

2025-2026 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 (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.

EXERCISE, WELLNESS AND NUTRITION

Student Name	ID #	Advisor	Major Code: AA.EXWN Credits: 64
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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 (20 Credits)		Cr	Sem	Notes
EXW 100	Health and Wellness	3		
EXW 101	Concepts of Kinesiology and Physical Education	3		
EXW 212	Exercise Science	3		
MAT 270	Applied Statistics	4		
BIO181	General Biology	4		
NTR 201	Nutrition	3		

Other Departmental Requirements (9 Credits)		Cr	Sem	Notes
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Select a minimum of 9 credits from one the following emphases

Emphasis in Fitness & Exercise		Cr	Sem	Notes
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EXW210	Essentials of Personal Fitness Training	16		
EXW 225	Exercise Physiology	3		
EXW 265	Exercise For Special Populations	3		
EXW 275	Fitness Professional Practicum	4		

Prerequisites: NTR 201, PEM 202, EXW 100, EXW 214, EXW 216, EXW 218, EXW 225

EXW 150	Nutrition for Exercise & Sports	2		
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Emphasis in Health & Fitness		Cr	Sem	Notes
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PEM 202	Sports Injury Management	3		
PEM 208	Sports Injury Treatment	3		
PEM 210	Athletic Training Practicum	4		
EXW 265	Exercise For Special Populations	3		
EXW 150	Nutrition for Exercise & Sports	2		
NTR 205	Nutrition Through the Life Cycle	3		
NTR 210	Nutrition & Disease	3		

Arizona General Education Curriculum - AGEC (32-35 Credits)		Cr	Sem	Notes
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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

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

Oral Communication (3-4 credits)		Cr	Sem	Notes
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Arts & Humanities (6-9 credits)		Cr	Sem	Notes
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	Humanities: PHI 105 Introduction to Ethics recommended			

Quantitative Reasoning (3-4 credits)		Cr	Sem	Notes
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Natural Sciences (4-8 credits)		Cr	Sem	Notes
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BIO 201	Anatomy and Physiology I	4		
BIO 202	Anatomy and Physiology II	4		

Social & Behavioral Sciences (6-9 credits)		Cr	Sem	Notes
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PSY 101	Introduction to Psychology	3		
FAS 238	Human Development	3		

Institutions in the Americas (3 credits)		Cr	Sem	Notes
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General Electives Recommended for U of A		Cr	Sem	Notes
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CHM 151	General Chemistry I (recommended for U of A)	4		
CHM152	General Chemistry II (recommended for U of A)	4		

*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

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		Dual App