

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
	Elective – 6hrs *				
Upper Division Hours Required			12		
Total Hours Required			18		
Requirements: 1. Required General Studies Courses (prerequisite to EXW core courses): PGS101 (3) Introduction to Psychology 2. Minimum of 6 upper division hours in the concentration must be taken in residence at ASU East campus 3. Students should meet with the Department of Exercise and Wellness advisor prior to registration. 4. "C" minimum grade required for all classes in the concentration					
* See back page for list of approved elective courses.					

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