

ASUE/ASU East College - Department of Exercise and Wellness  
 BIS Area of Concentration Check Sheet: **Exercise and Wellness**  
 Catalog Year(s): 2002 – 2003; 2003 – 2004; 2004 – 2005; 2005-2006  
 Advising Location and Phone Number: ASUE- EAW109, (480) 727-1932

The Concentration in **Exercise and Wellness** provides an overview of the study of healthy lifestyles, usually related to physical activity as they contribute to optimal wellness.

| Course Number  | Course Title                         | Lower Division | Upper Division | Course Pre-requisites | GS Designation(s) |
|--|--------------------------------------|----------------|----------------|-----------------------|-------------------|
|  |                                      |                |                |                       |                   |
| E EXW 300  | Foundations of Exercise and Wellness |                | Y              |                       | L                 |
| E EXW 325  | Fitness for Life                     |                | Y              |                       |                   |
| E EXW 342  | Health Behavior Change               |                | Y              |                       |                   |
| E EXW 450  | Cultural and Social Issues in EXW    |                | Y              |                       | SB, C             |
|  | <b>Elective – 6hrs *</b>             |                |                |                       |                   |
| <b>Upper Division Hours Required</b>   |                                      |                | <b>12</b>      |                       |                   |
| <b>Total Hours Required</b>  |                                      |                | <b>18</b>      |                       |                   |
| Requirements: 1. Required General Studies Courses (prerequisite to EXW core courses):<br>PGS101 (3) Introduction to Psychology<br>2. Minimum of 6 upper division hours in the concentration must be taken in residence at ASU East campus<br>3. Students should meet with the Department of Exercise and Wellness advisor prior to registration.<br>4. "C" minimum grade required for all classes in the concentration |                                      |                |                |                       |                   |
| * See back page for list of approved elective courses.   |                                      |                |                |                       |                   |

EXWBIS 12/11/03

**Exercise and Wellness Concentration**

### **Approved Elective Courses**

|  |   |
|--|---|
| EXW 100 Introduction to Health and Wellness        | 3 |
| EXW 280 Global Issues in Exercise and Wellness     | 3 |
| EXW 310 Computer Skills and Technology for EXW     | 3 |
| EXW 320 Program Development and Leadership         | 3 |
| EXW 346 Program Evaluation in Health Promotion     | 3 |
| EXW 350 Substance Abuse and Addictive Behaviors    | 3 |
| EXW 380 Body Image and Wellness                    | 3 |
| EXW 400 Stress Management for Wellness             | 3 |
| EXW 442 Physical Activity in Health and Disease    | 3 |
| EXW 444 Epidemiology                               | 3 |
| EXW 460 Strength Training for Wellness             | 3 |
| KIN 100 Introduction to Health and Wellness        | 3 |
| KIN 370 Advanced First Aid                         | 3 |
| HES 100 Introduction to Health and Wellness        | 3 |
| NTR 100 Introduction to Nutrition                  | 3 |
| NTR 241 Human Nutrition                            | 3 |
| NTR 341 Introduction to Planning Therapeutic Diets | 3 |
| NTR 348 Cultural Aspects of Food                   | 3 |
| NTR 350 Nutrition Counseling                       | 3 |
| NTR 400 Nutrition and Health Promotion             | 3 |
| NTR 450 Nutrition in the Life Cycle                | 3 |