## 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: EXERCISE and WELLNESS
		2003-2004	Concentration: Health Promotion

UNIVERSITY REQUIREMENTS	AGEC or TGECC Certification ☐ Yes ☐ No		
	Sem.	Grade	
Course Number and Title	Hrs.	Grade	opper 21.
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	<u>v</u>		
University General Studies			
Core Areas			
Humanities/Fine Arts & Social/Behavioral Scien	nces (15 h	ours)	
15 hrs. combined	ices (10 ii	ours)	
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		
	3		
HU or SB: [UPPER DIV] EXW 450			
Natural Sciences (8 hrs.) SQ: CHM 101	14	1	
	4		
SG: BIO 201	4		
Literacy and Critical Inquiry (6 hours)	1_		
L: COM 225 (ENG 101)	3		
L: EXW 300 (ENG 101)			
Mathematics & Statistics/Quantitative/Compute		ations (6	hours)
MA: MAT 117 or higher	3		
CS: <b>EXW 310</b> (MAT 117 or higher)			
Sub Total		_	
		1	T
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	0-3		
[share with HU-SB]			
ADDITIONAL REQUIREMENTS		İ	
BIO 202	4		
	-		
Sub total:			
Pavised 12/13/02			

Revised 12/13/02

MAJOR REQUIREMENTS   A. Major   Course Number and Title   Hrs.   Sem.   Hrs.   William Nutrition   (CHM 101)   3   EXW 300 Foundations of Exercise and Wellness   3   3   3   EXW 342 Health Behavior Change   (PGS 101)   3   3   3   EXW 320 Program Development and Leadership   (COM225)   (COM225)   EXW 310 Computer Skills and Technology for Exercise and Wellness   (MAT117 or higher)   3   3   3				
Course Number and Title				
Course Number and Title	A. Major	T		1
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     EXW 310 Computer Skills and Technology for Exercise and Wellness   (MAT117 or higher)   3     EXW 325 Fitness for Life   3   3     EXW 346 Program Evaluation in Health   3   3     Promotion   EXW 450 Cultural and Social Issues in Exercise and Wellness   (PGS101)     EXW 400 Stress Management for Wellness   (PGS 101)     EXW 350 Substance Abuse and Addictive   3   3     Behavior   EXW 442 Physical Activity in Health and   3   3     EXW Concentration Elective   3   3     EXW Concentration Elective   3   3     EXW Concentration Elective   3   3     EXW 444 Internship - 300 hours   6   6     (EXW310, 320, 444 &CPR cert)   48   48     GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS     Elective   30		Hrs.	Grade	Upper Div
EXW 342   Health Behavior Change   (PGS 101)   3   3   3       EXW 320   Program Development and Leadership   (COM225)   3   3   3   3       EXW 310   Computer Skills and Technology for Exercise and Wellness   (MAT117 or higher)   3   3   3       EXW 325   Fitness for Life   3   3   3   3       EXW 346   Program Evaluation in Health   3   3   3       EXW 346   Program Evaluation in Health   3   3   3       EXW 450   Cultural and Social Issues in Exercise and Wellness   (PGS 101)   3   3   3       EXW 350   Substance Abuse and Addictive   3   3   3       EXW 442   Physical Activity in Health and   3   3   3     EXW 444   Epidemiology   3   3   3   3       EXW Concentration Elective   3   3   3   3     EXW Concentration Elective   3   3   3   3     EXW 484   Internship - 300   hours   6   6   6   6     (EXW310, 320, 444   & CPR cert)   5   6   6   6     GENERAL ELECTIVES   NEEDED TO REACH   120   CREDITS     Elective   30     30     6     6       GENERAL ELECTIVES   NEEDED TO REACH   120   CREDITS     Elective   30     6     6     6       GENERAL ELECTIVES   NEEDED TO REACH   120   CREDITS     Elective   30     6     6     6       EXW 30   30   30   30     6     6       EXW 30   30   30   30     6     6       EXW 30   30   30   30   30   30       EXW 30   30   30   30   30   30   30   30	NTR 241 Human Nutrition (CHM 101)	3		
EXW 320 Program Development and Leadership (COM225)  EXW 310 Computer Skills and Technology for Exercise and Wellness (MAT117 or higher)  EXW 325 Fitness for Life  EXW 346 Program Evaluation in Health Promotion  EXW 450 Cultural and Social Issues in Exercise and Wellness (PGS101)  EXW 450 Stress Management for Wellness (PGS101)  EXW 350 Substance Abuse and Addictive Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3  EXW Concentration Elective 3 3  EXW Concentration Elective 3 3  EXW 484 Internship - 300 hours (EXW310, 320, 444 & CPR cert)  Sub Total 48  GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS  Elective 30	EXW 300 Foundations of Exercise and Wellness	3		3
