

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.

PHYSICAL EDUCATION

Student Name	ID #	Advisor	Major Code: AA.PHSED Credits: 66
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This program is designed for students with a desire to enter the field of education with an emphasis in Physical Education.

Required Major Courses (21 Credits)		Cr	Sem	Notes
BIO 181	General Biology	4		
EDU 110	Introduction to Education	3		
EDU 200	Lesson Planning	2		
EXW 101	Concepts of Kinesiology	3		
EXW 265	Exercise for Special Populations	3		
NTR 139	Personal Nutrition	3		
POS 221	Arizona Constitution & Government *	2		
POS 222	National Constitution & Government *	1		

Other Departmental Requirements (5 Credits)		Cr	Sem	Notes
	Select 1 class from group exercise (e.g. Yoga, Karate, , Aerobics)	1		
	Select 1 class from recreational fitness (e.g. Golf,Swimming, Walking& Jogging)	1		
	Select 1 sports class	1		
	Select 1 weight training	2		

Arizona General Education Curriculum - AGECE (35 Credits)		Cr	Sem	Notes
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See the AGECE 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
ENG 101 or 107	Freshman Composition	3		
ENG 102 or 108	Freshman Composition	3		

Oral Communication (3-4 credits)		Cr	Sem	Notes
SPC 215	Public Speaking	3		

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

Quantitative Reasoning (3-4 credits)		Cr	Sem	Notes

Natural Sciences (4-8 credits)		Cr	Sem	Notes
BIO 201	Anatomy & Physiology I	4		
BIO 202	Anatomy & Physiology II	4		

Social & Behavioral Sciences (6-9 credits)		Cr	Sem	Notes

Institutions in the Americas (3 credits)		Cr	Sem	Notes

General Electives (5 Credits)		Cr	Sem	Notes
EXW 150	Nutrition for Exercise & Sports	2		
PEM 100	Intro to PERS	3		

*Dual Application of Courses is the sharing of coursework between the AGECE 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
		Dual App

