BACHELOR of SCIENCE IN EXERCISE AND WELLNESS—ASU EAST CAMPUS

Prerequisite courses are shown in parenthesis following required course

Name (Last, First, MI)	ASU I.D. No.	Catalog Year	Major:
		2001-2002	EXERCISE and WELLNESS

UNIVERSITY REQUIREMENTS			AGEC or TGECC Certification ❒ Yes ❒ No
Course Number and Title	Sem. Hrs.	Grade	Upper Div
First Year Composition (6 hrs)			
ENG 101 FIRST-YEAR COMP	3		
ENG 102 FIRST-YEAR COMP (ENG 101)	3		
Sub Total	**6**		
University General Studies			
Core Areas			
Humanities/Fine Arts & Social/Behavioral Sciences (15 hours) **15 hrs. combined** **6 hrs in one area, 9 hrs in the other AND** **1 course must be upper division**			
HU:	3		
HU:	3		
SB: **PGS 101**	3		
SB:	3		
HU or SB: [UPPER DIV] **EXW 450**			
Natural Sciences (8 hrs.)			
SQ: **CHM 101**	4		
SG: **BIO 201**	4		
Literacy and Critical Inquiry (6 hours)			
L: **COM 225** (ENG 101)	3		
L: **EXW 300** (ENG 101)			
Mathematics & Statistics/Quantitative/Computer Applications (6 hours)			
MA: **MAT 117** or higher	3		
CS: **EXW 310** (MAT 117 or higher)			
Sub Total	____		____
Awareness Areas (6 hrs. minimum and must fulfill all 3) Double counting is allowed between Awareness Areas and any other course that fulfills graduation requirements and also within the Awareness Areas			
C: **EXW 450**			
G: Global Awareness [share with HU or SB]	0-3		
H: Historical Awareness [share with HU-SB]	0-3		
ADDITIONAL REQUIREMENTS			
BIO 202	4		
Sub total:	___		___

Revised 2/7/02

MAJOR REQUIREMENTS **A. Major**			
Course Number and Title	Sem. Hrs.	Grade	Upper Div
NTR 241 Human Nutrition (CHM 101)	3		
EXW 300 Foundations of Exercise and Wellness	3		3
EXW 342 Health Behavior Change (PGS 101)	3		3
EXW 320 Program Development and Leadership (COM225)	3		3
EXW 310 Computer Skills and Technology for Exercise and Wellness (MAT117 or higher)	3		3
EXW 315 Physiological Foundations of Movement (BIO 202)	3		3
EXW 330 Kinesiological Foundations of Movement (BIO202)	3		3
EXW 450 Cultural and Social Issues in Exercise and Wellness (PGS101)	3		3
EXW 400 Stress Management for Wellness (PGS 101)	3		3
EXW 420 Exercise Testing (EXW 315 and CPR cert.)	3		3
EXW 425 Exercise Prescription (EXW 320,330 &420)	3		3
EXW 212 Flexibility	2		
EXW 212 Strength	2		
EXW 212 Cardio Resp.	2		
EXW 484 Internship – 300 hours (EXW 310, 320, 420, 425 &CPR cert.)	6		6
RESTRICTED ELECTIVE	3		3
(If course is 300 or 400 level it will			
count as upper division)			
Sub Total	**48**		__
GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS			
Upper Division Elective	6		6
Electives	24-30		
Sub Total:	____		___

Minimum of 45 upper division credits are needed for graduation _____

COMPLETED CREDITS _____ *UD* ____

TOTAL NUMBER OF CREDITS NEEDED FOR GRADUATION IS 120

Advisor: _____ *Date:* _____