EXW 310 Computer Skills and Technology for Exercise and Wellness (MAT117 or higher)  EXW 325 Fitness for Life  EXW 346 Program Evaluation in Health Promotion  EXW 450 Cultural and Social Issues in Exercise and Wellness (PGS101)  EXW 400 Stress Management for Wellness (PGS 101)  EXW 450 Substance Abuse and Addictive Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 3 3 3  EXW 484 Internship - 300 hours (EXW 310, 320, 444 &CPR cert)  Sub Total 48  GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS  Elective 30	EXW 342 Health Behavior Change (PGS 101)	3		3
CCOM225    EXW 310 Computer Skills and Technology for Exercise and Wellness (MAT117 or higher)   3	EXW 320 Program Development and Leadership	3		3
Exercise and Wellness  EXW 325 Fitness for Life  EXW 346 Program Evaluation in Health Promotion  EXW 450 Cultural and Social Issues in Exercise and Wellness  EXW 400 Stress Management for Wellness  EXW 350 Substance Abuse and Addictive Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology  3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 3 6 6  EXW 310, 320, 444 &CPR cert)  Sub Total  GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS  Elective  30	1			
EXW 346 Program Evaluation in Health Promotion  EXW 450 Cultural and Social Issues in Exercise (PGS101)  EXW 400 Stress Management for Wellness (PGS 101)  EXW 350 Substance Abuse and Addictive Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 3 6 6  (EXW310, 320, 444 &CPR cert)  Sub Total 48  GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS  Elective 30	1 00	3		3
Promotion  EXW 450 Cultural and Social Issues in Exercise and Wellness  EXW 400 Stress Management for Wellness (PGS101)  EXW 350 Substance Abuse and Addictive Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 3 6 6  EXW 484 Internship - 300 hours (EXW310, 320, 444 &CPR cert)  Sub Total 48  GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS  Elective 30	EXW 325 Fitness for Life	3		3
and Wellness (PGS101)  EXW 400 Stress Management for Wellness (PGS 101)  EXW 350 Substance Abuse and Addictive Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	_	3		3
EXW 350 Substance Abuse and Addictive Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 3 6 6  EXW 484 Internship - 300 hours (EXW310, 320, 444 &CPR cert)  Sub Total 48  GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS  Elective 30	EXW 450 Cultural and Social Issues in Exercise	3		3
Behavior  EXW 442 Physical Activity in Health and Disease  EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 5 3 3 3  EXW 484 Internship - 300 hours (EXW310, 320, 444 &CPR cert) 5 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		3		3
EXW 444 Epidemiology   3   3   3		3		3
EXW 444 Epidemiology 3 3 3  EXW Concentration Elective 3 3 3  EXW Concentration Elective 3 3 3  EXW 484 Internship - 300 hours (EXW310, 320, 444 &CPR cert) 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	1	3		3
EXW Concentration Elective 3 3 3  EXW 484 Internship - 300 hours (EXW310, 320, 444 &CPR cert) 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		3		3
EXW Concentration Elective 3 3 3  EXW 484 Internship - 300 hours 6 6 6 6 (EXW310, 320, 444 &CPR cert)				
EXW 484 Internship - 300 hours (EXW310, 320, 444 &CPR cert)  Sub Total 48  GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS Elective 30		_		
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GENERAL ELECTIVES NEEDED TO REACH 120 CREDITS  Elective 30				
Elective 30	Sub Total	48		
	GENERAL ELECTIVES NEEDED TO REAC	H 120 C	REDIT	S
Sub Total:	Elective	30		
Sub Total:				
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Sub Total:				
Sub Total:				
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:				