & Sports		2				
Arizona General Education Curriculum - AGEC-A (35 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 OR		3				
ENG 107	First-Year Composition I (for Multilingual Writers)						
ENG 102	Freshman Composition OR		3				
ENG 108	First-Year Composition II (for Multilingual Writers)						
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 (6 credits)							
PSY 101	Inro to Psych		3				
FAS 238	Human Development		3				
Physical and Biological Sciences (8 credits)							
BIO 201	Anatomy and Physiology I		4				
BIO 202	Anatomy and Physiology II		4				
Additional Courses - (6 credits)							
SPC 215	Public Speaking		3				
General Electives (1 credits)			Cr	Gr	Sem	App*	Notes
Catalog 2022-2023							

*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.

List any courses used to satisfy program or degree credits due to dual application:	Cr	Gr	Sem	App*	Notes

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.

