

BAS- Wellness 2005-2006

Bachelor of Applied Science Degree

Wellness

2005-2006 Curriculum Check Sheet

East College

Student Name _____	ID. Number _____
A.A.S. Degree _____	Date A.A.S. Degree Granted _____
A.A.S. Degree Granting Institution _____ ASU Catalog <u>ASU Catalog Year 2004-2005</u>	
B.A.S. Academic Department Exercise and Wellness	Advisor _____
Number of Upper Division Transfer Credits _____	Expected Graduation Date _____
Institution of Transfer Course Work (Upper Division Only) _____	

General Studies Sequence (19 Hours)

	ASU	Transfer	Transfer From	Grade
Numeracy - ASC 315	3			
Science - ASC 325	4			
Literacy [L1] Upper Division	3			
Humanities [HU], [H]Upper Division	3			
Social Science [SB] Upper Division	3			
General Studies [HU or SB] Upper Division (G)	3			

(Suggested courses are tinted) Sub Total 19 Hrs. ____

B.A.S. Area Core (15 Hours)

	ASU	Transfer	Transfer From	Grade
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)

	ASU	Transfer	Transfer From	Grade

BAS Degree Summary

Credit Hours

A.A.S. Degree Block Transfer	60
General Studies	
B.A.S. Area Core	
Health Promotion	
Assignable Credits	

Total (120 Hours Minimum) ____

Advisor Comments

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)

	ASU	Transfer	Transfer From	Grade
EXW 484 Internship (250 hrs)	5			

Sub Total 5 Hrs. ____

Total Upper Division Hours ____

Total ASU Resident Hours ____

 Student Signature

 Date

 Dean Signature

 Date

 Advisor/Chair Signature

 Date

 University Signature

 Date