# Bachelor of Applied Science Degree

## Wellness

2006-2007 Curriculum Check Sheet

<table>
<thead>
<tr>
<th>Student Name</th>
<th>ID. Number</th>
<th>A.A.S. Degree</th>
<th>Date A.A.S. Degree Granted</th>
<th>A.A.S. Degree Granting Institution</th>
<th>ASU Catalog Year 2006-2007</th>
<th>B.A.S. Academic Department</th>
<th>Advisor</th>
<th>Number of Upper Division Transfer Credits</th>
<th>Expected Graduation Date</th>
<th>Institution of Transfer Course Work (Upper Division Only)</th>
</tr>
</thead>
</table>

### General Studies Sequence (19 Hours)

<table>
<thead>
<tr>
<th>Numeracy - ASC 315</th>
<th>3</th>
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<tbody>
<tr>
<td>Science - ASC 325</td>
<td>4</td>
</tr>
<tr>
<td>Literacy [L1] Upper Division</td>
<td>3</td>
</tr>
<tr>
<td>Humanities [HU], [H] Upper Division</td>
<td>3</td>
</tr>
<tr>
<td>Social Science [SB] Upper Division</td>
<td>3</td>
</tr>
<tr>
<td>General Studies [HU or SB] Upper Division (G)</td>
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<tr>
<td><strong>Sub Total 19 Hrs.</strong></td>
<td><strong>___</strong></td>
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### B.A.S. Area Core (15 Hours)

| EXW 300 Foundations of Exercise and Wellness (L) | 3 |
| EXW 310 Computer Skills & Tech. for EXW (CS) | 3 |
| EXW 320 Program Development and Leadership | 3 |
| EXW 325 Fitness for Life | 3 |
| EXW 346 Program Evaluation in Health Promotion | 3 |
| **Sub Total 15 Hrs.** | **___** |

### Wellness Concentration (21 Hours)

| EXW Elective (upper division 300 or 400 level) | 3 |
| EXW 342 Health Behavior Change | 3 |
| EXW 350 Substance Abuse and Addictive Behavior | 3 |
| EXW 400 Stress Management for Wellness | 3 |
| EXW 442 Physical Activity in Health & Disease (L) | 3 |
| EXW 444 Epidemiology | 3 |
| EXW 450 Cultural and Social Issues in EXW (SB, C) | 3 |
| **Sub Total 21 Hrs.** | **___** |

### Assignable Credits (5 Hours)

| EXW 484 Internship (250 hrs) | 5 |
| **Sub Total 5 Hrs.** | **___** |

<table>
<thead>
<tr>
<th>BAS Degree Summary</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>A.A.S. Degree Block Transfer</td>
<td>60</td>
</tr>
<tr>
<td>General Studies</td>
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<tr>
<td>B.A.S. Area Core</td>
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<tr>
<td>Health Promotion</td>
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<tr>
<td>Assignable Credits</td>
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</tr>
<tr>
<td><strong>Total (120 Hours Minimum)</strong></td>
<td><strong>_____</strong></td>
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</table>

### Advisor Comments

| ASSIGNABLE CREDITS
| **Total Upper Division Hours** | **_____** |

| **Total ASU Resident Hours** | **_____** |

<table>
<thead>
<tr>
<th>Student Signature</th>
<th>Date</th>
<th>Dean Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advisor/Chair Signature</td>
<td>Date</td>
<td>University Signature</td>
<td>Date</td>
</tr>
</tbody>
</table>